WEBVTT

NOTE duration:"01:10:23"

NOTE recognizability:0.931

NOTE language:en-us

NOTE Confidence: 0.9349196

00:00:00.000 --> 00:00:04.265 To be here today and let me just start

NOTE Confidence: 0.9349196

00:00:04.265 --> 00:00:06.439 by sharing my screen and then I'll,

NOTE Confidence: 0.9349196

00:00:06.440 --> 00:00:08.200 I guess I'll introduce people.

NOTE Confidence: 0.9349196

00:00:08.200 --> 00:00:09.560 So my name is Sonia.

NOTE Confidence: 0.9349196

00:00:09.560 --> 00:00:12.480 My full name is Sierra Ganya Girala Monkon.

NOTE Confidence: 0.9349196

00:00:12.480 --> 00:00:15.035 I'm a fourth year psychiatry resident here.

NOTE Confidence: 0.9349196

00:00:15.040 --> 00:00:17.182 I've been the resident leader of

NOTE Confidence: 0.9349196

00:00:17.182 --> 00:00:19.491 the global mental health program for

NOTE Confidence: 0.9349196

00:00:19.491 --> 00:00:21.717 three years and I'm stepping down.

NOTE Confidence: 0.9349196

00:00:21.720 --> 00:00:23.630 And the three resident leaders

NOTE Confidence: 0.9349196

00:00:23.630 --> 00:00:26.270 coming up are Marcos, Jay and Matt,

NOTE Confidence: 0.9349196

00:00:26.270 --> 00:00:28.120 who are all presenting today.

NOTE Confidence: 0.9349196

00:00:28.120 --> 00:00:30.595 And they're really, really spectacular

NOTE Confidence: 0.9349196

1

00:00:30.595 --> 00:00:32.575 and wonderful and compassionate.

NOTE Confidence: 0.9349196

00:00:32.580 --> 00:00:34.265 So very excited to have

NOTE Confidence: 0.9349196

00:00:34.265 --> 00:00:35.613 them on the leadership.

NOTE Confidence: 0.9349196

00:00:35.620 --> 00:00:41.416 And I will start with our presentation.

NOTE Confidence: 0.9349196

00:00:41.420 --> 00:00:44.300 All right. If there's any hiccups,

NOTE Confidence: 0.9349196

00:00:44.300 --> 00:00:46.060 please let me know because

NOTE Confidence: 0.9349196

00:00:46.060 --> 00:00:49.820 I won't be able to see us.

NOTE Confidence: 0.9349196

00:00:49.820 --> 00:00:52.112 All right.

NOTE Confidence: 0.9349196

00:00:52.112 --> 00:00:55.258 So the table of contents today I'll

NOTE Confidence: 0.9349196

00:00:55.258 --> 00:00:57.791 be introducing the Yale Global of the

NOTE Confidence: 0.9349196

00:00:57.791 --> 00:00:59.686 introduction to global mental Health,

NOTE Confidence: 0.9349196

00:00:59.690 --> 00:01:00.905 spending about 20 minutes on

NOTE Confidence: 0.9349196

00:01:00.905 --> 00:01:02.466 that briefly going over the Yale

NOTE Confidence: 0.9349196

00:01:02.466 --> 00:01:03.650 Global Mental Health Program.

NOTE Confidence: 0.9349196

00:01:03.650 --> 00:01:05.925 And then the three residents will be

NOTE Confidence: 0.9349196

00:01:05.925 --> 00:01:08.010 talking about their capstone projects.

NOTE Confidence: 0.9349196

00:01:08.010 --> 00:01:09.314 So our objectives today,

NOTE Confidence: 0.9349196

00:01:09.314 --> 00:01:11.270 we want to define global mental

NOTE Confidence: 0.9349196

00:01:11.331 --> 00:01:12.729 health and HealthEquity.

NOTE Confidence: 0.9349196

00:01:12.730 --> 00:01:15.467 We want to discuss some key principles

NOTE Confidence: 0.9349196

00:01:15.467 --> 00:01:17.403 in bidirectional learning and global

NOTE Confidence: 0.9349196

00:01:17.403 --> 00:01:19.491 mental health and then we'll be

NOTE Confidence: 0.9349196

00:01:19.491 --> 00:01:21.970 discussing the wonderful academic projects,

NOTE Confidence: 0.9349196

00:01:21.970 --> 00:01:24.010 no disclosures for any of us.

NOTE Confidence: 0.9349196

00:01:24.010 --> 00:01:26.344 And so we're getting started with

NOTE Confidence: 0.9349196

00:01:26.344 --> 00:01:27.900 the introduction global Mental

NOTE Confidence: 0.9349196

00:01:27.968 --> 00:01:29.429 Health and HealthEquity.

NOTE Confidence: 0.9349196

00:01:29.430 --> 00:01:32.740 I want to let you guys know that I'm taking

NOTE Confidence: 0.9349196

00:01:32.822 --> 00:01:34.948 you guys on a little bit of a journey,

NOTE Confidence: 0.9349196

00:01:34.950 --> 00:01:37.070 a little bit of a story this morning.

NOTE Confidence: 0.9349196

00:01:37.070 --> 00:01:40.684 So I want us to to hopefully

NOTE Confidence: 0.9349196

00:01:40.684 --> 00:01:42.977 have our minds open and sort of

NOTE Confidence: 0.9349196

00:01:42.977 --> 00:01:44.945 take us where the journey goes.

NOTE Confidence: 0.9349196

00:01:44.950 --> 00:01:47.011 And I'm going to pose a lot of questions

NOTE Confidence: 0.9349196

00:01:47.011 --> 00:01:49.267 and unfortunately due to time constraints,

NOTE Confidence: 0.9349196

00:01:49.270 --> 00:01:52.166 I won't be able to get audience answers.

NOTE Confidence: 0.9349196

00:01:52.170 --> 00:01:54.809 But these questions are not by all

NOTE Confidence: 0.9349196

00:01:54.809 --> 00:01:57.130 means limited to just this talk,

NOTE Confidence: 0.9349196

00:01:57.130 --> 00:01:59.194 but continued discussion,

NOTE Confidence: 0.9349196

00:01:59.194 --> 00:02:02.778 hopefully for the future as well.

NOTE Confidence: 0.9349196

00:02:02.778 --> 00:02:04.320 So global mental health,

NOTE Confidence: 0.9349196

00:02:04.320 --> 00:02:05.970 it's an area for study,

NOTE Confidence: 0.9349196

00:02:05.970 --> 00:02:08.040 research and practice that places

NOTE Confidence: 0.9349196

00:02:08.040 --> 00:02:10.110 a priority on improving mental

NOTE Confidence: 0.9349196

00:02:10.175 --> 00:02:12.210 health and achieving equity in

NOTE Confidence: 0.9349196

00:02:12.210 --> 00:02:14.245 health for all people worldwide.

NOTE Confidence: 0.9349196

00:02:14.250 --> 00:02:18.078 That's The Lancet definition.

NOTE Confidence: 0.9349196

00:02:18.080 --> 00:02:19.046 In our history,

NOTE Confidence: 0.9349196

00:02:19.046 --> 00:02:20.656 there's been significant changes that's

NOTE Confidence: 0.9349196

00:02:20.656 --> 00:02:23.040 been made in the world's mental health care.

NOTE Confidence: 0.9349196

00:02:23.040 --> 00:02:24.672 So I do want to acknowledge

NOTE Confidence: 0.9349196

00:02:24.672 --> 00:02:26.438 that that we've come a long way.

NOTE Confidence: 0.9349196

00:02:26.440 --> 00:02:27.760 Even in my lifetime alone,

NOTE Confidence: 0.9349196

00:02:27.760 --> 00:02:29.956 we've certainly come a long way.

NOTE Confidence: 0.9349196

00:02:29.960 --> 00:02:32.309 And a big part of that is how much

NOTE Confidence: 0.9349196

00:02:32.309 --> 00:02:34.683 we care about our mental health now

NOTE Confidence: 0.9349196

00:02:34.683 --> 00:02:37.320 and how much is talked about now.

NOTE Confidence: 0.9349196

00:02:37.320 --> 00:02:40.496 So this is a quote from a current

NOTE Confidence: 0.9349196

00:02:40.496 --> 00:02:42.830 psychiatric mental health practitioner

NOTE Confidence: 0.9349196

00:02:42.830 --> 00:02:43.592 I knew.

NOTE Confidence: 0.9349196

00:02:43.592 --> 00:02:45.497 My father was hospitalized for

NOTE Confidence: 0.9349196

00:02:45.497 --> 00:02:47.549 mental health issues in the 1970s.

NOTE Confidence: 0.9349196

00:02:47.550 --> 00:02:48.510 He's passed now.

NOTE Confidence: 0.9349196

00:02:48.510 --> 00:02:50.750 We didn't talk about it back then.

NOTE Confidence: 0.9349196

00:02:50.750 --> 00:02:53.310 It's still weird for me to talk about it now.

NOTE Confidence: 0.9349196

00:02:53.310 --> 00:02:55.704 There was so much shame and guilt.

NOTE Confidence: 0.9349196

00:02:55.710 --> 00:02:57.606 I knew that he was hospitalized

NOTE Confidence: 0.9349196

00:02:57.606 --> 00:02:58.870 for mental health reasons,

NOTE Confidence: 0.9349196

00:02:58.870 --> 00:03:02.266 but I didn't know anything else.

NOTE Confidence: 0.9349196

00:03:02.270 --> 00:03:05.410 So I think this is beautiful quote

NOTE Confidence: 0.9349196

00:03:05.410 --> 00:03:08.120 that really depicts how mental

NOTE Confidence: 0.9349196

00:03:08.120 --> 00:03:10.940 illness was really not talked about

NOTE Confidence: 0.9349196

00:03:10.940 --> 00:03:14.410 and how even family members who love

NOTE Confidence: 0.9277766

00:03:14.410 --> 00:03:16.845 individuals suffering so much are

NOTE Confidence: 0.9277766

00:03:16.845 --> 00:03:20.171 were unable to help them in the

NOTE Confidence: 0.9277766

00:03:20.171 --> 00:03:22.565 way that they really wanted to.

NOTE Confidence: 0.9277766

00:03:22.570 --> 00:03:24.450 So our present, you know,

NOTE Confidence: 0.9277766

00:03:24.450 --> 00:03:26.669 there's certainly still a way to go

NOTE Confidence: 0.9277766

00:03:26.669 --> 00:03:28.888 in our world's mental health care.

NOTE Confidence: 0.9277766

00:03:28.890 --> 00:03:30.850 This is by The Who.

NOTE Confidence: 0.9277766

00:03:30.850 --> 00:03:32.720 One in eight individuals live

NOTE Confidence: 0.9277766

00:03:32.720 --> 00:03:34.590 with a mental health condition.

NOTE Confidence: 0.9277766

00:03:34.590 --> 00:03:37.026 71% of people with psychosis do

NOTE Confidence: 0.9277766

00:03:37.026 --> 00:03:39.080 not receive mental health services

NOTE Confidence: 0.9277766

00:03:39.080 --> 00:03:41.374 and only 2% of health budgets.

NOTE Confidence: 0.9277766

00:03:41.374 --> 00:03:43.770 So 2% of the health budgets,

NOTE Confidence: 0.9277766

00:03:43.770 --> 00:03:45.350 not the whole budget,

NOTE Confidence: 0.9277766

00:03:45.350 --> 00:03:47.130 but the health budgets on

NOTE Confidence: 0.9277766

00:03:47.130 --> 00:03:48.910 average go to mental health.

NOTE Confidence: 0.9277766

00:03:48.910 --> 00:03:51.430 So it's certainly widespread,

NOTE Confidence: 0.9277766

00:03:51.430 --> 00:03:53.950 undertreated and under resourced.

NOTE Confidence: 0.9277766

00:03:53.950 --> 00:03:57.079 And this is a term that's been

NOTE Confidence: 0.9277766

00:03:57.079 --> 00:03:59.570 coined a failure of humanity

NOTE Confidence: 0.9277766

00:03:59.570 --> 00:04:01.010 not only on a systemic level,

NOTE Confidence: 0.9277766

00:04:01.010 --> 00:04:04.306 but certainly on a 1 to 1 interaction

NOTE Confidence: 0.9277766

00:04:04.306 --> 00:04:07.334 and every day especially on a

NOTE Confidence: 0.9277766

00:04:07.334 --> 00:04:09.969 everyday life interaction as well.

NOTE Confidence: 0.9277766

00:04:09.970 --> 00:04:12.530 So when we think of global mental health,

NOTE Confidence: 0.9277766

00:04:12.530 --> 00:04:15.570 I think we normally think about going

NOTE Confidence: 0.9277766

00:04:15.570 --> 00:04:17.490 internationally and practicing in

NOTE Confidence: 0.9277766

00:04:17.490 --> 00:04:20.683 a low middle income country to help

NOTE Confidence: 0.9277766

00:04:20.683 --> 00:04:23.189 and to save and to create systemic

NOTE Confidence: 0.9277766

00:04:23.189 --> 00:04:25.414 changes in those countries that we

NOTE Confidence: 0.9277766

00:04:25.414 --> 00:04:27.784 think of as having less resources.

NOTE Confidence: 0.9277766

00:04:27.784 --> 00:04:30.947 So more than 85% of the world's

NOTE Confidence: 0.9277766

00:04:30.947 --> 00:04:32.970 population do live in a low and

NOTE Confidence: 0.9277766

00:04:33.038 --> 00:04:35.275 middle income country and more than

NOTE Confidence: 0.9277766

00:04:35.275 --> 00:04:37.410 80% of people who do have mental

NOTE Confidence: 0.9277766

00:04:37.477 --> 00:04:39.859 disorders are residing in low and

NOTE Confidence: 0.9277766

00:04:39.859 --> 00:04:42.354 middle income country just by virtue

NOTE Confidence: 0.9277766

00:04:42.354 --> 00:04:44.434 of having higher population alone.

NOTE Confidence: 0.9277766

00:04:44.440 --> 00:04:45.912 And by Doctor Patel,

NOTE Confidence: 0.9277766

00:04:45.912 --> 00:04:48.120 the most striking in equity is

NOTE Confidence: 0.9277766

00:04:48.196 --> 00:04:50.506 that concerning the disparities in

NOTE Confidence: 0.9277766

00:04:50.506 --> 00:04:53.309 provision of care and respect for

NOTE Confidence: 0.9277766

00:04:53.309 --> 00:04:55.817 human rights of people living in

NOTE Confidence: 0.9277766

00:04:55.817 --> 00:04:57.710 with mental disorders between high

NOTE Confidence: 0.9277766

00:04:57.710 --> 00:04:59.600 and low and middle income countries.

NOTE Confidence: 0.9277766

00:04:59.600 --> 00:05:03.467 So certainly there is a huge in

NOTE Confidence: 0.9277766

00:05:03.467 --> 00:05:05.789 equity and disparity in the care

NOTE Confidence: 0.9277766

00:05:05.789 --> 00:05:08.076 and the services that are able

NOTE Confidence: 0.9277766

00:05:08.076 --> 00:05:10.290 to be provided between high and

NOTE Confidence: 0.9277766

00:05:10.290 --> 00:05:12.240 low and middle income countries.

NOTE Confidence: 0.9277766

00:05:12.240 --> 00:05:14.104 So when I show these kind of statistics

NOTE Confidence: 0.9277766

00:05:14.104 --> 00:05:16.357 or when these kind of statistics are shown,

NOTE Confidence: 0.9277766

00:05:16.360 --> 00:05:18.649 I think it easily leads us to

NOTE Confidence: 0.9277766

00:05:18.649 --> 00:05:19.630 believe that oh,

NOTE Confidence: 0.9277766

00:05:19.630 --> 00:05:21.425 maybe we're doing better off

NOTE Confidence: 0.9277766

00:05:21.425 --> 00:05:23.710 in the United States or maybe,

NOTE Confidence: 0.9277766

00:05:23.710 --> 00:05:23.978 oh,

NOTE Confidence: 0.9277766

00:05:23.978 --> 00:05:25.586 at least we're doing better than

NOTE Confidence: 0.9277766

00:05:25.586 --> 00:05:27.710 in low and middle income country.

NOTE Confidence: 0.9277766

00:05:27.710 --> 00:05:30.216 So that could be a very common

NOTE Confidence: 0.9277766

00:05:30.216 --> 00:05:31.773 perception and that certainly

NOTE Confidence: 0.9277766

00:05:31.773 --> 00:05:34.227 was my own perception as well.

NOTE Confidence: 0.9277766

00:05:34.230 --> 00:05:36.022 So I just wanted to dive a

NOTE Confidence: 0.9277766

00:05:36.022 --> 00:05:37.469 little bit more into that.

NOTE Confidence: 0.9277766

00:05:37.470 --> 00:05:39.605 More than 70% of Americans say that

NOTE Confidence: 0.9277766

00:05:39.605 --> 00:05:41.806 the US stand above all other countries

NOTE Confidence: 0.9277766

00:05:41.806 --> 00:05:44.929 in the world or is one of the greatest

NOTE Confidence: 0.9277766

00:05:44.929 --> 00:05:47.383 countries along with some other countries,

NOTE Confidence: 0.9277766

00:05:47.390 --> 00:05:48.190 a U.S.

NOTE Confidence: 0.9277766

00:05:48.190 --> 00:05:50.590 Department of Defense News article noted.

NOTE Confidence: 0.9277766

00:05:50.590 --> 00:05:52.486 A number of African countries are

NOTE Confidence: 0.9277766

00:05:52.486 --> 00:05:54.550 among the most fragile in the world.

NOTE Confidence: 0.9277766

00:05:54.550 --> 00:05:56.865 These countries have ungoverned or

NOTE Confidence: 0.9277766

00:05:56.865 --> 00:05:59.830 little governed areas and that attracts

NOTE Confidence: 0.9277766

00:05:59.830 --> 00:06:01.974 violent extremist organizations which

NOTE Confidence: 0.9277766

00:06:01.974 --> 00:06:04.654 capitalize on economic and political

NOTE Confidence: 0.9277766

00:06:04.654 --> 00:06:06.630 dysfunction to extend their reach.

NOTE Confidence: 0.9277766

00:06:06.630 --> 00:06:10.869 These governments are in are in need of help,

NOTE Confidence: 0.9277766

00:06:10.870 --> 00:06:13.780 so I want to highlight these

NOTE Confidence: 0.9277766

00:06:13.780 --> 00:06:14.932 very common statements.

NOTE Confidence: 0.9277766

00:06:14.932 --> 00:06:17.620 the US stand above all other countries.

NOTE Confidence: 0.9277766

00:06:17.620 --> 00:06:19.308 Africa countries are most

NOTE Confidence: 0.9277766

00:06:19.308 --> 00:06:21.418 fragile and they need help.

NOTE Confidence: 0.9277766

00:06:21.420 --> 00:06:24.066 So this view is certainly pervasive

NOTE Confidence: 0.9277766

00:06:24.066 --> 00:06:26.938 in almost every area of practice

NOTE Confidence: 0.9277766

00:06:26.938 --> 00:06:29.498 we have and certainly extensively

NOTE Confidence: 0.9277766

00:06:29.498 --> 00:06:32.459 pervasive in global mental health

NOTE Confidence: 0.9277766

00:06:32.459 --> 00:06:35.139 whether consciously or unconsciously.

NOTE Confidence: 0.94502765

00:06:35.140 --> 00:06:38.172 And I am posing and many others that

NOTE Confidence: 0.94502765

00:06:38.172 --> 00:06:41.495 this may be rooted in white supremacy

NOTE Confidence: 0.94502765

00:06:41.495 --> 00:06:44.422 and white savior complex and this is

NOTE Confidence: 0.94502765

00:06:44.422 --> 00:06:46.620 certainly a mindset that I had coming

NOTE Confidence: 0.94502765

00:06:46.688 --> 00:06:49.096 into the residency program that oh I need

NOTE Confidence: 0.94502765

00:06:49.096 --> 00:06:51.562 to go to someone somewhere in Africa

NOTE Confidence: 0.94502765

00:06:51.562 --> 00:06:54.640 to help them because they need help.

NOTE Confidence: 0.94502765

00:06:54.640 --> 00:06:58.825 So I'm certainly this is this was certainly

NOTE Confidence: 0.94502765

00:06:58.825 --> 00:07:01.719 pervasive in my thought process as well

NOTE Confidence: 0.94502765

00:07:01.720 --> 00:07:03.718 some more statistics for you guys.

00:07:03.720 --> 00:07:05.834 So they did an analysis of over

00:07:05.840 --> 00:07:09.620 75,000 research grants 90 more than

00:07:09.620 --> 00:07:11.208 98% of mental research.

00:07:11.208 --> 00:07:13.590 Mental health research is funded by

00:07:13.661 --> 00:07:15.851 high income countries and less than

00:07:15.851 --> 00:07:18.030 5% of research funding is conducted

00:07:18.030 --> 00:07:20.420 in low and middle income country.

00:07:20.420 --> 00:07:23.010 So you know this high discrepancy of

00:07:23.010 --> 00:07:25.700 where research is actually being funded.

00:07:25.700 --> 00:07:27.639 And even when the research is funded

00:07:27.639 --> 00:07:29.900 in a low middle income country,

00:07:29.900 --> 00:07:31.934 it's usually led by researchers from

00:07:31.934 --> 00:07:34.449 or based in high income countries.

00:07:34.450 --> 00:07:38.604 And certainly this father reinforces the

00:07:38.604 --> 00:07:42.648 power asymmetry that currently exists today.

00:07:42.650 --> 00:07:45.210 So I did a dive of a basic Google search

NOTE Confidence: 0.94502765

00:07:45.282 --> 00:07:47.746 and I just wrote in Google Mental Health

NOTE Confidence: 0.94502765

00:07:47.746 --> 00:07:50.284 and and I put in a name of a country.

NOTE Confidence: 0.94502765

00:07:50.290 --> 00:07:52.570 So this list is a high income country.

NOTE Confidence: 0.94502765

00:07:52.570 --> 00:07:54.490 So like Australia, the UK,

NOTE Confidence: 0.94502765

00:07:54.490 --> 00:07:56.098 the US, New Zealand,

NOTE Confidence: 0.94502765

00:07:56.098 --> 00:07:58.510 and these were the pictures that

NOTE Confidence: 0.94502765

00:07:58.591 --> 00:08:00.865 came up in my Google searches.

NOTE Confidence: 0.94502765

00:08:00.870 --> 00:08:02.250 They're all numbers,

NOTE Confidence: 0.94502765

00:08:02.250 --> 00:08:05.470 they're all words and they're all statistics.

NOTE Confidence: 0.94502765

00:08:05.470 --> 00:08:08.071 And when I did the same thing and I

NOTE Confidence: 0.94502765

00:08:08.071 --> 00:08:10.141 did a Google search of mental health

NOTE Confidence: 0.94502765

00:08:10.141 --> 00:08:12.350 in and I put in a low income country,

NOTE Confidence: 0.94502765

00:08:12.350 --> 00:08:13.487 So South Africa,

NOTE Confidence: 0.94502765

00:08:13.487 --> 00:08:16.830 which is not exactly a low income country,

NOTE Confidence: 0.94502765

00:08:16.830 --> 00:08:20.015 Bangladesh and Nigeria.

14

NOTE Confidence: 0.94502765

00:08:20.015 --> 00:08:24.670 So this is the images that are

NOTE Confidence: 0.94502765

00:08:24.670 --> 00:08:26.716 pervasive when we're thinking about

NOTE Confidence: 0.94502765

00:08:26.716 --> 00:08:28.780 mental health in low income countries.

NOTE Confidence: 0.94502765

00:08:28.780 --> 00:08:30.746 And it may invoke us to think, wow,

NOTE Confidence: 0.94502765

00:08:30.746 --> 00:08:33.576 they're really suffering over there,

NOTE Confidence: 0.94502765

00:08:33.580 --> 00:08:36.820 they really need our help.

NOTE Confidence: 0.94502765

00:08:36.820 --> 00:08:39.256 How can this happen to someone else?

NOTE Confidence: 0.94502765

00:08:39.260 --> 00:08:41.292 How can we do something like this, right?

NOTE Confidence: 0.94502765

00:08:41.292 --> 00:08:43.164 Whereas when we're looking at these

NOTE Confidence: 0.94502765

00:08:43.164 --> 00:08:48.140 kind of images, it can show, oh, maybe,

NOTE Confidence: 0.94502765

00:08:48.140 --> 00:08:49.820 you know, they do have struggles,

NOTE Confidence: 0.94502765

00:08:49.820 --> 00:08:51.230 but maybe, like,

NOTE Confidence: 0.94502765

00:08:51.230 --> 00:08:53.580 they're really addressing these struggles.

NOTE Confidence: 0.94502765

00:08:53.580 --> 00:08:55.248 There's models of care,

NOTE Confidence: 0.94502765

00:08:55.248 --> 00:08:56.499 there's logic models,

NOTE Confidence: 0.94502765

00:08:56.500 --> 00:08:59.860 there's all these beautiful bar graphs.

NOTE Confidence: 0.94502765

00:08:59.860 --> 00:09:02.370 So they're really actively trying

NOTE Confidence: 0.94502765

00:09:02.370 --> 00:09:04.378 to address this concern.

NOTE Confidence: 0.94502765

00:09:04.380 --> 00:09:05.976 So it could seem you can really

NOTE Confidence: 0.94502765

00:09:05.976 --> 00:09:06.660 seem that way.

NOTE Confidence: 0.93818754

00:09:09.020 --> 00:09:11.333 So I did another Google search and this time

NOTE Confidence: 0.93818754

00:09:11.333 --> 00:09:13.780 I put life in rather than mental health,

NOTE Confidence: 0.93818754

00:09:13.780 --> 00:09:17.551 justice, overall life, life in Bangladesh.

NOTE Confidence: 0.93818754

00:09:17.551 --> 00:09:19.910 This is the first image that comes

NOTE Confidence: 0.93818754

00:09:19.975 --> 00:09:22.472 up children next to garbage.

NOTE Confidence: 0.93818754

00:09:22.472 --> 00:09:27.550 And one might evoke from this emotion that,

NOTE Confidence: 0.93818754

00:09:27.550 --> 00:09:29.470 wow, how can these kids be

NOTE Confidence: 0.93818754

00:09:29.470 --> 00:09:31.949 living in such a poor condition?

NOTE Confidence: 0.93818754

00:09:31.950 --> 00:09:35.148 It's so dirty, it's so impoverished.

NOTE Confidence: 0.93818754

00:09:35.150 --> 00:09:37.388 This is a picture in Laos.

NOTE Confidence: 0.93818754

00:09:37.390 --> 00:09:40.270 This little girl's cute and smiling.

NOTE Confidence: 0.93818754

00:09:40.270 --> 00:09:41.630 Laos is a neighboring country

NOTE Confidence: 0.93818754

00:09:41.630 --> 00:09:42.990 to Thailand where I'm from,

NOTE Confidence: 0.93818754

00:09:42.990 --> 00:09:46.550 and so this picture reminds me of myself.

NOTE Confidence: 0.93818754

00:09:46.550 --> 00:09:49.246 But this is the little girl is in

NOTE Confidence: 0.93818754

00:09:49.246 --> 00:09:51.468 mud and you know, she's so cute.

NOTE Confidence: 0.93818754

00:09:51.470 --> 00:09:53.030 Maybe she needs our help.

NOTE Confidence: 0.93818754

00:09:53.030 --> 00:09:55.710 And actually, when I looked on the website,

NOTE Confidence: 0.93818754

00:09:55.710 --> 00:09:59.046 it was of of an American going to

NOTE Confidence: 0.93818754

00:09:59.046 --> 00:10:02.268 Laos and listing all the things,

NOTE Confidence: 0.93818754

00:10:02.270 --> 00:10:05.189 all the statistics of Laos and how

NOTE Confidence: 0.93818754

00:10:05.190 --> 00:10:07.990 one man can truly change the world

NOTE Confidence: 0.93818754

00:10:07.990 --> 00:10:10.358 and really help alleviate poverty

NOTE Confidence: 0.93818754

00:10:10.358 --> 00:10:13.622 by changes in policy and changes

NOTE Confidence: 0.93818754

00:10:13.622 --> 00:10:15.590 in implementation worldwide.

NOTE Confidence: 0.93818754

00:10:15.590 --> 00:10:17.618 This is the first picture that

NOTE Confidence: 0.93818754

00:10:17.618 --> 00:10:19.420 pops up life in Chad.

NOTE Confidence: 0.93818754

00:10:19.420 --> 00:10:22.535 So this one is still of children.

NOTE Confidence: 0.93818754

00:10:22.540 --> 00:10:24.012 Something about children being

NOTE Confidence: 0.93818754

00:10:24.012 --> 00:10:26.220 depicted in images for some reason.

NOTE Confidence: 0.93818754

00:10:26.220 --> 00:10:27.740 And you may think, wow,

NOTE Confidence: 0.93818754

00:10:27.740 --> 00:10:29.300 they don't have a toilet,

NOTE Confidence: 0.93818754

00:10:29.300 --> 00:10:31.152 they don't have functioning

NOTE Confidence: 0.93818754

00:10:31.152 --> 00:10:33.467 bathroom and they're outside the

NOTE Confidence: 0.93818754

00:10:33.467 --> 00:10:35.817 Hut like washing their hands,

NOTE Confidence: 0.93818754

00:10:35.820 --> 00:10:38.137 you know, this is the hot sun.

NOTE Confidence: 0.93818754

00:10:38.140 --> 00:10:42.620 Oh my goodness, like these these poor kids.

NOTE Confidence: 0.93818754

00:10:42.620 --> 00:10:46.380 And then this one is life in America.

NOTE Confidence: 0.93818754

00:10:46.380 --> 00:10:48.286 So again,

NOTE Confidence: 0.93818754

00:10:48.286 --> 00:10:52.098 a child smiling child,

NOTE Confidence: 0.93818754

00:10:52.100 --> 00:10:56.048 which is different from the other photos

NOTE Confidence: 0.93818754

00:10:56.048 --> 00:10:59.042 and really industrialized well manicured

18

NOTE Confidence: 0.93818754

00:10:59.042 --> 00:11:02.297 houses and fences and properties.

NOTE Confidence: 0.93818754

00:11:02.300 --> 00:11:05.030 So this website was actually

NOTE Confidence: 0.93818754

00:11:05.030 --> 00:11:07.644 a website that said, oh,

NOTE Confidence: 0.93818754

00:11:07.644 --> 00:11:11.036 this is how you can immigrate to America,

NOTE Confidence: 0.93818754

00:11:11.040 --> 00:11:12.400 come live with us.

NOTE Confidence: 0.93818754

00:11:12.400 --> 00:11:14.440 Life in America is really wonderful.

NOTE Confidence: 0.93818754

00:11:14.440 --> 00:11:15.940 These are all the wonderful

NOTE Confidence: 0.93818754

00:11:15.940 --> 00:11:16.840 things about America.

NOTE Confidence: 0.93818754

00:11:16.840 --> 00:11:18.874 And this is how you can get a visa.

NOTE Confidence: 0.93818754

00:11:18.880 --> 00:11:21.600 So that was the first Google image search.

NOTE Confidence: 0.9217991

00:11:23.640 --> 00:11:27.600 So, you know, power and privilege

NOTE Confidence: 0.9217991

00:11:27.600 --> 00:11:29.460 is certainly the current state

NOTE Confidence: 0.9217991

00:11:29.460 --> 00:11:31.320 of things in today's world.

NOTE Confidence: 0.9217991

00:11:31.320 --> 00:11:35.824 And I want to emphasize that that doesn't

NOTE Confidence: 0.9217991

00:11:35.824 --> 00:11:38.743 only come from the high income countries.

NOTE Confidence: 0.9217991

00:11:38.750 --> 00:11:41.006 And so it's not only the US that's

NOTE Confidence: 0.9217991

00:11:41.006 --> 00:11:43.603 saying we need to go to these other

NOTE Confidence: 0.9217991

00:11:43.603 --> 00:11:45.715 countries and really help them and

NOTE Confidence: 0.9217991

00:11:45.715 --> 00:11:47.550 really build up their capacity,

NOTE Confidence: 0.9217991

00:11:47.550 --> 00:11:50.147 but it also comes from low income

NOTE Confidence: 0.9217991

00:11:50.147 --> 00:11:52.270 countries who have internalized,

NOTE Confidence: 0.9217991

00:11:52.270 --> 00:11:55.195 oh, maybe I am worse off and I do

NOTE Confidence: 0.9217991

00:11:55.195 --> 00:11:57.826 need help and I really do need,

NOTE Confidence: 0.9217991

00:11:57.830 --> 00:11:59.950 you know, the technological advances

NOTE Confidence: 0.9217991

00:11:59.950 --> 00:12:02.460 or the medical advances of the

NOTE Confidence: 0.9217991

00:12:02.460 --> 00:12:04.693 Western world to to bring that in,

NOTE Confidence: 0.9217991

00:12:04.700 --> 00:12:07.499 to really help us go to the next level.

NOTE Confidence: 0.9217991

00:12:07.500 --> 00:12:10.700 So that's certainly the current

NOTE Confidence: 0.9217991

00:12:10.700 --> 00:12:12.444 thought process that's pervasive

NOTE Confidence: 0.9217991

00:12:12.444 --> 00:12:15.060 in a lot of us today.

NOTE Confidence: 0.9217991

00:12:15.060 --> 00:12:18.854 And that may be rude in white

NOTE Confidence: 0.9217991

00:12:18.854 --> 00:12:20.276 supremacy and saviorism,

NOTE Confidence: 0.9217991

00:12:20.276 --> 00:12:23.446 lack of diversity, equity and inclusion,

NOTE Confidence: 0.9217991

00:12:23.446 --> 00:12:25.774 the history of colonialism,

NOTE Confidence: 0.9217991

00:12:25.780 --> 00:12:27.586 the forever foreign gays that you

NOTE Confidence: 0.9217991

00:12:27.586 --> 00:12:29.418 can never really be one of us.

NOTE Confidence: 0.9217991

00:12:29.420 --> 00:12:33.299 Patriarchy and racism.

NOTE Confidence: 0.9217991

00:12:33.300 --> 00:12:37.044 Because I think, you know,

NOTE Confidence: 0.9217991

00:12:37.044 --> 00:12:38.820 we all know as mental healthcare

NOTE Confidence: 0.9217991

00:12:38.888 --> 00:12:40.838 practitioners that there is another

NOTE Confidence: 0.9217991

00:12:40.838 --> 00:12:42.788 important reality in the United

NOTE Confidence: 0.9217991

00:12:42.847 --> 00:12:44.941 States that is certainly not widely

NOTE Confidence: 0.9217991

00:12:44.941 --> 00:12:48.540 advertised or not widely depicted.

NOTE Confidence: 0.9217991

00:12:48.540 --> 00:12:51.372 And this is something that makes

NOTE Confidence: 0.9217991

00:12:51.372 --> 00:12:53.260 us feel really uncomfortable.

NOTE Confidence: 0.9217991

00:12:53.260 --> 00:12:57.013 So this is a prison in the United States.

NOTE Confidence: 0.9217991

00:12:57.020 --> 00:13:00.380 This is an individual with homelessness.

NOTE Confidence: 0.9217991

00:13:00.380 --> 00:13:01.142 In Chicago,

NOTE Confidence: 0.9217991

00:13:01.142 --> 00:13:03.570 I had to do a really,

NOTE Confidence: 0.9217991

00:13:03.570 --> 00:13:05.650 really specific Google search

NOTE Confidence: 0.9217991

00:13:05.650 --> 00:13:07.730 to find these images.

NOTE Confidence: 0.9217991

00:13:07.730 --> 00:13:10.775 This is actually a woman in New

NOTE Confidence: 0.9217991

00:13:10.775 --> 00:13:12.623 Haven struggling with homelessness.

NOTE Confidence: 0.9217991

00:13:12.623 --> 00:13:15.449 And this is actually a picture

NOTE Confidence: 0.9217991

00:13:15.449 --> 00:13:17.448 from my personal archive.

NOTE Confidence: 0.9217991

00:13:17.450 --> 00:13:19.809 We don't see a lot of pictures

NOTE Confidence: 0.9217991

00:13:19.809 --> 00:13:21.650 of Asian Americans struggling,

NOTE Confidence: 0.9217991

00:13:21.650 --> 00:13:25.066 and I think it really further contributes

NOTE Confidence: 0.9217991

00:13:25.066 --> 00:13:27.648 to the invisibility that we have.

NOTE Confidence: 0.9217991

00:13:27.650 --> 00:13:30.794 So this picture is actually of my mom

NOTE Confidence: 0.9217991

00:13:30.800 --> 00:13:34.800 in the hospital with schizophrenia.

NOTE Confidence: 0.9217991

00:13:34.800 --> 00:13:38.475 This is in the New Haven Green.

NOTE Confidence: 0.9217991

00:13:38.480 --> 00:13:42.197 This is in the prison in Kentucky.

NOTE Confidence: 0.9217991

00:13:42.200 --> 00:13:44.160 This is also in the prison in Kentucky,

NOTE Confidence: 0.937561226666667

00:13:47.080 --> 00:13:51.697 and a statistic is that at any given time,

NOTE Confidence: 0.937561226666667

00:13:51.700 --> 00:13:54.820 there are many more people with

NOTE Confidence: 0.937561226666667

00:13:54.820 --> 00:13:56.900 untreated severe psychiatric illnesses

NOTE Confidence: 0.937561226666667

00:13:56.983 --> 00:13:59.398 living on America's streets than

NOTE Confidence: 0.937561226666667

00:13:59.398 --> 00:14:01.813 are receiving care in hospitals.

NOTE Confidence: 0.937561226666667

00:14:01.820 --> 00:14:04.820 And over 1/3 of individuals

NOTE Confidence: 0.937561226666667

00:14:04.820 --> 00:14:07.220 in prisons and experiencing

NOTE Confidence: 0.937561226666667

00:14:07.220 --> 00:14:09.860 homelessness have a mental illness.

NOTE Confidence: 0.937561226666667

00:14:09.860 --> 00:14:13.493 And sometimes we may want

NOTE Confidence: 0.937561226666667

00:14:13.493 --> 00:14:14.977 to comfort ourselves with,

NOTE Confidence: 0.937561226666667

00:14:14.980 --> 00:14:17.745 oh at least we're better off than

NOTE Confidence: 0.937561226666667

00:14:17.745 --> 00:14:20.180 individuals in those other countries.

NOTE Confidence: 0.937561226666667

00:14:20.180 --> 00:14:23.788 But I want to ask you guys, are we really?

NOTE Confidence: 0.937561226666667

00:14:23.788 --> 00:14:28.460 Is that the the whole story?

NOTE Confidence: 0.937561226666667

00:14:28.460 --> 00:14:31.268 So another important reality

NOTE Confidence: 0.937561226666667

00:14:31.268 --> 00:14:34.778 in low middle income countries.

NOTE Confidence: 0.937561226666667

00:14:34.780 --> 00:14:37.738 This is a really beautiful picture.

NOTE Confidence: 0.937561226666667

00:14:37.740 --> 00:14:41.240 It's a power of the community in Nigeria.

NOTE Confidence: 0.937561226666667

00:14:41.240 --> 00:14:44.420 This one is in Bangladesh again,

NOTE Confidence: 0.937561226666667

00:14:44.420 --> 00:14:46.700 the power of the community.

NOTE Confidence: 0.937561226666667

00:14:46.700 --> 00:14:48.814 And this one is my personal favorite.

NOTE Confidence: 0.937561226666667

00:14:48.820 --> 00:14:50.860 This one is in Laos.

NOTE Confidence: 0.937561226666667

00:14:50.860 --> 00:14:53.835 Certainly reminds me of how I grew

NOTE Confidence: 0.937561226666667

00:14:53.835 --> 00:14:57.636 up and the childhood that I had

NOTE Confidence: 0.937561226666667

00:14:57.636 --> 00:14:59.580 there in Thailand close to Laos.

NOTE Confidence: 0.937561226666667

00:14:59.580 --> 00:15:02.940 And then I just, I'm such a proud big sister,

NOTE Confidence: 0.937561226666667

00:15:02.940 --> 00:15:04.980 and this is my little sister.

NOTE Confidence: 0.937561226666667

00:15:04.980 --> 00:15:06.592 She's so unapologically herself

NOTE Confidence: 0.937561226666667

00:15:06.592 --> 00:15:09.387 and she I think really has taught

NOTE Confidence: 0.937561226666667

00:15:09.387 --> 00:15:11.795 me to be more that way and she's

NOTE Confidence: 0.937561226666667

00:15:11.800 --> 00:15:13.078 my role model in many ways.

NOTE Confidence: 0.937561226666667

00:15:13.080 --> 00:15:16.628 So this is certainly another

NOTE Confidence: 0.937561226666667

00:15:16.628 --> 00:15:18.913 reality that's not often depicted

NOTE Confidence: 0.937561226666667

00:15:18.920 --> 00:15:20.600 in low middle income countries.

NOTE Confidence: 0.92735183

00:15:23.080 --> 00:15:26.020 And then these are some last slides

NOTE Confidence: 0.92735183

00:15:26.020 --> 00:15:28.118 with statistics for all of us.

NOTE Confidence: 0.92735183

00:15:28.120 --> 00:15:31.039 So the global prevalence of mental disorders,

NOTE Confidence: 0.92735183

00:15:31.040 --> 00:15:34.344 this was published by The Who in 2019.

NOTE Confidence: 0.92735183

00:15:34.344 --> 00:15:37.340 So 13% of global population is

NOTE Confidence: 0.92735183

00:15:37.340 --> 00:15:39.120 living with mental disorders.

NOTE Confidence: 0.92735183

00:15:39.120 --> 00:15:43.492 And when we zoom in by economic growth,

NOTE Confidence: 0.92735183

00:15:43.492 --> 00:15:48.440 it's interesting because more than 15%

NOTE Confidence: 0.92735183

00:15:48.440 --> 00:15:51.194 this is the high income country and

NOTE Confidence: 0.92735183

00:15:51.194 --> 00:15:53.620 then a little bit over 10% that's the

NOTE Confidence: 0.92735183

00:15:53.620 --> 00:15:55.960 prevalence in the low income country.

NOTE Confidence: 0.92735183

00:15:55.960 --> 00:15:58.606 So actually, you know high income countries

NOTE Confidence: 0.92735183

00:15:58.606 --> 00:16:01.660 have a higher prevalence in mental

NOTE Confidence: 0.92735183

00:16:01.660 --> 00:16:05.200 disorders than low income countries do.

NOTE Confidence: 0.92735183

00:16:05.200 --> 00:16:08.154 And why might that be and what

NOTE Confidence: 0.92735183

00:16:08.154 --> 00:16:10.460 might explain this difference?

NOTE Confidence: 0.92735183

00:16:10.460 --> 00:16:12.736 Perhaps there's under diagnosis

NOTE Confidence: 0.92735183

00:16:12.736 --> 00:16:16.150 in low low income countries due

NOTE Confidence: 0.92735183

00:16:16.248 --> 00:16:18.780 to less accessible services.

NOTE Confidence: 0.92735183

00:16:18.780 --> 00:16:21.889 And then the WH O's also notes that

NOTE Confidence: 0.92735183

00:16:21.889 --> 00:16:23.804 maybe their demographic factors like

NOTE Confidence: 0.92735183

00:16:23.804 --> 00:16:26.698 low income country tends to have higher

NOTE Confidence: 0.92735183

00:16:26.698 --> 00:16:28.763 population proportion of children under

NOTE Confidence: 0.92735183

00:16:28.829 --> 00:16:31.572 the age of 10 and in that population

NOTE Confidence: 0.92735183

00:16:31.572 --> 00:16:34.012 mental disorders are less common.

NOTE Confidence: 0.92735183

00:16:34.020 --> 00:16:36.561 And then this is something I would

NOTE Confidence: 0.92735183

00:16:36.561 --> 00:16:39.612 like to ask all of us is what about

NOTE Confidence: 0.92735183

00:16:39.612 --> 00:16:41.942 factors in high income countries

NOTE Confidence: 0.92735183

00:16:41.942 --> 00:16:44.397 that could contribute to higher

NOTE Confidence: 0.92735183

00:16:44.397 --> 00:16:46.357 prevalence of mental disorders?

NOTE Confidence: 0.92735183

00:16:46.360 --> 00:16:48.180 Are there factors and if

NOTE Confidence: 0.92735183

00:16:48.180 --> 00:16:50.000 So what are the factors?

NOTE Confidence: 0.9385191

00:16:52.360 --> 00:16:54.440 This is prevalence again,

NOTE Confidence: 0.9385191

00:16:54.440 --> 00:16:56.976 but this time by regions.

NOTE Confidence: 0.9385191

00:16:56.976 --> 00:17:00.168 Notice again in the Americas we have

NOTE Confidence: 0.9385191

00:17:00.168 --> 00:17:03.706 the highest prevalence and then Africa

NOTE Confidence: 0.9385191

00:17:03.706 --> 00:17:07.675 has the lowest prevalence and for some

NOTE Confidence: 0.9385191

00:17:07.675 --> 00:17:11.375 reason this statistic is in the 100

NOTE Confidence: 0.9385191

00:17:11.375 --> 00:17:14.350 page WHO report and not easily found,

NOTE Confidence: 0.9385191

00:17:14.350 --> 00:17:17.590 not found in a Google image search actually.

NOTE Confidence: 0.9385191

00:17:17.590 --> 00:17:21.884 And this is this is also another

NOTE Confidence: 0.9385191

00:17:21.884 --> 00:17:24.029 statistic and reality that that is

NOTE Confidence: 0.9385191

00:17:24.029 --> 00:17:26.437 true that in America we have a higher

NOTE Confidence: 0.9385191

00:17:26.513 --> 00:17:28.763 prevalence whatever the reason may be

NOTE Confidence: 0.9385191

00:17:28.763 --> 00:17:31.485 and in Africa they have the lowest,

NOTE Confidence: 0.9385191

00:17:31.485 --> 00:17:33.510 lowest prevalence of all regions.

NOTE Confidence: 0.9385191

00:17:33.510 --> 00:17:35.918 So I'm asking us have we been

NOTE Confidence: 0.9385191

00:17:35.918 --> 00:17:37.830 telling ourselves the whole story.

NOTE Confidence: 0.93133765

00:17:40.630 --> 00:17:43.132 So I haven't been able to test this yet

NOTE Confidence: 0.93133765

00:17:43.132 --> 00:17:45.582 but some of the hypothesis that I have

NOTE Confidence: 0.93133765

00:17:45.582 --> 00:17:48.134 is that there may be factors in high

NOTE Confidence: 0.93133765

00:17:48.134 --> 00:17:49.852 income countries that contribute to

NOTE Confidence: 0.93133765

00:17:49.852 --> 00:17:51.667 higher prevalence of mental disorders.

NOTE Confidence: 0.93133765

00:17:51.670 --> 00:17:54.379 So things like need and drive for

NOTE Confidence: 0.93133765

00:17:54.379 --> 00:17:55.940 productivity and equating one's

NOTE Confidence: 0.93133765

00:17:55.940 --> 00:17:57.944 value and one's self worth with

NOTE Confidence: 0.93133765

00:17:57.944 --> 00:17:59.870 one's job and productivity.

NOTE Confidence: 0.93133765

00:17:59.870 --> 00:18:01.809 And then the other side to that

NOTE Confidence: 0.93133765

00:18:01.809 --> 00:18:03.964 is with the lower prevalence in

NOTE Confidence: 0.93133765

00:18:03.964 --> 00:18:06.059 Africa and low income countries,

NOTE Confidence: 0.93133765

00:18:06.060 --> 00:18:07.263 is there prevention?

NOTE Confidence: 0.93133765

00:18:07.263 --> 00:18:10.540 I don't believe that there is a cure,

NOTE Confidence: 0.93133765

00:18:10.540 --> 00:18:14.800 but I really do think there is

NOTE Confidence: 0.93133765

00:18:14.800 --> 00:18:17.190 prevention there and prevention

NOTE Confidence: 0.93133765

00:18:17.190 --> 00:18:19.015 to mental disorders makes this,

NOTE Confidence: 0.93133765

00:18:19.020 --> 00:18:21.435 but perhaps it is not yet quantified

NOTE Confidence: 0.93133765

00:18:21.435 --> 00:18:23.582 or perhaps it's not something

NOTE Confidence: 0.93133765

00:18:23.582 --> 00:18:25.136 that's even quantifiable.

NOTE Confidence: 0.93133765

00:18:25.140 --> 00:18:28.248 So maybe that's why it's not so

NOTE Confidence: 0.93133765

00:18:28.248 --> 00:18:30.880 advertised or so acknowledged.

NOTE Confidence: 0.93133765

00:18:30.880 --> 00:18:33.036 And some of these factors that are

NOTE Confidence: 0.93133765

00:18:33.036 --> 00:18:34.560 preventative to mental disorders,

NOTE Confidence: 0.93133765

00:18:34.560 --> 00:18:36.972 maybe community and family,

NOTE Confidence: 0.93133765

00:18:36.972 --> 00:18:39.384 sense of interconnectedness and

NOTE Confidence: 0.93133765

00:18:39.384 --> 00:18:42.239 responsibility to another's wellbeing,

NOTE Confidence: 0.93133765

00:18:42.240 --> 00:18:43.653 sense of belonging,

NOTE Confidence: 0.93133765

00:18:43.653 --> 00:18:46.479 lack of the need for urgency,

NOTE Confidence: 0.93133765

00:18:46.480 --> 00:18:48.920 living more in the moment,

NOTE Confidence: 0.93133765

00:18:48.920 --> 00:18:50.970 and maybe even dealing with

NOTE Confidence: 0.93133765

00:18:50.970 --> 00:18:52.610 life's inconveniences like hand

NOTE Confidence: 0.93133765

00:18:52.610 --> 00:18:53.880 washing your clothes.

NOTE Confidence: 0.93133765

00:18:53.880 --> 00:18:56.875 Like it's actually one of my

NOTE Confidence: 0.93133765

00:18:56.875 --> 00:18:58.150 favorite memories growing up in

NOTE Confidence: 0.93133765

00:18:58.201 --> 00:18:59.917 Thailand was hand washing my clothes.

NOTE Confidence: 0.93133765

00:18:59.920 --> 00:19:01.732 And I think when I tell

NOTE Confidence: 0.93133765

00:19:01.732 --> 00:19:03.360 that story to people here,

NOTE Confidence: 0.93133765

00:19:03.360 --> 00:19:04.968 it it just brings an image

NOTE Confidence: 0.93133765

00:19:04.968 --> 00:19:06.265 of them being like, oh,

NOTE Confidence: 0.93133765

00:19:06.265 --> 00:19:07.840 you must have been poor and struggling.

NOTE Confidence: 0.93133765

00:19:07.840 --> 00:19:10.143 But for me it was actually something

NOTE Confidence: 0.93133765

00:19:10.143 --> 00:19:12.921 like I love doing and it was a

NOTE Confidence: 0.93133765

00:19:12.921 --> 00:19:14.636 responsibility that I felt that

NOTE Confidence: 0.93133765

00:19:14.640 --> 00:19:16.266 I was really proud of because

NOTE Confidence: 0.93133765

00:19:16.266 --> 00:19:18.000 I was helping my household.

NOTE Confidence: 0.93060225

00:19:20.600 --> 00:19:23.555 So this is a quote that I heard a long time

NOTE Confidence: 0.93060225

00:19:23.555 --> 00:19:26.105 ago that still stays with me to today.

NOTE Confidence: 0.93060225

00:19:26.110 --> 00:19:28.878 Make what is important measurable and

NOTE Confidence: 0.93060225

00:19:28.878 --> 00:19:30.710 not what is measurable, important.

NOTE Confidence: 0.9375941

00:19:33.350 --> 00:19:35.954 And some last food for thought going back

NOTE Confidence: 0.9375941

00:19:35.954 --> 00:19:38.348 to these pictures of the statistics is,

NOTE Confidence: 0.9375941

00:19:38.350 --> 00:19:40.492 you know, I discussed with you guys

NOTE Confidence: 0.9375941

00:19:40.492 --> 00:19:42.337 about the potential harm that's done

NOTE Confidence: 0.9375941

00:19:42.337 --> 00:19:44.071 when we're only focusing on the

NOTE Confidence: 0.9375941

00:19:44.071 --> 00:19:46.148 bad in low middle income countries.

NOTE Confidence: 0.9375941

00:19:46.150 --> 00:19:48.950 So potential harm like further

NOTE Confidence: 0.9375941

00:19:48.950 --> 00:19:51.190 oppression and further devaluation.

NOTE Confidence: 0.9375941

00:19:51.190 --> 00:19:54.746 But with us having mainly these pictures,

NOTE Confidence: 0.9375941

00:19:54.750 --> 00:19:58.140 is there also harm done to

NOTE Confidence: 0.9375941

00:19:58.140 --> 00:20:00.514 us by thinking this way?

NOTE Confidence: 0.9375941

00:20:00.514 --> 00:20:03.486 And if so, what is the harm?

NOTE Confidence: 0.9375941

00:20:03.486 --> 00:20:06.520 And why might we have depicted mental

NOTE Confidence: 0.9375941

00:20:06.520 --> 00:20:09.550 health as statistics rather than personhood?

NOTE Confidence: 0.9287914

00:20:12.470 --> 00:20:15.459 So also another hypothesis is just that

NOTE Confidence: 0.9287914

00:20:15.459 --> 00:20:19.040 it makes our humanity less acknowledged.

NOTE Confidence: 0.9287914

00:20:19.040 --> 00:20:20.336 Certainly in the US,

NOTE Confidence: 0.9287914

00:20:20.336 --> 00:20:22.712 and it makes our suffering and our

NOTE Confidence: 0.9287914

00:20:22.712 --> 00:20:24.512 clients and our family members

NOTE Confidence: 0.9287914

00:20:24.512 --> 00:20:26.780 and our patients or ourselves.

NOTE Confidence: 0.9287914

00:20:26.780 --> 00:20:30.320 It makes our sufferings less acknowledged.

NOTE Confidence: 0.9287914

00:20:30.320 --> 00:20:32.035 And these statistics may be

NOTE Confidence: 0.9287914

00:20:32.035 --> 00:20:33.750 because they help ease our

NOTE Confidence: 0.9287914

00:20:33.821 --> 00:20:36.237 uncomfortability with human suffering.

NOTE Confidence: 0.93208027

00:20:38.800 --> 00:20:40.440 So our future, you know,

NOTE Confidence: 0.93208027

00:20:40.440 --> 00:20:42.239 if we can conceptualize that there are

NOTE Confidence: 0.93208027

00:20:42.239 --> 00:20:44.172 things in the US that we're good at

NOTE Confidence: 0.93208027

00:20:44.172 --> 00:20:46.177 and there are things in low and middle

NOTE Confidence: 0.93208027

00:20:46.177 --> 00:20:47.857 income countries that they excel at,

NOTE Confidence: 0.93208027

00:20:47.860 --> 00:20:50.086 then we might be able to benefit

NOTE Confidence: 0.93208027

00:20:50.086 --> 00:20:52.181 and really truly learn from one

NOTE Confidence: 0.93208027

00:20:52.181 --> 00:20:54.031 another a bidirectional partnership

NOTE Confidence: 0.93208027

00:20:54.031 --> 00:20:57.013 rooted in mutual respect and value.

NOTE Confidence: 0.93491364

00:20:59.650 --> 00:21:01.204 I know I'm running out of time,

NOTE Confidence: 0.93491364

00:21:01.210 --> 00:21:04.248 but these are some really amazing programs.

NOTE Confidence: 0.93491364

00:21:04.250 --> 00:21:06.091 This one is the friendship bench in

NOTE Confidence: 0.93491364

33

00:21:06.091 --> 00:21:08.128 Zimbabwe and it's a task sharing approach.

00:21:08.130 --> 00:21:09.560 Basically, these grandmothers sit in

00:21:09.560 --> 00:21:11.795 front of a bench right in front of

00:21:11.795 --> 00:21:13.307 a community Health Center where they

00:21:13.307 --> 00:21:15.210 can provide mental health services and

00:21:15.210 --> 00:21:17.172 the grandmothers are trained in basic

00:21:17.172 --> 00:21:19.706 CBT and anyone in the community can

00:21:19.706 --> 00:21:22.865 sit on the bench to provide this care.

00:21:22.865 --> 00:21:26.310 And the numbers are 14% of patients in

00:21:26.310 --> 00:21:27.810 friendship bench experience symptoms

00:21:27.810 --> 00:21:29.489 of depression after six months

00:21:29.489 --> 00:21:31.233 compared to 50% standard of care.

00:21:31.233 --> 00:21:33.270 And with standard of care means they

00:21:33.329 --> 00:21:35.549 went into the community Health Center

00:21:35.549 --> 00:21:38.545 themselves and either had medication or

00:21:38.545 --> 00:21:42.320 treatment by a trained psychologist or both.

NOTE Confidence: 0.93491364

00:21:42.320 --> 00:21:45.693 So 12% with anxiety compared to 48% in

NOTE Confidence: 0.93491364

00:21:45.693 --> 00:21:48.066 standard of care and 2% with suicidal

NOTE Confidence: 0.93491364

00:21:48.066 --> 00:21:50.964 thoughts compared to 12% in standard of care.

NOTE Confidence: 0.93491364

00:21:50.964 --> 00:21:53.775 So what is going on that these

NOTE Confidence: 0.93491364

00:21:53.775 --> 00:21:56.745 grandmothers are doing such an amazing

NOTE Confidence: 0.93491364

00:21:56.745 --> 00:22:00.094 job and perhaps even more improvement

NOTE Confidence: 0.93491364

00:22:00.094 --> 00:22:02.380 than community health infrastructure?

NOTE Confidence: 0.93491364

00:22:02.380 --> 00:22:05.440 And the other interesting thing is

NOTE Confidence: 0.93491364

00:22:05.440 --> 00:22:08.729 that they actually did this study with

NOTE Confidence: 0.93491364

00:22:08.729 --> 00:22:11.255 grandfathers sitting on the bench and

NOTE Confidence: 0.93491364

00:22:11.333 --> 00:22:14.613 the numbers were not as good when the

NOTE Confidence: 0.93491364

00:22:14.613 --> 00:22:16.710 grandfathers were sitting on the bench.

NOTE Confidence: 0.93491364

00:22:16.710 --> 00:22:18.894 So something about grandmothers

NOTE Confidence: 0.93491364

00:22:18.894 --> 00:22:21.665 and community this one is a dream

NOTE Confidence: 0.93491364

00:22:21.665 --> 00:22:22.670 of world Jamaica.

NOTE Confidence: 0.93491364

00:22:22.670 --> 00:22:24.070 They went to the school,

NOTE Confidence: 0.93491364

00:22:24.070 --> 00:22:28.150 did a multimodal therapy intervention,

NOTE Confidence: 0.93491364

00:22:28.150 --> 00:22:30.670 training both teachers and children,

NOTE Confidence: 0.93491364

00:22:30.670 --> 00:22:32.662 and actually the primary school they

NOTE Confidence: 0.93491364

00:22:32.662 --> 00:22:34.906 piloted out went from being the worst

NOTE Confidence: 0.93491364

00:22:34.906 --> 00:22:36.908 to being one of the best programs,

NOTE Confidence: 0.93491364

00:22:36.910 --> 00:22:39.430 the best schools in the country.

NOTE Confidence: 0.93491364

00:22:39.430 --> 00:22:41.710 Then this is the last statistics,

NOTE Confidence: 0.93491364

00:22:41.710 --> 00:22:44.428 mental health research.

NOTE Confidence: 0.93491364

00:22:44.430 --> 00:22:47.167 The majority of our funding goes into

NOTE Confidence: 0.93491364

00:22:47.167 --> 00:22:50.259 basic research at theology and underpinning,

NOTE Confidence: 0.93491364

00:22:50.260 --> 00:22:53.740 and only 7% goes into prevention.

NOTE Confidence: 0.93491364

00:22:53.740 --> 00:22:56.386 So why might be that we want to invest

NOTE Confidence: 0.93491364

00:22:56.386 --> 00:22:58.975 so much of it into basic research?

NOTE Confidence: 0.9425566

00:23:02.180 --> 00:23:05.780 So a brief overview of our

NOTE Confidence: 0.9425566

00:23:05.780 --> 00:23:07.020 global mental health program.

NOTE Confidence: 0.9425566

00:23:07.020 --> 00:23:09.415 We have two arms, the Resident Distinction

NOTE Confidence: 0.9425566

00:23:09.415 --> 00:23:11.340 Pathway and the Seminar Series.

NOTE Confidence: 0.9425566

00:23:11.340 --> 00:23:13.020 With our seminar series,

NOTE Confidence: 0.9425566

00:23:13.020 --> 00:23:15.360 I think we've been extremely successful.

NOTE Confidence: 0.9425566

00:23:15.360 --> 00:23:17.235 They've been zoom and hybrid.

NOTE Confidence: 0.9425566

00:23:17.240 --> 00:23:19.376 We've been trying to really emphasize

NOTE Confidence: 0.9425566

00:23:19.376 --> 00:23:21.523 community health leaders from their home

NOTE Confidence: 0.9425566

00:23:21.523 --> 00:23:23.193 country rather than the traditional

NOTE Confidence: 0.9425566

00:23:23.193 --> 00:23:25.477 model of someone in the US going abroad.

NOTE Confidence: 0.9425566

00:23:25.480 --> 00:23:27.166 So we had, you know, doctors,

NOTE Confidence: 0.9425566

00:23:27.166 --> 00:23:30.726 Banda from the friendship bench along

NOTE Confidence: 0.9425566

00:23:30.726 --> 00:23:33.356 with many other wonderful speakers.

NOTE Confidence: 0.9425566

00:23:33.360 --> 00:23:35.544 We also had cosponsored the Muslim

NOTE Confidence: 0.9425566

00:23:35.544 --> 00:23:37.365 Mental Health Conference in 2022.

NOTE Confidence: 0.9425566

00:23:37.365 --> 00:23:39.190 That was also very successful

NOTE Confidence: 0.9425566

00:23:39.190 --> 00:23:41.402 as well and highly educational.

NOTE Confidence: 0.9425566

00:23:41.402 --> 00:23:43.378 Our inaugural resident distinction

NOTE Confidence: 0.9425566

00:23:43.378 --> 00:23:45.990 pathway has four residents in it,

NOTE Confidence: 0.9425566

00:23:45.990 --> 00:23:49.390 Yvonne, Paul, myself and Enoch.

NOTE Confidence: 0.9425566

00:23:49.390 --> 00:23:52.497 And then this year of course is our

NOTE Confidence: 0.9425566

00:23:52.497 --> 00:23:53.832 three residents that we presenting

NOTE Confidence: 0.9425566

00:23:53.832 --> 00:23:55.495 today and this is our leadership

NOTE Confidence: 0.9425566

00:23:55.495 --> 00:23:57.109 team for the last three years.

NOTE Confidence: 0.9425566

00:23:57.110 --> 00:23:59.386 I just want to say they've been amazing

NOTE Confidence: 0.9425566

00:23:59.386 --> 00:24:02.234 and wonderful and such a pleasure to work

NOTE Confidence: 0.9425566

00:24:02.234 --> 00:24:05.227 with and I'm so grateful for the experience.

NOTE Confidence: 0.9425566

00:24:05.230 --> 00:24:06.385 And our acknowledgement,

NOTE Confidence: 0.9425566

00:24:06.385 --> 00:24:09.670 of course is to our former faculty leaders,

NOTE Confidence: 0.9425566

00:24:09.670 --> 00:24:10.548 resident leaders,

NOTE Confidence: 0.9425566

00:24:10.548 --> 00:24:12.743 school of public health leaders

NOTE Confidence: 0.9425566

00:24:12.743 --> 00:24:14.060 and community volunteers.

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NOTE Confidence: 0.9425566

00:24:14.060 --> 00:24:16.490 We certainly could not have done any of this

NOTE Confidence: 0.9425566

00:24:16.490 --> 00:24:18.537 without you guys and growing the program,

NOTE Confidence: 0.9425566

00:24:18.540 --> 00:24:19.316 you know,

NOTE Confidence: 0.9425566

00:24:19.316 --> 00:24:21.836 since Doctor Robot started in 2008.

NOTE Confidence: 0.9425566

00:24:21.836 --> 00:24:24.140 So without further ado,

NOTE Confidence: 0.9425566

00:24:24.140 --> 00:24:27.220 I will stop my share and hand it over to Max.

NOTE Confidence: 0.9324247

00:24:31.140 --> 00:24:32.900 Thank you so much, Sonia.

NOTE Confidence: 0.9324247

00:24:32.900 --> 00:24:34.860 Just going to pull up my slides quickly.

NOTE Confidence: 0.92324036

00:24:44.320 --> 00:24:46.856 So really honored to to speak with all

NOTE Confidence: 0.92324036

00:24:46.856 --> 00:24:50.184 of you today and follows the incredible

NOTE Confidence: 0.92324036

00:24:50.184 --> 00:24:54.038 work that Sonya and and others have done

NOTE Confidence: 0.92324036

00:24:54.040 --> 00:24:56.011 at Yale and and to build presence of of

NOTE Confidence: 0.92324036

00:24:56.011 --> 00:24:57.896 gold mental health here which we think

NOTE Confidence: 0.92324036

00:24:57.896 --> 00:24:59.720 of the definition of global health.

NOTE Confidence: 0.92324036

00:24:59.720 --> 00:25:02.510 It probably extends to essentially every

NOTE Confidence: 0.92324036

00:25:02.510 --> 00:25:05.776 activity that that our department does.

NOTE Confidence: 0.92324036

00:25:05.776 --> 00:25:08.884 But I'm going to offer just a flavor

NOTE Confidence: 0.92324036

00:25:08.884 --> 00:25:11.844 of some things that I've been working,

NOTE Confidence: 0.92324036

00:25:11.844 --> 00:25:13.560 working on, thinking about and we were

NOTE Confidence: 0.92324036

00:25:13.560 --> 00:25:15.761 asked to give just a little bit of history

NOTE Confidence: 0.92324036

00:25:15.761 --> 00:25:17.620 into what brought us into this field,

NOTE Confidence: 0.92324036

00:25:17.620 --> 00:25:20.340 how we kind of came to identify with

NOTE Confidence: 0.92324036

00:25:20.340 --> 00:25:23.676 with with global health and my story.

NOTE Confidence: 0.92324036

00:25:23.676 --> 00:25:27.284 I would I would take back to when I was

NOTE Confidence: 0.92324036

00:25:27.284 --> 00:25:30.116 18 and I actually had decided not to

NOTE Confidence: 0.92324036

00:25:30.116 --> 00:25:32.118 go straight to college and to pursue

NOTE Confidence: 0.92324036

00:25:32.118 --> 00:25:33.740 a career as a professional athletes.

NOTE Confidence: 0.92324036

00:25:33.740 --> 00:25:36.351 But I was, I was also in a jazz band

NOTE Confidence: 0.92324036

00:25:36.351 --> 00:25:38.552 in that that Jasmine we were on tour

NOTE Confidence: 0.92324036

00:25:38.552 --> 00:25:40.740 in South Africa and it was actually

NOTE Confidence: 0.92324036

00:25:40.740 --> 00:25:42.805 at this particular place which is

NOTE Confidence: 0.92324036

00:25:42.805 --> 00:25:44.580 a casino called Sun City.

NOTE Confidence: 0.92324036

00:25:44.580 --> 00:25:48.420 And we've been mostly improvising with

NOTE Confidence: 0.92324036

00:25:48.420 --> 00:25:52.040 local groups and Township schools etcetera.

NOTE Confidence: 0.92324036

00:25:52.040 --> 00:25:54.996 And despite language barriers you

NOTE Confidence: 0.92324036

00:25:54.996 --> 00:25:58.480 know jazz music offers a chance for

NOTE Confidence: 0.92324036

00:25:58.480 --> 00:26:00.520 your human connection that that can

NOTE Confidence: 0.92324036

00:26:00.520 --> 00:26:03.215 kind of transcend a you know many

NOTE Confidence: 0.92324036

00:26:03.215 --> 00:26:05.592 many other types of social barriers.

NOTE Confidence: 0.92324036

00:26:05.592 --> 00:26:07.874 And so kind of recognizing that all

NOTE Confidence: 0.92324036

00:26:07.874 --> 00:26:10.391 at once you know the just incredible

NOTE Confidence: 0.92324036

00:26:10.391 --> 00:26:12.854 similarities that we share while these

NOTE Confidence: 0.92324036

00:26:12.854 --> 00:26:15.439 just unbelievable economic and health

NOTE Confidence: 0.92324036

00:26:15.439 --> 00:26:18.140 inequalities that that related on top.

NOTE Confidence: 0.92324036

00:26:18.140 --> 00:26:20.443 So it was actually right here at

NOTE Confidence: 0.92324036

00:26:20.443 --> 00:26:22.398 this casino that the just.

NOTE Confidence: 0.92324036

00:26:22.398 --> 00:26:26.330 The overwhelming level of inequality

NOTE Confidence: 0.92324036

00:26:26.330 --> 00:26:29.138 in health and economic outcomes

NOTE Confidence: 0.92324036

00:26:29.138 --> 00:26:30.389 really struck me.

NOTE Confidence: 0.92324036

00:26:30.390 --> 00:26:31.770 And I decided to,

NOTE Confidence: 0.92324036

00:26:31.770 --> 00:26:35.067 on that day become a doctor and if I could.

NOTE Confidence: 0.92324036

00:26:35.070 --> 00:26:36.822 And so it kind of ended up shifting

NOTE Confidence: 0.92324036

00:26:36.822 --> 00:26:38.417 my career towards medicine and ended

NOTE Confidence: 0.92324036

00:26:38.417 --> 00:26:40.448 up pursuing a PhD in economics to

NOTE Confidence: 0.92324036

00:26:40.448 --> 00:26:42.028 try to understand inequality better.

NOTE Confidence: 0.9342057

00:26:45.430 --> 00:26:48.225 So I I ended up spending a

NOTE Confidence: 0.9342057

00:26:48.225 --> 00:26:49.350 couple of years living in Malawi,

NOTE Confidence: 0.9342057

00:26:49.350 --> 00:26:52.318 spent my my summers working with partners

NOTE Confidence: 0.9342057

00:26:52.318 --> 00:26:55.040 in Health and which is a group like

NOTE Confidence: 0.9342057

00:26:55.040 --> 00:26:58.270 Doctors at Borders in in Haiti and Rwanda.

NOTE Confidence: 0.9342057

00:26:58.270 --> 00:27:00.209 I work for the president of the

NOTE Confidence: 0.9342057

00:27:00.209 --> 00:27:02.415 World Bank for a couple years and

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NOTE Confidence: 0.9342057

00:27:02.415 --> 00:27:05.670 like I said it kind of develops

NOTE Confidence: 0.9342057

00:27:05.670 --> 00:27:07.790 expertise in history of science,

NOTE Confidence: 0.9342057

00:27:07.790 --> 00:27:09.726 medicine and and economics.

NOTE Confidence: 0.9342057

00:27:09.726 --> 00:27:15.090 Doing a piece in Economics at Harvard.

NOTE Confidence: 0.9342057

00:27:15.090 --> 00:27:17.960 Currently I serve on 2 faculties

NOTE Confidence: 0.9342057

00:27:17.960 --> 00:27:19.720 at Harvard in a parttime role,

NOTE Confidence: 0.9342057

00:27:19.720 --> 00:27:20.848 one at the Department of Global

NOTE Confidence: 0.9342057

00:27:20.848 --> 00:27:21.600 Health and Social Medicine,

NOTE Confidence: 0.9342057

00:27:21.600 --> 00:27:24.320 the other in Department Economics.

NOTE Confidence: 0.9342057

00:27:24.320 --> 00:27:27.066 I had the privilege of writing a

NOTE Confidence: 0.9342057

00:27:27.066 --> 00:27:29.904 textbook when I was just out of college

NOTE Confidence: 0.9342057

00:27:29.904 --> 00:27:31.400 with Paul Farmer who's passed away.

NOTE Confidence: 0.9342057

00:27:31.400 --> 00:27:33.304 Jim Kim who is the former president

NOTE Confidence: 0.9342057

00:27:33.304 --> 00:27:35.391 of the World Bank and Arthur Kleinman

NOTE Confidence: 0.9342057

00:27:35.391 --> 00:27:38.115 who's a well known psychiatrist

NOTE Confidence: 0.9342057

00:27:38.115 --> 00:27:40.725 trying to kind of reintroduce the

NOTE Confidence: 0.9342057

00:27:40.725 --> 00:27:43.158 field along several the the the

NOTE Confidence: 0.9342057

00:27:43.158 --> 00:27:44.918 lines of post colonial thinking

NOTE Confidence: 0.9342057

00:27:44.918 --> 00:27:47.825 that Sonia mentioned and that's you

NOTE Confidence: 0.9342057

00:27:47.825 --> 00:27:50.977 know continue to be a either number

NOTE Confidence: 0.9342057

00:27:50.977 --> 00:27:53.560 one or two most used textbook in

NOTE Confidence: 0.9342057

00:27:53.641 --> 00:27:55.945 in the field of global health.

NOTE Confidence: 0.9342057

00:27:55.950 --> 00:27:59.184 I also teach a lecture course between

NOTE Confidence: 0.9342057

00:27:59.190 --> 00:28:00.884 100 and 200 students on the economics

NOTE Confidence: 0.9342057

00:28:00.884 --> 00:28:02.269 of development and global health,

NOTE Confidence: 0.9342057

00:28:02.270 --> 00:28:04.454 kind of taking a deep historical

NOTE Confidence: 0.9342057

00:28:04.454 --> 00:28:06.258 look at why we have the types

NOTE Confidence: 0.9342057

00:28:06.258 --> 00:28:07.143 of inequalities that we have.

NOTE Confidence: 0.9342057

00:28:07.150 --> 00:28:09.220 And also as as Sonia mentioned

NOTE Confidence: 0.9342057

00:28:09.220 --> 00:28:11.014 that the levels of happiness,

NOTE Confidence: 0.9342057

00:28:11.014 --> 00:28:12.118 the types of,

NOTE Confidence: 0.9342057

00:28:12.120 --> 00:28:13.012 you know,

NOTE Confidence: 0.9342057

00:28:13.012 --> 00:28:13.904 social outcomes,

NOTE Confidence: 0.9342057

00:28:13.904 --> 00:28:16.580 I think economists expected haven't really

NOTE Confidence: 0.9342057

00:28:16.653 --> 00:28:20.680 kept pace with with with economic models.

NOTE Confidence: 0.9342057

00:28:20.680 --> 00:28:22.849 I mentioned all this is by way of saying

NOTE Confidence: 0.9342057

00:28:22.849 --> 00:28:25.033 that I I come as well from a kind of

NOTE Confidence: 0.9342057

00:28:25.033 --> 00:28:26.291 general global health orientation.

NOTE Confidence: 0.9342057

00:28:26.291 --> 00:28:28.619 And I I think it's more and more

NOTE Confidence: 0.9342057

00:28:28.619 --> 00:28:30.489 true that the types of problems

NOTE Confidence: 0.9342057

00:28:30.489 --> 00:28:32.380 and questions that we ask in

NOTE Confidence: 0.9342057

00:28:32.380 --> 00:28:33.987 global mental health are really

NOTE Confidence: 0.9342057

00:28:33.987 --> 00:28:36.069 the questions of global health and

NOTE Confidence: 0.9342057

00:28:36.069 --> 00:28:38.000 and global policy in the future.

NOTE Confidence: 0.9342057

00:28:38.000 --> 00:28:41.318 We just unfortunately lost Paul Farmer,

NOTE Confidence: 0.9342057

00:28:41.320 --> 00:28:42.902 who is the chair of the Department

NOTE Confidence: 0.9342057

00:28:42.902 --> 00:28:44.332 Health and global part of global

NOTE Confidence: 0.9342057

00:28:44.332 --> 00:28:45.396 health and social Medicine,

NOTE Confidence: 0.9342057

00:28:45.400 --> 00:28:47.476 a real pioneer in the field.

NOTE Confidence: 0.9342057

00:28:47.480 --> 00:28:50.888 And there was a kind of long extensive

NOTE Confidence: 0.9342057

00:28:50.888 --> 00:28:53.234 search and real soul search to see

NOTE Confidence: 0.9342057

00:28:53.234 --> 00:28:55.768 kind of who would be the future

NOTE Confidence: 0.9342057

00:28:55.768 --> 00:28:57.920 leader of this department and in a

NOTE Confidence: 0.9342057

00:28:57.920 --> 00:28:59.633 lot of kind of the the top names

NOTE Confidence: 0.9342057

00:28:59.633 --> 00:29:01.263 and global health considered and

NOTE Confidence: 0.9342057

00:29:01.263 --> 00:29:03.860 and the community really landed on

NOTE Confidence: 0.9342057

00:29:03.860 --> 00:29:06.497 a psychiatrist Vikram Patel who has

NOTE Confidence: 0.9342057

00:29:06.497 --> 00:29:08.743 been a real pioneer in in the global

NOTE Confidence: 0.9342057

00:29:08.743 --> 00:29:10.538 mental health space asking you know

NOTE Confidence: 0.9342057

00:29:10.538 --> 00:29:12.344 exactly the type of questions that

NOTE Confidence: 0.9342057

00:29:12.344 --> 00:29:14.440 that Sonia covered in in terms of

NOTE Confidence: 0.9342057

00:29:14.440 --> 00:29:15.908 you know community based supports

NOTE Confidence: 0.9342057

00:29:15.908 --> 00:29:17.756 you know treatment of common mental

NOTE Confidence: 0.9342057

00:29:17.756 --> 00:29:19.411 health disorders and and and how

NOTE Confidence: 0.9342057

00:29:19.411 --> 00:29:20.773 do we really understand you know

NOTE Confidence: 0.9342057

00:29:20.773 --> 00:29:22.588 the the relationships between power

NOTE Confidence: 0.9342057

00:29:22.588 --> 00:29:24.676 equity access and and mental health.

NOTE Confidence: 0.9342057

00:29:24.680 --> 00:29:27.760 And so I I think that you know certainly the,

NOTE Confidence: 0.9342057

00:29:27.760 --> 00:29:28.011 the,

NOTE Confidence: 0.9342057

00:29:28.011 --> 00:29:30.019 the words I get from my my colleagues

NOTE Confidence: 0.9342057

00:29:30.019 --> 00:29:30.879 are that this,

NOTE Confidence: 0.9342057

00:29:30.880 --> 00:29:33.118 this which often considered a small

NOTE Confidence: 0.9342057

00:29:33.118 --> 00:29:34.909 field in psychiatry department is

NOTE Confidence: 0.9342057

00:29:34.909 --> 00:29:37.250 really kind of the future of a lot

NOTE Confidence: 0.9342057

00:29:37.250 --> 00:29:38.870 of these these big questions

NOTE Confidence: 0.93740195

00:29:38.947 --> 00:29:41.292 and and and health and as you'll see

NOTE Confidence: 0.93740195

00:29:41.292 --> 00:29:43.866 hopefully in this brief talk of the economy.

NOTE Confidence: 0.93740195

00:29:43.870 --> 00:29:46.750 So I'll just check briefly about a couple

NOTE Confidence: 0.93740195

00:29:46.750 --> 00:29:49.390 presentations I did at the American

NOTE Confidence: 0.93740195

00:29:49.390 --> 00:29:51.330 Psychiatric Association last year,

NOTE Confidence: 0.93740195

00:29:51.330 --> 00:29:54.914 which are taking on a question that's

NOTE Confidence: 0.93740195

00:29:54.914 --> 00:29:56.934 very well known in macroeconomics

NOTE Confidence: 0.93740195

00:29:56.934 --> 00:29:58.550 called the Eastern paradox.

NOTE Confidence: 0.93740195

00:29:58.550 --> 00:30:02.190 And it's simply the finding that mean

NOTE Confidence: 0.93740195

00:30:02.190 --> 00:30:05.630 country income does not increase as,

NOTE Confidence: 0.93740195

00:30:05.630 --> 00:30:07.625 sorry, mean country wellbeing does not

NOTE Confidence: 0.93740195

00:30:07.625 --> 00:30:09.510 increase as mean country income increases.

NOTE Confidence: 0.93740195

00:30:09.510 --> 00:30:12.548 And that might sound like a simple statement,

NOTE Confidence: 0.93740195

00:30:12.550 --> 00:30:15.370 but it's it's pretty shocking in

NOTE Confidence: 0.93740195

00:30:15.370 --> 00:30:17.070 regards to most macroeconomic models.

NOTE Confidence: 0.93740195

00:30:17.070 --> 00:30:18.810 We assume that increasing income

NOTE Confidence: 0.93740195

00:30:18.810 --> 00:30:20.550 should make people feel better,

NOTE Confidence: 0.93740195

00:30:20.550 --> 00:30:21.950 should pay people better off

NOTE Confidence: 0.93740195

00:30:21.950 --> 00:30:23.070 on a country level.

NOTE Confidence: 0.93740195

00:30:23.070 --> 00:30:24.955 We do see that income

NOTE Confidence: 0.93740195

00:30:24.955 --> 00:30:26.086 correlates with wellbeing,

NOTE Confidence: 0.93740195

00:30:26.090 --> 00:30:28.088 but unfortunately we see that as

NOTE Confidence: 0.93740195

00:30:28.088 --> 00:30:29.889 countries grow they tend to not,

NOTE Confidence: 0.93740195

00:30:29.890 --> 00:30:31.689 you know, be on average better off.

NOTE Confidence: 0.93740195

00:30:31.690 --> 00:30:33.986 And so this has been implications for

NOTE Confidence: 0.93740195

00:30:33.986 --> 00:30:35.496 global health, for mental health.

NOTE Confidence: 0.93740195

00:30:35.496 --> 00:30:38.250 It's often pointed this is maybe one of the

NOTE Confidence: 0.93740195

00:30:38.250 --> 00:30:40.050 the key questions environmental economics,

NOTE Confidence: 0.93740195

00:30:40.050 --> 00:30:42.242 because we are essentially

NOTE Confidence: 0.93740195

00:30:42.242 --> 00:30:44.422 destroying the environment as an

NOTE Confidence: 0.93740195

00:30:44.422 --> 00:30:45.486 externality of economic growth,

NOTE Confidence: 0.93740195

00:30:45.490 --> 00:30:47.615 but that growth is not

NOTE Confidence: 0.93740195

00:30:47.615 --> 00:30:48.890 really producing well-being.

NOTE Confidence: 0.93740195

00:30:48.890 --> 00:30:51.786 It leaves a lot of questions in tow.

NOTE Confidence: 0.93740195

00:30:51.790 --> 00:30:54.124 It's related to a similar puzzle

NOTE Confidence: 0.93740195

00:30:54.124 --> 00:30:56.806 on the attack that I'm gonna take

NOTE Confidence: 0.93740195

00:30:56.806 --> 00:30:58.902 which is economists that have gone

NOTE Confidence: 0.93740195

00:30:58.902 --> 00:31:00.925 in search for explanations for the

NOTE Confidence: 0.93740195

00:31:00.925 --> 00:31:02.550 modern opioid epidemic and increase

NOTE Confidence: 0.93740195

00:31:02.550 --> 00:31:04.452 in all cause mortality have really

NOTE Confidence: 0.93740195

00:31:04.452 --> 00:31:05.942 landed back in the mule.

NOTE Confidence: 0.93740195

00:31:05.950 --> 00:31:08.958 Durkheim's theory of anime essentially

NOTE Confidence: 0.93740195

00:31:08.958 --> 00:31:11.406 saying there seems to be something

NOTE Confidence: 0.93740195

00:31:11.406 --> 00:31:13.664 that goes wrong when when society

NOTE Confidence: 0.93740195

00:31:13.664 --> 00:31:16.128 has some type of fracture to its

NOTE Confidence: 0.93740195

00:31:16.128 --> 00:31:17.959 core notions of identity.

NOTE Confidence: 0.93740195

00:31:17.960 --> 00:31:19.584 And this is seen not just in the

NOTE Confidence: 0.93740195

00:31:19.584 --> 00:31:20.920 prevalence of particular disorder,

NOTE Confidence: 0.93740195

00:31:20.920 --> 00:31:22.400 but several things happening

00:31:22.400 --> 00:31:23.880 at the same time.

00:31:23.880 --> 00:31:26.120 Whether that's deaths of despair,

00:31:26.120 --> 00:31:27.716 this, you know, alcohol, liver disease,

00:31:27.720 --> 00:31:28.959 suicide overdose, death,

00:31:28.959 --> 00:31:31.437 but also changes in political psychology,

00:31:31.440 --> 00:31:32.352 increases in authoritarianism,

00:31:32.352 --> 00:31:33.872 which is what the Frankfort

00:31:33.872 --> 00:31:35.238 school was very focused on,

00:31:35.240 --> 00:31:36.086 was not Sierra.

00:31:36.086 --> 00:31:38.060 But essentially the hypothesis is that this

00:31:38.112 --> 00:31:40.168 has been seeing you in the Weimar Republic.

00:31:40.170 --> 00:31:42.536 This Soviet Russian's been seen in the

00:31:42.536 --> 00:31:44.887 United States for the past two decades.

00:31:44.890 --> 00:31:47.870 So my approach to this puzzle,

00:31:47.870 --> 00:31:48.710 Eastern paradox,

00:31:48.710 --> 00:31:51.386 is to say potentially this is

NOTE Confidence: 0.93740195

00:31:51.386 --> 00:31:53.746 what's called a Simpsons paradox.

NOTE Confidence: 0.93740195

00:31:53.750 --> 00:31:55.010 You know as well,

NOTE Confidence: 0.93740195

00:31:55.010 --> 00:31:56.270 correlation doesn't equal causation,

NOTE Confidence: 0.93740195

00:31:56.270 --> 00:31:57.386 and in fact,

NOTE Confidence: 0.93740195

00:31:57.386 --> 00:31:59.990 sometimes you can have a trend that's

NOTE Confidence: 0.93740195

00:31:59.990 --> 00:32:01.988 the average of two opposing trends.

NOTE Confidence: 0.93740195

00:32:01.990 --> 00:32:03.482 So perhaps in fact,

NOTE Confidence: 0.93740195

00:32:03.482 --> 00:32:04.974 income increasing security does

NOTE Confidence: 0.93740195

00:32:04.974 --> 00:32:06.990 lead to a better wellbeing.

NOTE Confidence: 0.93740195

00:32:06.990 --> 00:32:07.806 But there's something that's

NOTE Confidence: 0.93740195

00:32:07.806 --> 00:32:09.030 been happening at the same time,

NOTE Confidence: 0.93740195

00:32:09.030 --> 00:32:10.650 along with economic change on

NOTE Confidence: 0.93740195

00:32:10.650 --> 00:32:11.946 the past 300 years.

NOTE Confidence: 0.93740195

00:32:11.950 --> 00:32:12.950 It's making

NOTE Confidence: 0.91256446

00:32:15.550 --> 00:32:17.570 wellbeing and mental health worse.

NOTE Confidence: 0.91256446

00:32:17.570 --> 00:32:19.490 So establishing causation on a

NOTE Confidence: 0.91256446

00:32:19.490 --> 00:32:21.410 question like this is challenging.

NOTE Confidence: 0.91256446

00:32:21.410 --> 00:32:24.322 We certainly can't run an RCT on, you know,

NOTE Confidence: 0.91256446

00:32:24.322 --> 00:32:26.312 these are the change in the last 300 years.

NOTE Confidence: 0.91256446

00:32:26.312 --> 00:32:28.146 So instead what we do in economics

NOTE Confidence: 0.91256446

00:32:28.146 --> 00:32:29.849 typically look for natural experiments.

NOTE Confidence: 0.91256446

00:32:29.850 --> 00:32:33.530 And so the framework for these should be,

NOTE Confidence: 0.91256446

00:32:33.530 --> 00:32:35.034 you know, very natural.

NOTE Confidence: 0.91256446

00:32:35.034 --> 00:32:37.290 Just as in a treatment assignment,

NOTE Confidence: 0.91256446

00:32:37.290 --> 00:32:39.330 say like a variable D,

NOTE Confidence: 0.91256446

00:32:39.330 --> 00:32:41.842 which could be your your

NOTE Confidence: 0.91256446

00:32:41.842 --> 00:32:42.930 ketamine to an outcome,

NOTE Confidence: 0.91256446

00:32:42.930 --> 00:32:43.941 say depression, right.

NOTE Confidence: 0.91256446

00:32:43.941 --> 00:32:45.963 Z would be your random assignment

NOTE Confidence: 0.91256446

00:32:45.970 --> 00:32:48.490 of you know patients to to ketamine

NOTE Confidence: 0.91256446

00:32:48.490 --> 00:32:51.088 and the the keys are you know

NOTE Confidence: 0.91256446

00:32:51.088 --> 00:32:53.248 Z is as if randomly assigned.

NOTE Confidence: 0.91256446

00:32:53.250 --> 00:32:55.112 Z has a sizable effect on the

NOTE Confidence: 0.91256446

00:32:55.112 --> 00:32:56.319 distribution of medication and

NOTE Confidence: 0.91256446

00:32:56.319 --> 00:32:57.727 there's an exclusion restriction,

NOTE Confidence: 0.91256446

00:32:57.730 --> 00:33:00.730 which is random assignments only affecting

NOTE Confidence: 0.91256446

00:33:00.730 --> 00:33:03.890 the outcome of interest through your

NOTE Confidence: 0.9328308

00:33:06.170 --> 00:33:07.235 predictor variable thing.

NOTE Confidence: 0.9328308

00:33:07.235 --> 00:33:09.720 So that's the same framework that it

NOTE Confidence: 0.9328308

00:33:09.785 --> 00:33:11.850 that's used for natural experiments.

NOTE Confidence: 0.9328308

00:33:11.850 --> 00:33:14.769 In this case, we're going to use,

NOTE Confidence: 0.9328308

00:33:14.770 --> 00:33:16.882 you know, geoclimactic instability

NOTE Confidence: 0.9328308

00:33:16.882 --> 00:33:19.522 as an instrument for tradition

NOTE Confidence: 0.9328308

00:33:19.530 --> 00:33:22.610 over the past 2000 years.

NOTE Confidence: 0.9328308

00:33:22.610 --> 00:33:24.614 So this came from a now very

NOTE Confidence: 0.9328308

00:33:24.614 --> 00:33:26.124 influential article Giuliano and None.

NOTE Confidence: 0.9328308

00:33:26.130 --> 00:33:28.975 This was also presented at 2023

NOTE Confidence: 0.9328308

00:33:28.975 --> 00:33:32.169 American Economic Association plenary

NOTE Confidence: 0.9328308

00:33:32.169 --> 00:33:33.963 session which is essentially seen as

NOTE Confidence: 0.9328308

00:33:33.963 --> 00:33:35.782 the biggest lecture in our field both

NOTE Confidence: 0.9328308

00:33:35.782 --> 00:33:37.654 presenting a model of of mismatch

NOTE Confidence: 0.9328308

00:33:37.654 --> 00:33:39.495 really one of the first evolutionary

NOTE Confidence: 0.9328308

00:33:39.495 --> 00:33:41.963 models to take off in the field as

NOTE Confidence: 0.9328308

00:33:41.963 --> 00:33:45.838 well as the result that exposure to

NOTE Confidence: 0.9328308

00:33:45.838 --> 00:33:49.150 historical geoclimactic instability

NOTE Confidence: 0.9328308

00:33:49.150 --> 00:33:53.442 predicts society level tradition.

NOTE Confidence: 0.9328308

00:33:53.442 --> 00:33:55.962 And the the essentially link

NOTE Confidence: 0.9328308

00:33:55.962 --> 00:33:58.873 there is that where there's been

NOTE Confidence: 0.9328308

00:33:58.873 --> 00:34:01.930 more climactic instability,

NOTE Confidence: 0.9328308

00:34:01.930 --> 00:34:04.128 groups will go in search of new

NOTE Confidence: 0.9328308

00:34:04.128 --> 00:34:05.563 explanations for what's happening

NOTE Confidence: 0.9328308

00:34:05.563 --> 00:34:07.438 and essentially lose are more likely

NOTE Confidence: 0.9328308

00:34:07.438 --> 00:34:08.810 to to lose such of their tradition.

NOTE Confidence: 0.9328308

00:34:08.810 --> 00:34:10.455 And we see that in in the

NOTE Confidence: 0.9328308

00:34:10.455 --> 00:34:12.198 results of of Giuliano and None.

NOTE Confidence: 0.9328308

00:34:12.198 --> 00:34:14.554 And so these are 50 year increments

NOTE Confidence: 0.9328308

00:34:14.554 --> 00:34:17.586 just on the the variance of of six

NOTE Confidence: 0.9328308

00:34:17.586 --> 00:34:19.559 different geoclimactic measures.

NOTE Confidence: 0.9328308

00:34:19.560 --> 00:34:21.380 Here's essentially a distribution

NOTE Confidence: 0.9328308

00:34:21.380 --> 00:34:23.200 of that predictor variable.

NOTE Confidence: 0.9328308

00:34:23.200 --> 00:34:25.150 And so essentially the hypothesis is

NOTE Confidence: 0.9328308

00:34:25.150 --> 00:34:27.475 that that these 50 year increments of

NOTE Confidence: 0.9328308

00:34:27.475 --> 00:34:29.150 variance in Geo collecting stability

NOTE Confidence: 0.9328308

00:34:29.206 --> 00:34:31.186 are only influencing our outcomes of

NOTE Confidence: 0.9328308

00:34:31.186 --> 00:34:33.239 interest through this loss of tradition.

NOTE Confidence: 0.9328308

00:34:33.240 --> 00:34:35.424 And so I'm curious if this is affecting

NOTE Confidence: 0.9328308

00:34:35.424 --> 00:34:36.918 essentially mental health outcomes and

NOTE Confidence: 0.9328308

00:34:36.920 --> 00:34:40.030 my initial results I won't kind of bore

NOTE Confidence: 0.9328308

00:34:40.030 --> 00:34:41.800 you with the data matching process.

NOTE Confidence: 0.9328308

00:34:41.800 --> 00:34:43.990 But essentially in brief overview what

NOTE Confidence: 0.9328308

00:34:43.990 --> 00:34:46.421 happens is we have the ethnographic

NOTE Confidence: 0.9328308

00:34:46.421 --> 00:34:49.006 Atlas from Murdoch where we can

NOTE Confidence: 0.9328308

00:34:49.006 --> 00:34:51.066 characterize the location and and

NOTE Confidence: 0.9328308

00:34:51.066 --> 00:34:53.260 several features of of ancestral groups.

NOTE Confidence: 0.9328308

00:34:53.260 --> 00:34:56.670 We can then match them linguistically

NOTE Confidence: 0.9328308

00:34:56.670 --> 00:35:00.330 to essentially give a waiting score

NOTE Confidence: 0.9328308

00:35:00.330 --> 00:35:03.506 to to any variable of interest in

NOTE Confidence: 0.9328308

00:35:03.506 --> 00:35:05.330 in modern geographic populations.

NOTE Confidence: 0.9328308

00:35:05.330 --> 00:35:08.210 So I'll just start with my my Table 2,

NOTE Confidence: 0.9328308

00:35:08.210 --> 00:35:09.440 which is the,

NOTE Confidence: 0.9328308

00:35:09.440 --> 00:35:11.490 the essentially reduced form of

NOTE Confidence: 0.9328308

00:35:11.490 --> 00:35:13.404 the sorry the the ordinary least

NOTE Confidence: 0.9328308

00:35:13.404 --> 00:35:14.990 squares just as you say,

NOTE Confidence: 0.9328308

00:35:14.990 --> 00:35:19.150 we do see the tradition has a has an

NOTE Confidence: 0.9328308

00:35:19.150 --> 00:35:21.950 impact on suicide rates and when we

NOTE Confidence: 0.9328308

00:35:21.950 --> 00:35:25.064 instrument for that in table one by

NOTE Confidence: 0.9328308

00:35:25.064 --> 00:35:27.549 asking it does geoclimactic instability

NOTE Confidence: 0.9328308

00:35:27.550 --> 00:35:30.914 in fact predict global suicide rates today,

NOTE Confidence: 0.9328308

00:35:30.914 --> 00:35:32.960 we do see a very positive

NOTE Confidence: 0.9328308

00:35:33.028 --> 00:35:34.510 and significant effect.

NOTE Confidence: 0.9328308

00:35:34.510 --> 00:35:37.640 So the essentially the the,

NOTE Confidence: 0.9328308

00:35:37.640 --> 00:35:39.050 the mechanism here,

NOTE Confidence: 0.9328308

00:35:39.050 --> 00:35:41.400 the hypothesis again is that

NOTE Confidence: 0.9328308

00:35:41.400 --> 00:35:43.260 geoclimactic instability is leading

NOTE Confidence: 0.9328308

00:35:43.260 --> 00:35:46.676 to a loss of tradition and then

NOTE Confidence: 0.9328308

00:35:46.676 --> 00:35:49.268 that's increasing suicide rates at

NOTE Confidence: 0.9328308

00:35:49.268 --> 00:35:51.836 a country level around the globe.

NOTE Confidence: 0.9328308

00:35:51.840 --> 00:35:53.506 So this would be kind of one

NOTE Confidence: 0.9328308

00:35:53.506 --> 00:35:54.719 example of the type of,

NOTE Confidence: 0.9328308

00:35:54.720 --> 00:35:55.322 you know,

NOTE Confidence: 0.9328308

00:35:55.322 --> 00:35:57.128 historical evidence or you know plausibly

NOTE Confidence: 0.9328308

00:35:57.128 --> 00:35:58.696 causal evidence that we could bring to

NOTE Confidence: 0.9328308

00:35:58.696 --> 00:36:00.040 bear with that kind of common set of

NOTE Confidence: 0.93331987

00:36:02.400 --> 00:36:03.720 covariates included for

NOTE Confidence: 0.93331987

00:36:03.720 --> 00:36:05.040 various robustness checks.

NOTE Confidence: 0.9363919

00:36:07.100 --> 00:36:08.542 And that's kind of adjunct to this

NOTE Confidence: 0.9363919

00:36:08.542 --> 00:36:09.896 is what this is actually saying

NOTE Confidence: 0.9363919

00:36:09.896 --> 00:36:11.492 is that the loss of tradition in,

NOTE Confidence: 0.9363919

00:36:11.500 --> 00:36:14.620 you know, the several 1000 years

NOTE Confidence: 0.9363919

00:36:14.620 --> 00:36:19.460 from zero 80 to 1900 is is you know,

NOTE Confidence: 0.9363919

00:36:19.460 --> 00:36:21.510 predicts modern variations in the

NOTE Confidence: 0.9363919

00:36:21.510 --> 00:36:23.580 suicide rate across countries.

NOTE Confidence: 0.9363919

00:36:23.580 --> 00:36:25.572 I also look at other notions

NOTE Confidence: 0.9363919

00:36:25.572 --> 00:36:26.900 of cultural persistence on.

NOTE Confidence: 0.9363919

00:36:26.900 --> 00:36:30.370 This comes from another famous paper

NOTE Confidence: 0.9363919

00:36:30.370 --> 00:36:32.030 in economics literature essentially

NOTE Confidence: 0.9363919

00:36:32.030 --> 00:36:35.299 showing that historical plow use

NOTE Confidence: 0.9363919

00:36:35.300 --> 00:36:37.368 predicts modern gender norms.

NOTE Confidence: 0.9363919

00:36:37.368 --> 00:36:39.953 So I instrument Using historical

NOTE Confidence: 0.9363919

00:36:39.953 --> 00:36:42.735 plow use for gender norms to find

NOTE Confidence: 0.9363919

00:36:42.735 --> 00:36:44.864 that depressive disorders for both

NOTE Confidence: 0.9363919

00:36:44.864 --> 00:36:47.510 males and females are higher in

NOTE Confidence: 0.9363919

00:36:47.590 --> 00:36:49.978 countries that have historically,

NOTE Confidence: 0.9363919

00:36:49.980 --> 00:36:50.578 you know,

NOTE Confidence: 0.9363919

00:36:50.578 --> 00:36:52.671 had more on equal gender norms through

NOTE Confidence: 0.9363919

00:36:52.671 --> 00:36:55.019 this different mode of production.

NOTE Confidence: 0.9363919

00:36:55.019 --> 00:36:57.484 All these findings suggest that

NOTE Confidence: 0.9363919

00:36:57.484 --> 00:37:00.916 there's kind of deep transmission

NOTE Confidence: 0.9363919

00:37:00.916 --> 00:37:05.210 from these core cultural notions

NOTE Confidence: 0.9363919

00:37:05.210 --> 00:37:08.810 of power and order and identity

NOTE Confidence: 0.9363919

00:37:08.810 --> 00:37:11.090 to modern mental health outcomes.

NOTE Confidence: 0.9363919

00:37:11.090 --> 00:37:13.028 And you know potentially if we

NOTE Confidence: 0.9363919

00:37:13.028 --> 00:37:15.781 think that the loss of some of these

NOTE Confidence: 0.9363919

00:37:15.781 --> 00:37:18.430 identities is is meaningful for for

NOTE Confidence: 0.9363919

00:37:18.430 --> 00:37:20.730 wellbeing and mental health outcomes

NOTE Confidence: 0.9363919

00:37:20.730 --> 00:37:23.370 that this can begin to give us some

NOTE Confidence: 0.9363919

00:37:23.370 --> 00:37:25.980 purchase on why it is that as income

NOTE Confidence: 0.9363919

00:37:25.980 --> 00:37:28.205 increases these other changes in

NOTE Confidence: 0.9363919

00:37:28.205 --> 00:37:30.475 society in particular the labor

NOTE Confidence: 0.9363919

00:37:30.475 --> 00:37:32.889 market sending people you know very

NOTE Confidence: 0.9363919

00:37:32.889 --> 00:37:35.526 far from their close contacts and you

NOTE Confidence: 0.9363919

00:37:35.526 --> 00:37:37.902 know other types of cultural changes

NOTE Confidence: 0.9363919

00:37:37.902 --> 00:37:40.242 have been disruptive in a way that's

NOTE Confidence: 0.9363919

00:37:40.242 --> 00:37:44.010 counteracted some of the gains materially.

NOTE Confidence: 0.9363919

00:37:44.010 --> 00:37:46.470 Just my final piece is almost

NOTE Confidence: 0.9363919

00:37:46.470 --> 00:37:48.825 a plea I'd say you know their

NOTE Confidence: 0.9363919

00:37:48.825 --> 00:37:50.785 clinical mental health and then the

NOTE Confidence: 0.9363919

00:37:50.785 --> 00:37:52.241 institutions very influenced by

NOTE Confidence: 0.9363919

00:37:52.241 --> 00:37:54.690 economists are are are quite different.

NOTE Confidence: 0.9363919

00:37:54.690 --> 00:37:57.462 There are is a vascerative discussion

NOTE Confidence: 0.9363919

00:37:57.462 --> 00:38:00.509 some which I was privileged to

NOTE Confidence: 0.9363919

00:38:00.510 --> 00:38:02.120 observe it at the the World Bank

NOTE Confidence: 0.9363919

00:38:02.120 --> 00:38:04.088 that I think have a very big impact

NOTE Confidence: 0.9363919

00:38:04.088 --> 00:38:05.697 on on essentially the the future

NOTE Confidence: 0.9363919

00:38:05.697 --> 00:38:07.665 trajectory of of global mental health.

NOTE Confidence: 0.9363919

00:38:07.670 --> 00:38:10.737 And this used to be an argument for

NOTE Confidence: 0.9363919

00:38:10.737 --> 00:38:12.632 kind of my career and now it's almost

NOTE Confidence: 0.9363919

00:38:12.632 --> 00:38:15.382 a plea which is to say I'm as far as

NOTE Confidence: 0.9363919

00:38:15.382 --> 00:38:17.870 I understand the only person is there

NOTE Confidence: 0.9363919

00:38:17.870 --> 00:38:19.284 10 MDP issues in economics and the

NOTE Confidence: 0.9363919

00:38:19.284 --> 00:38:21.106 seven have done residency so far of all done.

NOTE Confidence: 0.9363919

00:38:21.110 --> 00:38:23.070 I am so there there,

NOTE Confidence: 0.9363919

00:38:23.070 --> 00:38:24.450 there are really very few people

NOTE Confidence: 0.9363919

00:38:24.450 --> 00:38:26.370 that are in the space of translating

NOTE Confidence: 0.9363919

00:38:26.370 --> 00:38:27.955 between these these two spheres.

NOTE Confidence: 0.9363919

00:38:27.960 --> 00:38:28.800 So I would,

NOTE Confidence: 0.9363919

00:38:28.800 --> 00:38:29.360 you know,

NOTE Confidence: 0.9363919

00:38:29.360 --> 00:38:31.080 welcome you know anyone's input

NOTE Confidence: 0.9363919

00:38:31.080 --> 00:38:32.800 thoughts as I do this.

NOTE Confidence: 0.9363919

00:38:32.800 --> 00:38:34.130 I'm currently teaching a seminar

NOTE Confidence: 0.9363919

00:38:34.130 --> 00:38:36.070 on the economics of mental health

NOTE Confidence: 0.9363919

00:38:36.070 --> 00:38:38.680 at Harvard on this this fall,

NOTE Confidence: 0.9363919

00:38:38.680 --> 00:38:42.439 which was apparently the most subscribed to.

NOTE Confidence: 0.9363919

00:38:42.440 --> 00:38:43.292 And if anything,

NOTE Confidence: 0.9363919

00:38:43.292 --> 00:38:45.702 I feel like there there's just so many

NOTE Confidence: 0.9363919

00:38:45.702 --> 00:38:47.874 connections here to make some really

NOTE Confidence: 0.9363919

00:38:47.874 --> 00:38:49.844 important ideas between economic change,

NOTE Confidence: 0.9363919

00:38:49.844 --> 00:38:51.448 mental health and homelessness

NOTE Confidence: 0.9363919

00:38:51.448 --> 00:38:53.747 that I would really appreciate any

NOTE Confidence: 0.9363919

00:38:53.747 --> 00:38:55.901 and all thoughts that folks have.

NOTE Confidence: 0.9363919

00:38:55.910 --> 00:38:58.157 But thank you so much for the

NOTE Confidence: 0.9363919

00:38:58.157 --> 00:39:00.150 time and really appreciate just

NOTE Confidence: 0.9363919

00:39:00.150 --> 00:39:01.110 the incredible community here.

NOTE Confidence: 0.93734443

00:39:05.030 --> 00:39:05.910 I'll pass off to Jay.

NOTE Confidence: 0.93734443

00:39:08.030 --> 00:39:08.130 Hi,

NOTE Confidence: 0.93734443

00:39:14.300 --> 00:39:18.820 everybody. Can you see my slides now? Just

NOTE Confidence: 0.93734443

00:39:18.820 --> 00:39:21.739 need to put it into the slide

NOTE Confidence: 0.93734443

00:39:21.739 --> 00:39:24.020 show mode. Okay. Sounds good.

NOTE Confidence: 0.9339897

00:39:26.290 --> 00:39:27.649 Perfect. Perfect. All

NOTE Confidence: 0.9339897

00:39:28.010 --> 00:39:30.929 right, awesome. So my name is Jay.

NOTE Confidence: 0.9339897

00:39:30.930 --> 00:39:34.205 I'm a 30 year resident with Marcos and Matt,

NOTE Confidence: 0.9339897

00:39:34.205 --> 00:39:36.727 and today I'm going to be talking about

NOTE Confidence: 0.9339897

00:39:36.727 --> 00:39:39.327 mental stigma and Uganda and the work that

NOTE Confidence: 0.9339897

00:39:39.330 --> 00:39:43.330 we've been doing there for almost a decade.

NOTE Confidence: 0.9339897

00:39:43.330 --> 00:39:45.265 So this is a map of the world and

NOTE Confidence: 0.9339897

00:39:45.265 --> 00:39:47.248 these are the places that I've lived.

NOTE Confidence: 0.9339897

00:39:47.250 --> 00:39:48.930 So I was born in South Korea.

NOTE Confidence: 0.9339897

00:39:48.930 --> 00:39:50.610 I lived there until I was 9.

NOTE Confidence: 0.9339897

00:39:50.610 --> 00:39:52.898 My father passed away when I was 5,

NOTE Confidence: 0.9339897

00:39:52.900 --> 00:39:54.895 and then my mom married an American

NOTE Confidence: 0.9339897

00:39:54.895 --> 00:39:57.002 soldier and he ended up coming to

NOTE Confidence: 0.9339897

00:39:57.002 --> 00:39:59.309 America and being a part of a military

NOTE Confidence: 0.9339897

00:39:59.309 --> 00:40:01.738 family in the USI moved around a lot,

NOTE Confidence: 0.9339897

00:40:01.740 --> 00:40:03.252 meaning the Deep South,

NOTE Confidence: 0.9339897

00:40:03.252 --> 00:40:06.060 where I was the only Asian person

NOTE Confidence: 0.9339897

00:40:06.060 --> 00:40:08.538 in the vast majority of places.

NOTE Confidence: 0.9339897

65

00:40:08.540 --> 00:40:11.726 And you know, this needs me.

NOTE Confidence: 0.9339897

00:40:11.730 --> 00:40:15.244 Like a bit of loss of community

NOTE Confidence: 0.9339897

00:40:15.250 --> 00:40:17.910 and there was some kind of pretty

NOTE Confidence: 0.9339897

00:40:17.910 --> 00:40:20.830 explicit other racism that happens

NOTE Confidence: 0.9339897

00:40:20.830 --> 00:40:24.005 and that happens deeps out.

NOTE Confidence: 0.9339897

00:40:24.010 --> 00:40:26.770 So it made me feel not very American.

NOTE Confidence: 0.9339897

00:40:26.770 --> 00:40:28.205 And when I go back to Korea,

NOTE Confidence: 0.9339897

00:40:28.210 --> 00:40:30.570 it also make me not feel Korean because,

NOTE Confidence: 0.9339897

00:40:30.570 --> 00:40:32.850 you know, now I'm like an American kid

NOTE Confidence: 0.9339897

00:40:32.850 --> 00:40:34.694 but like trying to go back to Korea.

NOTE Confidence: 0.9339897

00:40:34.700 --> 00:40:35.564 And you know, so.

NOTE Confidence: 0.9339897

00:40:35.564 --> 00:40:38.057 So I kind of felt at a loss of community.

NOTE Confidence: 0.9339897

00:40:38.060 --> 00:40:39.869 And, you know, I felt like I I quite

NOTE Confidence: 0.9339897

00:40:39.869 --> 00:40:41.498 know where I belong in the world.

NOTE Confidence: 0.9339897

00:40:41.500 --> 00:40:44.380 And I felt kind of lost,

NOTE Confidence: 0.9339897

00:40:44.380 --> 00:40:46.076 frankly, after high school.

NOTE Confidence: 0.9339897

00:40:46.076 --> 00:40:48.220 So I took,

NOTE Confidence: 0.9339897

00:40:48.220 --> 00:40:50.652 but I worked some jobs in high school

NOTE Confidence: 0.9339897

00:40:50.652 --> 00:40:52.980 and then I used that money to go

NOTE Confidence: 0.9339897

00:40:52.980 --> 00:40:55.380 live in Ghana and go live in China.

NOTE Confidence: 0.9339897

00:40:55.380 --> 00:40:57.110 And the idea is that, you know,

NOTE Confidence: 0.9339897

00:40:57.110 --> 00:40:58.700 I'm trying to broaden my horizons.

NOTE Confidence: 0.9339897

00:40:58.700 --> 00:41:00.534 I'm trying to learn more about the

NOTE Confidence: 0.9339897

00:41:00.534 --> 00:41:03.060 world and try to find my place or try

NOTE Confidence: 0.9339897

00:41:03.060 --> 00:41:06.015 to makes sense of to try to make sense

NOTE Confidence: 0.9339897

00:41:06.015 --> 00:41:08.223 of the world that makes sense and

NOTE Confidence: 0.9339897

00:41:08.223 --> 00:41:10.638 throughout this experience really need

NOTE Confidence: 0.9339897

00:41:10.638 --> 00:41:13.579 me question a definition of community.

NOTE Confidence: 0.9339897

00:41:13.580 --> 00:41:15.596 So what do you mean when you

NOTE Confidence: 0.9339897

00:41:15.596 --> 00:41:16.460 say my community?

NOTE Confidence: 0.9339897

00:41:16.460 --> 00:41:19.169 Does that mean that we value our

NOTE Confidence: 0.9339897

00:41:19.169 --> 00:41:22.084 community to be more to be more

NOTE Confidence: 0.9339897

00:41:22.084 --> 00:41:24.356 valuable than outside of our community?

NOTE Confidence: 0.9339897

00:41:24.356 --> 00:41:26.420 How do we even define community

NOTE Confidence: 0.9339897

00:41:26.420 --> 00:41:29.186 and the relationships that I mean,

NOTE Confidence: 0.9339897

00:41:29.190 --> 00:41:29.812 you know,

NOTE Confidence: 0.9339897

00:41:29.812 --> 00:41:31.989 in Ghana and the warmth of community,

NOTE Confidence: 0.9339897

00:41:31.990 --> 00:41:32.642 you know,

NOTE Confidence: 0.9339897

00:41:32.642 --> 00:41:35.250 that really welcomes me And like a lot

NOTE Confidence: 0.9339897

00:41:35.327 --> 00:41:38.290 of places that travels to meet me,

NOTE Confidence: 0.9339897

00:41:38.290 --> 00:41:42.006 meet me made me embrace the

NOTE Confidence: 0.9339897

00:41:42.006 --> 00:41:43.946 idea that community is global.

NOTE Confidence: 0.9339897

00:41:43.950 --> 00:41:46.070 You know, community is humanity.

NOTE Confidence: 0.9339897

00:41:46.070 --> 00:41:46.709 And you know,

NOTE Confidence: 0.9339897

00:41:46.709 --> 00:41:47.774 I care about people regardless

NOTE Confidence: 0.9339897

00:41:47.774 --> 00:41:49.029 of like where they're from.

NOTE Confidence: 0.9339897

00:41:49.030 --> 00:41:51.646 You know, like my mission is to care

NOTE Confidence: 0.9339897

00:41:51.646 --> 00:41:54.038 for people and that's my community.

NOTE Confidence: 0.9339897

00:41:54.040 --> 00:41:55.516 So with this mindset, you know,

NOTE Confidence: 0.9339897

00:41:55.520 --> 00:41:58.497 I started college and I've always

NOTE Confidence: 0.9339897

00:41:58.497 --> 00:42:00.039 been pretty curious about the world.

NOTE Confidence: 0.9339897

00:42:00.040 --> 00:42:02.217 So I look for opportunities to be

NOTE Confidence: 0.9339897

00:42:02.217 --> 00:42:04.800 involved in global development.

NOTE Confidence: 0.9339897

00:42:04.800 --> 00:42:06.153 So in 2015,

NOTE Confidence: 0.9339897

00:42:06.153 --> 00:42:09.388 I first went to Uganda for like the

NOTE Confidence: 0.9339897

00:42:09.388 --> 00:42:11.530 journalism project as well as some

NOTE Confidence: 0.9339897

00:42:11.603 --> 00:42:14.117 mentored the research project as well.

NOTE Confidence: 0.9339897

00:42:14.120 --> 00:42:17.560 And during that summer I

NOTE Confidence: 0.9339897

00:42:17.560 --> 00:42:19.320 made like really close,

NOTE Confidence: 0.9339897

00:42:19.320 --> 00:42:19.832 you know,

NOTE Confidence: 0.9339897

00:42:19.832 --> 00:42:20.856 friendships with people like

NOTE Confidence: 0.9339897

00:42:20.856 --> 00:42:22.680 around my age or Uganda and that,

NOTE Confidence: 0.91862578

00:42:22.680 --> 00:42:25.560 you know, I still like very close friends

NOTE Confidence: 0.91862578

00:42:25.560 --> 00:42:28.195 to friends with to the to this day.

NOTE Confidence: 0.91862578

00:42:28.200 --> 00:42:29.915 And this made me keep coming back.

NOTE Confidence: 0.91862578

00:42:29.920 --> 00:42:32.440 So the relationships and gone to the adult

NOTE Confidence: 0.91862578

00:42:32.440 --> 00:42:34.480 kept making me come back And you know,

NOTE Confidence: 0.91862578

00:42:34.480 --> 00:42:35.677 as I've been able to you know,

NOTE Confidence: 0.91862578

00:42:35.680 --> 00:42:37.000 see these guys, you know,

NOTE Confidence: 0.91862578

00:42:37.000 --> 00:42:39.280 like have have kids, you know both families

NOTE Confidence: 0.91862578

00:42:39.280 --> 00:42:41.636 and you know for the past decade or so.

NOTE Confidence: 0.91862578

00:42:41.640 --> 00:42:43.194 And, you know, they've gotten to

NOTE Confidence: 0.91862578

00:42:43.194 --> 00:42:44.850 meet my fiance and my parents.

NOTE Confidence: 0.91862578

00:42:44.850 --> 00:42:47.666 So it's, you know, the sense of community

NOTE Confidence: 0.91862578

00:42:47.666 --> 00:42:50.168 in Uganda kept kept me coming back.

NOTE Confidence: 0.91862578

00:42:50.170 --> 00:42:52.606 So you can see some pictures here.

NOTE Confidence: 0.91862578

00:42:52.610 --> 00:42:55.410 So on the far right is Doctor Weissman,

NOTE Confidence: 0.91862578

00:42:55.410 --> 00:42:57.530 one of my earliest mentors.

NOTE Confidence: 0.91862578

00:42:57.530 --> 00:42:59.505 He's a professor at Monterrey

NOTE Confidence: 0.91862578

00:42:59.505 --> 00:43:01.085 University in Carlin Institute.

NOTE Confidence: 0.91862578

00:43:01.090 --> 00:43:02.476 You know,

NOTE Confidence: 0.91862578

00:43:02.476 --> 00:43:04.930 he's been like a really great mentor to me.

NOTE Confidence: 0.91862578

00:43:04.930 --> 00:43:06.410 And in the middle picture,

NOTE Confidence: 0.91862578

00:43:06.410 --> 00:43:08.006 you see my friends Peter and Kazungu,

NOTE Confidence: 0.91862578

00:43:08.010 --> 00:43:10.650 you know, we both each other and about

NOTE Confidence: 0.91862578

00:43:10.650 --> 00:43:12.740 our families and you know, we just,

NOTE Confidence: 0.91862578

00:43:12.740 --> 00:43:14.560 you know, have like a very close

NOTE Confidence: 0.91862578

00:43:14.560 --> 00:43:16.505 kind of connection with each other.

NOTE Confidence: 0.91862578

00:43:16.505 --> 00:43:18.275 So these relationships that make me

NOTE Confidence: 0.91862578

00:43:18.275 --> 00:43:20.339 wanting to come back to Uganda and do more,

NOTE Confidence: 0.91862578

00:43:20.340 --> 00:43:23.058 do more there.

NOTE Confidence: 0.91862578

00:43:23.060 --> 00:43:26.540 So in about 5 years ago,

NOTE Confidence: 0.91862578

00:43:26.540 --> 00:43:27.236 you know,

NOTE Confidence: 0.91862578

00:43:27.236 --> 00:43:28.976 I had an opportunity to,

NOTE Confidence: 0.91862578

00:43:28.980 --> 00:43:31.228 I got some funding to start an organization

NOTE Confidence: 0.91862578

00:43:31.228 --> 00:43:32.938 by helping power through health.

NOTE Confidence: 0.91862578

00:43:32.940 --> 00:43:35.700 So it's a final C3 organization

NOTE Confidence: 0.91862578

00:43:35.700 --> 00:43:37.457 that's based in the US and Uganda.

NOTE Confidence: 0.91862578

00:43:37.460 --> 00:43:39.710 So there's the ETH Uganda also.

NOTE Confidence: 0.91862578

00:43:39.710 --> 00:43:40.770 And so you know,

NOTE Confidence: 0.91862578

00:43:40.770 --> 00:43:43.062 I asked some of my colleagues in Uganda

NOTE Confidence: 0.91862578

00:43:43.062 --> 00:43:45.321 if they're interested in doing this and

NOTE Confidence: 0.91862578

00:43:45.321 --> 00:43:47.427 they enthusiastically have jumped on board.

NOTE Confidence: 0.91862578

00:43:47.430 --> 00:43:50.030 So we've been operating since

NOTE Confidence: 0.91862578

00:43:50.030 --> 00:43:52.670 we're all over five years now,

NOTE Confidence: 0.91862578

00:43:52.670 --> 00:43:56.486 not over 99 like 99% of the money that

NOTE Confidence: 0.91862578

00:43:56.486 --> 00:43:58.610 we raised goes straight to Uganda

NOTE Confidence: 0.91862578

00:43:58.680 --> 00:44:01.110 to pay staff to provide healthcare.

NOTE Confidence: 0.91862578

00:44:01.110 --> 00:44:03.387 So we're very proud of this progress so far.

NOTE Confidence: 0.91862578

00:44:03.390 --> 00:44:07.440 It's grown every year since since started

NOTE Confidence: 0.91862578

00:44:07.440 --> 00:44:09.834 and one of the main focuses that,

NOTE Confidence: 0.91862578

00:44:09.840 --> 00:44:11.464 you know I've been working on in

NOTE Confidence: 0.91862578

00:44:11.464 --> 00:44:12.927 the context of this organization

NOTE Confidence: 0.91862578

00:44:12.927 --> 00:44:14.707 is reducing mental illness stigma

NOTE Confidence: 0.91862578

00:44:14.707 --> 00:44:16.341 and providing mental healthcare and

NOTE Confidence: 0.91862578

00:44:16.341 --> 00:44:18.140 and studying in a way that that

NOTE Confidence: 0.91862578

00:44:18.140 --> 00:44:21.478 makes sense in Uganda.

NOTE Confidence: 0.91862578

00:44:21.480 --> 00:44:25.040 So a little bit of context of where we work.

NOTE Confidence: 0.91862578

00:44:25.040 --> 00:44:27.203 So it's one of the most impoverished

NOTE Confidence: 0.91862578

00:44:27.203 --> 00:44:28.600 rural regions of Uganda.

NOTE Confidence: 0.91862578

00:44:28.600 --> 00:44:30.160 So there's just as in America,

NOTE Confidence: 0.91862578

00:44:30.160 --> 00:44:32.060 there's a lot of intraregional

NOTE Confidence: 0.91862578

00:44:32.060 --> 00:44:33.960 variety or diversity in terms

NOTE Confidence: 0.91862578

00:44:34.026 --> 00:44:35.798 of ECONSOCI economic status.

NOTE Confidence: 0.91862578

73

00:44:35.800 --> 00:44:37.048 You can take them.

NOTE Confidence: 0.91862578

00:44:37.048 --> 00:44:40.040 This happens to be like one of the most,

NOTE Confidence: 0.91862578

00:44:40.040 --> 00:44:42.420 one of the worst outcomes region and

NOTE Confidence: 0.91862578

00:44:42.420 --> 00:44:44.838 healthcare in terms of our infrastructure.

NOTE Confidence: 0.91862578

00:44:44.840 --> 00:44:49.235 So 414,600 people with one tax in position.

NOTE Confidence: 0.91862578

00:44:49.240 --> 00:44:50.880 I think this is going to change soon,

NOTE Confidence: 0.91862578

00:44:50.880 --> 00:44:53.412 but that's where it was when

NOTE Confidence: 0.91862578

00:44:53.412 --> 00:44:54.678 we started working.

NOTE Confidence: 0.91862578

00:44:54.680 --> 00:44:57.140 The majority of the population

NOTE Confidence: 0.91862578

00:44:57.140 --> 00:44:58.616 of subsistence farmers,

NOTE Confidence: 0.91862578

00:44:58.620 --> 00:45:02.844 45% illiteracy rate and there is no

NOTE Confidence: 0.91862578

00:45:02.844 --> 00:45:04.300 previous mental healthcare available.

NOTE Confidence: 0.91862578

00:45:04.300 --> 00:45:06.428 So you know people would see your

NOTE Confidence: 0.91862578

00:45:06.428 --> 00:45:08.591 schizophrenia or the manic and they

NOTE Confidence: 0.91862578

00:45:08.591 --> 00:45:11.126 didn't likely have somewhere to go.

NOTE Confidence: 0.91862578

00:45:11.126 --> 00:45:14.157 You know that there are some community

NOTE Confidence: 0.91862578

00:45:14.157 --> 00:45:17.022 structures but no medications and also

NOTE Confidence: 0.91862578

00:45:17.022 --> 00:45:20.870 no paid rates or for the electricity either.

NOTE Confidence: 0.9376203

00:45:20.870 --> 00:45:22.390 So what do you do?

NOTE Confidence: 0.9376203

00:45:22.390 --> 00:45:23.254 We generally do,

NOTE Confidence: 0.9376203

00:45:23.254 --> 00:45:24.982 we do three things with healthcare,

NOTE Confidence: 0.9376203

00:45:24.990 --> 00:45:26.250 education and research.

NOTE Confidence: 0.9376203

00:45:26.250 --> 00:45:28.350 So we provide essential healthcare

NOTE Confidence: 0.9376203

00:45:28.350 --> 00:45:30.645 services to the most vulnerable

NOTE Confidence: 0.9376203

00:45:30.645 --> 00:45:32.682 populations through Antunde health centers.

NOTE Confidence: 0.9376203

00:45:32.682 --> 00:45:35.230 We provide, we give healthcare to

NOTE Confidence: 0.9376203

00:45:35.230 --> 00:45:37.238 approximately over 10,000 people a

NOTE Confidence: 0.9376203

00:45:37.238 --> 00:45:39.150 year and that's including primary care,

NOTE Confidence: 0.9376203

00:45:39.150 --> 00:45:42.206 maternal care, mental healthcare

NOTE Confidence: 0.9376203

00:45:42.206 --> 00:45:45.624 innovations we can check up and urgent

NOTE Confidence: 0.9376203

00:45:45.624 --> 00:45:47.983 visits and we also are the mental

NOTE Confidence: 0.9376203

00:45:47.983 --> 00:45:50.099 healthcare providers for this district.

NOTE Confidence: 0.9376203

00:45:50.100 --> 00:45:52.242 So we work with the DHO District

NOTE Confidence: 0.9376203

00:45:52.242 --> 00:45:53.997 Health officer and the district

NOTE Confidence: 0.9376203

00:45:53.997 --> 00:45:55.945 leadership to to provide mental

NOTE Confidence: 0.9376203

00:45:55.945 --> 00:45:58.020 health care about the district,

NOTE Confidence: 0.9376203

00:45:58.020 --> 00:46:00.228 mainly severe mental illnesses,

NOTE Confidence: 0.9376203

00:46:00.228 --> 00:46:03.540 you know with medications so far.

NOTE Confidence: 0.9376203

00:46:03.540 --> 00:46:05.040 And another large part of

NOTE Confidence: 0.9376203

00:46:05.040 --> 00:46:06.540 what we do is education.

NOTE Confidence: 0.9376203

00:46:06.540 --> 00:46:08.696 So you know we have a fellowship.

NOTE Confidence: 0.9376203

00:46:08.700 --> 00:46:11.052 We have a summer fellowship called

NOTE Confidence: 0.9376203

00:46:11.052 --> 00:46:12.620 Global Health Experiential Fellowship

NOTE Confidence: 0.9376203

00:46:12.677 --> 00:46:14.910 that's open to both Ugandan and American.

NOTE Confidence: 0.9376203

00:46:14.910 --> 00:46:18.018 So it's a five to six week

NOTE Confidence: 0.9376203

00:46:18.018 --> 00:46:20.041 experience where you know people

NOTE Confidence: 0.9376203

00:46:20.041 --> 00:46:21.926 were students pre doctoral students

NOTE Confidence: 0.9376203

00:46:21.926 --> 00:46:23.230 including medical students,

NOTE Confidence: 0.9376203

00:46:23.230 --> 00:46:25.315 masters students and undergrads from

NOTE Confidence: 0.9376203

00:46:25.315 --> 00:46:27.804 both Uganda and America can work

NOTE Confidence: 0.9376203

00:46:27.804 --> 00:46:29.832 together and an intercultural team to

NOTE Confidence: 0.9376203

00:46:29.832 --> 00:46:33.070 work on a project in global medical health.

NOTE Confidence: 0.9376203

00:46:33.070 --> 00:46:34.642 So the American students pay a

NOTE Confidence: 0.9376203

00:46:34.642 --> 00:46:36.386 tuition and this helps you know fund

NOTE Confidence: 0.9376203

00:46:36.386 --> 00:46:38.147 it and you know it also helps fund

NOTE Confidence: 0.9376203

00:46:38.147 --> 00:46:39.891 you know like a lot of our research

NOTE Confidence: 0.9376203

00:46:39.891 --> 00:46:41.867 and a lot of our healthcare also and

NOTE Confidence: 0.9376203

00:46:41.867 --> 00:46:43.188 Ugandan students are 10 for free

NOTE Confidence: 0.907168800000001

00:46:45.230 --> 00:46:47.239 to the summer. We hosted 2 sessions

NOTE Confidence: 0.907168800000001

00:46:47.239 --> 00:46:49.189 of 29 three doctoral students each

NOTE Confidence: 0.907168800000001

00:46:49.189 --> 00:46:51.664 that are about 58 and total And

NOTE Confidence: 0.907168800000001

00:46:51.664 --> 00:46:54.268 we also have a university chapter

NOTE Confidence: 0.907168800000001

00:46:54.268 --> 00:46:56.806 system where you know where you

NOTE Confidence: 0.907168800000001

00:46:56.806 --> 00:46:58.770 know American students can engage in

NOTE Confidence: 0.907168800000001

00:46:58.770 --> 00:47:00.350 learning about global mental health.

NOTE Confidence: 0.907168800000001

00:47:00.350 --> 00:47:02.870 We have speakers from Uganda and from

NOTE Confidence: 0.907168800000001

00:47:02.870 --> 00:47:05.658 other global health experts and also in

NOTE Confidence: 0.907168800000001

00:47:05.658 --> 00:47:09.470 helps us fund for this and for research.

NOTE Confidence: 0.907168800000001

00:47:09.470 --> 00:47:12.350 You know we I've been focusing on

NOTE Confidence: 0.907168800000001

00:47:12.350 --> 00:47:14.510 2 main areas of research here.

NOTE Confidence: 0.907168800000001

00:47:14.510 --> 00:47:16.394 One is reducing mental illness stigma

NOTE Confidence: 0.907168800000001

00:47:16.394 --> 00:47:18.612 and the other one's working with

NOTE Confidence: 0.907168800000001

00:47:18.612 --> 00:47:20.420 existing community structures to

NOTE Confidence: 0.907168800000001

00:47:20.420 --> 00:47:22.228 deliver effective mental healthcare.

NOTE Confidence: 0.907168800000001

00:47:22.230 --> 00:47:24.750 So mental health stigma is very you know,

NOTE Confidence: 0.907168800000001

00:47:24.750 --> 00:47:26.532 multilayered, you know,

NOTE Confidence: 0.907168800000001

00:47:26.532 --> 00:47:28.908 offers the structural level,

NOTE Confidence: 0.907168800000001

00:47:28.910 --> 00:47:30.030 you know, could explain that,

NOTE Confidence: 0.907168800000001

00:47:30.030 --> 00:47:31.070 you know,

NOTE Confidence: 0.907168800000001

00:47:31.070 --> 00:47:32.894 like partially explained that less

NOTE Confidence: 0.907168800000001

00:47:32.894 --> 00:47:35.850 than 1% of Ugandan's Ugandan healthcare

NOTE Confidence: 0.907168800000001

00:47:35.850 --> 00:47:38.150 expenditure goes towards healthcare

NOTE Confidence: 0.907168800000001

00:47:38.150 --> 00:47:41.630 or goes towards mental healthcare.

NOTE Confidence: 0.907168800000001

00:47:41.630 --> 00:47:44.430 And you know it results in lowers

NOTE Confidence: 0.907168800000001

00:47:44.430 --> 00:47:46.750 treatment seeking behaviors for people also.

NOTE Confidence: 0.907168800000001

00:47:46.750 --> 00:47:49.102 So it seemed like a pretty fundamental

NOTE Confidence: 0.907168800000001

00:47:49.102 --> 00:47:51.090 problem to you know,

NOTE Confidence: 0.907168800000001

00:47:51.090 --> 00:47:53.750 try to try to address right there

NOTE Confidence: 0.907168800000001

00:47:53.750 --> 00:47:56.030 to improve mental healthcare.

NOTE Confidence: 0.907168800000001

00:47:56.030 --> 00:47:57.850 So I'm going to be talking about

NOTE Confidence: 0.907168800000001

00:47:57.850 --> 00:47:59.379 an example project that we've done

NOTE Confidence: 0.907168800000001

00:47:59.379 --> 00:48:02.710 in the past just just briefly.

NOTE Confidence: 0.907168800000001

00:48:02.710 --> 00:48:05.594 So we attempted a pilot community to

NOTE Confidence: 0.907168800000001

00:48:05.594 --> 00:48:08.189 add mental illness E stigma station,

NOTE Confidence: 0.907168800000001

00:48:08.190 --> 00:48:10.410 the other intervention in the role

NOTE Confidence: 0.907168800000001

00:48:10.410 --> 00:48:12.870 of Uganda and this is inspired

NOTE Confidence: 0.907168800000001

00:48:12.870 --> 00:48:14.590 by HIV AIDS interventions.

NOTE Confidence: 0.907168800000001

00:48:14.590 --> 00:48:16.550 And you know I I see a lot of parallels

NOTE Confidence: 0.907168800000001

00:48:16.600 --> 00:48:18.376 between HIV AIDS and senior chronic

NOTE Confidence: 0.907168800000001

00:48:18.376 --> 00:48:20.552 mental illness and that both are very

NOTE Confidence: 0.907168800000001

00:48:20.552 --> 00:48:22.424 stigmatized and that they're both chronic.

NOTE Confidence: 0.907168800000001

00:48:22.430 --> 00:48:24.670 So I saw a lot of parallels and you know,

NOTE Confidence: 0.907168800000001

00:48:24.670 --> 00:48:28.307 we we came up with this project where

NOTE Confidence: 0.907168800000001

00:48:28.310 --> 00:48:30.582 we are using like a lot of lessons

NOTE Confidence: 0.907168800000001

00:48:30.582 --> 00:48:32.430 learned from HIV AIDS epidemic or

NOTE Confidence: 0.907168800000001

00:48:32.430 --> 00:48:35.040 addressing HIV AIDS to mental health.

NOTE Confidence: 0.907168800000001

00:48:35.040 --> 00:48:36.912 So the steps that we took was we

NOTE Confidence: 0.907168800000001

00:48:36.912 --> 00:48:39.330 did 4 focus groups to examine the

NOTE Confidence: 0.907168800000001

00:48:39.330 --> 00:48:41.210 current beliefs and attitudes for

NOTE Confidence: 0.907168800000001

00:48:41.281 --> 00:48:42.640 severe mental illness.

NOTE Confidence: 0.907168800000001

00:48:42.640 --> 00:48:44.902 And then we utilize those findings

NOTE Confidence: 0.907168800000001

00:48:44.902 --> 00:48:47.310 to provide guidelines for community

NOTE Confidence: 0.907168800000001

00:48:47.310 --> 00:48:50.485 members to participate in a

NOTE Confidence: 0.907168800000001

00:48:50.485 --> 00:48:52.764 competition for the other skill.

NOTE Confidence: 0.907168800000001

00:48:52.764 --> 00:48:55.920 So we have about four teams compete

NOTE Confidence: 0.907168800000001

00:48:55.920 --> 00:48:57.971 to we have four teams compete to

NOTE Confidence: 0.907168800000001

00:48:57.971 --> 00:49:00.358 see who has the best play and he

NOTE Confidence: 0.907168800000001

00:49:00.358 --> 00:49:01.952 knows and and the voters were you

NOTE Confidence: 0.907168800000001

00:49:01.952 --> 00:49:03.367 know people in the community who

NOTE Confidence: 0.907168800000001

00:49:03.367 --> 00:49:05.117 they thought was what was like the

NOTE Confidence: 0.907168800000001

00:49:05.117 --> 00:49:06.656 best way but they had a criteria

NOTE Confidence: 0.907168800000001

00:49:06.656 --> 00:49:08.825 that they had to meet basically that

NOTE Confidence: 0.907168800000001

00:49:08.825 --> 00:49:11.050 mental illness can be treatable.

NOTE Confidence: 0.907168800000001

00:49:11.050 --> 00:49:12.700 That people with mental illness should

NOTE Confidence: 0.907168800000001

00:49:12.700 --> 00:49:14.688 be treated with respect and that

NOTE Confidence: 0.907168800000001

00:49:14.688 --> 00:49:17.004 that they should be treated nicely.

NOTE Confidence: 0.907168800000001

00:49:17.010 --> 00:49:19.017 And so we had like a winner and and

NOTE Confidence: 0.907168800000001

00:49:19.017 --> 00:49:20.875 then we evaluated the effectiveness

NOTE Confidence: 0.907168800000001

00:49:20.875 --> 00:49:22.850 of intervention by serving people

NOTE Confidence: 0.907168800000001

00:49:22.850 --> 00:49:24.478 before they watched intervention

NOTE Confidence: 0.907168800000001

00:49:24.478 --> 00:49:26.428 and after they watched intervention

NOTE Confidence: 0.907168800000001

00:49:26.428 --> 00:49:29.242 with one week apart between watching

NOTE Confidence: 0.907168800000001

00:49:29.242 --> 00:49:32.492 the intervention and asking them,

NOTE Confidence: 0.907168800000001

00:49:32.492 --> 00:49:36.700 you know, asking about the results.

NOTE Confidence: 0.907168800000001

00:49:36.700 --> 00:49:38.338 So this is a flow chart.

NOTE Confidence: 0.907168800000001

00:49:38.340 --> 00:49:40.508 101 participants were initially

NOTE Confidence: 0.907168800000001

00:49:40.508 --> 00:49:42.134 administered initial questionnaire.

NOTE Confidence: 0.907168800000001

00:49:42.140 --> 00:49:45.028 6 weeks later 77 of 101 attended

NOTE Confidence: 0.907168800000001

00:49:45.028 --> 00:49:46.060 the other intervention.

NOTE Confidence: 0.907168800000001

00:49:46.060 --> 00:49:47.020 One week later,

NOTE Confidence: 0.907168800000001

00:49:47.020 --> 00:49:48.940 57 of the 77 were administered

NOTE Confidence: 0.907168800000001

00:49:48.940 --> 00:49:50.357 questionnaire to value short term

NOTE Confidence: 0.907168800000001

00:49:50.357 --> 00:49:51.923 effects and one year later 46

NOTE Confidence: 0.926533159999999

00:49:51.980 --> 00:49:53.900 of the 57 were administered questionnaire

NOTE Confidence: 0.926533159999999

00:49:53.900 --> 00:49:55.514 to value long term effects.

NOTE Confidence: 0.926533159999999

00:49:55.514 --> 00:49:58.186 So you can see the results and you

NOTE Confidence: 0.926533159999999

00:49:58.186 --> 00:50:00.330 know as you can see it's very,

NOTE Confidence: 0.926533159999999

00:50:00.330 --> 00:50:02.380 very physically significant and you

NOTE Confidence: 0.926533159999999

00:50:02.380 --> 00:50:04.950 know large effect size for both

NOTE Confidence: 0.926533159999999

00:50:04.950 --> 00:50:07.210 broad and personal acceptance scale.

NOTE Confidence: 0.926533159999999

00:50:07.210 --> 00:50:09.730 So broad acceptance scale is roughly

NOTE Confidence: 0.926533159999999

00:50:09.730 --> 00:50:11.980 structural stigma and personal acceptance

NOTE Confidence: 0.926533159999999

00:50:11.980 --> 00:50:13.988 scale is roughly interpersonal

NOTE Confidence: 0.926533159999999

00:50:13.988 --> 00:50:16.465 stigma and these are some projects

NOTE Confidence: 0.926533159999999

00:50:16.465 --> 00:50:19.234 that we are working on right now.

NOTE Confidence: 0.926533159999999

00:50:19.234 --> 00:50:21.214 So data collection is fully

NOTE Confidence: 0.926533159999999

00:50:21.214 --> 00:50:22.370 complete for these.

NOTE Confidence: 0.926533159999999

00:50:22.370 --> 00:50:26.138 So most of this happened during the summer.

NOTE Confidence: 0.926533159999999

00:50:26.140 --> 00:50:28.060 So thank you Dr.

NOTE Confidence: 0.926533159999999

00:50:28.060 --> 00:50:30.780 Orba and in the department for

NOTE Confidence: 0.926533159999999

00:50:30.780 --> 00:50:32.882 generous funding and time to

NOTE Confidence: 0.926533159999999

00:50:32.882 --> 00:50:34.694 you know help work on this.

NOTE Confidence: 0.926533159999999

00:50:34.700 --> 00:50:36.626 We conduct so we conducted cluster

NOTE Confidence: 0.926533159999999

00:50:36.626 --> 00:50:37.910 randomized control trial on

NOTE Confidence: 0.926533159999999

00:50:37.971 --> 00:50:39.576 the effectiveness of the radio,

NOTE Confidence: 0.926533159999999

00:50:39.580 --> 00:50:42.330 the other program to be stigmatized

NOTE Confidence: 0.926533159999999

00:50:42.330 --> 00:50:43.110 mental illness.

NOTE Confidence: 0.926533159999999

00:50:43.110 --> 00:50:45.450 So we converted the other program

NOTE Confidence: 0.926533159999999

00:50:45.450 --> 00:50:47.610 into radio show into audio show and

NOTE Confidence: 0.926533159999999

00:50:47.610 --> 00:50:50.110 then we showed it to people and yeah,

NOTE Confidence: 0.926533159999999

00:50:50.110 --> 00:50:52.420 that's quite before and after and

NOTE Confidence: 0.926533159999999

00:50:52.420 --> 00:50:54.554 the control group that that have

NOTE Confidence: 0.926533159999999

00:50:54.554 --> 00:50:56.014 an audio intervention that's not

NOTE Confidence: 0.926533159999999

00:50:56.014 --> 00:50:57.330 related to mental illness.

NOTE Confidence: 0.926533159999999

00:50:57.330 --> 00:50:59.185 And then we also examine stigma for

NOTE Confidence: 0.926533159999999

00:50:59.185 --> 00:51:00.597 suicide defense survivors in the

NOTE Confidence: 0.926533159999999

00:51:00.597 --> 00:51:01.729 community through mixed methods.

NOTE Confidence: 0.926533159999999

00:51:01.730 --> 00:51:03.622 We surveyed with survivors,

NOTE Confidence: 0.926533159999999

00:51:03.622 --> 00:51:04.568 family members,

NOTE Confidence: 0.926533159999999

00:51:04.570 --> 00:51:06.250 healthcare workers and community

NOTE Confidence: 0.926533159999999

00:51:06.250 --> 00:51:07.090 health workers.

NOTE Confidence: 0.926533159999999

00:51:07.090 --> 00:51:09.250 So we're excited for data there

NOTE Confidence: 0.926533159999999

00:51:09.250 --> 00:51:12.680 also evaluated the different levels

NOTE Confidence: 0.926533159999999

00:51:12.680 --> 00:51:14.420 of stigma that people might have

NOTE Confidence: 0.926533159999999

00:51:14.420 --> 00:51:15.706 towards different mental health

NOTE Confidence: 0.926533159999999

00:51:15.706 --> 00:51:17.286 conditions and whether the gender

NOTE Confidence: 0.926533159999999

00:51:17.286 --> 00:51:20.010 of the person with mental illness

NOTE Confidence: 0.926533159999999

00:51:20.010 --> 00:51:22.905 affects affects the level of stigma

NOTE Confidence: 0.926533159999999

00:51:22.905 --> 00:51:25.813 expressed or is that person And

NOTE Confidence: 0.926533159999999

00:51:25.813 --> 00:51:27.934 so those are some of the projects

NOTE Confidence: 0.926533159999999

00:51:27.934 --> 00:51:30.099 that might have worked on and for

NOTE Confidence: 0.926533159999999

00:51:30.099 --> 00:51:31.844 community structures you know it's

NOTE Confidence: 0.926533159999999

00:51:31.844 --> 00:51:33.636 important to work with existing

NOTE Confidence: 0.926533159999999

00:51:33.636 --> 00:51:35.658 structures that are in place other

NOTE Confidence: 0.926533159999999

00:51:35.658 --> 00:51:37.624 people use that people trust and

NOTE Confidence: 0.926533159999999

00:51:37.624 --> 00:51:39.703 that that you know have been around

NOTE Confidence: 0.926533159999999

00:51:39.710 --> 00:51:41.070 for such a long time.

NOTE Confidence: 0.926533159999999

00:51:41.070 --> 00:51:41.567 So,

NOTE Confidence: 0.926533159999999

00:51:41.567 --> 00:51:44.549 so we we've done two projects

NOTE Confidence: 0.926533159999999

00:51:44.549 --> 00:51:46.926 regarding that regarding that in that

NOTE Confidence: 0.926533159999999

00:51:46.926 --> 00:51:49.390 just and one is like pathways here.

NOTE Confidence: 0.926533159999999

00:51:49.390 --> 00:51:50.990 So what do people do like if they

00:51:50.990 --> 00:51:52.524 have a city or mental illness

00:51:52.524 --> 00:51:53.919 like whether to people that they

00:51:53.919 --> 00:51:55.560 go seek and why do we seek those

00:51:55.560 --> 00:51:56.750 people and like what happens

00:51:56.750 --> 00:51:58.340 after they go seek those people.

00:51:58.340 --> 00:52:00.005 So another mixed method study

00:52:00.005 --> 00:52:01.670 and another study evaluating the

00:52:01.731 --> 00:52:03.171 feasibility of collaborations among

00:52:03.171 --> 00:52:05.331 individuals in the back case of

00:52:05.390 --> 00:52:07.218 care includes traditional healers,

00:52:07.220 --> 00:52:08.000 religious leaders,

00:52:08.000 --> 00:52:10.340 biomedical providers who need health workers,

00:52:10.340 --> 00:52:11.086 local leaders.

00:52:11.086 --> 00:52:13.944 So you know seeing if this is you

00:52:13.944 --> 00:52:15.408 know what people think about the

00:52:15.408 --> 00:52:17.681 other party to see like what types of

NOTE Confidence: 0.926533159999999

00:52:17.681 --> 00:52:18.869 collaboration are happening already

NOTE Confidence: 0.926533159999999

00:52:18.869 --> 00:52:20.900 and to see what types that they think

NOTE Confidence: 0.926533159999999

00:52:20.900 --> 00:52:22.820 would be helpful in the future perhaps.

NOTE Confidence: 0.930655

00:52:27.150 --> 00:52:30.070 So in terms of like future career goals,

NOTE Confidence: 0.930655

00:52:30.070 --> 00:52:31.862 in terms of like where I hope to

NOTE Confidence: 0.930655

00:52:31.862 --> 00:52:33.986 take my career and I want to continue

NOTE Confidence: 0.930655

00:52:33.990 --> 00:52:36.328 addressing the health needs of the local

NOTE Confidence: 0.930655

00:52:36.328 --> 00:52:37.952 community in Uganda collaboratively

NOTE Confidence: 0.930655

00:52:37.952 --> 00:52:40.670 with the team there and like the

NOTE Confidence: 0.930655

00:52:40.670 --> 00:52:42.829 local community leaders and and so on.

NOTE Confidence: 0.930655

00:52:42.830 --> 00:52:44.038 And I would also,

NOTE Confidence: 0.930655

00:52:44.038 --> 00:52:46.212 you know and we recently started a

NOTE Confidence: 0.930655

00:52:46.212 --> 00:52:48.024 scholarship program for our team in

NOTE Confidence: 0.930655

00:52:48.024 --> 00:52:50.440 Uganda to go on to get their masters.

NOTE Confidence: 0.930655

00:52:50.440 --> 00:52:52.376 So the organization provides

NOTE Confidence: 0.930655

00:52:52.376 --> 00:52:54.796 a tuition for their masters.

NOTE Confidence: 0.930655

00:52:54.800 --> 00:52:57.080 So to build capacity build and

NOTE Confidence: 0.930655

00:52:57.080 --> 00:53:00.016 to and to develop help develop

NOTE Confidence: 0.930655

00:53:00.016 --> 00:53:01.826 leaders locally in Ubanka.

NOTE Confidence: 0.930655

00:53:01.826 --> 00:53:05.040 I'm applying for a K23 October of next year.

NOTE Confidence: 0.930655

00:53:05.040 --> 00:53:07.530 So my teacher by 4 year through the

NOTE Confidence: 0.930655

00:53:07.530 --> 00:53:09.255 Center for Global Mental Health

NOTE Confidence: 0.930655

00:53:09.255 --> 00:53:11.640 Research And you know so with the

NOTE Confidence: 0.930655

00:53:11.640 --> 00:53:13.551 goal of eventually developing an

NOTE Confidence: 0.930655

00:53:13.551 --> 00:53:15.491 independent physician scientists career

NOTE Confidence: 0.930655

00:53:15.491 --> 00:53:18.360 in addressing global mental health needs.

NOTE Confidence: 0.9369729

00:53:21.160 --> 00:53:23.800 So here are my acknowledgements.

NOTE Confidence: 0.9369729

00:53:23.800 --> 00:53:26.600 So you know first the entire empower

NOTE Confidence: 0.9369729

00:53:26.600 --> 00:53:29.360 to help team who you know who you know

NOTE Confidence: 0.9369729

00:53:29.360 --> 00:53:31.072 we've been working on this project

NOTE Confidence: 0.9369729

00:53:31.072 --> 00:53:32.902 together for you know like almost

NOTE Confidence: 0.9369729

00:53:32.902 --> 00:53:34.589 for five years in the organization

NOTE Confidence: 0.9369729

00:53:34.589 --> 00:53:37.008 but like a lot a lot of them working

NOTE Confidence: 0.9369729

00:53:37.008 --> 00:53:38.488 on different projects and you've

NOTE Confidence: 0.9369729

00:53:38.488 --> 00:53:40.831 end up almost affecting the end of

NOTE Confidence: 0.9369729

00:53:40.831 --> 00:53:42.216 community health workers were you

NOTE Confidence: 0.9369729

00:53:42.216 --> 00:53:44.032 know very instrumental in gaining the

NOTE Confidence: 0.9369729

00:53:44.032 --> 00:53:46.212 trust of the community and also also

NOTE Confidence: 0.9369729

00:53:46.212 --> 00:53:47.985 showing the you know also teaching

NOTE Confidence: 0.9369729

00:53:47.985 --> 00:53:50.117 us you know what's being done and

NOTE Confidence: 0.9369729

00:53:50.117 --> 00:53:51.929 what they think would be helpful.

NOTE Confidence: 0.9369729

00:53:51.930 --> 00:53:53.690 And doctor Weissman my career.

NOTE Confidence: 0.9369729

00:53:53.690 --> 00:53:55.450 Ibrahims my long time colleague

NOTE Confidence: 0.91772574

00:53:57.570 --> 00:54:00.178 a long time partner in Uganda he was

NOTE Confidence: 0.91772574

00:54:00.178 --> 00:54:02.446 the executive director of ETH Uganda as

NOTE Confidence: 0.91772574

00:54:02.446 --> 00:54:04.522 executive director of ETH and now he's

NOTE Confidence: 0.91772574

00:54:04.522 --> 00:54:06.890 getting a PhD at the University of firm

NOTE Confidence: 0.91772574

00:54:06.890 --> 00:54:11.489 Bob Rosenak Bob Orba Alex Sign Donaldson.

NOTE Confidence: 0.91772574

00:54:11.490 --> 00:54:14.920 So I really appreciate and you know I

NOTE Confidence: 0.91772574

00:54:14.920 --> 00:54:16.752 have like so many people to thank for

NOTE Confidence: 0.91772574

00:54:16.752 --> 00:54:18.656 this work and it can't cover everything,

NOTE Confidence: 0.91772574

00:54:18.660 --> 00:54:22.500 but but I really appreciate

NOTE Confidence: 0.91772574

00:54:22.500 --> 00:54:24.726 all their help and thank you,

NOTE Confidence: 0.91772574

00:54:24.726 --> 00:54:26.058 thank you all for your time.

NOTE Confidence: 0.92815757

00:54:44.700 --> 00:54:48.516 I will our last piece of

NOTE Confidence: 0.92815757

00:54:48.516 --> 00:54:49.938 the today's presentation,

NOTE Confidence: 0.93055445

00:54:55.730 --> 00:54:59.354 so happy to be with you guys here

NOTE Confidence: 0.93055445

00:54:59.354 --> 00:55:00.729 today and discuss this project.

NOTE Confidence: 0.93055445

00:55:00.730 --> 00:55:04.202 I will try to be brief and leave some

NOTE Confidence: 0.93055445

00:55:04.202 --> 00:55:05.968 time for questions for all of us.

NOTE Confidence: 0.93055445

00:55:05.970 --> 00:55:07.954 Hopefully at the end

NOTE Confidence: 0.93055445

00:55:07.954 --> 00:55:09.563 today for my presentation,

NOTE Confidence: 0.93055445

00:55:09.563 --> 00:55:12.160 we'll be talking about a project that

NOTE Confidence: 0.93055445

00:55:12.226 --> 00:55:14.738 I completed with a community in Arizona

NOTE Confidence: 0.93055445

00:55:14.738 --> 00:55:16.970 known as the New Possible Reservation,

NOTE Confidence: 0.93055445

00:55:16.970 --> 00:55:18.850 affectionately referred to by me

NOTE Confidence: 0.93055445

00:55:18.850 --> 00:55:21.360 as a country within a country.

NOTE Confidence: 0.93055445

00:55:21.360 --> 00:55:22.670 The reason being for that

NOTE Confidence: 0.93055445

00:55:22.670 --> 00:55:23.718 just fun little factoid.

NOTE Confidence: 0.93055445

00:55:23.720 --> 00:55:26.198 For those of you who don't know,

NOTE Confidence: 0.93055445

00:55:26.200 --> 00:55:28.710 Native American tribes in the

NOTE Confidence: 0.93055445

00:55:28.710 --> 00:55:31.185 United States are in this kind of

NOTE Confidence: 0.93055445

00:55:31.185 --> 00:55:33.025 on a political space where they

NOTE Confidence: 0.93055445

00:55:33.025 --> 00:55:34.885 are viewed by the United States

NOTE Confidence: 0.93055445

00:55:34.885 --> 00:55:36.280 as distinct sovereign entities

NOTE Confidence: 0.93055445

00:55:36.280 --> 00:55:38.080 in the United States negotiates

NOTE Confidence: 0.93055445

00:55:38.080 --> 00:55:41.440 with them as foreign entities.

NOTE Confidence: 0.93055445

00:55:41.440 --> 00:55:42.984 So the the group that I worked with

NOTE Confidence: 0.93055445

00:55:42.984 --> 00:55:44.479 is known as the Fosquiaqui Tribe.

NOTE Confidence: 0.93055445

00:55:44.480 --> 00:55:45.158 There,

NOTE Confidence: 0.93055445

00:55:45.158 --> 00:55:48.548 indigenous peoples in southern Arizona,

NOTE Confidence: 0.93055445

00:55:48.550 --> 00:55:50.092 but also have members on the

NOTE Confidence: 0.93055445

00:55:50.092 --> 00:55:51.550 Mexican side of the border,

NOTE Confidence: 0.93055445

00:55:51.550 --> 00:55:53.764 and that's primarily where most of

NOTE Confidence: 0.93055445

00:55:53.764 --> 00:55:55.750 the tribe membership is busted.

NOTE Confidence: 0.93055445

00:55:55.750 --> 00:55:58.192 Along the eight villages in one

NOTE Confidence: 0.93055445

00:55:58.192 --> 00:56:00.310 of the historical homelands there,

NOTE Confidence: 0.93055445

00:56:00.310 --> 00:56:01.610 There's roughly 10,000 members

NOTE Confidence: 0.93055445

00:56:01.610 --> 00:56:02.910 in the United States,

NOTE Confidence: 0.93055445

00:56:02.910 --> 00:56:05.450 5000 of which are located on the

NOTE Confidence: 0.93055445

00:56:05.450 --> 00:56:07.310 Bosqueyaki Reservation just out of Tucson,

NOTE Confidence: 0.93055445

00:56:07.310 --> 00:56:07.685 AZ.

NOTE Confidence: 0.93055445

00:56:07.685 --> 00:56:09.560 It's roughly half hour away

NOTE Confidence: 0.93055445

00:56:09.560 --> 00:56:11.670 from the US Mexico border,

NOTE Confidence: 0.93055445

00:56:11.670 --> 00:56:13.720 but there are other communities

NOTE Confidence: 0.93055445

00:56:13.720 --> 00:56:15.642 in the southern Arizona region.

NOTE Confidence: 0.93055445

00:56:15.642 --> 00:56:18.299 So in the Tucson metro area as

NOTE Confidence: 0.93055445

00:56:18.299 --> 00:56:20.483 well as in the Phoenix metro area,

NOTE Confidence: 0.93055445

00:56:20.490 --> 00:56:23.046 there's a number of smaller Yaki

NOTE Confidence: 0.93055445

00:56:23.046 --> 00:56:25.183 communities where over hundreds of

NOTE Confidence: 0.93055445

00:56:25.183 --> 00:56:27.343 years groups have kind of migrated

NOTE Confidence: 0.93055445

00:56:27.343 --> 00:56:29.538 towards for jobs and maintained

NOTE Confidence: 0.93055445

00:56:29.538 --> 00:56:32.930 a significant cultural presence.

NOTE Confidence: 0.93055445

00:56:32.930 --> 00:56:34.625 So my motivation for collaborating

NOTE Confidence: 0.93055445

00:56:34.625 --> 00:56:37.089 with this group is this is my group,

NOTE Confidence: 0.93055445

00:56:37.090 --> 00:56:39.442 I was born and raised on the

NOTE Confidence: 0.93055445

00:56:39.442 --> 00:56:40.450 Foski Yaki reservation.

NOTE Confidence: 0.93055445

00:56:40.450 --> 00:56:44.074 I still have majority of my family there.

NOTE Confidence: 0.93055445

00:56:44.080 --> 00:56:46.400 All my friends who I grew up with this

NOTE Confidence: 0.93055445

00:56:46.400 --> 00:56:48.320 woman down here in the lower left hand.

NOTE Confidence: 0.93055445

00:56:48.320 --> 00:56:49.805 Here's my grandmother that's a

NOTE Confidence: 0.93055445

00:56:49.805 --> 00:56:51.684 woman who raised me very prominent

NOTE Confidence: 0.93055445

00:56:51.684 --> 00:56:53.344 figure in the community still

NOTE Confidence: 0.93055445

00:56:53.344 --> 00:56:54.840 and actually part of the first

NOTE Confidence: 0.93055445

00:56:54.840 --> 00:56:56.000 tribal council way back when

NOTE Confidence: 0.932743599999999

00:56:58.400 --> 00:57:00.320 friends and things that go back

NOTE Confidence: 0.932743599999999

00:57:00.320 --> 00:57:02.420 regularly and see but I've I've

NOTE Confidence: 0.932743599999999

00:57:02.420 --> 00:57:04.700 also maintained a a really close

NOTE Confidence: 0.932743599999999

00:57:04.700 --> 00:57:06.075 working relationship with the

NOTE Confidence: 0.932743599999999

00:57:06.075 --> 00:57:08.000 tribe for a number of years now.

NOTE Confidence: 0.932743599999999

00:57:08.000 --> 00:57:13.250 So one of the first projects that we

NOTE Confidence: 0.932743599999999

00:57:13.250 --> 00:57:16.372 were initially working on together

NOTE Confidence: 0.932743599999999

00:57:16.372 --> 00:57:18.440 was community health assessments.

NOTE Confidence: 0.932743599999999

00:57:18.440 --> 00:57:21.568 So this was something that we

NOTE Confidence: 0.932743599999999

00:57:21.568 --> 00:57:24.564 started in 2014 to achieve a national

NOTE Confidence: 0.932743599999999

00:57:24.564 --> 00:57:26.620 public public accreditation.

NOTE Confidence: 0.932743599999999

00:57:26.620 --> 00:57:29.116 But one of the areas that was always

NOTE Confidence: 0.932743599999999

00:57:29.116 --> 00:57:31.212 frustrating was we could never really

NOTE Confidence: 0.932743599999999

00:57:31.212 --> 00:57:32.977 gather good mental health data.

NOTE Confidence: 0.932743599999999

00:57:32.980 --> 00:57:34.648 And we weren't really sure why

NOTE Confidence: 0.932743599999999

00:57:34.648 --> 00:57:37.006 because we captured a lot of data for

NOTE Confidence: 0.932743599999999

00:57:37.006 --> 00:57:38.932 essentially every other facet of health.

NOTE Confidence: 0.932743599999999

00:57:38.932 --> 00:57:41.807 But you know kind of to to Max

NOTE Confidence: 0.932743599999999

00:57:41.807 --> 00:57:44.090 point about his discussion on on

NOTE Confidence: 0.932743599999999

00:57:44.090 --> 00:57:45.990 these like deaths of despair.

NOTE Confidence: 0.932743599999999

00:57:45.990 --> 00:57:47.985 Myself and other health oriented

NOTE Confidence: 0.932743599999999

00:57:47.985 --> 00:57:50.451 people in the community were always

NOTE Confidence: 0.932743599999999

00:57:50.451 --> 00:57:53.062 very suspicious that there was a high

NOTE Confidence: 0.932743599999999

00:57:53.062 --> 00:57:55.134 rate of mental illness that was just

00:57:55.134 --> 00:57:56.688 essentially not being captured or

00:57:56.688 --> 00:57:58.494 not being treated in the community

00:57:58.552 --> 00:58:00.426 because of the types of that causes of

00:58:00.426 --> 00:58:01.910 death and things that we were seeing.

00:58:01.910 --> 00:58:03.962 So like you know liver cirrhosis

00:58:03.962 --> 00:58:06.644 cracking the you know top one of the

00:58:06.644 --> 00:58:08.510 causes of death for the community.

00:58:08.510 --> 00:58:11.080 Obviously that will suggest substance

00:58:11.080 --> 00:58:13.000 abuse being significant.

00:58:13.000 --> 00:58:14.780 You know,

00:58:14.780 --> 00:58:16.507 component things like assault

00:58:16.507 --> 00:58:18.181 from firearm is like a surrogate

00:58:18.181 --> 00:58:19.909 for trauma within the community.

00:58:19.910 --> 00:58:22.465 But the the frustrating piece of it,

00:58:22.470 --> 00:58:23.256 even you know,

00:58:23.256 --> 00:58:25.492 to add another layer was when we asked

NOTE Confidence: 0.932743599999999

00:58:25.492 --> 00:58:27.202 the community about their thoughts

NOTE Confidence: 0.932743599999999

00:58:27.202 --> 00:58:29.470 on mental health and substance abuse.

NOTE Confidence: 0.932743599999999

00:58:29.470 --> 00:58:30.506 For the most part,

NOTE Confidence: 0.932743599999999

00:58:30.506 --> 00:58:32.590 everyone kind of gave the same feedback.

NOTE Confidence: 0.932743599999999

00:58:32.590 --> 00:58:34.906 They were very much, you know,

NOTE Confidence: 0.932743599999999

00:58:34.910 --> 00:58:37.670 of the belief that mental health

NOTE Confidence: 0.932743599999999

00:58:37.670 --> 00:58:39.510 and things like depression,

NOTE Confidence: 0.932743599999999

00:58:39.510 --> 00:58:40.182 anxiety, even,

NOTE Confidence: 0.932743599999999

00:58:40.182 --> 00:58:42.534 you know some people throwing out terms

NOTE Confidence: 0.932743599999999

00:58:42.534 --> 00:58:45.098 like generational trauma are are big deals.

NOTE Confidence: 0.932743599999999

00:58:45.100 --> 00:58:47.356 But nobody talks about the community

NOTE Confidence: 0.932743599999999

00:58:47.356 --> 00:58:49.819 and prior surveys even had mentioned,

NOTE Confidence: 0.932743599999999

00:58:49.820 --> 00:58:50.500 you know,

NOTE Confidence: 0.932743599999999

00:58:50.500 --> 00:58:52.540 we really think alcohol and drug

NOTE Confidence: 0.932743599999999

00:58:52.540 --> 00:58:54.087 use are big health problems.

NOTE Confidence: 0.932743599999999

00:58:54.087 --> 00:58:56.110 And and they rank them #2 and

NOTE Confidence: 0.932743599999999

00:58:56.169 --> 00:58:58.019 #3 for physical health problems,

NOTE Confidence: 0.932743599999999

00:58:58.020 --> 00:58:59.340 rank substance abuse,

NOTE Confidence: 0.932743599999999

00:58:59.340 --> 00:59:01.540 the number one community problem.

NOTE Confidence: 0.932743599999999

00:59:01.540 --> 00:59:03.160 But overwhelmingly a lot of people

NOTE Confidence: 0.932743599999999

00:59:03.160 --> 00:59:05.140 were saying, you know,

NOTE Confidence: 0.932743599999999

00:59:05.140 --> 00:59:06.904 it doesn't feel like we can talk

NOTE Confidence: 0.932743599999999

00:59:06.904 --> 00:59:08.870 about this or just feels too taboo.

NOTE Confidence: 0.932743599999999

00:59:08.870 --> 00:59:11.026 It doesn't feel like a health problem.

NOTE Confidence: 0.932743599999999

00:59:11.030 --> 00:59:13.270 So a lot of stigma regarding mental health.

NOTE Confidence: 0.932743599999999

00:59:13.270 --> 00:59:14.362 And you know,

NOTE Confidence: 0.932743599999999

00:59:14.362 --> 00:59:15.818 overwhelmingly people saying that

NOTE Confidence: 0.932743599999999

00:59:15.818 --> 00:59:18.176 the needs from a mental health and

NOTE Confidence: 0.932743599999999

00:59:18.176 --> 00:59:20.468 substance abuse standpoint aren't being met.

NOTE Confidence: 0.932743599999999

00:59:20.470 --> 00:59:22.990 So with that as the premise,

NOTE Confidence: 0.932743599999999

00:59:22.990 --> 00:59:24.950 one of the projects that I completed

NOTE Confidence: 0.932743599999999

00:59:24.950 --> 00:59:27.150 over the last year with with the

NOTE Confidence: 0.932743599999999

00:59:27.150 --> 00:59:29.150 tribe was essentially looking at

NOTE Confidence: 0.932743599999999

00:59:29.150 --> 00:59:31.936 how do we gather more quantitative

NOTE Confidence: 0.932743599999999

00:59:31.936 --> 00:59:34.508 data on conditions in the community.

NOTE Confidence: 0.932743599999999

00:59:34.508 --> 00:59:36.377 So, you know, looking at just general things,

NOTE Confidence: 0.932743599999999

00:59:36.380 --> 00:59:38.368 but also wanting to look at who's

NOTE Confidence: 0.932743599999999

00:59:38.368 --> 00:59:40.130 using mental health services and and

NOTE Confidence: 0.932743599999999

00:59:40.130 --> 00:59:42.118 looking at does it make a difference

NOTE Confidence: 0.932743599999999

00:59:42.176 --> 00:59:43.880 for people from the tribe who

NOTE Confidence: 0.932743599999999

00:59:43.880 --> 00:59:45.484 live on the reservation community

NOTE Confidence: 0.932743599999999

00:59:45.484 --> 00:59:48.268 versus those who live outside of

NOTE Confidence: 0.932743599999999

00:59:48.268 --> 00:59:49.660 the reservation community.

NOTE Confidence: 0.932743599999999

00:59:49.660 --> 00:59:50.896 The other thing we looked at,

NOTE Confidence: 0.932743599999999

00:59:50.900 --> 00:59:54.100 and this was with big help from the

NOTE Confidence: 0.932743599999999

00:59:54.100 --> 00:59:56.860 health IT department within the tribe,

NOTE Confidence: 0.932743599999999

00:59:56.860 --> 00:59:59.280 through our electronic health data,

NOTE Confidence: 0.94000906

00:59:59.280 --> 01:00:01.513 we were able to see that we

NOTE Confidence: 0.94000906

01:00:01.513 --> 01:00:02.976 essentially were under diagnosing

NOTE Confidence: 0.94000906

01:00:02.976 --> 01:00:05.156 or just not diagnosing people,

NOTE Confidence: 0.94000906

01:00:05.160 --> 01:00:07.841 not seeing people for for mental health

NOTE Confidence: 0.94000906

01:00:07.841 --> 01:00:09.880 conditions within the population at

NOTE Confidence: 0.94000906

01:00:09.880 --> 01:00:11.763 within our population it was like within

NOTE Confidence: 0.94000906

01:00:11.763 --> 01:00:13.616 the single digits that were, you know,

NOTE Confidence: 0.94000906

01:00:13.616 --> 01:00:14.956 having these diagnosis come back.

NOTE Confidence: 0.94000906

01:00:14.960 --> 01:00:16.112 But nationally,

NOTE Confidence: 0.94000906

01:00:16.112 --> 01:00:18.536 just looking at data objectively,

NOTE Confidence: 0.94000906

01:00:18.536 --> 01:00:20.276 that doesn't really make sense.

NOTE Confidence: 0.94000906

01:00:20.280 --> 01:00:22.205 Native Americans have the highest

NOTE Confidence: 0.94000906

01:00:22.205 --> 01:00:23.625 rates of substance disorders

NOTE Confidence: 0.94000906

01:00:23.625 --> 01:00:25.480 of any ethnic group in the US,

NOTE Confidence: 0.94000906

01:00:25.480 --> 01:00:26.895 highest rates of trauma disorders

NOTE Confidence: 0.94000906

01:00:26.895 --> 01:00:28.720 of any ethnic group in the US.

NOTE Confidence: 0.94000906

01:00:28.720 --> 01:00:30.750 Also one of the highest rates of

NOTE Confidence: 0.94000906

01:00:30.750 --> 01:00:32.124 suicide and completion of any.

NOTE Confidence: 0.94000906

01:00:32.124 --> 01:00:33.479 So it's something that we

NOTE Confidence: 0.94000906

01:00:33.479 --> 01:00:34.877 obviously want to stay on top of,

NOTE Confidence: 0.94000906

01:00:34.880 --> 01:00:36.960 but we're not seeing them,

NOTE Confidence: 0.94000906

01:00:36.960 --> 01:00:38.710 we're not seeing them in a number

NOTE Confidence: 0.94000906

01:00:38.710 --> 01:00:40.519 of like the alternative health

NOTE Confidence: 0.94000906

01:00:40.520 --> 01:00:41.840 options that we have available.

NOTE Confidence: 0.94000906

01:00:41.840 --> 01:00:44.220 So why and like what's what's the

NOTE Confidence: 0.94000906

01:00:44.220 --> 01:00:48.262 true kind of prevalence or how much

NOTE Confidence: 0.94000906

01:00:48.262 --> 01:00:49.599 is this really out in the community,

NOTE Confidence: 0.94000906

01:00:49.600 --> 01:00:50.302 the question.

NOTE Confidence: 0.94000906

01:00:50.302 --> 01:00:52.759 So what I wanted to just generally

NOTE Confidence: 0.94000906

01:00:52.759 --> 01:00:54.525 look at were this positive screening

NOTE Confidence: 0.94000906

01:00:54.525 --> 01:00:56.295 rate because it was something that

NOTE Confidence: 0.94000906

01:00:56.295 --> 01:00:58.344 seemed like an easy fix to be able to

NOTE Confidence: 0.94000906

01:00:58.344 --> 01:00:59.638 implement across our health system.

NOTE Confidence: 0.94000906

01:00:59.640 --> 01:01:01.520 Things like screening for depression,

NOTE Confidence: 0.94000906

01:01:01.520 --> 01:01:02.586 anxiety, PTSD,

NOTE Confidence: 0.94000906

01:01:02.586 --> 01:01:03.652 substance use,

NOTE Confidence: 0.94000906

01:01:03.652 --> 01:01:06.317 distorted among the tribal members

NOTE Confidence: 0.94000906

01:01:06.320 --> 01:01:07.812 among all the communities,

NOTE Confidence: 0.94000906

01:01:07.812 --> 01:01:09.677 not just within the reservation.

NOTE Confidence: 0.94000906

01:01:09.680 --> 01:01:11.997 Also wanted to again look at that

NOTE Confidence: 0.94000906

01:01:11.997 --> 01:01:13.648 relationship between those who live

NOTE Confidence: 0.94000906

01:01:13.648 --> 01:01:15.436 on the reservation and those who

NOTE Confidence: 0.94000906

01:01:15.436 --> 01:01:16.866 live outside of the reservation

NOTE Confidence: 0.94000906

01:01:16.866 --> 01:01:18.532 as far as you know,

NOTE Confidence: 0.94000906

01:01:18.532 --> 01:01:20.316 health utilization and also

NOTE Confidence: 0.94000906

01:01:20.320 --> 01:01:21.388 rates of screening.

NOTE Confidence: 0.94000906

01:01:21.388 --> 01:01:24.490 The other thing that we wanted to look at,

NOTE Confidence: 0.94000906

01:01:24.490 --> 01:01:27.115 and this was in large part at

NOTE Confidence: 0.94000906

01:01:27.115 --> 01:01:28.810 the request of the community,

NOTE Confidence: 0.94000906

01:01:28.810 --> 01:01:30.130 there's this inventory called

NOTE Confidence: 0.94000906

01:01:30.130 --> 01:01:31.330 the Wellness inventory,

NOTE Confidence: 0.94000906

01:01:31.330 --> 01:01:34.774 essentially an alternative to an

NOTE Confidence: 0.94000906

01:01:34.774 --> 01:01:37.594 alternative type of screening that

NOTE Confidence: 0.94000906

01:01:37.594 --> 01:01:40.241 looks more concretely at essentially

NOTE Confidence: 0.94000906

01:01:40.241 --> 01:01:42.196 like how people are functioning

NOTE Confidence: 0.94000906

01:01:42.196 --> 01:01:44.400 and they wanted me to compare

NOTE Confidence: 0.94000906

01:01:44.400 --> 01:01:46.278 that to more validated scales.

NOTE Confidence: 0.94000906

01:01:46.278 --> 01:01:48.894 So I went throughout the community.

NOTE Confidence: 0.94000906

01:01:48.900 --> 01:01:50.860 We had these QR codes up everywhere.

NOTE Confidence: 0.94000906

01:01:50.860 --> 01:01:52.180 We put them in tribal buildings,

NOTE Confidence: 0.94000906

01:01:52.180 --> 01:01:54.140 offices at the boys and Girls Club,

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NOTE Confidence: 0.94000906

01:01:54.140 --> 01:01:55.520 at the middle school,

NOTE Confidence: 0.94000906

01:01:55.520 --> 01:01:57.500 at the high school facilities,

NOTE Confidence: 0.94000906

01:01:57.500 --> 01:01:59.900 the Wellness Center everywhere.

NOTE Confidence: 0.94000906

01:01:59.900 --> 01:02:02.510 I had like people from the

NOTE Confidence: 0.94000906

01:02:02.510 --> 01:02:03.950 health department put these in

NOTE Confidence: 0.94000906

01:02:03.950 --> 01:02:04.900 like the waiting room lobbies.

NOTE Confidence: 0.94000906

01:02:04.900 --> 01:02:07.668 We had our primary care physician kind of

NOTE Confidence: 0.94000906

01:02:07.668 --> 01:02:10.060 handing these out everywhere they could.

NOTE Confidence: 0.94000906

01:02:10.060 --> 01:02:11.684 And at the end we had just like

NOTE Confidence: 0.94000906

01:02:11.684 --> 01:02:13.467 a brief little snippet about the

NOTE Confidence: 0.94000906

01:02:13.467 --> 01:02:15.112 behavioral health crisis lines that

NOTE Confidence: 0.94000906

01:02:15.112 --> 01:02:17.062 we have in addition to just some

NOTE Confidence: 0.94000906

01:02:17.062 --> 01:02:18.830 of the services that we offer and

NOTE Confidence: 0.94000906

01:02:18.830 --> 01:02:20.414 kind of how to triage people to

NOTE Confidence: 0.94000906

01:02:20.414 --> 01:02:21.870 care if they were looking for it.

NOTE Confidence: 0.92977864

01:02:24.310 --> 01:02:26.260 The survey scales were pretty simple

NOTE Confidence: 0.92977864

01:02:26.260 --> 01:02:28.203 and I intentionally kind of kept

NOTE Confidence: 0.92977864

01:02:28.203 --> 01:02:29.961 them short just because I wanted

NOTE Confidence: 0.92977864

01:02:29.961 --> 01:02:31.509 something that can be completed.

NOTE Confidence: 0.92977864

01:02:31.510 --> 01:02:33.442 You know in theory while people are

NOTE Confidence: 0.92977864

01:02:33.442 --> 01:02:37.480 in the waiting room and just did a pH.

NOTE Confidence: 0.92977864

01:02:37.480 --> 01:02:39.112 Q4PC5 for trauma screening,

NOTE Confidence: 0.92977864

01:02:39.112 --> 01:02:41.152 audit C for alcohol use,

NOTE Confidence: 0.92977864

01:02:41.160 --> 01:02:44.156 DAS 10 for other substance of abuse,

NOTE Confidence: 0.92977864

01:02:44.160 --> 01:02:46.480 and then this Wellness inventory

NOTE Confidence: 0.92977864

01:02:46.480 --> 01:02:48.636 for the you know purposes of time.

NOTE Confidence: 0.92977864

01:02:48.640 --> 01:02:50.688 And also just simply,

NOTE Confidence: 0.92977864

01:02:50.688 --> 01:02:52.535 I'll primarily be talking

NOTE Confidence: 0.92977864

01:02:52.535 --> 01:02:54.760 about the adult survey results,

NOTE Confidence: 0.92977864

01:02:54.760 --> 01:02:57.776 but the youth one had some

NOTE Confidence: 0.92977864

01:02:57.776 --> 01:02:59.120 different scales only because

NOTE Confidence: 0.92977864

01:02:59.120 --> 01:03:00.800 of the validation reasons for

NOTE Confidence: 0.92570394

01:03:03.000 --> 01:03:07.315 the Wellness inventory is the item

NOTE Confidence: 0.92570394

01:03:07.315 --> 01:03:08.785 that they wanted me to include

NOTE Confidence: 0.92570394

01:03:08.785 --> 01:03:10.589 to kind of compare to like pH,

NOTE Confidence: 0.92570394

01:03:10.590 --> 01:03:14.448 Q4 and other screening that are available.

NOTE Confidence: 0.92570394

01:03:14.448 --> 01:03:16.404 This one is it's interesting because

NOTE Confidence: 0.92570394

01:03:16.404 --> 01:03:18.508 it does address questions a little

NOTE Confidence: 0.92570394

01:03:18.510 --> 01:03:20.141 more on like the function of asking

NOTE Confidence: 0.92570394

01:03:20.141 --> 01:03:21.669 people like how they're sleeping,

NOTE Confidence: 0.92570394

01:03:21.670 --> 01:03:22.750 how they're eating.

NOTE Confidence: 0.92570394

01:03:22.750 --> 01:03:24.550 You feel connected to family,

NOTE Confidence: 0.92570394

01:03:24.550 --> 01:03:27.880 you enjoy creation or someone who

NOTE Confidence: 0.92570394

01:03:27.880 --> 01:03:30.070 laughs regularly, that kind of thing.

NOTE Confidence: 0.92570394

01:03:30.070 --> 01:03:32.715 And it scores it in a way that triages

NOTE Confidence: 0.92570394

01:03:32.715 --> 01:03:35.859 people to like the more they do those things,

NOTE Confidence: 0.92570394

01:03:35.860 --> 01:03:37.300 the higher their score.

NOTE Confidence: 0.92570394

01:03:37.300 --> 01:03:39.298 And you know it's supposed to be a

NOTE Confidence: 0.92570394

01:03:39.298 --> 01:03:41.176 clinical guide to say this person is fun,

NOTE Confidence: 0.92570394

01:03:41.180 --> 01:03:42.050 loving, healthy, balanced.

NOTE Confidence: 0.92570394

01:03:42.050 --> 01:03:44.080 We don't need to worry about them

NOTE Confidence: 0.92570394

01:03:44.135 --> 01:03:45.585 versus this person needs some

NOTE Confidence: 0.92570394

01:03:45.585 --> 01:03:47.380 appointment like today kind of thing.

NOTE Confidence: 0.92570394

01:03:47.380 --> 01:03:50.900 But the interesting thing to keep in mind,

NOTE Confidence: 0.92570394

01:03:50.900 --> 01:03:54.300 this survey does include a kind of loaded,

NOTE Confidence: 0.92570394

01:03:54.300 --> 01:03:57.678 ambiguous question about thoughts of like

NOTE Confidence: 0.92570394

01:03:57.678 --> 01:04:00.998 passive death wish versus self harm suicide.

NOTE Confidence: 0.92570394

01:04:00.998 --> 01:04:03.490 And I'll explain why I think it's

NOTE Confidence: 0.92570394

01:04:03.564 --> 01:04:05.688 a little ambiguous in a second.

NOTE Confidence: 0.92570394

01:04:05.690 --> 01:04:06.806 So obviously I'm not going to

NOTE Confidence: 0.92570394

01:04:06.806 --> 01:04:08.289 be able to go over everything,

NOTE Confidence: 0.92570394

01:04:08.290 --> 01:04:09.858 but just to give you guys a snippet

NOTE Confidence: 0.92570394

01:04:09.858 --> 01:04:11.271 of some of the highlights that

NOTE Confidence: 0.92570394

01:04:11.271 --> 01:04:12.486 were found in the survey.

NOTE Confidence: 0.92570394

01:04:12.490 --> 01:04:13.402 So you know,

NOTE Confidence: 0.92570394

01:04:13.402 --> 01:04:15.530 I think a couple of these statistics

NOTE Confidence: 0.92570394

01:04:15.599 --> 01:04:17.589 are a little inflated because

NOTE Confidence: 0.92570394

01:04:17.589 --> 01:04:19.181 unfortunately with like where

NOTE Confidence: 0.92570394

01:04:19.181 --> 01:04:21.010 some of these were located,

NOTE Confidence: 0.92570394

01:04:21.010 --> 01:04:23.570 it caters to people who are seeking care.

NOTE Confidence: 0.92570394

01:04:23.570 --> 01:04:25.607 But that being said what we found

NOTE Confidence: 0.92570394

01:04:25.607 --> 01:04:27.528 was majority of people are not

NOTE Confidence: 0.92570394

01:04:27.528 --> 01:04:29.163 reaching out for mental health

NOTE Confidence: 0.92570394

01:04:29.163 --> 01:04:31.188 care even less are receiving it.

NOTE Confidence: 0.92570394

01:04:31.190 --> 01:04:32.450 So that means some people reach

NOTE Confidence: 0.92570394

01:04:32.450 --> 01:04:34.270 out and are just not being seen for

NOTE Confidence: 0.92570394

01:04:34.270 --> 01:04:35.662 whatever reason over the past year

NOTE Confidence: 0.9328496

01:04:37.790 --> 01:04:39.670 trauma criteria on a exposure.

NOTE Confidence: 0.9328496

01:04:39.670 --> 01:04:42.108 So this is the requirement for PTSD

NOTE Confidence: 0.9328496

01:04:42.108 --> 01:04:44.016 diagnosis but also like to even

NOTE Confidence: 0.9328496

01:04:44.016 --> 01:04:45.870 continue on with the screening.

NOTE Confidence: 0.9328496

01:04:45.870 --> 01:04:48.960 You have to have a criteria on a 86%

NOTE Confidence: 0.9328496

01:04:48.960 --> 01:04:51.640 of the sample is or was endorsing that

NOTE Confidence: 0.9328496

01:04:51.640 --> 01:04:53.580 We we don't know about repeat traumas

NOTE Confidence: 0.9328496

01:04:53.580 --> 01:04:55.536 of potential that there's other people

NOTE Confidence: 0.9328496

01:04:55.536 --> 01:04:57.660 that had multiple and this is in line

NOTE Confidence: 0.9328496

01:04:57.660 --> 01:04:59.440 with what you'll see in literature.

NOTE Confidence: 0.9328496

01:04:59.440 --> 01:05:01.744 It's it's a very common kind of thing

NOTE Confidence: 0.9328496

01:05:01.744 --> 01:05:03.478 that happens to a lot of people.

NOTE Confidence: 0.9328496

01:05:03.480 --> 01:05:05.720 But what's uncommon or what was kind

NOTE Confidence: 0.9328496

01:05:05.720 --> 01:05:08.111 of surprising was like the rate at

NOTE Confidence: 0.9328496

01:05:08.111 --> 01:05:09.706 people screening positive for PTSD.

NOTE Confidence: 0.9328496

01:05:09.706 --> 01:05:10.836 Obviously this doesn't mean that

NOTE Confidence: 0.9328496

01:05:10.836 --> 01:05:12.079 all these people will have it,

NOTE Confidence: 0.9328496

01:05:12.080 --> 01:05:14.252 but it's still interesting that close

NOTE Confidence: 0.9328496

01:05:14.252 --> 01:05:17.579 to half of the sample population was

NOTE Confidence: 0.9328496

01:05:17.579 --> 01:05:19.756 essentially screening positive from

NOTE Confidence: 0.9328496

01:05:19.756 --> 01:05:21.586 the depression side of screening,

NOTE Confidence: 0.9328496

01:05:21.590 --> 01:05:23.585 28% of the sample was screening positive,

NOTE Confidence: 0.9328496

01:05:23.590 --> 01:05:25.510 anxiety side of screening 20%.

NOTE Confidence: 0.9401429

01:05:28.070 --> 01:05:29.645 The other thing we kind of uncovered

NOTE Confidence: 0.9401429

01:05:29.645 --> 01:05:31.494 when we parsed through the data was that

NOTE Confidence: 0.9401429

01:05:31.494 --> 01:05:33.110 there was a difference in community.

NOTE Confidence: 0.9401429

01:05:33.110 --> 01:05:35.030 So the community didn't matter.

NOTE Confidence: 0.9401429

01:05:35.030 --> 01:05:36.735 The reservation community family members

NOTE Confidence: 0.9401429

01:05:36.735 --> 01:05:39.307 who lived there were more likely to have

NOTE Confidence: 0.9401429

01:05:39.307 --> 01:05:41.190 at least one positive screen but less

NOTE Confidence: 0.9401429

01:05:41.245 --> 01:05:43.107 likely to reach out or receive care,

NOTE Confidence: 0.9401429

01:05:43.110 --> 01:05:45.254 which is kind of odd because that's where

NOTE Confidence: 0.9401429

01:05:45.254 --> 01:05:47.576 all of our health services offered from.

NOTE Confidence: 0.9401429

01:05:47.576 --> 01:05:48.908 It's headquartered from there.

NOTE Confidence: 0.9401429

01:05:48.910 --> 01:05:51.304 So you know, our behavioral Health Center,

NOTE Confidence: 0.9401429

01:05:51.310 --> 01:05:53.585 the alternative Med center, the sweat lodges,

NOTE Confidence: 0.9401429

01:05:53.590 --> 01:05:55.746 everything that people could get was there,

NOTE Confidence: 0.9401429

01:05:55.750 --> 01:05:57.262 but these are the people who are

NOTE Confidence: 0.9401429

01:05:57.262 --> 01:05:57.910 getting it less.

NOTE Confidence: 0.9401429

01:05:57.910 --> 01:06:00.190 The other thing was interesting.

NOTE Confidence: 0.9401429

01:06:00.190 --> 01:06:02.494 PTSD screening as well as audit

NOTE Confidence: 0.9401429

01:06:02.494 --> 01:06:04.030 screening had higher prevalences,

NOTE Confidence: 0.9401429

01:06:04.030 --> 01:06:05.738 significantly higher prevalences among

NOTE Confidence: 0.9401429

01:06:05.738 --> 01:06:08.300 people who live on the reservation

NOTE Confidence: 0.9401429

01:06:08.365 --> 01:06:10.261 versus people who live off the

NOTE Confidence: 0.9401429

01:06:10.261 --> 01:06:12.535 reservation but who are living in like

NOTE Confidence: 0.9401429

01:06:12.535 --> 01:06:14.747 the Tucson metro area or Phoenix metro,

112

NOTE Confidence: 0.9401429

01:06:14.750 --> 01:06:17.858 central Arizona, whatever.

NOTE Confidence: 0.9401429

01:06:17.860 --> 01:06:19.220 And it was so significant.

NOTE Confidence: 0.9401429

01:06:19.220 --> 01:06:22.412 So 53% screen positive for PTSD

NOTE Confidence: 0.9401429

01:06:22.412 --> 01:06:24.604 on the reservation versus 35% in

NOTE Confidence: 0.9401429

01:06:24.604 --> 01:06:27.428 all of the similar for the audit,

NOTE Confidence: 0.9401429

01:06:27.428 --> 01:06:29.940 55% in the reservation, 41%.

NOTE Confidence: 0.9203413

01:06:32.020 --> 01:06:34.644 The part that I want to touch on

NOTE Confidence: 0.9203413

01:06:34.644 --> 01:06:36.844 here about this suicidal ideation,

NOTE Confidence: 0.9203413

01:06:36.844 --> 01:06:39.174 passive death with self harm,

NOTE Confidence: 0.9203413

01:06:39.180 --> 01:06:41.230 I mentioned that it was a little bit of a

NOTE Confidence: 0.9203413

01:06:41.287 --> 01:06:43.407 loaded question and this is the one that

NOTE Confidence: 0.9203413

01:06:43.407 --> 01:06:45.300 was included in the Wellness inventory.

NOTE Confidence: 0.9203413

01:06:45.300 --> 01:06:48.884 And it's, it was interesting that what

NOTE Confidence: 0.9203413

01:06:48.884 --> 01:06:51.972 we found was a large percentage of

NOTE Confidence: 0.9203413

01:06:51.972 --> 01:06:54.232 the sample was endorsing, you know,

NOTE Confidence: 0.9203413

01:06:54.232 --> 01:06:56.780 at least having rare thoughts of this,

NOTE Confidence: 0.9203413

01:06:56.780 --> 01:06:58.396 but it's kind of hard to say what

NOTE Confidence: 0.9203413

01:06:58.396 --> 01:06:59.835 it is they're endorsing because

NOTE Confidence: 0.9203413

01:06:59.835 --> 01:07:01.460 it asks about all three.

NOTE Confidence: 0.9203413

01:07:01.460 --> 01:07:03.140 So do you think you're better off

NOTE Confidence: 0.9203413

01:07:03.140 --> 01:07:04.370 that you think you're purposely

NOTE Confidence: 0.9203413

01:07:04.370 --> 01:07:05.620 hurting yourself in some way?

NOTE Confidence: 0.9203413

01:07:05.620 --> 01:07:07.657 You can extrapolate that any other way.

NOTE Confidence: 0.9203413

01:07:07.660 --> 01:07:10.140 Reality is over a third of the sample

NOTE Confidence: 0.9203413

01:07:10.140 --> 01:07:12.036 is saying yes, I think about it.

NOTE Confidence: 0.9203413

01:07:12.036 --> 01:07:12.738 At least rarely,

NOTE Confidence: 0.9203413

01:07:12.740 --> 01:07:14.200 some people are saying they

NOTE Confidence: 0.9203413

01:07:14.200 --> 01:07:15.368 think about it daily,

NOTE Confidence: 0.9203413

01:07:15.370 --> 01:07:17.690 and this is over the last two weeks.

NOTE Confidence: 0.9203413

01:07:17.690 --> 01:07:20.476 The part when we looked at where

NOTE Confidence: 0.9203413

01:07:20.476 --> 01:07:22.594 these responses from that 34% came

114

NOTE Confidence: 0.9203413

01:07:22.594 --> 01:07:24.770 from shows a little bit of a cluster,

NOTE Confidence: 0.9203413

01:07:24.770 --> 01:07:27.686 again specific to the reservation community.

NOTE Confidence: 0.9203413

01:07:27.690 --> 01:07:29.470 So community members living here

NOTE Confidence: 0.9203413

01:07:29.470 --> 01:07:31.250 were five times more likely

NOTE Confidence: 0.9203413

01:07:31.309 --> 01:07:32.969 to endorse thoughts of this,

NOTE Confidence: 0.9203413

01:07:32.970 --> 01:07:35.770 80% who endorsed more than half of the

NOTE Confidence: 0.9203413

01:07:35.770 --> 01:07:38.419 time were residents of the reservation

NOTE Confidence: 0.9203413

01:07:38.419 --> 01:07:40.765 and 93% of those endorsing Daily

NOTE Confidence: 0.9203413

01:07:40.765 --> 01:07:42.742 Thoughts were residents of this community.

NOTE Confidence: 0.9203413

01:07:42.742 --> 01:07:44.446 And again these are the people

NOTE Confidence: 0.9203413

01:07:44.446 --> 01:07:45.968 not going to appointments,

NOTE Confidence: 0.9203413

01:07:45.970 --> 01:07:47.410 not receiving care,

NOTE Confidence: 0.9203413

01:07:47.410 --> 01:07:49.810 not going to alternative Med.

NOTE Confidence: 0.9203413

01:07:49.810 --> 01:07:52.911 It's it's it was a little shocking

NOTE Confidence: 0.9203413

01:07:52.911 --> 01:07:55.562 but I think it told us that we

NOTE Confidence: 0.9203413

01:07:55.562 --> 01:07:57.889 we have a lot of work to do and

NOTE Confidence: 0.9203413

01:07:57.889 --> 01:08:00.761 and I think we have some plans of

NOTE Confidence: 0.9203413

01:08:00.761 --> 01:08:03.168 action in place for next steps,

NOTE Confidence: 0.9203413

01:08:03.170 --> 01:08:05.953 one of which will be a pilot that

NOTE Confidence: 0.9203413

01:08:05.953 --> 01:08:07.258 I'll be running in collaboration

NOTE Confidence: 0.9203413

01:08:07.258 --> 01:08:08.850 with the trial moving forward.

NOTE Confidence: 0.9203413

01:08:08.850 --> 01:08:11.506 So I was fortunate enough to learn in

NOTE Confidence: 0.9203413

01:08:11.506 --> 01:08:14.005 the spring that I was awarded the APA

NOTE Confidence: 0.9203413

01:08:14.005 --> 01:08:16.399 SAMSA Fellowship and it's a smaller grant,

NOTE Confidence: 0.9203413

01:08:16.400 --> 01:08:18.500 but enough to kind of help us

NOTE Confidence: 0.9203413

01:08:18.500 --> 01:08:20.215 implement some efforts aimed at

NOTE Confidence: 0.9203413

01:08:20.215 --> 01:08:21.715 mental health STIMU reduction.

NOTE Confidence: 0.9203413

01:08:21.720 --> 01:08:22.830 And you know,

NOTE Confidence: 0.9203413

01:08:22.830 --> 01:08:24.680 we're planning on training community

NOTE Confidence: 0.9203413

01:08:24.680 --> 01:08:27.123 leaders and almost a a modest model

NOTE Confidence: 0.9203413

01:08:27.123 --> 01:08:28.763 similar to what Simon mentioned

NOTE Confidence: 0.9203413

01:08:28.828 --> 01:08:30.560 about the friendship pension,

NOTE Confidence: 0.9203413

01:08:30.560 --> 01:08:32.270 kind of incorporating the community

NOTE Confidence: 0.9203413

01:08:32.270 --> 01:08:33.638 into the healing process.

NOTE Confidence: 0.9203413

01:08:33.640 --> 01:08:35.880 But we're also going to focus on

NOTE Confidence: 0.9203413

01:08:35.880 --> 01:08:38.085 some town hall education series and

NOTE Confidence: 0.9203413

01:08:38.085 --> 01:08:39.970 just bringing this conversation to

NOTE Confidence: 0.9203413

01:08:40.038 --> 01:08:41.838 the forefront in the community.

NOTE Confidence: 0.9203413

01:08:41.840 --> 01:08:44.315 So it's we have work to do but we

NOTE Confidence: 0.9203413

01:08:44.315 --> 01:08:47.042 have some plans in place and and I

NOTE Confidence: 0.9203413

01:08:47.042 --> 01:08:49.460 think we'll we'll be able to make

NOTE Confidence: 0.9203413

01:08:49.460 --> 01:08:51.932 good on those brief acknowledgement.

NOTE Confidence: 0.9203413

01:08:51.932 --> 01:08:54.620 So this guy over on the left doctor,

NOTE Confidence: 0.9203413

01:08:54.620 --> 01:08:56.855 doctor R doctor and that he got this

NOTE Confidence: 0.9203413

01:08:56.855 --> 01:08:58.220 guy's been my mentor a long time.

NOTE Confidence: 0.9203413

01:08:58.220 --> 01:08:59.618 He was actually my primary care

NOTE Confidence: 0.9203413

01:08:59.618 --> 01:09:00.780 physician back in the day.

NOTE Confidence: 0.9203413

01:09:00.780 --> 01:09:03.174 He's the medical director for the tribe.

NOTE Confidence: 0.9203413

01:09:03.180 --> 01:09:05.016 Great guy, been with us forever.

NOTE Confidence: 0.9203413

01:09:05.020 --> 01:09:06.567 I'm really dreading the day and he

NOTE Confidence: 0.9203413

01:09:06.567 --> 01:09:08.034 has to leave and retire because

NOTE Confidence: 0.9203413

01:09:08.034 --> 01:09:09.294 I know it's coming soon.

NOTE Confidence: 0.9203413

01:09:09.300 --> 01:09:12.186 The health department really great in,

NOTE Confidence: 0.9203413

01:09:12.190 --> 01:09:12.632 you know,

NOTE Confidence: 0.9203413

01:09:12.632 --> 01:09:14.179 helping out with some of the manpower

NOTE Confidence: 0.9203413

01:09:14.179 --> 01:09:15.667 for these projects and you know,

NOTE Confidence: 0.9203413

01:09:15.670 --> 01:09:17.158 being all on board or helping

NOTE Confidence: 0.9203413

01:09:17.158 --> 01:09:18.150 get the word out.

NOTE Confidence: 0.931528

01:09:18.150 --> 01:09:20.210 And really, really fortunate to

NOTE Confidence: 0.931528

01:09:20.210 --> 01:09:22.786 have their support as well as

NOTE Confidence: 0.931528

01:09:22.786 --> 01:09:24.546 support from private council

NOTE Confidence: 0.931528

01:09:24.550 --> 01:09:27.106 who has been very supportive of,

118

NOTE Confidence: 0.931528

01:09:27.110 --> 01:09:29.595 you know, all these ideas I've had

NOTE Confidence: 0.931528

01:09:29.595 --> 01:09:31.798 and and are are working with us

NOTE Confidence: 0.931528

01:09:31.798 --> 01:09:34.510 to continue making some progress.

NOTE Confidence: 0.931528

01:09:34.510 --> 01:09:36.686 Lastly, our own Doctor Rohrbaugh

NOTE Confidence: 0.931528

01:09:36.686 --> 01:09:39.050 very helpful in kind of helping

NOTE Confidence: 0.931528

01:09:39.122 --> 01:09:41.600 me maneuver some of the logistical

NOTE Confidence: 0.931528

01:09:41.600 --> 01:09:43.854 planning and funding for this project

NOTE Confidence: 0.931528

01:09:43.854 --> 01:09:46.670 and also kind of started the pipeline.

NOTE Confidence: 0.931528

01:09:46.670 --> 01:09:47.706 I'm not sure if people know this,

NOTE Confidence: 0.931528

01:09:47.710 --> 01:09:50.146 but a number of years ago now,

NOTE Confidence: 0.931528

01:09:50.150 --> 01:09:52.715 Doctor Rohrbaugh actually had another

NOTE Confidence: 0.931528

01:09:52.715 --> 01:09:54.370 resident on their case project

NOTE Confidence: 0.931528

01:09:54.370 --> 01:09:55.510 out in my community,

NOTE Confidence: 0.931528

01:09:55.510 --> 01:09:58.165 and that was when I kind of first learned

NOTE Confidence: 0.931528

01:09:58.165 --> 01:10:00.425 about Yale's novel approach to the

NOTE Confidence: 0.931528

01:10:00.425 --> 01:10:03.585 residency program and put it on my radar.

NOTE Confidence: 0.931528

01:10:03.590 --> 01:10:05.590 Big shout out to him starting that pipeline.

NOTE Confidence: 0.93158877

01:10:08.110 --> 01:10:10.126 I hope we have a little bit

NOTE Confidence: 0.93158877

01:10:10.126 --> 01:10:12.070 of time left for questions,

NOTE Confidence: 0.93158877

01:10:12.070 --> 01:10:15.180 but I'll stop screen sharing

NOTE Confidence: 0.93158877

01:10:15.180 --> 01:10:17.150 now and see if we have any.