

WEBVTT

NOTE duration: "01:06:07.232"

NOTE Confidence: 0.99786323

00:00:00.160 --> 00:00:00.659 Hi.

NOTE Confidence: 0.9773877

00:00:02.399 --> 00:00:03.220 Hey, everybody.

NOTE Confidence: 0.98109215

00:00:04.319 --> 00:00:05.279 I've never seen so many

NOTE Confidence: 0.98109215

00:00:05.279 --> 00:00:06.160 people on one side of

NOTE Confidence: 0.98109215

00:00:06.160 --> 00:00:07.200 the room. It's very funny.

NOTE Confidence: 0.98109215

00:00:07.200 --> 00:00:07.700 But,

NOTE Confidence: 0.9949897

00:00:09.119 --> 00:00:10.099 good good afternoon.

NOTE Confidence: 0.94791037

00:00:10.559 --> 00:00:12.179 My name is Anna Reisman.

NOTE Confidence: 0.94791037

00:00:12.320 --> 00:00:13.440 I am the director of

NOTE Confidence: 0.94791037

00:00:13.440 --> 00:00:14.719 the program for humanities in

NOTE Confidence: 0.94791037

00:00:14.719 --> 00:00:16.285 medicine, and and I am

NOTE Confidence: 0.94791037

00:00:16.285 --> 00:00:17.805 very happy to welcome you

NOTE Confidence: 0.94791037

00:00:17.805 --> 00:00:18.305 to

NOTE Confidence: 0.99336535

00:00:18.685 --> 00:00:19.505 this year's,

NOTE Confidence: 0.9374875

00:00:20.285 --> 00:00:22.785 John p McGovern award lecture,  
NOTE Confidence: 0.9744496

00:00:23.485 --> 00:00:24.445 which is one of our  
NOTE Confidence: 0.9744496

00:00:24.445 --> 00:00:26.044 four named lectures and probably  
NOTE Confidence: 0.9744496

00:00:26.044 --> 00:00:26.785 the most  
NOTE Confidence: 0.9988401

00:00:28.125 --> 00:00:29.265 important one.  
NOTE Confidence: 0.99817806

00:00:30.130 --> 00:00:31.090 Did you know did you  
NOTE Confidence: 0.99817806

00:00:31.090 --> 00:00:32.629 even know that? Okay.  
NOTE Confidence: 0.99113035

00:00:32.930 --> 00:00:33.430 Surprise.  
NOTE Confidence: 0.9381436

00:00:34.850 --> 00:00:35.970 And this is supported by  
NOTE Confidence: 0.9381436

00:00:35.970 --> 00:00:37.970 the the John Pete McGovern  
NOTE Confidence: 0.9381436

00:00:37.970 --> 00:00:39.250 Fund for the Humanities and  
NOTE Confidence: 0.9381436

00:00:39.250 --> 00:00:39.750 Medicine.  
NOTE Confidence: 0.99190575

00:00:40.290 --> 00:00:42.370 Doctor McGovern was a Texas  
NOTE Confidence: 0.99190575

00:00:42.370 --> 00:00:44.854 based medical humanist, allergist, investor,  
NOTE Confidence: 0.99190575

00:00:44.995 --> 00:00:45.495 philanthropist  
NOTE Confidence: 0.9366893

00:00:45.955 --> 00:00:47.715 who have established several lectures

NOTE Confidence: 0.9366893

00:00:47.715 --> 00:00:48.755 bearing his name in medical

NOTE Confidence: 0.9366893

00:00:48.755 --> 00:00:50.614 schools throughout the country. And

NOTE Confidence: 0.84078085

00:00:51.235 --> 00:00:53.075 the McGovern school and wherever

NOTE Confidence: 0.84078085

00:00:53.075 --> 00:00:54.434 that is is the same

NOTE Confidence: 0.84078085

00:00:54.434 --> 00:00:54.934 guy.

NOTE Confidence: 0.99739736

00:00:55.875 --> 00:00:57.635 This award lectureship is given

NOTE Confidence: 0.99739736

00:00:57.635 --> 00:00:59.075 annually to a physician who

NOTE Confidence: 0.99739736

00:00:59.075 --> 00:00:59.575 demonstrates

NOTE Confidence: 0.96880794

00:01:00.010 --> 00:01:01.530 the true healing art being

NOTE Confidence: 0.96880794

00:01:01.530 --> 00:01:02.570 both a scientist and a

NOTE Confidence: 0.96880794

00:01:02.570 --> 00:01:03.070 humanist,

NOTE Confidence: 0.9020668

00:01:03.769 --> 00:01:05.530 and a knowledgeable humane caring

NOTE Confidence: 0.9020668

00:01:05.530 --> 00:01:06.670 physician. And so

NOTE Confidence: 0.9948552

00:01:07.049 --> 00:01:08.590 we are thrilled to welcome

NOTE Confidence: 0.97949255

00:01:08.890 --> 00:01:10.170 doctor Damon Tweedy, a great

NOTE Confidence: 0.97949255

00:01:10.170 --> 00:01:11.209 humanist in the world of  
NOTE Confidence: 0.97949255

00:01:11.209 --> 00:01:12.890 medicine, to speak to us  
NOTE Confidence: 0.97949255

00:01:12.890 --> 00:01:13.390 today.  
NOTE Confidence: 0.95904475

00:01:14.115 --> 00:01:15.075 And I'm just gonna tell  
NOTE Confidence: 0.95904475

00:01:15.075 --> 00:01:15.875 you a little bit about  
NOTE Confidence: 0.95904475

00:01:15.875 --> 00:01:17.334 doctor Tweedy. I'll introduce,  
NOTE Confidence: 0.9881147

00:01:17.635 --> 00:01:18.135 Randy  
NOTE Confidence: 0.97318214

00:01:18.515 --> 00:01:19.555 Epstein, who will be in  
NOTE Confidence: 0.97318214

00:01:19.555 --> 00:01:21.395 conversation with him, and turn  
NOTE Confidence: 0.97318214

00:01:21.395 --> 00:01:22.455 it over to them.  
NOTE Confidence: 0.9970675

00:01:22.834 --> 00:01:24.355 So doctor Damon Tweedy is  
NOTE Confidence: 0.9970675

00:01:24.355 --> 00:01:25.875 a professor of psychiatry at  
NOTE Confidence: 0.9970675

00:01:25.875 --> 00:01:26.375 Duke  
NOTE Confidence: 0.96574354

00:01:27.110 --> 00:01:28.470 and a staff physician at  
NOTE Confidence: 0.96574354

00:01:28.470 --> 00:01:30.470 the Durham VA. His twenty  
NOTE Confidence: 0.96574354

00:01:30.470 --> 00:01:32.069 fifteen book, black man in

NOTE Confidence: 0.96574354

00:01:32.069 --> 00:01:32.870 a white coat, was a

NOTE Confidence: 0.96574354

00:01:32.870 --> 00:01:34.010 New York Times bestseller,

NOTE Confidence: 0.96992296

00:01:35.270 --> 00:01:36.630 selected by Time magazine as

NOTE Confidence: 0.96992296

00:01:36.630 --> 00:01:37.510 one of the top ten

NOTE Confidence: 0.96992296

00:01:37.510 --> 00:01:39.045 nonfiction books of that year.

NOTE Confidence: 0.94990045

00:01:39.604 --> 00:01:41.045 He has published articles about

NOTE Confidence: 0.94990045

00:01:41.045 --> 00:01:42.405 race and medicine in the

NOTE Confidence: 0.94990045

00:01:42.405 --> 00:01:44.084 journal of the American Medical

NOTE Confidence: 0.94990045

00:01:44.084 --> 00:01:45.444 Association, JAMA, and the New

NOTE Confidence: 0.94990045

00:01:45.444 --> 00:01:46.744 England Journal of Medicine.

NOTE Confidence: 0.99147576

00:01:47.284 --> 00:01:48.405 And his columns and op

NOTE Confidence: 0.99147576

00:01:48.405 --> 00:01:49.384 eds have appeared

NOTE Confidence: 0.9555023

00:01:49.685 --> 00:01:51.685 in many, publications, including the

NOTE Confidence: 0.9555023

00:01:51.685 --> 00:01:53.365 New York Times, Washington Post,

NOTE Confidence: 0.9555023

00:01:53.365 --> 00:01:54.104 and elsewhere.

NOTE Confidence: 0.9842129

00:01:54.440 --> 00:01:56.200 His most recent book, Facing  
NOTE Confidence: 0.9842129

00:01:56.200 --> 00:01:57.580 the Unseen, pictured  
NOTE Confidence: 0.9684628

00:01:58.200 --> 00:01:59.160 in the next slide that  
NOTE Confidence: 0.9684628

00:01:59.160 --> 00:01:59.900 you'll see,  
NOTE Confidence: 0.96666217

00:02:01.240 --> 00:02:03.720 was published earlier this year.  
NOTE Confidence: 0.96666217

00:02:03.720 --> 00:02:05.160 And doctor Tweedy will speak  
NOTE Confidence: 0.96666217

00:02:05.160 --> 00:02:06.360 for about twenty five minutes,  
NOTE Confidence: 0.96666217

00:02:06.360 --> 00:02:07.240 and then he will be  
NOTE Confidence: 0.96666217

00:02:07.240 --> 00:02:08.864 in conversation with our writer  
NOTE Confidence: 0.96666217

00:02:08.864 --> 00:02:10.724 in residence, Randy Hutter Epstein,  
NOTE Confidence: 0.8506123

00:02:11.985 --> 00:02:12.485 who  
NOTE Confidence: 0.9996955

00:02:12.944 --> 00:02:14.885 has interviewed many of our  
NOTE Confidence: 0.90466404

00:02:15.665 --> 00:02:17.584 speakers. And Randy is,  
NOTE Confidence: 0.99108213

00:02:17.905 --> 00:02:19.105 aside from being writer in  
NOTE Confidence: 0.99108213

00:02:19.105 --> 00:02:19.605 residence,  
NOTE Confidence: 0.97608304

00:02:19.905 --> 00:02:21.620 she is a Yale Medicine

NOTE Confidence: 0.97608304  
00:02:21.680 --> 00:02:22.180 graduate,  
NOTE Confidence: 0.9944904  
00:02:22.480 --> 00:02:24.080 and she teaches writing and  
NOTE Confidence: 0.9944904  
00:02:24.080 --> 00:02:24.580 journalism  
NOTE Confidence: 0.9923063  
00:02:24.880 --> 00:02:27.120 here at Yale College and  
NOTE Confidence: 0.9923063  
00:02:27.120 --> 00:02:29.040 at Columbia. And she's also  
NOTE Confidence: 0.9923063  
00:02:29.040 --> 00:02:30.100 heading up the  
NOTE Confidence: 0.9968995  
00:02:30.720 --> 00:02:32.419 brand new medical humanities  
NOTE Confidence: 0.9331125  
00:02:32.720 --> 00:02:34.180 writing for the public track  
NOTE Confidence: 0.99076426  
00:02:34.639 --> 00:02:35.139 concentration.  
NOTE Confidence: 0.9948602  
00:02:35.680 --> 00:02:36.180 So  
NOTE Confidence: 0.95932037  
00:02:37.465 --> 00:02:38.605 welcome, Damon.  
NOTE Confidence: 0.99651486  
00:02:38.905 --> 00:02:39.565 Thank you.  
NOTE Confidence: 0.92730165  
00:02:42.345 --> 00:02:42.845 Alright.  
NOTE Confidence: 0.8109703  
00:02:45.625 --> 00:02:46.665 Thanks so much. Do you  
NOTE Confidence: 0.8109703  
00:02:46.665 --> 00:02:47.805 guys hear me okay?  
NOTE Confidence: 0.9277579

00:02:48.105 --> 00:02:49.305 Yeah. Sounds great. I know  
NOTE Confidence: 0.9277579

00:02:49.305 --> 00:02:50.585 there's always so many competing  
NOTE Confidence: 0.9277579

00:02:50.585 --> 00:02:51.545 things you can be doing,  
NOTE Confidence: 0.9277579

00:02:51.545 --> 00:02:52.959 so I'm always just wanna  
NOTE Confidence: 0.9277579

00:02:52.959 --> 00:02:54.160 stay grateful I'm just that  
NOTE Confidence: 0.9277579

00:02:54.160 --> 00:02:54.880 you guys are coming out  
NOTE Confidence: 0.9277579

00:02:54.880 --> 00:02:55.840 here and listening to me  
NOTE Confidence: 0.9277579

00:02:55.840 --> 00:02:56.340 talk.  
NOTE Confidence: 0.9585786

00:02:57.040 --> 00:02:58.319 Thank you. You know? So  
NOTE Confidence: 0.9585786

00:02:58.319 --> 00:02:59.040 so so,  
NOTE Confidence: 0.9683947

00:02:59.440 --> 00:03:00.639 so Randy and and, so  
NOTE Confidence: 0.9683947

00:03:00.639 --> 00:03:02.080 we we both have, my  
NOTE Confidence: 0.9683947

00:03:02.160 --> 00:03:03.040 I came here in twenty  
NOTE Confidence: 0.9683947

00:03:03.040 --> 00:03:03.540 twenty,  
NOTE Confidence: 0.97598696

00:03:03.919 --> 00:03:04.959 and they were both sort  
NOTE Confidence: 0.97598696

00:03:04.959 --> 00:03:05.840 of part of that visit

NOTE Confidence: 0.97598696

00:03:05.840 --> 00:03:06.560 as well. So it's just

NOTE Confidence: 0.97598696

00:03:06.560 --> 00:03:07.459 great to be back.

NOTE Confidence: 0.9505706

00:03:08.025 --> 00:03:09.065 And so so that time,

NOTE Confidence: 0.9505706

00:03:09.065 --> 00:03:10.105 I was talking more about

NOTE Confidence: 0.9505706

00:03:10.105 --> 00:03:11.785 race in medicine. And certainly,

NOTE Confidence: 0.9505706

00:03:11.785 --> 00:03:12.345 if that comes up in

NOTE Confidence: 0.9505706

00:03:12.345 --> 00:03:13.305 our discussion, I'm happy to

NOTE Confidence: 0.9505706

00:03:13.305 --> 00:03:14.105 talk about that. A little

NOTE Confidence: 0.9505706

00:03:14.105 --> 00:03:14.905 bit of that will come

NOTE Confidence: 0.9505706

00:03:14.905 --> 00:03:15.944 up in this talk. But

NOTE Confidence: 0.9505706

00:03:15.944 --> 00:03:16.905 this is mostly about the

NOTE Confidence: 0.9505706

00:03:16.905 --> 00:03:17.785 world of mental health. So

NOTE Confidence: 0.9505706

00:03:17.785 --> 00:03:18.605 I'm a psychiatrist,

NOTE Confidence: 0.98242235

00:03:19.385 --> 00:03:21.065 a very unlikely psychiatrist as

NOTE Confidence: 0.98242235

00:03:21.065 --> 00:03:22.025 you as you'll see as

NOTE Confidence: 0.98242235

00:03:22.025 --> 00:03:22.905 I get into a little  
NOTE Confidence: 0.98242235  
00:03:22.905 --> 00:03:23.520 bit more.  
NOTE Confidence: 0.9217031  
00:03:24.080 --> 00:03:25.040 And I'm gonna be talking  
NOTE Confidence: 0.9217031  
00:03:25.040 --> 00:03:25.840 to court sort of about,  
NOTE Confidence: 0.9217031  
00:03:25.840 --> 00:03:26.560 like, you know, there's this  
NOTE Confidence: 0.9217031  
00:03:26.560 --> 00:03:27.280 lot of talk now about  
NOTE Confidence: 0.9217031  
00:03:27.280 --> 00:03:28.800 mental health problems and how  
NOTE Confidence: 0.9217031  
00:03:28.800 --> 00:03:29.440 much it's a big you  
NOTE Confidence: 0.9217031  
00:03:29.440 --> 00:03:30.240 know, it's it's such a  
NOTE Confidence: 0.9217031  
00:03:30.480 --> 00:03:31.520 certainly in the pandemic era,  
NOTE Confidence: 0.9217031  
00:03:31.520 --> 00:03:32.320 but even before that, it  
NOTE Confidence: 0.9217031  
00:03:32.320 --> 00:03:33.780 was a big big discussion.  
NOTE Confidence: 0.9217031  
00:03:33.840 --> 00:03:34.800 And so how did we  
NOTE Confidence: 0.9217031  
00:03:34.800 --> 00:03:36.100 get to the space where  
NOTE Confidence: 0.9217031  
00:03:36.245 --> 00:03:37.364 things seem so bad. Right?  
NOTE Confidence: 0.9217031  
00:03:37.364 --> 00:03:38.165 You know? Because the the

NOTE Confidence: 0.9217031

00:03:38.245 --> 00:03:39.125 so the narrative is always

NOTE Confidence: 0.9217031

00:03:39.125 --> 00:03:39.924 that things are so this

NOTE Confidence: 0.9217031

00:03:39.924 --> 00:03:40.724 is this is a problem.

NOTE Confidence: 0.9217031

00:03:40.724 --> 00:03:42.405 We're not doing enough. Treatments

NOTE Confidence: 0.9217031

00:03:42.405 --> 00:03:43.204 are poor. And so, like,

NOTE Confidence: 0.9217031

00:03:43.204 --> 00:03:43.844 how do we get to

NOTE Confidence: 0.9217031

00:03:43.844 --> 00:03:44.584 this space,

NOTE Confidence: 0.96802235

00:03:45.045 --> 00:03:46.004 and then kinda where can

NOTE Confidence: 0.96802235

00:03:46.004 --> 00:03:46.805 we go from here as

NOTE Confidence: 0.96802235

00:03:46.805 --> 00:03:47.525 a result of that? So

NOTE Confidence: 0.96802235

00:03:47.525 --> 00:03:48.405 I'm gonna be talking about

NOTE Confidence: 0.96802235

00:03:48.405 --> 00:03:49.045 that through the lens of

NOTE Confidence: 0.96802235

00:03:49.045 --> 00:03:50.405 someone who's I'm fifty years

NOTE Confidence: 0.96802235

00:03:50.405 --> 00:03:51.300 old. So,

NOTE Confidence: 0.90703624

00:03:52.400 --> 00:03:53.840 midlife, mid career, whatever you

NOTE Confidence: 0.90703624

00:03:53.840 --> 00:03:54.800 wanna attach to it.  
NOTE Confidence: 0.95357054

00:03:55.200 --> 00:03:56.560 Mid career sounds better. Right?  
NOTE Confidence: 0.95357054

00:03:56.880 --> 00:03:58.160 So, you know, fifty years  
NOTE Confidence: 0.95357054

00:03:58.160 --> 00:03:59.920 old. And, so, you know,  
NOTE Confidence: 0.95357054

00:03:59.920 --> 00:04:01.120 I trained in the late  
NOTE Confidence: 0.95357054

00:04:01.120 --> 00:04:02.655 nineteen nineties, early two thousand.  
NOTE Confidence: 0.95357054

00:04:02.655 --> 00:04:03.775 And so some of this  
NOTE Confidence: 0.95357054

00:04:03.775 --> 00:04:04.575 may seem like, well, gee,  
NOTE Confidence: 0.95357054

00:04:04.575 --> 00:04:05.375 this is so long ago,  
NOTE Confidence: 0.95357054

00:04:05.375 --> 00:04:06.415 but you think about who's  
NOTE Confidence: 0.95357054

00:04:06.415 --> 00:04:07.375 in practice. Many of the  
NOTE Confidence: 0.95357054

00:04:07.375 --> 00:04:08.655 people in practice are my  
NOTE Confidence: 0.95357054

00:04:08.655 --> 00:04:09.855 age and older, and this  
NOTE Confidence: 0.95357054

00:04:09.855 --> 00:04:10.815 is kinda how we were  
NOTE Confidence: 0.95357054

00:04:10.815 --> 00:04:12.415 introduced to this area of  
NOTE Confidence: 0.95357054

00:04:12.415 --> 00:04:13.795 psychiatry. So you go understand

NOTE Confidence: 0.95357054  
00:04:13.855 --> 00:04:14.575 how we got to the  
NOTE Confidence: 0.95357054  
00:04:14.575 --> 00:04:15.870 problems that we have. Gonna  
NOTE Confidence: 0.95357054  
00:04:15.870 --> 00:04:16.430 take you through some of  
NOTE Confidence: 0.95357054  
00:04:16.430 --> 00:04:17.390 that history so that you  
NOTE Confidence: 0.95357054  
00:04:17.390 --> 00:04:18.190 can sort of see, like,  
NOTE Confidence: 0.95357054  
00:04:18.190 --> 00:04:18.990 how we've gotten here and  
NOTE Confidence: 0.95357054  
00:04:18.990 --> 00:04:19.630 then sort of where we  
NOTE Confidence: 0.95357054  
00:04:19.630 --> 00:04:20.370 can move forward.  
NOTE Confidence: 0.9989744  
00:04:21.070 --> 00:04:22.029 So let's see if we  
NOTE Confidence: 0.9989744  
00:04:22.029 --> 00:04:22.529 can  
NOTE Confidence: 0.98753464  
00:04:22.830 --> 00:04:24.029 navigate this. Yeah. So there's  
NOTE Confidence: 0.98753464  
00:04:24.029 --> 00:04:25.410 the, cover of my,  
NOTE Confidence: 0.97799665  
00:04:25.870 --> 00:04:27.710 your current book. And, again,  
NOTE Confidence: 0.97799665  
00:04:27.710 --> 00:04:28.510 just thank you so much  
NOTE Confidence: 0.97799665  
00:04:28.510 --> 00:04:29.630 for for for bringing me  
NOTE Confidence: 0.97799665

00:04:29.630 --> 00:04:30.130 here.  
NOTE Confidence: 0.9919899

00:04:30.535 --> 00:04:31.255 So I'm gonna start with  
NOTE Confidence: 0.9919899

00:04:31.255 --> 00:04:32.714 this quote from James Baldwin.  
NOTE Confidence: 0.9535666

00:04:34.055 --> 00:04:35.015 He wrote about this. This  
NOTE Confidence: 0.9535666

00:04:35.015 --> 00:04:35.895 is an s in an  
NOTE Confidence: 0.9535666

00:04:35.895 --> 00:04:36.855 essay from the New York  
NOTE Confidence: 0.9535666

00:04:36.855 --> 00:04:38.295 Times from nineteen sixty two.  
NOTE Confidence: 0.9535666

00:04:38.295 --> 00:04:39.495 It's about race in medicine.  
NOTE Confidence: 0.9535666

00:04:39.495 --> 00:04:40.455 It's about the civil rights  
NOTE Confidence: 0.9535666

00:04:40.455 --> 00:04:41.975 movement. He's commenting on the  
NOTE Confidence: 0.9535666

00:04:41.975 --> 00:04:42.695 fact that, you know, we  
NOTE Confidence: 0.9535666

00:04:42.695 --> 00:04:43.815 can't change history. We can't  
NOTE Confidence: 0.9535666

00:04:43.815 --> 00:04:44.940 change what came before us  
NOTE Confidence: 0.9535666

00:04:45.100 --> 00:04:45.660 in terms of, you know,  
NOTE Confidence: 0.9535666

00:04:45.660 --> 00:04:47.260 Jim Crow era, you know  
NOTE Confidence: 0.9535666

00:04:47.260 --> 00:04:49.020 you know, slavery. But how

NOTE Confidence: 0.9535666  
00:04:49.020 --> 00:04:50.300 we choose to move forward  
NOTE Confidence: 0.9535666  
00:04:50.300 --> 00:04:51.900 in society requires sort of  
NOTE Confidence: 0.9535666  
00:04:51.900 --> 00:04:52.779 really sort of take that  
NOTE Confidence: 0.9535666  
00:04:52.779 --> 00:04:54.220 head on. And so that  
NOTE Confidence: 0.9535666  
00:04:54.300 --> 00:04:55.020 I think there's a lot  
NOTE Confidence: 0.9535666  
00:04:55.020 --> 00:04:56.380 of relevance to that and  
NOTE Confidence: 0.9535666  
00:04:56.380 --> 00:04:57.260 resonance to that as we  
NOTE Confidence: 0.9535666  
00:04:57.260 --> 00:04:58.455 think about mental health issues.  
NOTE Confidence: 0.9535666  
00:04:58.534 --> 00:04:59.175 There's this whole idea of,  
NOTE Confidence: 0.9535666  
00:04:59.175 --> 00:04:59.814 like, you know, mental health  
NOTE Confidence: 0.9535666  
00:04:59.814 --> 00:05:00.854 issues to be unseen, you  
NOTE Confidence: 0.9535666  
00:05:00.854 --> 00:05:01.754 know, not tangible.  
NOTE Confidence: 0.9622309  
00:05:02.055 --> 00:05:02.935 But in many ways, they  
NOTE Confidence: 0.9622309  
00:05:02.935 --> 00:05:04.294 are very tangible. Right? But  
NOTE Confidence: 0.9622309  
00:05:04.375 --> 00:05:05.095 and so I think for  
NOTE Confidence: 0.9622309

00:05:05.095 --> 00:05:05.895 a lot for a lot  
NOTE Confidence: 0.9622309

00:05:05.895 --> 00:05:06.775 of the time, we've sort  
NOTE Confidence: 0.9622309

00:05:06.775 --> 00:05:08.055 of overlooked that, and it's  
NOTE Confidence: 0.9622309

00:05:08.055 --> 00:05:09.094 been to our detriment, to  
NOTE Confidence: 0.9622309

00:05:09.094 --> 00:05:10.375 a lot of patients' detriment.  
NOTE Confidence: 0.9622309

00:05:10.375 --> 00:05:11.254 So I'm gonna just so  
NOTE Confidence: 0.9622309

00:05:11.254 --> 00:05:12.235 this s this  
NOTE Confidence: 0.916052

00:05:13.190 --> 00:05:14.310 this kind of quote was  
NOTE Confidence: 0.916052

00:05:14.310 --> 00:05:15.669 really inspiration for the, for  
NOTE Confidence: 0.916052

00:05:15.669 --> 00:05:16.650 the title of the book.  
NOTE Confidence: 0.94208664

00:05:17.190 --> 00:05:18.229 Just as a quick aside,  
NOTE Confidence: 0.94208664

00:05:18.229 --> 00:05:19.910 you know, book titles, they  
NOTE Confidence: 0.94208664

00:05:19.910 --> 00:05:21.029 always kinda come to me,  
NOTE Confidence: 0.94208664

00:05:21.270 --> 00:05:22.310 in the shower. So my  
NOTE Confidence: 0.94208664

00:05:22.310 --> 00:05:23.270 first book, Black Man in  
NOTE Confidence: 0.94208664

00:05:23.270 --> 00:05:24.389 a White Coat, was taking

NOTE Confidence: 0.94208664  
00:05:24.389 --> 00:05:25.270 a shower one day and  
NOTE Confidence: 0.94208664  
00:05:25.270 --> 00:05:26.070 got out the shower. My  
NOTE Confidence: 0.94208664  
00:05:26.070 --> 00:05:27.049 white coat was hanging on  
NOTE Confidence: 0.94208664  
00:05:27.049 --> 00:05:28.030 the on the the door  
NOTE Confidence: 0.94208664  
00:05:28.226 --> 00:05:29.207 doorknob, and it's, like, all  
NOTE Confidence: 0.94208664  
00:05:29.207 --> 00:05:30.188 just kinda came together looking  
NOTE Confidence: 0.94208664  
00:05:30.188 --> 00:05:31.169 in the mirror at myself.  
NOTE Confidence: 0.94208664  
00:05:31.169 --> 00:05:32.150 And same here. It's like  
NOTE Confidence: 0.94208664  
00:05:32.150 --> 00:05:33.327 the so the shower is  
NOTE Confidence: 0.94208664  
00:05:33.327 --> 00:05:34.504 just so I would say  
NOTE Confidence: 0.94208664  
00:05:34.504 --> 00:05:35.484 showers are good for the  
NOTE Confidence: 0.94208664  
00:05:35.681 --> 00:05:36.661 both the body, but also  
NOTE Confidence: 0.94208664  
00:05:36.661 --> 00:05:37.642 the mind. You know? Because  
NOTE Confidence: 0.94208664  
00:05:37.642 --> 00:05:38.623 this whole body mind theme  
NOTE Confidence: 0.94208664  
00:05:38.623 --> 00:05:39.604 is gonna be really important  
NOTE Confidence: 0.94208664

00:05:39.604 --> 00:05:40.585 for us when we're talking

NOTE Confidence: 0.94208664

00:05:40.585 --> 00:05:42.169 about mental health issues. So

NOTE Confidence: 0.94208664

00:05:42.169 --> 00:05:43.290 just one quick slide on

NOTE Confidence: 0.94208664

00:05:43.290 --> 00:05:43.790 data.

NOTE Confidence: 0.954081

00:05:44.250 --> 00:05:44.970 There won't be a lot.

NOTE Confidence: 0.954081

00:05:44.970 --> 00:05:45.770 It's mostly gonna be sort

NOTE Confidence: 0.954081

00:05:45.770 --> 00:05:46.650 of more pictures and stuff

NOTE Confidence: 0.954081

00:05:46.650 --> 00:05:47.930 like that. But this was

NOTE Confidence: 0.954081

00:05:47.930 --> 00:05:49.449 a Gallup poll survey done

NOTE Confidence: 0.954081

00:05:49.449 --> 00:05:50.810 earlier this year, and they

NOTE Confidence: 0.954081

00:05:50.810 --> 00:05:52.570 asked US adults, do you

NOTE Confidence: 0.954081

00:05:52.570 --> 00:05:53.770 feel that mental health issues

NOTE Confidence: 0.954081

00:05:53.770 --> 00:05:55.695 are identified and treated better,

NOTE Confidence: 0.954081

00:05:55.695 --> 00:05:56.735 worse, or the same as

NOTE Confidence: 0.954081

00:05:56.735 --> 00:05:57.794 physical health issues?

NOTE Confidence: 0.9836369

00:05:58.175 --> 00:05:59.214 And so it's a busy

NOTE Confidence: 0.9836369

00:05:59.214 --> 00:06:00.175 slide, but the gist is

NOTE Confidence: 0.9836369

00:06:00.175 --> 00:06:01.294 that orange and red is

NOTE Confidence: 0.9836369

00:06:01.294 --> 00:06:02.495 not so good. Right? And

NOTE Confidence: 0.9836369

00:06:02.495 --> 00:06:03.775 so about seventy five percent

NOTE Confidence: 0.9836369

00:06:03.775 --> 00:06:04.675 of US adults

NOTE Confidence: 0.90059763

00:06:04.975 --> 00:06:06.574 agree with that sentiment. There's

NOTE Confidence: 0.90059763

00:06:06.574 --> 00:06:07.074 probably

NOTE Confidence: 0.9211827

00:06:07.540 --> 00:06:08.740 different reasons why. There's probably

NOTE Confidence: 0.9211827

00:06:08.740 --> 00:06:09.700 some maybe it's about access

NOTE Confidence: 0.9211827

00:06:09.700 --> 00:06:10.580 to treatment. There's different reasons

NOTE Confidence: 0.9211827

00:06:10.580 --> 00:06:11.460 why, but the the the

NOTE Confidence: 0.9211827

00:06:11.460 --> 00:06:12.900 gestalt is that we inform

NOTE Confidence: 0.9211827

00:06:12.900 --> 00:06:13.540 people to feel like, you

NOTE Confidence: 0.9211827

00:06:13.540 --> 00:06:14.500 know, the mental health system

NOTE Confidence: 0.9211827

00:06:14.500 --> 00:06:15.620 is not really it's kinda

NOTE Confidence: 0.9211827

00:06:15.620 --> 00:06:16.580 failing us in some way,  
NOTE Confidence: 0.9211827

00:06:16.580 --> 00:06:18.100 right, and failing people. And  
NOTE Confidence: 0.9211827

00:06:18.100 --> 00:06:18.980 so that's and so that's  
NOTE Confidence: 0.9211827

00:06:18.980 --> 00:06:19.560 a really,  
NOTE Confidence: 0.9516103

00:06:20.345 --> 00:06:20.985 you know, that that that  
NOTE Confidence: 0.9516103

00:06:20.985 --> 00:06:21.865 sort of frames the whole  
NOTE Confidence: 0.9516103

00:06:21.865 --> 00:06:22.905 kinda context of what I'm  
NOTE Confidence: 0.9516103

00:06:22.905 --> 00:06:24.265 gonna talk about. Because I  
NOTE Confidence: 0.9516103

00:06:24.265 --> 00:06:25.225 wanna tell you so I  
NOTE Confidence: 0.9516103

00:06:25.225 --> 00:06:26.105 came to med school as  
NOTE Confidence: 0.9516103

00:06:26.105 --> 00:06:27.085 a pre med student,  
NOTE Confidence: 0.88514006

00:06:27.625 --> 00:06:28.285 in college,  
NOTE Confidence: 0.92964643

00:06:28.665 --> 00:06:30.105 very much in the the  
NOTE Confidence: 0.92964643

00:06:30.105 --> 00:06:32.185 orientation of, like, you know,  
NOTE Confidence: 0.92964643

00:06:32.185 --> 00:06:33.945 bio, bio, bio. I wanted  
NOTE Confidence: 0.92964643

00:06:33.945 --> 00:06:35.190 to be an orthopedic surgeon

NOTE Confidence: 0.92964643

00:06:35.190 --> 00:06:36.390 initially and then later an

NOTE Confidence: 0.92964643

00:06:36.390 --> 00:06:37.450 interventional cardiologist.

NOTE Confidence: 0.9659271

00:06:37.830 --> 00:06:38.870 And so when I thought

NOTE Confidence: 0.9659271

00:06:38.870 --> 00:06:40.550 about medical school, medical school

NOTE Confidence: 0.9659271

00:06:40.550 --> 00:06:41.930 to me was like hospital

NOTE Confidence: 0.9659271

00:06:41.990 --> 00:06:44.089 based, you know, trauma surgery,

NOTE Confidence: 0.92751896

00:06:44.470 --> 00:06:46.070 you know, learning how to

NOTE Confidence: 0.92751896

00:06:46.070 --> 00:06:47.610 read X rays and EKGs

NOTE Confidence: 0.92751896

00:06:47.750 --> 00:06:48.870 and and lab data and

NOTE Confidence: 0.92751896

00:06:48.870 --> 00:06:49.830 how to help someone that

NOTE Confidence: 0.92751896

00:06:49.830 --> 00:06:50.925 sorta kinda, you know, sorta

NOTE Confidence: 0.92751896

00:06:50.925 --> 00:06:52.365 TV medicine kinda way, if

NOTE Confidence: 0.92751896

00:06:52.365 --> 00:06:53.165 you will. Not that not

NOTE Confidence: 0.92751896

00:06:53.165 --> 00:06:54.445 that sorta marginalize, but that's

NOTE Confidence: 0.92751896

00:06:54.445 --> 00:06:55.645 my image of what medicine

NOTE Confidence: 0.92751896

00:06:55.645 --> 00:06:56.605 was. If you weren't in  
NOTE Confidence: 0.92751896

00:06:56.605 --> 00:06:57.725 a hospital or emergency room,  
NOTE Confidence: 0.92751896

00:06:57.725 --> 00:06:58.605 then you're in a clinic.  
NOTE Confidence: 0.92751896

00:06:58.605 --> 00:06:59.085 Right?  
NOTE Confidence: 0.93157905

00:06:59.565 --> 00:07:00.205 This is the only this  
NOTE Confidence: 0.93157905

00:07:00.205 --> 00:07:01.085 is actually my wife's clinic.  
NOTE Confidence: 0.93157905

00:07:01.085 --> 00:07:02.205 This is my wife's middle.  
NOTE Confidence: 0.93157905

00:07:02.205 --> 00:07:03.005 Met med school. She's in  
NOTE Confidence: 0.93157905

00:07:03.005 --> 00:07:03.930 Jamaica, and we had a  
NOTE Confidence: 0.93157905

00:07:03.930 --> 00:07:04.729 little med school love story,  
NOTE Confidence: 0.93157905

00:07:04.729 --> 00:07:05.449 but I wanna put that  
NOTE Confidence: 0.93157905

00:07:05.449 --> 00:07:06.729 there. But, you know, nice  
NOTE Confidence: 0.93157905

00:07:06.729 --> 00:07:07.770 nice clinics like that. So  
NOTE Confidence: 0.93157905

00:07:07.770 --> 00:07:08.889 that's what that's what, you  
NOTE Confidence: 0.93157905

00:07:08.889 --> 00:07:10.190 know, medicine's all about.  
NOTE Confidence: 0.9617262

00:07:10.729 --> 00:07:12.330 In contrast, psychiatry was in

NOTE Confidence: 0.9617262

00:07:12.330 --> 00:07:13.370 a very different space. So

NOTE Confidence: 0.9617262

00:07:13.370 --> 00:07:14.490 I my first rotation in

NOTE Confidence: 0.9617262

00:07:14.490 --> 00:07:15.870 medical school was in surgery.

NOTE Confidence: 0.96271694

00:07:16.625 --> 00:07:18.145 Hospital based. Right? Very sort

NOTE Confidence: 0.96271694

00:07:18.145 --> 00:07:18.945 of what I expected, you

NOTE Confidence: 0.96271694

00:07:18.945 --> 00:07:20.384 know, to be. My next

NOTE Confidence: 0.96271694

00:07:20.384 --> 00:07:21.425 rotation was in a family

NOTE Confidence: 0.96271694

00:07:21.425 --> 00:07:23.185 medicine rotation right out adjacent

NOTE Confidence: 0.96271694

00:07:23.185 --> 00:07:24.544 to the hospital. Still very,

NOTE Confidence: 0.96271694

00:07:24.544 --> 00:07:25.985 you know, medically oriented, but

NOTE Confidence: 0.96271694

00:07:25.985 --> 00:07:27.044 then came psychiatry.

NOTE Confidence: 0.9799234

00:07:27.425 --> 00:07:28.785 And so psychiatry was in

NOTE Confidence: 0.9799234

00:07:28.785 --> 00:07:29.664 a this is the old

NOTE Confidence: 0.9799234

00:07:29.664 --> 00:07:30.705 state hospital where my where

NOTE Confidence: 0.9799234

00:07:30.705 --> 00:07:32.380 I did my rotation. And

NOTE Confidence: 0.97743046

00:07:32.760 --> 00:07:33.560 so not only was it  
NOTE Confidence: 0.97743046

00:07:33.560 --> 00:07:35.160 not in the hospital complex  
NOTE Confidence: 0.97743046

00:07:35.160 --> 00:07:35.880 where I was training it  
NOTE Confidence: 0.97743046

00:07:35.880 --> 00:07:36.760 for everything else, it was  
NOTE Confidence: 0.97743046

00:07:36.760 --> 00:07:37.880 thirty minutes away. It was  
NOTE Confidence: 0.97743046

00:07:37.880 --> 00:07:39.560 in another county. And as  
NOTE Confidence: 0.97743046

00:07:39.560 --> 00:07:40.360 you as you get off  
NOTE Confidence: 0.97743046

00:07:40.360 --> 00:07:41.160 the exit to go to  
NOTE Confidence: 0.97743046

00:07:41.160 --> 00:07:42.280 the to the psych ward  
NOTE Confidence: 0.97743046

00:07:42.280 --> 00:07:43.480 where it was, you saw  
NOTE Confidence: 0.97743046

00:07:43.480 --> 00:07:45.500 signs for the federal prison,  
NOTE Confidence: 0.9518732

00:07:46.355 --> 00:07:48.515 the juvenile detention center. It  
NOTE Confidence: 0.9518732

00:07:48.515 --> 00:07:49.975 was everything was like correctional  
NOTE Confidence: 0.872407

00:07:50.515 --> 00:07:51.635 issues. Right? It's all in  
NOTE Confidence: 0.872407

00:07:51.635 --> 00:07:52.675 this one little area. And  
NOTE Confidence: 0.872407

00:07:52.675 --> 00:07:53.875 so psychiatry was like so

NOTE Confidence: 0.872407

00:07:53.875 --> 00:07:54.755 right there was an introduction

NOTE Confidence: 0.872407

00:07:54.755 --> 00:07:55.875 that just psychiatry was different.

NOTE Confidence: 0.872407

00:07:55.875 --> 00:07:56.915 Right? And maybe something could

NOTE Confidence: 0.872407

00:07:56.915 --> 00:07:58.355 be kinda a little scary

NOTE Confidence: 0.872407

00:07:58.355 --> 00:07:59.395 and fear fearful of because

NOTE Confidence: 0.872407

00:07:59.395 --> 00:08:00.035 it's like, why is it

NOTE Confidence: 0.872407

00:08:00.035 --> 00:08:01.380 isolated with all these other

NOTE Confidence: 0.872407

00:08:01.380 --> 00:08:02.440 sort of part of society?

NOTE Confidence: 0.94195575

00:08:02.820 --> 00:08:04.260 Accordant off, if you will.

NOTE Confidence: 0.94195575

00:08:04.260 --> 00:08:04.980 And so that was my

NOTE Confidence: 0.94195575

00:08:04.980 --> 00:08:05.940 image of psychiatry, and that

NOTE Confidence: 0.94195575

00:08:05.940 --> 00:08:07.540 was my initial experience. Now

NOTE Confidence: 0.94195575

00:08:07.540 --> 00:08:08.740 the other perception of psychiatry

NOTE Confidence: 0.94195575

00:08:08.740 --> 00:08:09.460 is just something you see

NOTE Confidence: 0.94195575

00:08:09.460 --> 00:08:10.260 at the bottom. It's really

NOTE Confidence: 0.94195575

00:08:10.260 --> 00:08:12.020 sort of fancy psychiatry. People

NOTE Confidence: 0.94195575

00:08:12.020 --> 00:08:13.220 can spend four hundred dollars

NOTE Confidence: 0.94195575

00:08:13.220 --> 00:08:14.340 an hour for or fifth

NOTE Confidence: 0.94195575

00:08:14.500 --> 00:08:15.380 for fifty minutes for a

NOTE Confidence: 0.94195575

00:08:15.380 --> 00:08:16.520 session to talk about

NOTE Confidence: 0.9617699

00:08:16.875 --> 00:08:18.335 what whatever. Right? And so

NOTE Confidence: 0.97553384

00:08:18.875 --> 00:08:19.835 none neither one of those

NOTE Confidence: 0.97553384

00:08:19.835 --> 00:08:20.555 sort of fit what I

NOTE Confidence: 0.97553384

00:08:20.555 --> 00:08:21.355 thought was, like, the average

NOTE Confidence: 0.97553384

00:08:21.355 --> 00:08:22.075 person. Like, I come from

NOTE Confidence: 0.97553384

00:08:22.075 --> 00:08:23.115 a very sort of blue

NOTE Confidence: 0.97553384

00:08:23.115 --> 00:08:24.715 collar family. We're not in

NOTE Confidence: 0.97553384

00:08:24.715 --> 00:08:26.155 this system. Right? We're also

NOTE Confidence: 0.97553384

00:08:26.395 --> 00:08:27.355 this is definitely not us

NOTE Confidence: 0.97553384

00:08:27.355 --> 00:08:28.475 either. And so what is

NOTE Confidence: 0.97553384

00:08:28.475 --> 00:08:29.515 psychiatry for? And so this

NOTE Confidence: 0.97553384  
00:08:29.515 --> 00:08:30.475 is sort of my introduction  
NOTE Confidence: 0.97553384  
00:08:30.475 --> 00:08:31.135 to psychiatry  
NOTE Confidence: 0.9610348  
00:08:31.490 --> 00:08:33.010 as a medical student. Something  
NOTE Confidence: 0.9610348  
00:08:33.010 --> 00:08:34.530 very different. And it became  
NOTE Confidence: 0.9610348  
00:08:34.530 --> 00:08:35.410 pretty clear that there was  
NOTE Confidence: 0.9610348  
00:08:35.410 --> 00:08:36.470 this divide between  
NOTE Confidence: 0.98952436  
00:08:37.090 --> 00:08:38.370 physical health and mental health.  
NOTE Confidence: 0.98952436  
00:08:38.370 --> 00:08:39.190 Right? And so,  
NOTE Confidence: 0.95112896  
00:08:42.450 --> 00:08:43.410 even think about some of  
NOTE Confidence: 0.95112896  
00:08:43.410 --> 00:08:44.370 the sort of the subtleties  
NOTE Confidence: 0.95112896  
00:08:44.370 --> 00:08:45.345 of what that looks like.  
NOTE Confidence: 0.95112896  
00:08:45.425 --> 00:08:46.545 So in the hospitals where  
NOTE Confidence: 0.95112896  
00:08:46.545 --> 00:08:47.904 I've trained, even where I'm  
NOTE Confidence: 0.95112896  
00:08:47.904 --> 00:08:49.425 at today, the, on the  
NOTE Confidence: 0.95112896  
00:08:49.425 --> 00:08:50.865 first floor, there's the primary  
NOTE Confidence: 0.95112896

00:08:50.865 --> 00:08:52.384 care outpatient clinic. Then there's  
NOTE Confidence: 0.95112896

00:08:52.384 --> 00:08:54.485 also, like, various medical subspecialties.  
NOTE Confidence: 0.95112896

00:08:54.704 --> 00:08:55.764 Think like rheumatology,  
NOTE Confidence: 0.95030886

00:08:56.225 --> 00:08:57.504 dermatology, those sorts of things.  
NOTE Confidence: 0.95030886

00:08:57.504 --> 00:08:58.944 Right? Medical things. Where is  
NOTE Confidence: 0.95030886

00:08:58.944 --> 00:09:00.450 the mental health clinic? It's  
NOTE Confidence: 0.95030886

00:09:00.450 --> 00:09:01.650 in the basement and it's  
NOTE Confidence: 0.95030886

00:09:01.650 --> 00:09:02.530 in the far corner, in  
NOTE Confidence: 0.95030886

00:09:02.530 --> 00:09:03.250 the back corner of the  
NOTE Confidence: 0.95030886

00:09:03.250 --> 00:09:04.610 hospital. Now maybe it wasn't  
NOTE Confidence: 0.95030886

00:09:04.610 --> 00:09:05.410 intended to be that. Maybe  
NOTE Confidence: 0.95030886

00:09:05.410 --> 00:09:06.450 there's other reasons why, but  
NOTE Confidence: 0.95030886

00:09:06.450 --> 00:09:07.410 it seems like it conveys  
NOTE Confidence: 0.95030886

00:09:07.410 --> 00:09:08.630 a message that there's something  
NOTE Confidence: 0.95030886

00:09:08.690 --> 00:09:09.890 different and separate about these  
NOTE Confidence: 0.95030886

00:09:09.890 --> 00:09:10.630 two things.

NOTE Confidence: 0.9913898

00:09:11.890 --> 00:09:12.450 At Duke

NOTE Confidence: 0.9538823

00:09:13.795 --> 00:09:14.915 so prior to nineteen eighty,

NOTE Confidence: 0.9538823

00:09:14.915 --> 00:09:15.714 Duke was in what's called

NOTE Confidence: 0.9538823

00:09:15.714 --> 00:09:16.915 the old hospital. It's called

NOTE Confidence: 0.9538823

00:09:16.915 --> 00:09:18.355 Duke South. And then for

NOTE Confidence: 0.9538823

00:09:18.355 --> 00:09:19.554 those who aren't familiar, in

NOTE Confidence: 0.9538823

00:09:19.554 --> 00:09:20.755 nineteen eighty, they built something

NOTE Confidence: 0.9538823

00:09:20.755 --> 00:09:21.714 called Duke North in front

NOTE Confidence: 0.9538823

00:09:21.714 --> 00:09:22.995 of that hospital. All the

NOTE Confidence: 0.9538823

00:09:22.995 --> 00:09:23.495 specialties

NOTE Confidence: 0.9834364

00:09:24.115 --> 00:09:25.495 moved to that new hospital

NOTE Confidence: 0.9671377

00:09:26.100 --> 00:09:28.179 except psychiatry. So psychiatry was

NOTE Confidence: 0.9671377

00:09:28.179 --> 00:09:29.380 actually in a separate hospital

NOTE Confidence: 0.9671377

00:09:29.380 --> 00:09:30.740 from every other part of

NOTE Confidence: 0.9671377

00:09:30.740 --> 00:09:32.420 the, you know, the medical

NOTE Confidence: 0.9671377

00:09:32.420 --> 00:09:33.860 sort of system. And so  
NOTE Confidence: 0.9671377

00:09:33.860 --> 00:09:35.059 it it was so separate  
NOTE Confidence: 0.9671377

00:09:35.059 --> 00:09:36.339 that one time we had  
NOTE Confidence: 0.9671377

00:09:36.339 --> 00:09:37.480 a patient on the psychiatric  
NOTE Confidence: 0.9671377

00:09:37.540 --> 00:09:38.820 ward who developed some medical  
NOTE Confidence: 0.9671377

00:09:38.820 --> 00:09:39.320 complications.  
NOTE Confidence: 0.93695754

00:09:39.774 --> 00:09:40.575 And so instead of being  
NOTE Confidence: 0.93695754

00:09:40.575 --> 00:09:41.214 able to sort of kind  
NOTE Confidence: 0.93695754

00:09:41.214 --> 00:09:42.415 of transfer that person to  
NOTE Confidence: 0.93695754

00:09:42.415 --> 00:09:43.855 the medical ward, we actually  
NOTE Confidence: 0.93695754

00:09:43.855 --> 00:09:45.214 had to discharge them from  
NOTE Confidence: 0.93695754

00:09:45.214 --> 00:09:46.175 the hospital and had to  
NOTE Confidence: 0.93695754

00:09:46.175 --> 00:09:47.395 go down to the ER  
NOTE Confidence: 0.93695754

00:09:47.535 --> 00:09:48.815 and start all over. So  
NOTE Confidence: 0.93695754

00:09:48.815 --> 00:09:49.455 you think about it, it's  
NOTE Confidence: 0.93695754

00:09:49.455 --> 00:09:50.415 just very much a very

NOTE Confidence: 0.93695754  
00:09:50.415 --> 00:09:51.455 sort of separate sort of  
NOTE Confidence: 0.93695754  
00:09:51.455 --> 00:09:52.735 world, two different kinds of  
NOTE Confidence: 0.93695754  
00:09:52.735 --> 00:09:54.010 worlds. And so I didn't  
NOTE Confidence: 0.93695754  
00:09:54.010 --> 00:09:54.730 like that very much. And  
NOTE Confidence: 0.93695754  
00:09:54.730 --> 00:09:55.290 I thought, you know, I  
NOTE Confidence: 0.93695754  
00:09:55.290 --> 00:09:56.170 came med school to be  
NOTE Confidence: 0.93695754  
00:09:56.170 --> 00:09:57.850 a, quote, real doctor, and  
NOTE Confidence: 0.93695754  
00:09:57.850 --> 00:09:58.970 I didn't like psychiatry very  
NOTE Confidence: 0.93695754  
00:09:58.970 --> 00:10:00.110 much. And,  
NOTE Confidence: 0.8979772  
00:10:00.890 --> 00:10:02.570 in my in my rotation  
NOTE Confidence: 0.8979772  
00:10:02.650 --> 00:10:03.710 at the end of the  
NOTE Confidence: 0.92695844  
00:10:04.570 --> 00:10:05.530 end of that rotation, we  
NOTE Confidence: 0.92695844  
00:10:05.530 --> 00:10:06.410 had to interview a patient  
NOTE Confidence: 0.92695844  
00:10:06.410 --> 00:10:07.210 we'd never met on this  
NOTE Confidence: 0.92695844  
00:10:07.210 --> 00:10:08.010 on this sort of state  
NOTE Confidence: 0.92695844

00:10:08.010 --> 00:10:09.345 hospital setting. You It was  
NOTE Confidence: 0.92695844

00:10:09.345 --> 00:10:10.144 a faculty member who I'd  
NOTE Confidence: 0.92695844

00:10:10.144 --> 00:10:10.945 never met before, and they  
NOTE Confidence: 0.92695844

00:10:10.945 --> 00:10:12.225 were they're evaluating you for  
NOTE Confidence: 0.92695844

00:10:12.225 --> 00:10:13.985 a thirty minute interview. And,  
NOTE Confidence: 0.92695844

00:10:14.225 --> 00:10:15.345 this patient, who I never  
NOTE Confidence: 0.92695844

00:10:15.345 --> 00:10:17.365 met, was talking very slowly.  
NOTE Confidence: 0.9419669

00:10:17.745 --> 00:10:18.945 And you could see already  
NOTE Confidence: 0.9419669

00:10:18.945 --> 00:10:20.065 that I talked very fast.  
NOTE Confidence: 0.9419669

00:10:20.065 --> 00:10:20.945 And there was this really  
NOTE Confidence: 0.9419669

00:10:20.945 --> 00:10:21.505 sort of and I was  
NOTE Confidence: 0.9419669

00:10:21.505 --> 00:10:22.464 like, I got thirty minutes  
NOTE Confidence: 0.9419669

00:10:22.464 --> 00:10:23.709 to figure this out. And  
NOTE Confidence: 0.9419669

00:10:23.709 --> 00:10:24.750 I started, like, cutting this  
NOTE Confidence: 0.9419669

00:10:24.750 --> 00:10:25.390 guy off and I was  
NOTE Confidence: 0.9419669

00:10:25.390 --> 00:10:26.350 doing I was rushing through

NOTE Confidence: 0.9419669  
00:10:26.350 --> 00:10:27.550 things. And at the end  
NOTE Confidence: 0.9419669  
00:10:27.550 --> 00:10:28.429 of the session, the fact  
NOTE Confidence: 0.9419669  
00:10:28.510 --> 00:10:30.190 the faculty member said, you  
NOTE Confidence: 0.9419669  
00:10:30.190 --> 00:10:31.149 know, Damon, what do you  
NOTE Confidence: 0.9419669  
00:10:31.149 --> 00:10:32.290 wanna do with your life?  
NOTE Confidence: 0.9536794  
00:10:32.750 --> 00:10:33.870 So that's probably a warning  
NOTE Confidence: 0.9536794  
00:10:33.870 --> 00:10:35.149 sign. But I didn't know  
NOTE Confidence: 0.9536794  
00:10:35.149 --> 00:10:36.190 it then. I said, well,  
NOTE Confidence: 0.9536794  
00:10:36.190 --> 00:10:37.149 you know, I wanna do,  
NOTE Confidence: 0.9536794  
00:10:37.149 --> 00:10:39.545 like, cardiology or surgery. He  
NOTE Confidence: 0.9536794  
00:10:39.545 --> 00:10:40.504 said, well, those are good  
NOTE Confidence: 0.9536794  
00:10:40.504 --> 00:10:41.004 fields.  
NOTE Confidence: 0.95586455  
00:10:41.625 --> 00:10:42.425 But you gotta be able  
NOTE Confidence: 0.95586455  
00:10:42.425 --> 00:10:43.704 to talk to people if  
NOTE Confidence: 0.95586455  
00:10:43.704 --> 00:10:44.665 you if you do those  
NOTE Confidence: 0.95586455

00:10:44.665 --> 00:10:46.024 fields. And based on what  
NOTE Confidence: 0.95586455

00:10:46.024 --> 00:10:47.785 I've seen, I'm concerned maybe  
NOTE Confidence: 0.95586455

00:10:47.785 --> 00:10:48.904 you might not be able  
NOTE Confidence: 0.95586455

00:10:48.904 --> 00:10:49.785 to do that and maybe  
NOTE Confidence: 0.95586455

00:10:49.785 --> 00:10:50.605 you should consider  
NOTE Confidence: 0.94416213

00:10:52.070 --> 00:10:52.630 of of working in the  
NOTE Confidence: 0.94416213

00:10:52.630 --> 00:10:53.590 lab and just not seeing  
NOTE Confidence: 0.94416213

00:10:53.590 --> 00:10:54.870 patients. That's the worst thing  
NOTE Confidence: 0.94416213

00:10:54.870 --> 00:10:55.750 someone can say to you.  
NOTE Confidence: 0.94416213

00:10:55.750 --> 00:10:56.550 If you're a medical student,  
NOTE Confidence: 0.94416213

00:10:56.550 --> 00:10:57.270 right, you wanna be a  
NOTE Confidence: 0.94416213

00:10:57.270 --> 00:10:58.309 doctor. And so I got  
NOTE Confidence: 0.94416213

00:10:58.309 --> 00:10:59.190 my lowest grade of all  
NOTE Confidence: 0.94416213

00:10:59.190 --> 00:11:00.550 the rotations in medical school  
NOTE Confidence: 0.94416213

00:11:00.550 --> 00:11:01.910 in on psychiatry. And so  
NOTE Confidence: 0.94416213

00:11:01.910 --> 00:11:03.429 I was very happy to

NOTE Confidence: 0.94416213

00:11:03.429 --> 00:11:04.455 go back to this because

NOTE Confidence: 0.94416213

00:11:04.615 --> 00:11:05.095 I wanted to be a

NOTE Confidence: 0.94416213

00:11:05.095 --> 00:11:06.175 cardiologist. I was so happy

NOTE Confidence: 0.94416213

00:11:06.175 --> 00:11:07.335 to do this. And I

NOTE Confidence: 0.94416213

00:11:07.335 --> 00:11:09.175 actually started my residency in

NOTE Confidence: 0.94416213

00:11:09.175 --> 00:11:10.695 internal medicine. I matched in

NOTE Confidence: 0.94416213

00:11:10.695 --> 00:11:11.895 internal medicine with the intention

NOTE Confidence: 0.94416213

00:11:11.895 --> 00:11:13.655 of specializing in cardiology. So

NOTE Confidence: 0.94416213

00:11:13.655 --> 00:11:14.875 I was on that path.

NOTE Confidence: 0.9186683

00:11:15.335 --> 00:11:16.375 So the obvious question is,

NOTE Confidence: 0.9186683

00:11:16.375 --> 00:11:17.095 how did I get from

NOTE Confidence: 0.9186683

00:11:17.095 --> 00:11:17.595 that

NOTE Confidence: 0.8074769

00:11:18.550 --> 00:11:19.510 to pay? Right? A million

NOTE Confidence: 0.8074769

00:11:19.510 --> 00:11:21.130 dollar question. So

NOTE Confidence: 0.971817

00:11:21.510 --> 00:11:22.390 many things happen, but the

NOTE Confidence: 0.971817

00:11:22.390 --> 00:11:23.270 thing that sort of stands  
NOTE Confidence: 0.971817

00:11:23.270 --> 00:11:24.150 out the most is that  
NOTE Confidence: 0.971817

00:11:24.150 --> 00:11:24.809 one day  
NOTE Confidence: 0.9214261

00:11:25.110 --> 00:11:26.390 in the ER, someone in  
NOTE Confidence: 0.9214261

00:11:26.390 --> 00:11:27.990 the medical intern, and we  
NOTE Confidence: 0.9214261

00:11:27.990 --> 00:11:28.870 get the call that there's  
NOTE Confidence: 0.9214261

00:11:28.870 --> 00:11:30.070 a guy who's twenty five  
NOTE Confidence: 0.9214261

00:11:30.070 --> 00:11:31.030 year old guy or something  
NOTE Confidence: 0.9214261

00:11:31.030 --> 00:11:32.795 in the ER who's been  
NOTE Confidence: 0.9214261

00:11:32.934 --> 00:11:34.375 acting crazy as as they  
NOTE Confidence: 0.9214261

00:11:34.375 --> 00:11:35.355 as they put it.  
NOTE Confidence: 0.93845457

00:11:35.735 --> 00:11:36.615 And our goal in the  
NOTE Confidence: 0.93845457

00:11:36.615 --> 00:11:37.495 medical side was to make  
NOTE Confidence: 0.93845457

00:11:37.495 --> 00:11:38.535 sure there wasn't some sort  
NOTE Confidence: 0.93845457

00:11:38.535 --> 00:11:40.375 of, like, physical health reason  
NOTE Confidence: 0.93845457

00:11:40.375 --> 00:11:41.495 why. Like, did he have

NOTE Confidence: 0.93845457  
00:11:41.495 --> 00:11:42.535 an infection? Did he have  
NOTE Confidence: 0.93845457  
00:11:42.535 --> 00:11:43.735 a you know, something something  
NOTE Confidence: 0.93845457  
00:11:43.735 --> 00:11:44.775 that was sort of account  
NOTE Confidence: 0.93845457  
00:11:44.775 --> 00:11:45.655 for in a in a  
NOTE Confidence: 0.93845457  
00:11:45.655 --> 00:11:47.095 sort of medical way, quote,  
NOTE Confidence: 0.93845457  
00:11:47.095 --> 00:11:47.595 unquote.  
NOTE Confidence: 0.93077266  
00:11:48.029 --> 00:11:48.750 And so when I get  
NOTE Confidence: 0.93077266  
00:11:48.750 --> 00:11:49.470 down there, you know, so  
NOTE Confidence: 0.93077266  
00:11:49.470 --> 00:11:50.350 I've done that before many  
NOTE Confidence: 0.93077266  
00:11:50.350 --> 00:11:51.630 times. And I get down  
NOTE Confidence: 0.93077266  
00:11:51.630 --> 00:11:52.990 there, and this person I  
NOTE Confidence: 0.93077266  
00:11:52.990 --> 00:11:53.490 see  
NOTE Confidence: 0.9596373  
00:11:54.269 --> 00:11:55.570 is someone that I recognize.  
NOTE Confidence: 0.9931166  
00:11:56.509 --> 00:11:57.389 And it just stopped me  
NOTE Confidence: 0.9931166  
00:11:57.389 --> 00:11:58.130 in my tracks.  
NOTE Confidence: 0.9410273

00:11:59.070 --> 00:11:59.790 It was someone I had  
NOTE Confidence: 0.9410273

00:11:59.790 --> 00:12:00.829 known from years earlier when  
NOTE Confidence: 0.9410273

00:12:00.829 --> 00:12:01.444 he was a college too.  
NOTE Confidence: 0.9410273

00:12:01.444 --> 00:12:02.245 We used to play basketball  
NOTE Confidence: 0.9410273

00:12:02.245 --> 00:12:03.205 together. He was a smart  
NOTE Confidence: 0.9410273

00:12:03.205 --> 00:12:03.925 guy. I was going to  
NOTE Confidence: 0.9410273

00:12:03.925 --> 00:12:05.225 law school, going to politics.  
NOTE Confidence: 0.9410273

00:12:05.445 --> 00:12:06.485 Really, really bright guy, really  
NOTE Confidence: 0.9410273

00:12:06.485 --> 00:12:07.925 ambitious. And, like, what is  
NOTE Confidence: 0.9410273

00:12:07.925 --> 00:12:09.445 he doing here? Because what  
NOTE Confidence: 0.9410273

00:12:09.445 --> 00:12:10.005 I had done and I  
NOTE Confidence: 0.9410273

00:12:10.005 --> 00:12:10.964 had not really realized it  
NOTE Confidence: 0.9410273

00:12:10.964 --> 00:12:11.765 up to that point was  
NOTE Confidence: 0.9410273

00:12:11.765 --> 00:12:12.964 I had already sort of  
NOTE Confidence: 0.9410273

00:12:12.964 --> 00:12:13.765 done this sort of thing  
NOTE Confidence: 0.9410273

00:12:13.765 --> 00:12:14.204 that I think a lot

NOTE Confidence: 0.9410273

00:12:14.204 --> 00:12:15.045 of us in society do,

NOTE Confidence: 0.9410273

00:12:15.045 --> 00:12:15.684 where we sort of do

NOTE Confidence: 0.9410273

00:12:15.684 --> 00:12:17.480 this us versus them. So

NOTE Confidence: 0.9410273

00:12:17.480 --> 00:12:18.600 there's an us, like, all

NOTE Confidence: 0.9410273

00:12:18.600 --> 00:12:19.240 of us people who I

NOTE Confidence: 0.9410273

00:12:19.240 --> 00:12:20.120 think of as, like, normal

NOTE Confidence: 0.9410273

00:12:20.120 --> 00:12:20.920 people kind of thing, and

NOTE Confidence: 0.9410273

00:12:20.920 --> 00:12:22.040 there's a them or people

NOTE Confidence: 0.9410273

00:12:22.040 --> 00:12:23.240 who are, like, in state

NOTE Confidence: 0.9410273

00:12:23.240 --> 00:12:24.780 hospitals or who are homeless

NOTE Confidence: 0.9410273

00:12:24.840 --> 00:12:25.559 and who are sort of

NOTE Confidence: 0.9410273

00:12:25.559 --> 00:12:26.360 talking to me. So we

NOTE Confidence: 0.9410273

00:12:26.360 --> 00:12:27.000 can do this sort of

NOTE Confidence: 0.9410273

00:12:27.000 --> 00:12:27.640 game where we sort of

NOTE Confidence: 0.9410273

00:12:27.640 --> 00:12:29.000 separate ourselves and think that

NOTE Confidence: 0.9410273

00:12:29.000 --> 00:12:30.040 those those two worlds can  
NOTE Confidence: 0.9410273

00:12:30.040 --> 00:12:31.275 never sort of collide. And  
NOTE Confidence: 0.9410273

00:12:31.434 --> 00:12:32.155 so what happened in this  
NOTE Confidence: 0.9410273

00:12:32.155 --> 00:12:32.955 moment was that it sort  
NOTE Confidence: 0.9410273

00:12:32.955 --> 00:12:33.995 of felt like these two  
NOTE Confidence: 0.9410273

00:12:33.995 --> 00:12:35.355 worlds collided because there was  
NOTE Confidence: 0.9410273

00:12:35.355 --> 00:12:36.155 someone that I knew as  
NOTE Confidence: 0.9410273

00:12:36.155 --> 00:12:37.835 an us was now this  
NOTE Confidence: 0.9410273

00:12:37.835 --> 00:12:38.555 them, and I had to  
NOTE Confidence: 0.9410273

00:12:38.555 --> 00:12:39.355 try and figure out what  
NOTE Confidence: 0.9410273

00:12:39.355 --> 00:12:40.075 all that meant in the  
NOTE Confidence: 0.9410273

00:12:40.075 --> 00:12:41.195 reconcile and all that. And  
NOTE Confidence: 0.9410273

00:12:41.195 --> 00:12:42.315 I really opened my mind  
NOTE Confidence: 0.9410273

00:12:42.315 --> 00:12:42.815 to  
NOTE Confidence: 0.9503216

00:12:43.275 --> 00:12:44.759 you know, in so many  
NOTE Confidence: 0.9503216

00:12:44.759 --> 00:12:45.880 ways that this was something

NOTE Confidence: 0.9503216

00:12:45.880 --> 00:12:47.240 that could really impact anyone,

NOTE Confidence: 0.9503216

00:12:47.240 --> 00:12:48.600 everyone. Because the the problem

NOTE Confidence: 0.9503216

00:12:48.600 --> 00:12:49.399 with the mental health system,

NOTE Confidence: 0.9503216

00:12:49.399 --> 00:12:50.120 the way way you way

NOTE Confidence: 0.9503216

00:12:50.120 --> 00:12:50.920 I learned about it in

NOTE Confidence: 0.9503216

00:12:50.920 --> 00:12:52.040 medical school was that by

NOTE Confidence: 0.9503216

00:12:52.040 --> 00:12:53.240 the time I saw someone

NOTE Confidence: 0.9503216

00:12:53.240 --> 00:12:54.679 in the state hospital, they

NOTE Confidence: 0.9503216

00:12:54.679 --> 00:12:55.880 had been probably often been

NOTE Confidence: 0.9503216

00:12:55.880 --> 00:12:56.600 very sick for that at

NOTE Confidence: 0.9503216

00:12:56.600 --> 00:12:57.320 that whole period of time.

NOTE Confidence: 0.9503216

00:12:57.320 --> 00:12:58.199 And I didn't know this

NOTE Confidence: 0.9503216

00:12:58.199 --> 00:12:59.365 other side of them, And

NOTE Confidence: 0.9503216

00:12:59.365 --> 00:13:00.325 they didn't get we didn't

NOTE Confidence: 0.9503216

00:13:00.325 --> 00:13:01.205 have visitors so that you

NOTE Confidence: 0.9503216

00:13:01.205 --> 00:13:02.005 didn't have families who would

NOTE Confidence: 0.9503216

00:13:02.005 --> 00:13:02.725 come and sort of give

NOTE Confidence: 0.9503216

00:13:02.725 --> 00:13:03.845 you context. You just saw

NOTE Confidence: 0.9503216

00:13:03.845 --> 00:13:04.565 this person who's kind of

NOTE Confidence: 0.9503216

00:13:04.565 --> 00:13:05.684 this other that couldn't often

NOTE Confidence: 0.9503216

00:13:05.684 --> 00:13:06.565 talk to you and communicate

NOTE Confidence: 0.9503216

00:13:06.565 --> 00:13:07.445 with you. And I think

NOTE Confidence: 0.9503216

00:13:07.445 --> 00:13:08.245 that's a terrible way to

NOTE Confidence: 0.9503216

00:13:08.245 --> 00:13:09.684 learn about psychiatry, honestly, and

NOTE Confidence: 0.9503216

00:13:09.684 --> 00:13:10.565 I'm gonna talk more about

NOTE Confidence: 0.9503216

00:13:10.565 --> 00:13:11.920 that later. I think that

NOTE Confidence: 0.9503216

00:13:11.920 --> 00:13:13.120 actually does potentially more harm

NOTE Confidence: 0.9503216

00:13:13.120 --> 00:13:14.160 than actually good as far

NOTE Confidence: 0.9503216

00:13:14.160 --> 00:13:15.459 as helping people humanize,

NOTE Confidence: 0.9626085

00:13:15.839 --> 00:13:16.639 the the broader,

NOTE Confidence: 0.95454776

00:13:17.040 --> 00:13:18.800 area. So, anyway, begin I

NOTE Confidence: 0.95454776  
00:13:18.800 --> 00:13:19.759 began to sort of start  
NOTE Confidence: 0.95454776  
00:13:19.759 --> 00:13:20.720 seeing things all around me.  
NOTE Confidence: 0.95454776  
00:13:20.720 --> 00:13:21.440 When I got back to  
NOTE Confidence: 0.95454776  
00:13:21.440 --> 00:13:22.880 the medical board, I had  
NOTE Confidence: 0.95454776  
00:13:22.880 --> 00:13:24.100 patients who were, like,  
NOTE Confidence: 0.8934724  
00:13:26.245 --> 00:13:27.845 hospitalized with an overdose on  
NOTE Confidence: 0.8934724  
00:13:27.845 --> 00:13:28.345 Tylenol.  
NOTE Confidence: 0.9613233  
00:13:29.045 --> 00:13:30.405 So that's a physical health  
NOTE Confidence: 0.9613233  
00:13:30.405 --> 00:13:31.605 thing. You gotta monitor liver,  
NOTE Confidence: 0.9613233  
00:13:31.605 --> 00:13:32.565 you know, problems, but it's  
NOTE Confidence: 0.9613233  
00:13:32.565 --> 00:13:34.005 actually a mental health cause.  
NOTE Confidence: 0.9613233  
00:13:34.005 --> 00:13:34.885 Right? And I saw also  
NOTE Confidence: 0.9613233  
00:13:34.885 --> 00:13:36.165 another grad student who had  
NOTE Confidence: 0.9613233  
00:13:36.165 --> 00:13:37.205 taken the large amounts of  
NOTE Confidence: 0.9613233  
00:13:37.205 --> 00:13:37.705 dextromethorphan  
NOTE Confidence: 0.90082586

00:13:38.165 --> 00:13:39.450 or Robitussin. And so he  
NOTE Confidence: 0.90082586

00:13:39.450 --> 00:13:40.490 had always still had physical  
NOTE Confidence: 0.90082586

00:13:40.490 --> 00:13:42.010 health problems, but, actually, it  
NOTE Confidence: 0.90082586

00:13:42.010 --> 00:13:43.210 was a mental health issue  
NOTE Confidence: 0.90082586

00:13:43.210 --> 00:13:43.770 as to why he was  
NOTE Confidence: 0.90082586

00:13:43.770 --> 00:13:44.490 doing that in the first  
NOTE Confidence: 0.90082586

00:13:44.490 --> 00:13:45.530 place. It was actually a  
NOTE Confidence: 0.90082586

00:13:45.530 --> 00:13:46.410 fascinating story is that he  
NOTE Confidence: 0.90082586

00:13:46.410 --> 00:13:47.370 was actually in class. He's  
NOTE Confidence: 0.90082586

00:13:47.370 --> 00:13:48.170 a grad student. He was  
NOTE Confidence: 0.90082586

00:13:48.170 --> 00:13:49.530 teaching undergrads, and then and  
NOTE Confidence: 0.90082586

00:13:49.530 --> 00:13:50.809 and then undergrads noticing he  
NOTE Confidence: 0.90082586

00:13:50.809 --> 00:13:51.690 was second strangers, and they  
NOTE Confidence: 0.90082586

00:13:51.690 --> 00:13:52.750 called nine one one.  
NOTE Confidence: 0.9335532

00:13:53.075 --> 00:13:54.035 They took him straight to  
NOTE Confidence: 0.9335532

00:13:54.035 --> 00:13:54.995 the hospital where I saw

NOTE Confidence: 0.9335532

00:13:54.995 --> 00:13:55.795 him. He was, like, straight

NOTE Confidence: 0.9335532

00:13:55.795 --> 00:13:57.075 from the Duke campus. And

NOTE Confidence: 0.9335532

00:13:57.075 --> 00:13:57.875 so these are people who

NOTE Confidence: 0.9335532

00:13:57.875 --> 00:13:58.595 I was seeing who are

NOTE Confidence: 0.9335532

00:13:58.595 --> 00:13:59.875 sort of, in this kinda

NOTE Confidence: 0.9335532

00:13:59.875 --> 00:14:00.995 us category, but then they

NOTE Confidence: 0.9335532

00:14:00.995 --> 00:14:01.955 were also having these mental

NOTE Confidence: 0.9335532

00:14:01.955 --> 00:14:03.075 health distress that I was

NOTE Confidence: 0.9335532

00:14:03.075 --> 00:14:04.115 seeing. And so once you

NOTE Confidence: 0.9335532

00:14:04.115 --> 00:14:05.154 become more aware of it,

NOTE Confidence: 0.9335532

00:14:05.154 --> 00:14:06.195 it's sort of everywhere. Right?

NOTE Confidence: 0.9335532

00:14:06.195 --> 00:14:06.929 You see this is a

NOTE Confidence: 0.9335532

00:14:07.010 --> 00:14:07.649 a slide that just sort

NOTE Confidence: 0.9335532

00:14:07.649 --> 00:14:09.190 of shows the kinda demographics

NOTE Confidence: 0.9335532

00:14:09.250 --> 00:14:10.690 of mental health, issues across

NOTE Confidence: 0.9335532

00:14:10.690 --> 00:14:11.270 the populations,  
NOTE Confidence: 0.95683295

00:14:12.050 --> 00:14:13.730 including physicians. And I was  
NOTE Confidence: 0.95683295

00:14:13.730 --> 00:14:14.770 so unaware of that as  
NOTE Confidence: 0.95683295

00:14:14.770 --> 00:14:15.649 a medical student. So now  
NOTE Confidence: 0.95683295

00:14:15.649 --> 00:14:16.529 it's a lot different. People  
NOTE Confidence: 0.95683295

00:14:16.529 --> 00:14:17.670 talk about a lot more.  
NOTE Confidence: 0.95683295

00:14:17.730 --> 00:14:18.450 When I was in training,  
NOTE Confidence: 0.95683295

00:14:18.450 --> 00:14:19.330 that was something you would  
NOTE Confidence: 0.95683295

00:14:19.330 --> 00:14:20.665 never discuss or or share,  
NOTE Confidence: 0.95683295

00:14:20.665 --> 00:14:21.305 that you had some sort  
NOTE Confidence: 0.95683295

00:14:21.305 --> 00:14:22.345 of mental health problem. It  
NOTE Confidence: 0.95683295

00:14:22.345 --> 00:14:22.985 would be a sign of  
NOTE Confidence: 0.95683295

00:14:22.985 --> 00:14:23.485 weakness.  
NOTE Confidence: 0.9186327

00:14:24.024 --> 00:14:25.065 Like, you know, you got  
NOTE Confidence: 0.9186327

00:14:25.065 --> 00:14:26.105 to serve medicine's a hard  
NOTE Confidence: 0.9186327

00:14:26.105 --> 00:14:27.324 business. You gotta be tough.

NOTE Confidence: 0.9186327

00:14:27.384 --> 00:14:27.944 That was a lot of

NOTE Confidence: 0.9186327

00:14:27.944 --> 00:14:29.165 the the ethos or mentality.

NOTE Confidence: 0.9150027

00:14:29.625 --> 00:14:30.985 And, we had it's a

NOTE Confidence: 0.9150027

00:14:30.985 --> 00:14:31.785 story I tell in the

NOTE Confidence: 0.9150027

00:14:31.785 --> 00:14:32.745 third chapter where there was

NOTE Confidence: 0.9150027

00:14:32.745 --> 00:14:33.940 a young so I'm an

NOTE Confidence: 0.9150027

00:14:33.940 --> 00:14:35.139 intern again on the medical

NOTE Confidence: 0.9150027

00:14:35.139 --> 00:14:35.940 side, and there was a

NOTE Confidence: 0.9150027

00:14:35.940 --> 00:14:37.699 woman who was an intern

NOTE Confidence: 0.9150027

00:14:37.699 --> 00:14:39.300 in a different department who's

NOTE Confidence: 0.9150027

00:14:39.300 --> 00:14:40.180 one night who just kept

NOTE Confidence: 0.9150027

00:14:40.180 --> 00:14:41.000 paging me,

NOTE Confidence: 0.99231493

00:14:41.540 --> 00:14:42.759 about a lab test result.

NOTE Confidence: 0.90341765

00:14:43.060 --> 00:14:44.420 And I just found myself

NOTE Confidence: 0.90341765

00:14:44.420 --> 00:14:46.100 feeling irritated. Like, why why

NOTE Confidence: 0.90341765

00:14:46.100 --> 00:14:47.060 we talked about this? Why  
NOTE Confidence: 0.90341765

00:14:47.060 --> 00:14:48.180 are you calling me again?  
NOTE Confidence: 0.90341765

00:14:48.180 --> 00:14:48.980 We gotta do this. We  
NOTE Confidence: 0.90341765

00:14:48.980 --> 00:14:50.155 gotta do that. And she's  
NOTE Confidence: 0.90341765

00:14:50.155 --> 00:14:50.875 kept doing it. And I  
NOTE Confidence: 0.90341765

00:14:50.875 --> 00:14:51.755 remember a few days later,  
NOTE Confidence: 0.90341765

00:14:51.755 --> 00:14:52.235 I went and talked with  
NOTE Confidence: 0.90341765

00:14:52.235 --> 00:14:53.195 some of my colleagues about  
NOTE Confidence: 0.90341765

00:14:53.195 --> 00:14:54.395 it, and it got and  
NOTE Confidence: 0.90341765

00:14:54.395 --> 00:14:55.035 and it was sort of  
NOTE Confidence: 0.90341765

00:14:55.035 --> 00:14:55.675 like it came like a  
NOTE Confidence: 0.90341765

00:14:55.675 --> 00:14:56.175 punchline.  
NOTE Confidence: 0.9655308

00:14:56.635 --> 00:14:57.515 Oh, yeah. She's just that's  
NOTE Confidence: 0.9655308

00:14:57.515 --> 00:14:58.315 how she is. She's kinda,  
NOTE Confidence: 0.9655308

00:14:58.315 --> 00:14:59.275 like, she's kinda wacky that  
NOTE Confidence: 0.9655308

00:14:59.275 --> 00:15:00.795 way. And none of us

NOTE Confidence: 0.9655308  
00:15:00.795 --> 00:15:01.835 ever thought anything more of  
NOTE Confidence: 0.9655308  
00:15:01.835 --> 00:15:03.755 it. Until several months later,  
NOTE Confidence: 0.9655308  
00:15:03.755 --> 00:15:04.475 we learned that,  
NOTE Confidence: 0.93814343  
00:15:06.390 --> 00:15:08.310 she, her distress got so  
NOTE Confidence: 0.93814343  
00:15:08.310 --> 00:15:09.110 bad, she had to, like,  
NOTE Confidence: 0.93814343  
00:15:09.110 --> 00:15:10.149 end up leaving the something  
NOTE Confidence: 0.93814343  
00:15:10.149 --> 00:15:10.790 happened with her and a  
NOTE Confidence: 0.93814343  
00:15:10.790 --> 00:15:11.589 patient in a way that  
NOTE Confidence: 0.93814343  
00:15:11.589 --> 00:15:12.550 when she made some sort  
NOTE Confidence: 0.93814343  
00:15:12.550 --> 00:15:13.830 of mistake, and she ended  
NOTE Confidence: 0.93814343  
00:15:13.830 --> 00:15:14.790 up having to leave the  
NOTE Confidence: 0.93814343  
00:15:14.790 --> 00:15:16.390 program. And it was like,  
NOTE Confidence: 0.93814343  
00:15:16.390 --> 00:15:17.430 wow. And that moment, it  
NOTE Confidence: 0.93814343  
00:15:17.430 --> 00:15:18.905 hit me like, woah. That  
NOTE Confidence: 0.93814343  
00:15:18.905 --> 00:15:19.785 first moment where I was  
NOTE Confidence: 0.93814343

00:15:19.785 --> 00:15:20.905 supposed that not where I  
NOTE Confidence: 0.93814343

00:15:20.905 --> 00:15:21.945 thought she was kept hating  
NOTE Confidence: 0.93814343

00:15:21.945 --> 00:15:23.145 me, maybe that was a  
NOTE Confidence: 0.93814343

00:15:23.145 --> 00:15:24.265 sign that something was wrong.  
NOTE Confidence: 0.93814343

00:15:24.265 --> 00:15:26.265 It never once crossed my  
NOTE Confidence: 0.93814343

00:15:26.265 --> 00:15:27.145 mind that there could be  
NOTE Confidence: 0.93814343

00:15:27.145 --> 00:15:28.505 something wrong because I we  
NOTE Confidence: 0.93814343

00:15:28.505 --> 00:15:29.145 just weren't in that we  
NOTE Confidence: 0.93814343

00:15:29.145 --> 00:15:29.865 didn't have that kind of  
NOTE Confidence: 0.93814343

00:15:29.865 --> 00:15:31.065 language to be thinking about  
NOTE Confidence: 0.93814343

00:15:31.065 --> 00:15:31.980 in that way. Now had  
NOTE Confidence: 0.93814343

00:15:31.980 --> 00:15:33.020 she been limping, had she  
NOTE Confidence: 0.93814343

00:15:33.020 --> 00:15:34.160 had some sort of physical  
NOTE Confidence: 0.93814343

00:15:34.220 --> 00:15:35.820 health problem, I would've been  
NOTE Confidence: 0.93814343

00:15:35.820 --> 00:15:37.020 concerned. I was, oh, maybe  
NOTE Confidence: 0.93814343

00:15:37.020 --> 00:15:38.300 someone can help you. But

NOTE Confidence: 0.93814343

00:15:38.300 --> 00:15:39.180 this mental health thing was

NOTE Confidence: 0.93814343

00:15:39.180 --> 00:15:40.380 something totally different. And that

NOTE Confidence: 0.93814343

00:15:40.380 --> 00:15:41.340 was a lot of context

NOTE Confidence: 0.93814343

00:15:41.340 --> 00:15:42.620 in which we trained. Because

NOTE Confidence: 0.93814343

00:15:42.620 --> 00:15:43.660 you can imagine and so

NOTE Confidence: 0.93814343

00:15:43.660 --> 00:15:44.700 sometimes I think back, I'm

NOTE Confidence: 0.93814343

00:15:44.700 --> 00:15:45.980 like, man, what could I

NOTE Confidence: 0.93814343

00:15:45.980 --> 00:15:47.475 have done? Could someone have

NOTE Confidence: 0.93814343

00:15:47.555 --> 00:15:48.595 noticed that? Because what I

NOTE Confidence: 0.93814343

00:15:48.595 --> 00:15:49.634 saw obviously was a warning

NOTE Confidence: 0.93814343

00:15:49.634 --> 00:15:50.755 sign, but I just totally

NOTE Confidence: 0.93814343

00:15:50.755 --> 00:15:51.954 didn't get it. And so

NOTE Confidence: 0.93814343

00:15:51.954 --> 00:15:52.888 and so that's a a

NOTE Confidence: 0.93814343

00:15:52.888 --> 00:15:53.495 a very,

NOTE Confidence: 0.99476403

00:15:54.194 --> 00:15:55.235 big thing. You know, Randy,

NOTE Confidence: 0.99476403

00:15:55.235 --> 00:15:56.035 maybe we can talk about  
NOTE Confidence: 0.99476403

00:15:56.035 --> 00:15:56.774 my own experience  
NOTE Confidence: 0.9325871

00:15:57.475 --> 00:15:58.514 later on in your your  
NOTE Confidence: 0.9325871

00:15:58.514 --> 00:15:59.315 question because I don't wanna  
NOTE Confidence: 0.9325871

00:15:59.355 --> 00:16:00.035 I wanna get through the  
NOTE Confidence: 0.9325871

00:16:00.035 --> 00:16:00.995 rest of the slides. Because  
NOTE Confidence: 0.9325871

00:16:00.995 --> 00:16:01.954 because then also that same  
NOTE Confidence: 0.9325871

00:16:01.954 --> 00:16:02.755 year, I end up having  
NOTE Confidence: 0.9325871

00:16:02.755 --> 00:16:03.720 to I had a really  
NOTE Confidence: 0.9325871

00:16:03.720 --> 00:16:04.680 stressful incident. I end up  
NOTE Confidence: 0.9325871

00:16:04.680 --> 00:16:05.720 having to see someone myself,  
NOTE Confidence: 0.9325871

00:16:05.720 --> 00:16:06.440 and I never had that  
NOTE Confidence: 0.9325871

00:16:06.440 --> 00:16:07.560 experience before. I wanna make  
NOTE Confidence: 0.9325871

00:16:07.560 --> 00:16:08.760 sure we we cover that,  
NOTE Confidence: 0.9325871

00:16:08.920 --> 00:16:10.200 later because that really, really,  
NOTE Confidence: 0.9325871

00:16:10.200 --> 00:16:10.920 really brought it home for

NOTE Confidence: 0.9325871  
00:16:10.920 --> 00:16:12.279 me in that particular place.  
NOTE Confidence: 0.9325871  
00:16:12.279 --> 00:16:13.560 So anyway so as much  
NOTE Confidence: 0.9325871  
00:16:13.560 --> 00:16:14.520 as mental health issues seem  
NOTE Confidence: 0.9325871  
00:16:14.520 --> 00:16:15.480 elusive and hard to put  
NOTE Confidence: 0.9325871  
00:16:15.480 --> 00:16:16.279 your finger on, like, what  
NOTE Confidence: 0.9325871  
00:16:16.279 --> 00:16:17.240 is this stuff and what  
NOTE Confidence: 0.9325871  
00:16:17.240 --> 00:16:18.520 is depression, what is ADHD,  
NOTE Confidence: 0.9325871  
00:16:18.520 --> 00:16:19.020 etcetera,  
NOTE Confidence: 0.96647245  
00:16:19.745 --> 00:16:20.865 There's some very real there's  
NOTE Confidence: 0.96647245  
00:16:20.865 --> 00:16:21.825 some very real things about  
NOTE Confidence: 0.96647245  
00:16:21.825 --> 00:16:23.105 mental health that are really  
NOTE Confidence: 0.96647245  
00:16:23.105 --> 00:16:24.465 very serious and easily to  
NOTE Confidence: 0.96647245  
00:16:24.465 --> 00:16:24.965 count.  
NOTE Confidence: 0.9729058  
00:16:25.345 --> 00:16:26.465 Suicide is the most obvious  
NOTE Confidence: 0.9729058  
00:16:26.465 --> 00:16:27.685 one. Right? It's very prevalent.  
NOTE Confidence: 0.9072594

00:16:28.305 --> 00:16:28.945 You can sort of see  
NOTE Confidence: 0.9072594

00:16:29.025 --> 00:16:29.825 I like this slide because  
NOTE Confidence: 0.9072594

00:16:29.825 --> 00:16:30.545 it sort of shows when  
NOTE Confidence: 0.9072594

00:16:30.545 --> 00:16:31.665 I finished med school and  
NOTE Confidence: 0.9072594

00:16:31.665 --> 00:16:32.705 kinda were kinda close to  
NOTE Confidence: 0.9072594

00:16:32.705 --> 00:16:33.345 where we are today, you  
NOTE Confidence: 0.9072594

00:16:33.345 --> 00:16:33.985 can sort of see that  
NOTE Confidence: 0.9072594

00:16:33.985 --> 00:16:35.839 certain trajectory has increased.  
NOTE Confidence: 0.9604222

00:16:36.380 --> 00:16:38.060 The suicide deaths themselves are  
NOTE Confidence: 0.9604222

00:16:38.060 --> 00:16:38.940 actually just kinda like the  
NOTE Confidence: 0.9604222

00:16:38.940 --> 00:16:39.660 tip of the iceberg. I  
NOTE Confidence: 0.9604222

00:16:39.660 --> 00:16:40.540 mean, certainly, it's the worst  
NOTE Confidence: 0.9604222

00:16:40.540 --> 00:16:41.820 outcome. But for every person  
NOTE Confidence: 0.9604222

00:16:41.820 --> 00:16:42.700 who who attempt who dies  
NOTE Confidence: 0.9604222

00:16:42.700 --> 00:16:43.980 from suicide, there's many more  
NOTE Confidence: 0.9604222

00:16:43.980 --> 00:16:45.760 who find themselves in hospitals,

NOTE Confidence: 0.9604222

00:16:45.820 --> 00:16:47.420 emergency rooms with suicide attempts.

NOTE Confidence: 0.9604222

00:16:47.420 --> 00:16:48.300 And there are also many

NOTE Confidence: 0.9604222

00:16:48.300 --> 00:16:49.805 more people who attempt suicide

NOTE Confidence: 0.9604222

00:16:49.805 --> 00:16:50.845 that we don't even actually

NOTE Confidence: 0.9604222

00:16:50.845 --> 00:16:52.085 ever even know about. About

NOTE Confidence: 0.9604222

00:16:52.085 --> 00:16:53.005 a month ago or so,

NOTE Confidence: 0.9604222

00:16:53.005 --> 00:16:54.205 I saw a patient, the

NOTE Confidence: 0.9604222

00:16:54.205 --> 00:16:56.285 primary care clinic doctor referred

NOTE Confidence: 0.9604222

00:16:56.285 --> 00:16:57.665 him to me for depression.

NOTE Confidence: 0.9604222

00:16:57.805 --> 00:16:58.525 You know, I saw him

NOTE Confidence: 0.9604222

00:16:58.525 --> 00:16:59.405 that same day. We'll talk

NOTE Confidence: 0.9604222

00:16:59.405 --> 00:17:00.045 about that a little bit

NOTE Confidence: 0.9604222

00:17:00.045 --> 00:17:01.949 later. And, I started talking

NOTE Confidence: 0.9604222

00:17:01.949 --> 00:17:02.589 to him, and he says,

NOTE Confidence: 0.9604222

00:17:02.589 --> 00:17:03.470 well, you know, about a

NOTE Confidence: 0.9604222

00:17:03.470 --> 00:17:04.190 month ago, I took a  
NOTE Confidence: 0.9604222

00:17:04.190 --> 00:17:05.470 whole bottle of clomazepine, which  
NOTE Confidence: 0.9604222

00:17:05.470 --> 00:17:06.350 is, you know, oconopin, one  
NOTE Confidence: 0.9604222

00:17:06.350 --> 00:17:07.169 of these benzodiazepines.  
NOTE Confidence: 0.9303384

00:17:07.950 --> 00:17:08.830 It slept for, like, a  
NOTE Confidence: 0.9303384

00:17:08.830 --> 00:17:09.790 a day and a half.  
NOTE Confidence: 0.9303384

00:17:09.790 --> 00:17:11.390 It's actually a su it's  
NOTE Confidence: 0.9303384

00:17:11.390 --> 00:17:12.590 a suicide attempt, but it  
NOTE Confidence: 0.9303384

00:17:12.590 --> 00:17:13.869 wouldn't be captured. No one  
NOTE Confidence: 0.9303384

00:17:13.869 --> 00:17:14.669 would ever really know about  
NOTE Confidence: 0.9303384

00:17:14.669 --> 00:17:15.390 that because he never sought  
NOTE Confidence: 0.9303384

00:17:15.390 --> 00:17:16.590 medical attention. There's so many  
NOTE Confidence: 0.9303384

00:17:16.590 --> 00:17:17.445 people like that where that  
NOTE Confidence: 0.9303384

00:17:17.445 --> 00:17:18.244 just sort of happens. And  
NOTE Confidence: 0.9303384

00:17:18.244 --> 00:17:18.885 it's just a matter of  
NOTE Confidence: 0.9303384

00:17:18.885 --> 00:17:20.325 chance whether they end up,

NOTE Confidence: 0.9303384

00:17:20.325 --> 00:17:21.445 you know, something bad happens

NOTE Confidence: 0.9303384

00:17:21.445 --> 00:17:22.484 or not. Right? And so

NOTE Confidence: 0.9303384

00:17:22.484 --> 00:17:23.205 it's really the tip of

NOTE Confidence: 0.9303384

00:17:23.205 --> 00:17:24.505 the iceberg in that way.

NOTE Confidence: 0.96013415

00:17:25.525 --> 00:17:26.725 Another thing that's really changed

NOTE Confidence: 0.96013415

00:17:26.725 --> 00:17:27.605 over my time in medicine

NOTE Confidence: 0.96013415

00:17:27.605 --> 00:17:28.565 is this sort of issues

NOTE Confidence: 0.96013415

00:17:28.565 --> 00:17:29.225 with mortality

NOTE Confidence: 0.9601726

00:17:29.525 --> 00:17:31.020 related to substance use. So

NOTE Confidence: 0.9601726

00:17:31.100 --> 00:17:31.500 it's a chapter in the

NOTE Confidence: 0.9601726

00:17:31.500 --> 00:17:32.540 book where I talk about

NOTE Confidence: 0.9601726

00:17:32.540 --> 00:17:33.580 sort of our own sort

NOTE Confidence: 0.9601726

00:17:33.580 --> 00:17:35.440 of blindness to this area.

NOTE Confidence: 0.9601726

00:17:35.740 --> 00:17:36.940 You know, substance use was

NOTE Confidence: 0.9601726

00:17:36.940 --> 00:17:37.820 like the worst thing that

NOTE Confidence: 0.9601726

00:17:37.820 --> 00:17:38.540 you could it's like this  
NOTE Confidence: 0.9601726

00:17:38.540 --> 00:17:39.840 patient would be so often  
NOTE Confidence: 0.9601726

00:17:40.060 --> 00:17:40.940 talked about in ways that  
NOTE Confidence: 0.9601726

00:17:40.940 --> 00:17:42.160 are very sort of derogatory,  
NOTE Confidence: 0.9601726

00:17:42.380 --> 00:17:42.880 negatively.  
NOTE Confidence: 0.9573213

00:17:44.764 --> 00:17:45.644 Oh, this person is just  
NOTE Confidence: 0.9573213

00:17:45.644 --> 00:17:46.924 a, you know, drug seeker,  
NOTE Confidence: 0.9573213

00:17:46.924 --> 00:17:48.365 this, that, the other. A  
NOTE Confidence: 0.9573213

00:17:48.365 --> 00:17:49.005 lot of those sort of  
NOTE Confidence: 0.9573213

00:17:49.085 --> 00:17:49.965 that that language is really  
NOTE Confidence: 0.9573213

00:17:49.965 --> 00:17:52.044 prevalent. And, a woman one  
NOTE Confidence: 0.9573213

00:17:52.044 --> 00:17:52.885 day came to the e  
NOTE Confidence: 0.9573213

00:17:52.924 --> 00:17:53.424 ED,  
NOTE Confidence: 0.91787267

00:17:53.725 --> 00:17:54.845 and she has stories really  
NOTE Confidence: 0.91787267

00:17:54.845 --> 00:17:55.884 familiar now, but I'd never  
NOTE Confidence: 0.91787267

00:17:55.884 --> 00:17:56.684 seen it. So we she

NOTE Confidence: 0.91787267

00:17:56.684 --> 00:17:57.725 knows the person who had

NOTE Confidence: 0.91787267

00:17:57.725 --> 00:17:58.845 had a car accident, got

NOTE Confidence: 0.91787267

00:17:58.845 --> 00:18:00.144 a prescription for an opioid,

NOTE Confidence: 0.92217386

00:18:00.910 --> 00:18:02.590 the opioids start then becomes,

NOTE Confidence: 0.92217386

00:18:02.590 --> 00:18:03.950 like, start taking more opioids.

NOTE Confidence: 0.92217386

00:18:03.950 --> 00:18:04.990 Eventually, she just starts taking

NOTE Confidence: 0.92217386

00:18:04.990 --> 00:18:06.030 some that aren't prescribed to

NOTE Confidence: 0.92217386

00:18:06.030 --> 00:18:07.310 her or multiple doctors, that

NOTE Confidence: 0.92217386

00:18:07.310 --> 00:18:08.430 kind of thing. And before

NOTE Confidence: 0.92217386

00:18:08.430 --> 00:18:09.390 you know it, one day

NOTE Confidence: 0.92217386

00:18:09.390 --> 00:18:10.609 she consumes heroin,

NOTE Confidence: 0.959442

00:18:11.070 --> 00:18:11.950 and that was her bridge

NOTE Confidence: 0.959442

00:18:11.950 --> 00:18:12.910 too far for her. So

NOTE Confidence: 0.959442

00:18:12.910 --> 00:18:14.050 she comes to the ED,

NOTE Confidence: 0.9301661

00:18:14.385 --> 00:18:15.825 and we see her, and

NOTE Confidence: 0.9301661

00:18:15.825 --> 00:18:16.625 it's like we don't know  
NOTE Confidence: 0.9301661

00:18:16.705 --> 00:18:18.145 we haven't basically, have nothing  
NOTE Confidence: 0.9301661

00:18:18.145 --> 00:18:19.685 to offer her. Now nowadays,  
NOTE Confidence: 0.9301661

00:18:19.825 --> 00:18:21.025 things are different. She might  
NOTE Confidence: 0.9301661

00:18:21.025 --> 00:18:21.525 get,  
NOTE Confidence: 0.984682

00:18:21.984 --> 00:18:22.705 you know, she might get  
NOTE Confidence: 0.984682

00:18:22.705 --> 00:18:23.205 naloxone,  
NOTE Confidence: 0.9222713

00:18:23.505 --> 00:18:25.445 prevent overdose. She might get,  
NOTE Confidence: 0.9222713

00:18:25.744 --> 00:18:27.425 start of Suboxone there. She  
NOTE Confidence: 0.9222713

00:18:27.425 --> 00:18:28.625 might get immediately referral to  
NOTE Confidence: 0.9222713

00:18:28.625 --> 00:18:29.905 outpatient care. We didn't do  
NOTE Confidence: 0.9222713

00:18:29.905 --> 00:18:30.780 any of those things. We  
NOTE Confidence: 0.9222713

00:18:30.780 --> 00:18:31.420 just sent her out and  
NOTE Confidence: 0.9222713

00:18:31.420 --> 00:18:32.140 say, well, you know, in  
NOTE Confidence: 0.9222713

00:18:32.140 --> 00:18:33.100 in a few days, someone  
NOTE Confidence: 0.9222713

00:18:33.100 --> 00:18:34.060 will give you a call

NOTE Confidence: 0.9222713

00:18:34.060 --> 00:18:35.020 because that was the standard

NOTE Confidence: 0.9222713

00:18:35.020 --> 00:18:35.680 of care,

NOTE Confidence: 0.9289022

00:18:36.220 --> 00:18:37.740 because, you know, opioid withdrawal

NOTE Confidence: 0.9289022

00:18:37.740 --> 00:18:39.020 wasn't, like, medically life threatening.

NOTE Confidence: 0.9289022

00:18:39.020 --> 00:18:39.580 So I was like, well,

NOTE Confidence: 0.9289022

00:18:39.580 --> 00:18:40.700 we what do we do?

NOTE Confidence: 0.9289022

00:18:40.700 --> 00:18:41.740 And so if you think

NOTE Confidence: 0.9289022

00:18:41.740 --> 00:18:42.480 about, like,

NOTE Confidence: 0.9262373

00:18:42.915 --> 00:18:44.435 the missed opportunity there, if

NOTE Confidence: 0.9262373

00:18:44.435 --> 00:18:44.995 if, you know, those kind

NOTE Confidence: 0.9262373

00:18:44.995 --> 00:18:46.115 of cases. Right? And so

NOTE Confidence: 0.9262373

00:18:46.115 --> 00:18:46.915 a a few weeks later,

NOTE Confidence: 0.9262373

00:18:46.915 --> 00:18:48.035 I ended up seeing a,

NOTE Confidence: 0.9257461

00:18:49.075 --> 00:18:50.515 someone over at Duke who

NOTE Confidence: 0.9257461

00:18:50.515 --> 00:18:51.955 had overdosed and was is

NOTE Confidence: 0.9257461

00:18:51.955 --> 00:18:53.315 also but hers was was  
NOTE Confidence: 0.9257461

00:18:53.315 --> 00:18:54.595 more severe because she also  
NOTE Confidence: 0.9257461

00:18:54.595 --> 00:18:56.200 had consumes, like, Xanax. And  
NOTE Confidence: 0.9257461

00:18:56.200 --> 00:18:56.759 so she was in the  
NOTE Confidence: 0.9257461

00:18:56.759 --> 00:18:57.720 ICU, and she was on  
NOTE Confidence: 0.9257461

00:18:57.720 --> 00:18:58.679 a ventilator, and I'd never  
NOTE Confidence: 0.9257461

00:18:58.679 --> 00:18:59.799 seen this before. And a  
NOTE Confidence: 0.9257461

00:18:59.799 --> 00:19:00.759 couple weeks later, I come  
NOTE Confidence: 0.9257461

00:19:00.759 --> 00:19:02.119 back to the VA, and  
NOTE Confidence: 0.9257461

00:19:02.119 --> 00:19:03.480 there's a one of my  
NOTE Confidence: 0.9257461

00:19:03.480 --> 00:19:04.600 resident colleagues tells me that  
NOTE Confidence: 0.9257461

00:19:04.600 --> 00:19:05.799 a former patient had died  
NOTE Confidence: 0.9257461

00:19:05.799 --> 00:19:06.599 from an overdose. So this  
NOTE Confidence: 0.9257461

00:19:06.599 --> 00:19:07.399 is, like, ground zero for  
NOTE Confidence: 0.9257461

00:19:07.399 --> 00:19:08.279 me with this whole opioid  
NOTE Confidence: 0.9257461

00:19:08.279 --> 00:19:09.159 epidemic. It was, like, right

NOTE Confidence: 0.9257461

00:19:09.159 --> 00:19:10.119 there in that one little

NOTE Confidence: 0.9257461

00:19:10.119 --> 00:19:11.744 one last stand, all happening.

NOTE Confidence: 0.9257461

00:19:11.744 --> 00:19:12.465 Before that, it was, like,

NOTE Confidence: 0.9257461

00:19:12.465 --> 00:19:13.825 sort of a nonexistent thing

NOTE Confidence: 0.9257461

00:19:13.825 --> 00:19:14.945 for in my way. Now

NOTE Confidence: 0.9257461

00:19:14.945 --> 00:19:15.744 had she come to our

NOTE Confidence: 0.9257461

00:19:15.744 --> 00:19:17.605 hospital with, say, chest pain?

NOTE Confidence: 0.9514994

00:19:17.905 --> 00:19:19.105 I would've known all the

NOTE Confidence: 0.9514994

00:19:19.105 --> 00:19:20.385 things to do. Boom, boom,

NOTE Confidence: 0.9514994

00:19:20.385 --> 00:19:21.665 boom, boom, boom. But this

NOTE Confidence: 0.9514994

00:19:21.665 --> 00:19:22.705 sort of substance use thing,

NOTE Confidence: 0.9514994

00:19:22.705 --> 00:19:23.320 well, you know, what are

NOTE Confidence: 0.9514994

00:19:23.320 --> 00:19:24.040 we gonna do about that?

NOTE Confidence: 0.9514994

00:19:24.040 --> 00:19:25.240 That's not really medical. And

NOTE Confidence: 0.9514994

00:19:25.240 --> 00:19:25.880 that was sort of like

NOTE Confidence: 0.9514994

00:19:25.880 --> 00:19:26.600 the the sort of way  
NOTE Confidence: 0.9514994

00:19:26.600 --> 00:19:27.320 in which things were sort  
NOTE Confidence: 0.9514994

00:19:27.320 --> 00:19:27.820 of,  
NOTE Confidence: 0.9381135

00:19:28.520 --> 00:19:29.800 you know, brought. Sounds sounds  
NOTE Confidence: 0.9381135

00:19:29.800 --> 00:19:30.300 sounds  
NOTE Confidence: 0.935827

00:19:30.760 --> 00:19:31.480 it probably sounds hard for  
NOTE Confidence: 0.935827

00:19:31.480 --> 00:19:32.359 me to believe, but that's  
NOTE Confidence: 0.935827

00:19:32.359 --> 00:19:33.480 very much how the system,  
NOTE Confidence: 0.93117946

00:19:33.800 --> 00:19:35.240 unfolded in those days. And  
NOTE Confidence: 0.93117946

00:19:35.240 --> 00:19:36.460 so let's talk about,  
NOTE Confidence: 0.87996614

00:19:37.080 --> 00:19:38.300 wait. We'll we'll be good.  
NOTE Confidence: 0.827265

00:19:38.840 --> 00:19:39.415 You told me if I  
NOTE Confidence: 0.827265

00:19:39.415 --> 00:19:40.215 have to be quiet.  
NOTE Confidence: 0.83833754

00:19:40.615 --> 00:19:41.175 So some of the some  
NOTE Confidence: 0.83833754

00:19:41.175 --> 00:19:41.975 of the problems here here  
NOTE Confidence: 0.83833754

00:19:41.975 --> 00:19:42.615 are the issues. So it

NOTE Confidence: 0.83833754

00:19:42.615 --> 00:19:43.494 was like, you know, there's

NOTE Confidence: 0.83833754

00:19:43.494 --> 00:19:44.535 these issues we might call

NOTE Confidence: 0.83833754

00:19:44.535 --> 00:19:46.135 stigma. There's system issues. Gonna

NOTE Confidence: 0.83833754

00:19:46.135 --> 00:19:46.935 try and breeze through these

NOTE Confidence: 0.83833754

00:19:46.935 --> 00:19:47.595 pretty quickly.

NOTE Confidence: 0.9234373

00:19:48.215 --> 00:19:49.335 My family is very much

NOTE Confidence: 0.9234373

00:19:49.335 --> 00:19:50.215 an example of this sort

NOTE Confidence: 0.9234373

00:19:50.215 --> 00:19:51.095 of stigma. This is my

NOTE Confidence: 0.9234373

00:19:51.095 --> 00:19:52.295 grandmother. There was a young

NOTE Confidence: 0.9234373

00:19:52.295 --> 00:19:53.095 woman, there was an older

NOTE Confidence: 0.9234373

00:19:53.095 --> 00:19:54.679 woman. She was very,

NOTE Confidence: 0.95379716

00:19:55.539 --> 00:19:56.179 I talk about it in

NOTE Confidence: 0.95379716

00:19:56.179 --> 00:19:57.539 both books, but very sort

NOTE Confidence: 0.95379716

00:19:57.539 --> 00:19:58.200 of anxious,

NOTE Confidence: 0.993862

00:19:58.740 --> 00:19:59.720 smoked a lot,

NOTE Confidence: 0.92908776

00:20:00.419 --> 00:20:01.240 very hyperactive,  
NOTE Confidence: 0.885485

00:20:01.779 --> 00:20:02.899 and that sort of anxious  
NOTE Confidence: 0.885485

00:20:02.899 --> 00:20:04.100 sort of kinda way, you  
NOTE Confidence: 0.885485

00:20:04.100 --> 00:20:05.299 know, always sort of couldn't,  
NOTE Confidence: 0.885485

00:20:05.299 --> 00:20:06.315 you know, that kinda way.  
NOTE Confidence: 0.96141225

00:20:06.794 --> 00:20:07.514 But she framed it as  
NOTE Confidence: 0.96141225

00:20:07.514 --> 00:20:08.154 well. This is I'm a  
NOTE Confidence: 0.96141225

00:20:08.154 --> 00:20:08.875 I'm a I've had a  
NOTE Confidence: 0.96141225

00:20:08.875 --> 00:20:09.595 hard life. I'm a black  
NOTE Confidence: 0.96141225

00:20:09.595 --> 00:20:10.554 woman. I grew up in  
NOTE Confidence: 0.96141225

00:20:10.554 --> 00:20:12.315 Jim Crow era. Life's tough,  
NOTE Confidence: 0.96141225

00:20:12.315 --> 00:20:13.595 man. And so this is  
NOTE Confidence: 0.96141225

00:20:13.595 --> 00:20:14.075 just the way it is,  
NOTE Confidence: 0.96141225

00:20:14.075 --> 00:20:14.715 and I and I and  
NOTE Confidence: 0.96141225

00:20:14.715 --> 00:20:15.754 I gotta suck it up.  
NOTE Confidence: 0.96141225

00:20:15.754 --> 00:20:16.875 And because someone one day

NOTE Confidence: 0.96141225  
00:20:16.875 --> 00:20:17.994 suggested that maybe she should  
NOTE Confidence: 0.96141225  
00:20:17.994 --> 00:20:18.875 talk to someone, one of  
NOTE Confidence: 0.96141225  
00:20:18.875 --> 00:20:19.534 her church,  
NOTE Confidence: 0.94245684  
00:20:19.914 --> 00:20:20.414 colleagues.  
NOTE Confidence: 0.9225942  
00:20:20.970 --> 00:20:21.690 So how would I do  
NOTE Confidence: 0.9225942  
00:20:21.690 --> 00:20:22.970 that? Doesn't make any sense.  
NOTE Confidence: 0.9225942  
00:20:22.970 --> 00:20:23.530 I'm not gonna talk to  
NOTE Confidence: 0.9225942  
00:20:23.530 --> 00:20:24.570 someone I don't know about  
NOTE Confidence: 0.9225942  
00:20:24.570 --> 00:20:25.450 some problem they can't help  
NOTE Confidence: 0.9225942  
00:20:25.450 --> 00:20:26.410 me with. And that was  
NOTE Confidence: 0.9225942  
00:20:26.410 --> 00:20:27.929 her attitude. So she had  
NOTE Confidence: 0.9225942  
00:20:27.929 --> 00:20:29.710 a daughter, who's my aunt,  
NOTE Confidence: 0.893882  
00:20:30.250 --> 00:20:31.290 who also was had had  
NOTE Confidence: 0.893882  
00:20:31.369 --> 00:20:32.330 was was anxious, but she  
NOTE Confidence: 0.893882  
00:20:32.330 --> 00:20:33.530 actually was was worse because  
NOTE Confidence: 0.893882

00:20:33.530 --> 00:20:35.165 she would have these episodes  
NOTE Confidence: 0.893882

00:20:35.225 --> 00:20:36.665 of anxiety attacks. She just  
NOTE Confidence: 0.893882

00:20:36.665 --> 00:20:38.025 would kinda shut down. And  
NOTE Confidence: 0.893882

00:20:38.025 --> 00:20:38.905 she'd also have periods of  
NOTE Confidence: 0.893882

00:20:38.905 --> 00:20:39.865 reclusiveness where she would just  
NOTE Confidence: 0.893882

00:20:39.865 --> 00:20:41.225 kinda be locked herself up  
NOTE Confidence: 0.893882

00:20:41.225 --> 00:20:42.345 in a room. So our  
NOTE Confidence: 0.893882

00:20:42.345 --> 00:20:43.945 medical terminology would be maybe  
NOTE Confidence: 0.893882

00:20:43.945 --> 00:20:45.245 panic disorder and  
NOTE Confidence: 0.91935253

00:20:45.785 --> 00:20:47.145 major depressive disorder. That's what  
NOTE Confidence: 0.91935253

00:20:47.145 --> 00:20:47.785 we might say in our  
NOTE Confidence: 0.91935253

00:20:47.785 --> 00:20:49.180 in our pseudo lingo. But  
NOTE Confidence: 0.91935253

00:20:49.180 --> 00:20:50.300 in our family's lingo, she  
NOTE Confidence: 0.91935253

00:20:50.300 --> 00:20:51.420 just had a kinda strange  
NOTE Confidence: 0.91935253

00:20:51.420 --> 00:20:52.780 way about it. And that's  
NOTE Confidence: 0.91935253

00:20:52.780 --> 00:20:53.340 the way it was that

NOTE Confidence: 0.91935253

00:20:53.420 --> 00:20:54.380 that's how the stigma sort

NOTE Confidence: 0.91935253

00:20:54.380 --> 00:20:55.820 of manifests itself. And people

NOTE Confidence: 0.91935253

00:20:55.820 --> 00:20:57.260 would maybe not seek care

NOTE Confidence: 0.91935253

00:20:57.260 --> 00:20:57.980 because of these sort of

NOTE Confidence: 0.91935253

00:20:57.980 --> 00:20:59.020 things within their own kinda

NOTE Confidence: 0.91935253

00:20:59.020 --> 00:21:00.619 families and communities. So that's

NOTE Confidence: 0.91935253

00:21:00.619 --> 00:21:02.000 an obviously an important issue.

NOTE Confidence: 0.93865985

00:21:02.945 --> 00:21:03.585 As a quick as a

NOTE Confidence: 0.93865985

00:21:03.585 --> 00:21:05.184 quick aside, though, my aunt

NOTE Confidence: 0.93865985

00:21:05.184 --> 00:21:06.145 lived long enough to see

NOTE Confidence: 0.93865985

00:21:06.145 --> 00:21:07.425 me become a psychiatrist, and

NOTE Confidence: 0.93865985

00:21:07.425 --> 00:21:08.304 she was so happy and

NOTE Confidence: 0.93865985

00:21:08.304 --> 00:21:09.345 grateful that I became a

NOTE Confidence: 0.93865985

00:21:09.345 --> 00:21:10.385 psychiatrist. She thought about how

NOTE Confidence: 0.93865985

00:21:10.465 --> 00:21:11.025 because there's also a lot

NOTE Confidence: 0.93865985

00:21:11.025 --> 00:21:11.905 of thinking about going into  
NOTE Confidence: 0.93865985

00:21:11.905 --> 00:21:13.025 psychiatry, which I mean, talk  
NOTE Confidence: 0.93865985

00:21:13.025 --> 00:21:13.984 about. But she was so  
NOTE Confidence: 0.93865985

00:21:13.984 --> 00:21:14.865 happy to sort of see  
NOTE Confidence: 0.93865985

00:21:14.865 --> 00:21:16.200 that because she knew from  
NOTE Confidence: 0.93865985

00:21:16.200 --> 00:21:16.919 her own side how hard  
NOTE Confidence: 0.93865985

00:21:16.919 --> 00:21:17.960 it was for her, how  
NOTE Confidence: 0.93865985

00:21:17.960 --> 00:21:18.480 hard it was for her  
NOTE Confidence: 0.93865985

00:21:18.480 --> 00:21:19.179 to get help.  
NOTE Confidence: 0.8950825

00:21:19.720 --> 00:21:20.380 So, anyway,  
NOTE Confidence: 0.923885

00:21:20.840 --> 00:21:22.279 this is obvious. Think how  
NOTE Confidence: 0.923885

00:21:22.279 --> 00:21:23.159 hard it's getting in all  
NOTE Confidence: 0.923885

00:21:23.159 --> 00:21:24.440 care. So my wife's a  
NOTE Confidence: 0.923885

00:21:24.440 --> 00:21:26.119 primary care doctor, and if  
NOTE Confidence: 0.923885

00:21:26.119 --> 00:21:26.760 she wants to see get  
NOTE Confidence: 0.923885

00:21:26.760 --> 00:21:27.899 someone to see a

NOTE Confidence: 0.93439746

00:21:28.279 --> 00:21:29.980 a surgeon or cardiologist,

NOTE Confidence: 0.9628761

00:21:30.760 --> 00:21:31.875 boom. It can just happen.

NOTE Confidence: 0.9628761

00:21:32.195 --> 00:21:33.155 She wants someone to see

NOTE Confidence: 0.9628761

00:21:33.155 --> 00:21:34.515 a psychiatrist. It's like moving

NOTE Confidence: 0.9628761

00:21:34.515 --> 00:21:35.315 heaven and earth for that

NOTE Confidence: 0.9628761

00:21:35.315 --> 00:21:36.435 to happen. It's like, can't

NOTE Confidence: 0.9628761

00:21:36.435 --> 00:21:37.395 do it. And so she

NOTE Confidence: 0.9628761

00:21:37.395 --> 00:21:38.515 ends up sort of filling

NOTE Confidence: 0.9628761

00:21:38.515 --> 00:21:39.955 that gap for so many

NOTE Confidence: 0.9628761

00:21:39.955 --> 00:21:41.234 patients. The primary care doctor

NOTE Confidence: 0.9628761

00:21:41.234 --> 00:21:41.955 ends up being the one

NOTE Confidence: 0.9628761

00:21:41.955 --> 00:21:42.515 who sort of has to

NOTE Confidence: 0.9628761

00:21:42.515 --> 00:21:43.795 manage that primary that mental

NOTE Confidence: 0.9628761

00:21:43.795 --> 00:21:45.010 health issue because and that's

NOTE Confidence: 0.9628761

00:21:45.010 --> 00:21:46.450 a big system issue. We're

NOTE Confidence: 0.9628761

00:21:46.450 --> 00:21:47.410 gonna breeze through this part,  
NOTE Confidence: 0.9628761

00:21:47.410 --> 00:21:48.690 but this this this issue  
NOTE Confidence: 0.9628761

00:21:48.690 --> 00:21:49.830 of public and private  
NOTE Confidence: 0.98780173

00:21:50.210 --> 00:21:51.410 is a problem in all  
NOTE Confidence: 0.98780173

00:21:51.410 --> 00:21:52.310 areas of medicine.  
NOTE Confidence: 0.86515766

00:21:52.690 --> 00:21:54.050 I contend that psychiatry is  
NOTE Confidence: 0.86515766

00:21:54.050 --> 00:21:54.550 worse.  
NOTE Confidence: 0.90638405

00:21:55.170 --> 00:21:56.850 Quick quick, really terrible story.  
NOTE Confidence: 0.90638405

00:21:56.850 --> 00:21:57.650 I wanna just preface it  
NOTE Confidence: 0.90638405

00:21:57.650 --> 00:21:58.290 by telling you this is  
NOTE Confidence: 0.90638405

00:21:58.290 --> 00:21:59.425 a terrible story. And that  
NOTE Confidence: 0.90638405

00:21:59.425 --> 00:22:00.145 it was a terrible story  
NOTE Confidence: 0.90638405

00:22:00.145 --> 00:22:00.865 then, but there's a sort  
NOTE Confidence: 0.90638405

00:22:00.865 --> 00:22:01.585 of coda, and it would  
NOTE Confidence: 0.90638405

00:22:01.585 --> 00:22:02.305 actually be a better story  
NOTE Confidence: 0.90638405

00:22:02.305 --> 00:22:03.025 today, but I wanna just

NOTE Confidence: 0.90638405  
00:22:03.025 --> 00:22:03.425 tell it to you so  
NOTE Confidence: 0.90638405  
00:22:03.425 --> 00:22:04.625 you can understand context and  
NOTE Confidence: 0.90638405  
00:22:04.625 --> 00:22:06.225 why it's important. So when  
NOTE Confidence: 0.90638405  
00:22:06.225 --> 00:22:06.945 I was a resident, there  
NOTE Confidence: 0.90638405  
00:22:06.945 --> 00:22:07.505 was a night when I  
NOTE Confidence: 0.90638405  
00:22:07.505 --> 00:22:08.225 was in the ER, and  
NOTE Confidence: 0.90638405  
00:22:08.225 --> 00:22:09.025 then two women that came  
NOTE Confidence: 0.90638405  
00:22:09.025 --> 00:22:10.545 with really similar problems. Both  
NOTE Confidence: 0.90638405  
00:22:10.545 --> 00:22:11.730 extorted them on this kind  
NOTE Confidence: 0.90638405  
00:22:11.890 --> 00:22:12.770 of overdose on some over  
NOTE Confidence: 0.90638405  
00:22:12.770 --> 00:22:14.169 the counter pills. Both need  
NOTE Confidence: 0.90638405  
00:22:14.169 --> 00:22:15.510 to go in inpatient psych.  
NOTE Confidence: 0.82463104  
00:22:16.369 --> 00:22:17.970 Common scenario in in emergency  
NOTE Confidence: 0.82463104  
00:22:17.970 --> 00:22:18.470 psych.  
NOTE Confidence: 0.97690046  
00:22:18.770 --> 00:22:20.230 First woman had health insurance.  
NOTE Confidence: 0.9431379

00:22:21.730 --> 00:22:22.530 That means she could go  
NOTE Confidence: 0.9431379

00:22:22.530 --> 00:22:23.570 to our our the so  
NOTE Confidence: 0.9431379

00:22:23.570 --> 00:22:24.955 the private unit. And the  
NOTE Confidence: 0.9431379

00:22:24.955 --> 00:22:25.835 way that process starts is  
NOTE Confidence: 0.9431379

00:22:25.835 --> 00:22:26.715 that a nurse from the  
NOTE Confidence: 0.9431379

00:22:26.715 --> 00:22:28.095 unit comes to the ED,  
NOTE Confidence: 0.9431379

00:22:28.395 --> 00:22:29.355 orients her to what's gonna  
NOTE Confidence: 0.9431379

00:22:29.355 --> 00:22:30.395 happen when she goes upstairs,  
NOTE Confidence: 0.9431379

00:22:30.395 --> 00:22:31.835 takes her upstairs, or she  
NOTE Confidence: 0.9431379

00:22:31.835 --> 00:22:33.115 gets care. That's how it  
NOTE Confidence: 0.9431379

00:22:33.115 --> 00:22:34.795 should be. Right? Second patient,  
NOTE Confidence: 0.9431379

00:22:34.795 --> 00:22:36.555 no insurance. No insurance means  
NOTE Confidence: 0.9431379

00:22:36.555 --> 00:22:37.855 you can't hardly go anywhere,  
NOTE Confidence: 0.9589569

00:22:39.010 --> 00:22:40.369 particularly mental health. It's just  
NOTE Confidence: 0.9589569

00:22:40.450 --> 00:22:41.490 it's such a it's now  
NOTE Confidence: 0.9589569

00:22:41.490 --> 00:22:42.450 that's certainly then. It's a

NOTE Confidence: 0.9589569

00:22:42.450 --> 00:22:43.730 little better now. Certainly then.

NOTE Confidence: 0.9589569

00:22:43.730 --> 00:22:44.690 And so what that meant

NOTE Confidence: 0.9589569

00:22:44.690 --> 00:22:46.530 was her only recourse was

NOTE Confidence: 0.9589569

00:22:46.530 --> 00:22:48.050 the state hospital. And you

NOTE Confidence: 0.9589569

00:22:48.050 --> 00:22:49.010 might ask yourself, how do

NOTE Confidence: 0.9589569

00:22:49.010 --> 00:22:49.970 you get from the Duke

NOTE Confidence: 0.9589569

00:22:49.970 --> 00:22:51.510 ER to the state hospital?

NOTE Confidence: 0.9589569

00:22:51.730 --> 00:22:52.230 So

NOTE Confidence: 0.91742826

00:22:52.715 --> 00:22:53.515 this is something I didn't

NOTE Confidence: 0.91742826

00:22:53.515 --> 00:22:54.234 know with them, but that

NOTE Confidence: 0.91742826

00:22:54.234 --> 00:22:55.515 varies a lot by state.

NOTE Confidence: 0.91742826

00:22:55.515 --> 00:22:56.395 So here in Connecticut, it's

NOTE Confidence: 0.91742826

00:22:56.395 --> 00:22:57.994 probably an ambulance, particularly someone

NOTE Confidence: 0.91742826

00:22:57.994 --> 00:22:59.035 who was who was, like,

NOTE Confidence: 0.91742826

00:22:59.275 --> 00:23:00.395 she was not, like, acutely,

NOTE Confidence: 0.91742826

00:23:00.395 --> 00:23:01.994 you know, she was  
NOTE Confidence: 0.93643713

00:23:02.315 --> 00:23:03.115 you know, she was she  
NOTE Confidence: 0.93643713

00:23:03.115 --> 00:23:04.395 was remorseful. She sought care  
NOTE Confidence: 0.93643713

00:23:04.395 --> 00:23:05.515 on her own. But in  
NOTE Confidence: 0.93643713

00:23:05.515 --> 00:23:06.715 North Carolina and many other  
NOTE Confidence: 0.93643713

00:23:06.715 --> 00:23:07.215 states,  
NOTE Confidence: 0.81929564

00:23:08.160 --> 00:23:08.660 police.  
NOTE Confidence: 0.97050995

00:23:09.040 --> 00:23:10.400 Just think about that. So  
NOTE Confidence: 0.97050995

00:23:10.400 --> 00:23:11.760 police taking someone from a  
NOTE Confidence: 0.97050995

00:23:11.760 --> 00:23:12.800 hospital to hospital. So that's  
NOTE Confidence: 0.97050995

00:23:12.800 --> 00:23:14.000 a nonmedical thing. Right? That's  
NOTE Confidence: 0.97050995

00:23:14.000 --> 00:23:15.200 not medical. Like, why why  
NOTE Confidence: 0.97050995

00:23:15.200 --> 00:23:16.240 are police involved? And if  
NOTE Confidence: 0.97050995

00:23:16.240 --> 00:23:17.600 police involved, police do police  
NOTE Confidence: 0.97050995

00:23:17.600 --> 00:23:19.220 things. So police things are  
NOTE Confidence: 0.97050995

00:23:19.280 --> 00:23:20.340 handcuffs and

NOTE Confidence: 0.8990307

00:23:20.775 --> 00:23:21.175 sitting in the back of

NOTE Confidence: 0.8990307

00:23:21.175 --> 00:23:22.055 the plea of the spot

NOTE Confidence: 0.8990307

00:23:22.055 --> 00:23:23.255 car. So this is someone

NOTE Confidence: 0.8990307

00:23:23.255 --> 00:23:25.115 seeking medical care voluntarily,

NOTE Confidence: 0.8264001

00:23:25.815 --> 00:23:26.775 and this is what happens.

NOTE Confidence: 0.8264001

00:23:26.775 --> 00:23:27.494 And so you and so

NOTE Confidence: 0.8264001

00:23:27.494 --> 00:23:28.535 it makes you think, is

NOTE Confidence: 0.8264001

00:23:28.535 --> 00:23:29.355 mental health

NOTE Confidence: 0.918372

00:23:29.655 --> 00:23:30.935 a medical issue, or is

NOTE Confidence: 0.918372

00:23:30.935 --> 00:23:31.975 it a criminal issue? Right?

NOTE Confidence: 0.918372

00:23:31.975 --> 00:23:32.695 And so it gets again,

NOTE Confidence: 0.918372

00:23:32.695 --> 00:23:33.335 this idea of how do

NOTE Confidence: 0.918372

00:23:33.335 --> 00:23:34.375 we how is our society

NOTE Confidence: 0.918372

00:23:34.375 --> 00:23:35.415 even defining what these things

NOTE Confidence: 0.918372

00:23:35.415 --> 00:23:36.480 are? And that then determines

NOTE Confidence: 0.918372

00:23:36.480 --> 00:23:37.440 the outcomes that we sort  
NOTE Confidence: 0.918372

00:23:37.440 --> 00:23:38.720 of see. Now that was  
NOTE Confidence: 0.918372

00:23:38.720 --> 00:23:40.080 terrible. And but because of  
NOTE Confidence: 0.918372

00:23:40.080 --> 00:23:40.960 the sort of things like  
NOTE Confidence: 0.918372

00:23:40.960 --> 00:23:42.160 that, many of us who  
NOTE Confidence: 0.918372

00:23:42.160 --> 00:23:43.200 worked in that setting began  
NOTE Confidence: 0.918372

00:23:43.200 --> 00:23:44.080 to sort of sort of  
NOTE Confidence: 0.918372

00:23:44.080 --> 00:23:45.280 try and take action. This  
NOTE Confidence: 0.918372

00:23:45.280 --> 00:23:45.920 is sort of the the  
NOTE Confidence: 0.918372

00:23:45.920 --> 00:23:47.220 positive side of the story.  
NOTE Confidence: 0.918372

00:23:47.280 --> 00:23:48.494 And so we started doing  
NOTE Confidence: 0.918372

00:23:48.494 --> 00:23:49.535 some research looking into not  
NOTE Confidence: 0.918372

00:23:49.535 --> 00:23:50.255 to me, but a lot  
NOTE Confidence: 0.918372

00:23:50.255 --> 00:23:51.375 of my colleagues. Looking into,  
NOTE Confidence: 0.918372

00:23:51.375 --> 00:23:52.655 like, how are black patients  
NOTE Confidence: 0.918372

00:23:52.655 --> 00:23:53.615 treated? So I didn't tell

NOTE Confidence: 0.918372

00:23:53.615 --> 00:23:54.675 you the idea that this

NOTE Confidence: 0.918372

00:23:54.734 --> 00:23:55.935 is based on race, so

NOTE Confidence: 0.918372

00:23:55.935 --> 00:23:57.295 that probably could've guessed that.

NOTE Confidence: 0.918372

00:23:57.295 --> 00:23:58.415 The black woman this woman

NOTE Confidence: 0.918372

00:23:58.415 --> 00:23:59.455 got transferred by police with

NOTE Confidence: 0.918372

00:23:59.455 --> 00:24:00.275 a black woman.

NOTE Confidence: 0.92690265

00:24:00.730 --> 00:24:01.049 Didn't have to be the

NOTE Confidence: 0.92690265

00:24:01.049 --> 00:24:01.769 way, but that's how it

NOTE Confidence: 0.92690265

00:24:01.769 --> 00:24:02.490 often could be because it's

NOTE Confidence: 0.92690265

00:24:02.490 --> 00:24:04.109 based on, you know, economic

NOTE Confidence: 0.92690265

00:24:04.169 --> 00:24:04.970 staffing and that sort of

NOTE Confidence: 0.92690265

00:24:04.970 --> 00:24:05.730 thing. And so we start

NOTE Confidence: 0.92690265

00:24:05.850 --> 00:24:06.730 we started looking at, like,

NOTE Confidence: 0.92690265

00:24:06.730 --> 00:24:08.330 how are patients insured or

NOTE Confidence: 0.92690265

00:24:08.330 --> 00:24:09.090 black? How they're being treated

NOTE Confidence: 0.92690265

00:24:09.090 --> 00:24:09.769 in the ED? What are  
NOTE Confidence: 0.92690265

00:24:09.769 --> 00:24:10.570 some of the disparities we're  
NOTE Confidence: 0.92690265

00:24:10.570 --> 00:24:11.070 seeing?  
NOTE Confidence: 0.8900066

00:24:11.450 --> 00:24:12.169 Couldn't get a lot of  
NOTE Confidence: 0.8900066

00:24:12.169 --> 00:24:13.695 information about that. But it  
NOTE Confidence: 0.8900066

00:24:13.695 --> 00:24:14.414 was also we had a  
NOTE Confidence: 0.8900066

00:24:14.414 --> 00:24:15.534 summons that advocated the state  
NOTE Confidence: 0.8900066

00:24:15.534 --> 00:24:16.654 level. So now North Carolina  
NOTE Confidence: 0.8900066

00:24:16.654 --> 00:24:17.955 as of nine twenty nineteen  
NOTE Confidence: 0.8900066

00:24:18.015 --> 00:24:19.615 has sort of loosened that  
NOTE Confidence: 0.8900066

00:24:19.615 --> 00:24:20.414 law. It it and the  
NOTE Confidence: 0.8900066

00:24:20.414 --> 00:24:21.215 police don't have to be  
NOTE Confidence: 0.8900066

00:24:21.215 --> 00:24:22.494 defaulted. So we would have  
NOTE Confidence: 0.8900066

00:24:22.494 --> 00:24:23.455 discretion about how we get  
NOTE Confidence: 0.8900066

00:24:23.455 --> 00:24:24.654 transferred. So this person now,  
NOTE Confidence: 0.8900066

00:24:24.654 --> 00:24:25.470 this wouldn't happen.

NOTE Confidence: 0.97116745

00:24:25.789 --> 00:24:26.669 It was only because of

NOTE Confidence: 0.97116745

00:24:26.669 --> 00:24:27.630 the effort of people sort

NOTE Confidence: 0.97116745

00:24:27.630 --> 00:24:28.429 of trying to make that

NOTE Confidence: 0.97116745

00:24:28.429 --> 00:24:29.309 happen. So I I would

NOTE Confidence: 0.97116745

00:24:29.309 --> 00:24:29.950 tell you guys, if you

NOTE Confidence: 0.97116745

00:24:29.950 --> 00:24:30.510 live in a place where

NOTE Confidence: 0.97116745

00:24:30.510 --> 00:24:31.650 you think things are terrible,

NOTE Confidence: 0.9490652

00:24:32.109 --> 00:24:32.990 you can only make things

NOTE Confidence: 0.9490652

00:24:32.990 --> 00:24:34.109 better by advocacy. Like, if

NOTE Confidence: 0.9490652

00:24:34.109 --> 00:24:34.909 you just wanna sit back

NOTE Confidence: 0.9490652

00:24:34.909 --> 00:24:35.869 and sort of complain, things

NOTE Confidence: 0.9490652

00:24:35.869 --> 00:24:37.070 aren't gonna things are just

NOTE Confidence: 0.9490652

00:24:37.070 --> 00:24:38.265 gonna continue to stay bad.

NOTE Confidence: 0.9490652

00:24:38.425 --> 00:24:39.145 And so I just wanted

NOTE Confidence: 0.9490652

00:24:39.145 --> 00:24:39.865 to give that lesson to

NOTE Confidence: 0.9490652

00:24:39.865 --> 00:24:40.345 you guys of how you  
NOTE Confidence: 0.9490652

00:24:40.345 --> 00:24:41.385 can sort of take something  
NOTE Confidence: 0.9490652

00:24:41.385 --> 00:24:42.265 that's terrible and try and  
NOTE Confidence: 0.9490652

00:24:42.265 --> 00:24:42.984 turn it into something that's  
NOTE Confidence: 0.9490652

00:24:42.984 --> 00:24:44.025 much better. And that's what  
NOTE Confidence: 0.9490652

00:24:44.025 --> 00:24:44.665 we feel like we did  
NOTE Confidence: 0.9490652

00:24:44.665 --> 00:24:46.025 in this particular case. So  
NOTE Confidence: 0.9490652

00:24:46.025 --> 00:24:46.984 kind of moving forward, going  
NOTE Confidence: 0.9490652

00:24:46.984 --> 00:24:47.865 back to to our our  
NOTE Confidence: 0.9490652

00:24:47.865 --> 00:24:49.145 quote from James Baldwin. What  
NOTE Confidence: 0.9490652

00:24:49.145 --> 00:24:49.945 are some things that I  
NOTE Confidence: 0.9490652

00:24:49.945 --> 00:24:50.665 try to do in this  
NOTE Confidence: 0.9490652

00:24:50.665 --> 00:24:51.165 space?  
NOTE Confidence: 0.9497312

00:24:51.690 --> 00:24:52.649 I told you earlier about  
NOTE Confidence: 0.9497312

00:24:52.649 --> 00:24:53.769 how my primary care doctors  
NOTE Confidence: 0.9497312

00:24:53.769 --> 00:24:54.809 do all this stuff. They're

NOTE Confidence: 0.9497312

00:24:54.809 --> 00:24:55.690 the ones handling the bulk

NOTE Confidence: 0.9497312

00:24:55.690 --> 00:24:56.809 of all this mental health

NOTE Confidence: 0.9497312

00:24:56.809 --> 00:24:58.330 stuff. Right? And they're not

NOTE Confidence: 0.9497312

00:24:58.330 --> 00:25:00.090 trained very well-to-do that by

NOTE Confidence: 0.9497312

00:25:00.090 --> 00:25:01.130 and large unless they sort

NOTE Confidence: 0.9497312

00:25:01.130 --> 00:25:01.690 of seek,

NOTE Confidence: 0.969042

00:25:02.409 --> 00:25:03.529 additional education on their own.

NOTE Confidence: 0.969042

00:25:03.529 --> 00:25:04.515 They're really not trained for

NOTE Confidence: 0.969042

00:25:04.515 --> 00:25:05.554 that. My wife did a

NOTE Confidence: 0.969042

00:25:05.554 --> 00:25:06.675 a rotation in med school

NOTE Confidence: 0.969042

00:25:06.675 --> 00:25:08.195 at a inpatient site, and

NOTE Confidence: 0.969042

00:25:08.195 --> 00:25:09.075 all she saw during that

NOTE Confidence: 0.969042

00:25:09.155 --> 00:25:10.275 those six weeks were people

NOTE Confidence: 0.969042

00:25:10.275 --> 00:25:11.715 who were very ill, who

NOTE Confidence: 0.969042

00:25:11.715 --> 00:25:12.915 were in seclusion rooms, who

NOTE Confidence: 0.969042

00:25:12.915 --> 00:25:15.655 were getting complicated antipsychotic medications.

NOTE Confidence: 0.969042

00:25:15.955 --> 00:25:16.835 None of that's really helpful

NOTE Confidence: 0.969042

00:25:16.835 --> 00:25:17.475 for what she has to

NOTE Confidence: 0.969042

00:25:17.475 --> 00:25:18.595 see in everyday practice in

NOTE Confidence: 0.969042

00:25:18.595 --> 00:25:19.970 a clinical setting at all,

NOTE Confidence: 0.969042

00:25:19.970 --> 00:25:21.010 honestly. And so I think

NOTE Confidence: 0.969042

00:25:21.010 --> 00:25:21.730 it was she was actually

NOTE Confidence: 0.969042

00:25:21.730 --> 00:25:22.609 ill served by that by

NOTE Confidence: 0.969042

00:25:22.609 --> 00:25:24.290 that, experience. And so what

NOTE Confidence: 0.969042

00:25:24.290 --> 00:25:25.890 I've done with the VA

NOTE Confidence: 0.969042

00:25:25.890 --> 00:25:26.770 side for years is I've

NOTE Confidence: 0.969042

00:25:26.770 --> 00:25:27.910 been part of this integrated

NOTE Confidence: 0.930315

00:25:28.290 --> 00:25:30.050 primary care mental health team,

NOTE Confidence: 0.930315

00:25:30.050 --> 00:25:31.170 where I actually am the

NOTE Confidence: 0.930315

00:25:31.170 --> 00:25:31.970 sort of the director of

NOTE Confidence: 0.930315

00:25:31.970 --> 00:25:33.090 this team where we work  
NOTE Confidence: 0.930315

00:25:33.090 --> 00:25:34.150 in medical clinics  
NOTE Confidence: 0.9567654

00:25:34.565 --> 00:25:35.945 as mental health people on-site.  
NOTE Confidence: 0.9567654

00:25:36.165 --> 00:25:36.885 And so if a person  
NOTE Confidence: 0.9567654

00:25:36.885 --> 00:25:38.265 has a mental health issue  
NOTE Confidence: 0.9567654

00:25:38.405 --> 00:25:39.684 identified in a medical setting,  
NOTE Confidence: 0.9567654

00:25:39.684 --> 00:25:40.804 they could then immediately sort  
NOTE Confidence: 0.9567654

00:25:40.804 --> 00:25:41.365 of see one of our  
NOTE Confidence: 0.9567654

00:25:41.365 --> 00:25:42.645 team members, do initial sort  
NOTE Confidence: 0.9567654

00:25:42.645 --> 00:25:43.445 of assessment to figure out  
NOTE Confidence: 0.9567654

00:25:43.445 --> 00:25:44.645 what's next steps are. Because  
NOTE Confidence: 0.9567654

00:25:44.645 --> 00:25:45.684 the old model is someone  
NOTE Confidence: 0.9567654

00:25:45.684 --> 00:25:46.645 comes to a cell like  
NOTE Confidence: 0.9567654

00:25:46.645 --> 00:25:47.924 this, they someone puts in  
NOTE Confidence: 0.9567654

00:25:47.924 --> 00:25:49.300 a referral, and about two  
NOTE Confidence: 0.9567654

00:25:49.300 --> 00:25:49.940 thirds of the time, the

NOTE Confidence: 0.9567654  
00:25:49.940 --> 00:25:51.619 person never never happens. Now  
NOTE Confidence: 0.9567654  
00:25:51.619 --> 00:25:52.500 whether it's because that person  
NOTE Confidence: 0.9567654  
00:25:52.500 --> 00:25:53.140 doesn't wanna go to the  
NOTE Confidence: 0.9567654  
00:25:53.140 --> 00:25:54.420 basement and be labeled a  
NOTE Confidence: 0.9567654  
00:25:54.420 --> 00:25:55.700 crazy person, because that's sort  
NOTE Confidence: 0.9567654  
00:25:55.700 --> 00:25:56.580 of what the messages might  
NOTE Confidence: 0.9567654  
00:25:56.580 --> 00:25:57.700 be might be telling them,  
NOTE Confidence: 0.9567654  
00:25:57.700 --> 00:25:58.900 or maybe there's, like, there's  
NOTE Confidence: 0.9567654  
00:25:58.900 --> 00:26:00.020 all sort of barriers to  
NOTE Confidence: 0.9567654  
00:26:00.020 --> 00:26:01.220 that happening. And so being  
NOTE Confidence: 0.9567654  
00:26:01.220 --> 00:26:03.244 there on-site, it kinda disabuses  
NOTE Confidence: 0.9567654  
00:26:03.305 --> 00:26:03.865 all of us to the  
NOTE Confidence: 0.9567654  
00:26:03.865 --> 00:26:04.825 idea that these things are  
NOTE Confidence: 0.9567654  
00:26:04.825 --> 00:26:05.785 separate. Like, it's not this  
NOTE Confidence: 0.9567654  
00:26:05.785 --> 00:26:06.665 idea that there's a mental  
NOTE Confidence: 0.9567654

00:26:06.665 --> 00:26:07.705 care, there's physical care. It's  
NOTE Confidence: 0.9567654

00:26:07.705 --> 00:26:08.984 kinda all medical care. Right?  
NOTE Confidence: 0.9567654

00:26:08.984 --> 00:26:09.705 And so I think that's  
NOTE Confidence: 0.9567654

00:26:09.705 --> 00:26:10.345 the thing that I I  
NOTE Confidence: 0.9567654

00:26:10.345 --> 00:26:11.225 really would like to to  
NOTE Confidence: 0.9567654

00:26:11.225 --> 00:26:12.105 sort of impress upon you  
NOTE Confidence: 0.9567654

00:26:12.105 --> 00:26:13.545 guys. I also do this  
NOTE Confidence: 0.9567654

00:26:13.545 --> 00:26:14.905 course for for medical students  
NOTE Confidence: 0.9567654

00:26:14.905 --> 00:26:15.705 where I teach them about  
NOTE Confidence: 0.9567654

00:26:15.705 --> 00:26:17.040 things that are not the  
NOTE Confidence: 0.9567654

00:26:17.040 --> 00:26:18.080 usual things you learn in  
NOTE Confidence: 0.9567654

00:26:18.080 --> 00:26:19.940 a psychiatry rotation. So perinatal  
NOTE Confidence: 0.9567654

00:26:20.000 --> 00:26:20.500 psychiatry,  
NOTE Confidence: 0.72293913

00:26:21.360 --> 00:26:22.160 had a really interested in  
NOTE Confidence: 0.72293913

00:26:22.160 --> 00:26:23.300 that because you we've  
NOTE Confidence: 0.90505815

00:26:23.760 --> 00:26:24.880 all heard about there these

NOTE Confidence: 0.90505815

00:26:24.880 --> 00:26:26.020 maternal health disparities

NOTE Confidence: 0.93402064

00:26:26.640 --> 00:26:28.080 often with black women sort

NOTE Confidence: 0.93402064

00:26:28.080 --> 00:26:29.200 of getting divorced to that.

NOTE Confidence: 0.93402064

00:26:29.200 --> 00:26:30.080 For the longest time, I

NOTE Confidence: 0.93402064

00:26:30.080 --> 00:26:31.440 thought, well, that's mostly mediated

NOTE Confidence: 0.93402064

00:26:31.440 --> 00:26:32.340 by things like

NOTE Confidence: 0.8978022

00:26:32.744 --> 00:26:35.065 eclampsia or diabetes or turns

NOTE Confidence: 0.8978022

00:26:35.065 --> 00:26:36.025 out mental health issues are

NOTE Confidence: 0.8978022

00:26:36.025 --> 00:26:37.465 actually the biggest mediator. That's

NOTE Confidence: 0.8978022

00:26:37.465 --> 00:26:38.345 an amazing thing that I

NOTE Confidence: 0.8978022

00:26:38.345 --> 00:26:39.305 didn't even know. So a

NOTE Confidence: 0.8978022

00:26:39.305 --> 00:26:40.425 future OB GYN should know

NOTE Confidence: 0.8978022

00:26:40.425 --> 00:26:41.465 that. And so my goal

NOTE Confidence: 0.8978022

00:26:41.465 --> 00:26:42.025 is to really talk to

NOTE Confidence: 0.8978022

00:26:42.025 --> 00:26:42.905 OB GYNs about how do

NOTE Confidence: 0.8978022

00:26:42.905 --> 00:26:44.105 we identify mental health issues

NOTE Confidence: 0.8978022

00:26:44.105 --> 00:26:45.145 and to address them in

NOTE Confidence: 0.8978022

00:26:45.145 --> 00:26:45.945 in people in that in

NOTE Confidence: 0.8978022

00:26:45.945 --> 00:26:46.525 that side.

NOTE Confidence: 0.89938146

00:26:46.840 --> 00:26:47.640 Community care, we talk about

NOTE Confidence: 0.89938146

00:26:47.640 --> 00:26:48.360 people going to pee, you

NOTE Confidence: 0.89938146

00:26:48.360 --> 00:26:49.560 know, about psych. But I

NOTE Confidence: 0.89938146

00:26:49.560 --> 00:26:50.520 also take students to these

NOTE Confidence: 0.89938146

00:26:50.520 --> 00:26:51.720 sort of settings. I take

NOTE Confidence: 0.89938146

00:26:51.720 --> 00:26:52.760 students to the county jail,

NOTE Confidence: 0.89938146

00:26:52.760 --> 00:26:53.980 which is, gosh. You know?

NOTE Confidence: 0.89938146

00:26:54.119 --> 00:26:55.080 See mental health there is

NOTE Confidence: 0.89938146

00:26:55.080 --> 00:26:56.360 is quite a sight. Take

NOTE Confidence: 0.89938146

00:26:56.360 --> 00:26:57.240 them there. But they need

NOTE Confidence: 0.89938146

00:26:57.240 --> 00:26:57.880 to see that. They need

NOTE Confidence: 0.89938146

00:26:57.880 --> 00:26:58.440 to see what's like that.

NOTE Confidence: 0.89938146  
00:26:58.440 --> 00:26:59.320 This is the biggest mental  
NOTE Confidence: 0.89938146  
00:26:59.320 --> 00:27:00.119 health provider we have in  
NOTE Confidence: 0.89938146  
00:27:00.119 --> 00:27:00.955 our area. They should see  
NOTE Confidence: 0.89938146  
00:27:00.955 --> 00:27:01.675 that. They should be able  
NOTE Confidence: 0.89938146  
00:27:01.675 --> 00:27:02.395 to understand and see what  
NOTE Confidence: 0.89938146  
00:27:02.395 --> 00:27:03.435 it actually looks like. I  
NOTE Confidence: 0.89938146  
00:27:03.435 --> 00:27:04.395 take them to these places.  
NOTE Confidence: 0.89938146  
00:27:04.395 --> 00:27:05.115 This is what I didn't  
NOTE Confidence: 0.89938146  
00:27:05.115 --> 00:27:05.755 know how to do when  
NOTE Confidence: 0.89938146  
00:27:05.755 --> 00:27:06.795 I was at, when I  
NOTE Confidence: 0.89938146  
00:27:06.795 --> 00:27:07.515 saw the woman in the  
NOTE Confidence: 0.89938146  
00:27:07.515 --> 00:27:08.155 ED. So I take them  
NOTE Confidence: 0.89938146  
00:27:08.155 --> 00:27:08.795 there to these sites where  
NOTE Confidence: 0.89938146  
00:27:08.795 --> 00:27:09.835 they can actually learn and  
NOTE Confidence: 0.89938146  
00:27:09.835 --> 00:27:10.715 see what it actually is  
NOTE Confidence: 0.89938146

00:27:10.715 --> 00:27:11.915 like to do to work  
NOTE Confidence: 0.89938146

00:27:11.915 --> 00:27:12.795 and say what people have  
NOTE Confidence: 0.89938146

00:27:12.795 --> 00:27:14.340 about opium problems. I take  
NOTE Confidence: 0.89938146

00:27:14.340 --> 00:27:15.100 him to a clubhouse. I'll  
NOTE Confidence: 0.89938146

00:27:15.100 --> 00:27:15.659 tell you about that in  
NOTE Confidence: 0.89938146

00:27:15.659 --> 00:27:16.700 a second. And I also  
NOTE Confidence: 0.89938146

00:27:16.700 --> 00:27:17.740 think it's a really fancy,  
NOTE Confidence: 0.89938146

00:27:17.980 --> 00:27:18.859 eating disorder place. I I  
NOTE Confidence: 0.89938146

00:27:18.859 --> 00:27:20.080 do other things too, but  
NOTE Confidence: 0.89938146

00:27:20.140 --> 00:27:21.179 this this is like state  
NOTE Confidence: 0.89938146

00:27:21.179 --> 00:27:22.220 of the art place. Eating  
NOTE Confidence: 0.89938146

00:27:22.220 --> 00:27:23.580 disorders are really complicated, really  
NOTE Confidence: 0.89938146

00:27:23.580 --> 00:27:24.080 important,  
NOTE Confidence: 0.92016983

00:27:24.460 --> 00:27:26.140 but it's it's also a  
NOTE Confidence: 0.92016983

00:27:26.140 --> 00:27:27.340 a certain demographic that tends  
NOTE Confidence: 0.92016983

00:27:27.340 --> 00:27:28.059 to be more afflicted by

NOTE Confidence: 0.92016983

00:27:28.059 --> 00:27:28.799 eating disorders.

NOTE Confidence: 0.7861747

00:27:29.244 --> 00:27:30.284 I actually asked the question

NOTE Confidence: 0.7861747

00:27:30.284 --> 00:27:30.924 to themselves. I don't I

NOTE Confidence: 0.7861747

00:27:30.924 --> 00:27:31.484 don't beat it over the

NOTE Confidence: 0.7861747

00:27:31.484 --> 00:27:32.205 head, but they can sort

NOTE Confidence: 0.7861747

00:27:32.205 --> 00:27:33.725 of see themselves at why

NOTE Confidence: 0.7861747

00:27:33.725 --> 00:27:35.424 some settings have really appropriate

NOTE Confidence: 0.7861747

00:27:35.484 --> 00:27:37.345 fancies care, why do others

NOTE Confidence: 0.7861747

00:27:37.484 --> 00:27:38.684 be careless like crap? And

NOTE Confidence: 0.7861747

00:27:38.684 --> 00:27:39.404 and and, like, what's that?

NOTE Confidence: 0.7861747

00:27:39.404 --> 00:27:40.605 And then why I want

NOTE Confidence: 0.7861747

00:27:40.605 --> 00:27:41.550 people to ask questions

NOTE Confidence: 0.9378847

00:27:41.950 --> 00:27:42.750 about that. And it's not

NOTE Confidence: 0.9378847

00:27:42.750 --> 00:27:43.310 for me to preach to

NOTE Confidence: 0.9378847

00:27:43.310 --> 00:27:44.030 them, not not me to

NOTE Confidence: 0.9378847

00:27:44.030 --> 00:27:44.510 be with them. I want  
NOTE Confidence: 0.9378847

00:27:44.510 --> 00:27:45.070 them to see it. And  
NOTE Confidence: 0.9378847

00:27:45.070 --> 00:27:45.790 and several students have told  
NOTE Confidence: 0.9378847

00:27:45.790 --> 00:27:46.990 me that they've learned more  
NOTE Confidence: 0.9378847

00:27:46.990 --> 00:27:48.590 about social determinants of health  
NOTE Confidence: 0.9378847

00:27:48.590 --> 00:27:49.230 or whatever you wanna call  
NOTE Confidence: 0.9378847

00:27:49.230 --> 00:27:50.750 it from seeing this than  
NOTE Confidence: 0.9378847

00:27:50.750 --> 00:27:52.110 anyone giving them a lecture.  
NOTE Confidence: 0.9378847

00:27:52.110 --> 00:27:52.750 You can just sort of  
NOTE Confidence: 0.9378847

00:27:52.750 --> 00:27:53.390 see it and you can  
NOTE Confidence: 0.9378847

00:27:53.390 --> 00:27:54.430 understand it and really feel  
NOTE Confidence: 0.9378847

00:27:54.430 --> 00:27:54.930 it.  
NOTE Confidence: 0.93770176

00:27:55.234 --> 00:27:55.955 And so the thing that  
NOTE Confidence: 0.93770176

00:27:55.955 --> 00:27:56.994 I wanna kinda wrap up  
NOTE Confidence: 0.93770176

00:27:56.994 --> 00:27:58.035 with is that this is  
NOTE Confidence: 0.93770176

00:27:58.035 --> 00:27:59.315 a traditional model of how

NOTE Confidence: 0.93770176  
00:27:59.315 --> 00:28:00.455 people learn about psychiatry.  
NOTE Confidence: 0.99701643  
00:28:01.635 --> 00:28:02.135 Hospital,  
NOTE Confidence: 0.99664164  
00:28:02.595 --> 00:28:03.095 ER,  
NOTE Confidence: 0.92545664  
00:28:03.635 --> 00:28:04.135 isolation,  
NOTE Confidence: 0.94154847  
00:28:04.435 --> 00:28:05.635 people in their worst moments,  
NOTE Confidence: 0.94154847  
00:28:05.635 --> 00:28:06.515 like the most maybe the  
NOTE Confidence: 0.94154847  
00:28:06.515 --> 00:28:07.555 worst state of their lives.  
NOTE Confidence: 0.94154847  
00:28:07.555 --> 00:28:08.195 This is what you see  
NOTE Confidence: 0.94154847  
00:28:08.195 --> 00:28:09.635 in psychiatry when you learn  
NOTE Confidence: 0.94154847  
00:28:09.635 --> 00:28:10.570 about it. That's you need  
NOTE Confidence: 0.94154847  
00:28:10.650 --> 00:28:11.450 that's important. You need to  
NOTE Confidence: 0.94154847  
00:28:11.450 --> 00:28:12.010 know how to do that,  
NOTE Confidence: 0.94154847  
00:28:12.010 --> 00:28:12.570 but you also need to  
NOTE Confidence: 0.94154847  
00:28:12.570 --> 00:28:14.050 see there's another side. So  
NOTE Confidence: 0.94154847  
00:28:14.170 --> 00:28:15.210 and so this is an  
NOTE Confidence: 0.94154847

00:28:15.210 --> 00:28:16.010 example of this is a  
NOTE Confidence: 0.94154847

00:28:16.010 --> 00:28:16.970 clubhouse. This is like a  
NOTE Confidence: 0.94154847

00:28:16.970 --> 00:28:18.570 clubhouse designed for people who  
NOTE Confidence: 0.94154847

00:28:18.570 --> 00:28:20.590 have severe mental illness, schizophrenia,  
NOTE Confidence: 0.94154847

00:28:20.810 --> 00:28:22.605 alcohol disorder, etcetera. But it's  
NOTE Confidence: 0.94154847

00:28:22.605 --> 00:28:23.565 like a nonmedical way of  
NOTE Confidence: 0.94154847

00:28:23.565 --> 00:28:24.684 thinking about how how can  
NOTE Confidence: 0.94154847

00:28:24.684 --> 00:28:25.645 they engage with the world?  
NOTE Confidence: 0.94154847

00:28:25.645 --> 00:28:26.605 How can they learn job  
NOTE Confidence: 0.94154847

00:28:26.605 --> 00:28:27.725 skills training? How can they  
NOTE Confidence: 0.94154847

00:28:27.725 --> 00:28:29.085 get education? How can they  
NOTE Confidence: 0.94154847

00:28:29.085 --> 00:28:30.385 learn how to eat better?  
NOTE Confidence: 0.94154847

00:28:30.445 --> 00:28:32.045 Really practical, helpful sort of  
NOTE Confidence: 0.94154847

00:28:32.045 --> 00:28:33.244 things. How can they feel  
NOTE Confidence: 0.94154847

00:28:33.244 --> 00:28:35.585 more human? Right? And so  
NOTE Confidence: 0.947361

00:28:36.460 --> 00:28:37.740 about several years back now,

NOTE Confidence: 0.947361

00:28:37.740 --> 00:28:38.640 I had a student

NOTE Confidence: 0.9539208

00:28:38.940 --> 00:28:40.300 who saw a woman in

NOTE Confidence: 0.9539208

00:28:40.300 --> 00:28:41.200 this kind of setting.

NOTE Confidence: 0.903777

00:28:41.820 --> 00:28:43.020 And so, you know, very

NOTE Confidence: 0.903777

00:28:43.020 --> 00:28:44.380 big traditional model. She, like,

NOTE Confidence: 0.903777

00:28:44.380 --> 00:28:45.580 had got forced medicines, the

NOTE Confidence: 0.903777

00:28:45.580 --> 00:28:46.700 usual sort of stuff that's,

NOTE Confidence: 0.903777

00:28:46.700 --> 00:28:47.840 you know, tough to see.

NOTE Confidence: 0.962188

00:28:48.235 --> 00:28:49.674 Just by chance, he was

NOTE Confidence: 0.962188

00:28:49.674 --> 00:28:51.195 on his rotation with me,

NOTE Confidence: 0.962188

00:28:51.195 --> 00:28:52.235 and he saw that same

NOTE Confidence: 0.962188

00:28:52.235 --> 00:28:53.695 woman in this setting.

NOTE Confidence: 0.99577963

00:28:54.154 --> 00:28:55.695 And his reaction was,

NOTE Confidence: 0.96706116

00:28:56.075 --> 00:28:57.434 I can't believe it. How

NOTE Confidence: 0.96706116

00:28:57.434 --> 00:28:58.235 can they be the same

NOTE Confidence: 0.96706116

00:28:58.235 --> 00:28:59.434 woman? Because he had been  
NOTE Confidence: 0.96706116

00:28:59.434 --> 00:29:00.495 conditioned to think  
NOTE Confidence: 0.99478203

00:29:00.960 --> 00:29:01.460 schizophrenia  
NOTE Confidence: 0.9028371

00:29:02.240 --> 00:29:04.240 is this or that. It  
NOTE Confidence: 0.9028371

00:29:04.240 --> 00:29:05.440 couldn't be someone who actually  
NOTE Confidence: 0.9028371

00:29:05.440 --> 00:29:06.720 is actually functioning, and that's  
NOTE Confidence: 0.9028371

00:29:06.720 --> 00:29:08.320 how the medical model can  
NOTE Confidence: 0.9028371

00:29:08.320 --> 00:29:09.840 actually cause more problems and  
NOTE Confidence: 0.9028371

00:29:09.840 --> 00:29:10.799 cause more harm than good  
NOTE Confidence: 0.9028371

00:29:10.799 --> 00:29:11.760 in some ways. Because you  
NOTE Confidence: 0.9028371

00:29:11.760 --> 00:29:12.399 need a balance. You need  
NOTE Confidence: 0.9028371

00:29:12.399 --> 00:29:13.039 to see both. You need  
NOTE Confidence: 0.9028371

00:29:13.039 --> 00:29:13.965 to see there's a spectrum,  
NOTE Confidence: 0.9028371

00:29:14.044 --> 00:29:14.845 that people are on a  
NOTE Confidence: 0.9028371

00:29:14.845 --> 00:29:15.565 spectrum. And so you may  
NOTE Confidence: 0.9028371

00:29:15.565 --> 00:29:16.684 see this person here. They

NOTE Confidence: 0.9028371

00:29:16.684 --> 00:29:17.565 may be their worst moment,

NOTE Confidence: 0.9028371

00:29:17.565 --> 00:29:18.445 but that may be just

NOTE Confidence: 0.9028371

00:29:18.445 --> 00:29:19.245 one day, and it may

NOTE Confidence: 0.9028371

00:29:19.245 --> 00:29:20.705 be much better six months

NOTE Confidence: 0.9028371

00:29:20.765 --> 00:29:21.804 from now. So you guys

NOTE Confidence: 0.9028371

00:29:21.804 --> 00:29:22.525 get my point? That's a

NOTE Confidence: 0.9028371

00:29:22.525 --> 00:29:23.565 really, really important part about

NOTE Confidence: 0.9028371

00:29:23.565 --> 00:29:24.765 how medical model needs to

NOTE Confidence: 0.9028371

00:29:24.765 --> 00:29:25.485 change, which is how we

NOTE Confidence: 0.9028371

00:29:25.485 --> 00:29:27.230 educate people psychiatry. And so

NOTE Confidence: 0.9028371

00:29:27.230 --> 00:29:27.790 these are the groups of

NOTE Confidence: 0.9028371

00:29:27.790 --> 00:29:28.830 students I've worked with over

NOTE Confidence: 0.9028371

00:29:28.830 --> 00:29:29.710 the years. I was kinda

NOTE Confidence: 0.9028371

00:29:29.710 --> 00:29:30.590 stayed out of the old

NOTE Confidence: 0.9028371

00:29:30.590 --> 00:29:32.130 guy, my boys on faces.

NOTE Confidence: 0.9028371

00:29:32.270 --> 00:29:33.230 And, so we we go  
NOTE Confidence: 0.9028371

00:29:33.230 --> 00:29:34.110 to these site visits, and  
NOTE Confidence: 0.9028371

00:29:34.110 --> 00:29:34.990 we sort of we even  
NOTE Confidence: 0.9028371

00:29:34.990 --> 00:29:36.190 talk about our experience. We  
NOTE Confidence: 0.9028371

00:29:36.190 --> 00:29:36.990 talk about what it's like.  
NOTE Confidence: 0.9028371

00:29:36.990 --> 00:29:37.550 You know? What it was  
NOTE Confidence: 0.9028371

00:29:37.550 --> 00:29:38.910 like to experience that, and  
NOTE Confidence: 0.9028371

00:29:38.910 --> 00:29:39.870 to learn from it. And  
NOTE Confidence: 0.9028371

00:29:39.870 --> 00:29:40.830 so I wanna leave you  
NOTE Confidence: 0.9028371

00:29:40.830 --> 00:29:42.210 with this, final quote,  
NOTE Confidence: 0.9199596

00:29:42.525 --> 00:29:44.045 and I'll be done. Kinda  
NOTE Confidence: 0.9199596

00:29:44.045 --> 00:29:44.865 made it in time.  
NOTE Confidence: 0.8912479

00:29:45.725 --> 00:29:47.245 Maybe? Maybe I did? Okay.  
NOTE Confidence: 0.77378356

00:29:48.365 --> 00:29:49.325 So this is a quote  
NOTE Confidence: 0.77378356

00:29:49.325 --> 00:29:50.305 from doctor King.  
NOTE Confidence: 0.98544574

00:29:51.005 --> 00:29:51.725 Can I can I do

NOTE Confidence: 0.98544574

00:29:51.725 --> 00:29:52.525 great things? I can do

NOTE Confidence: 0.98544574

00:29:52.525 --> 00:29:53.405 small things in a great

NOTE Confidence: 0.98544574

00:29:53.405 --> 00:29:53.905 way.

NOTE Confidence: 0.98708117

00:29:54.285 --> 00:29:55.165 I think this is so

NOTE Confidence: 0.98708117

00:29:55.165 --> 00:29:56.365 important. I think it's so

NOTE Confidence: 0.98708117

00:29:56.365 --> 00:29:57.665 easy to to get overwhelmed

NOTE Confidence: 0.98708117

00:29:57.725 --> 00:29:58.620 by life and get overwhelmed

NOTE Confidence: 0.98708117

00:29:58.620 --> 00:29:59.740 by things that are external

NOTE Confidence: 0.98708117

00:29:59.740 --> 00:30:00.700 to us, things that we

NOTE Confidence: 0.98708117

00:30:00.700 --> 00:30:01.440 can't control.

NOTE Confidence: 0.9713537

00:30:01.820 --> 00:30:02.700 I think it's so easy

NOTE Confidence: 0.9713537

00:30:02.700 --> 00:30:03.740 for that. But I think

NOTE Confidence: 0.9713537

00:30:03.740 --> 00:30:04.620 my challenge for you guys

NOTE Confidence: 0.9713537

00:30:04.620 --> 00:30:05.740 is always, how can you

NOTE Confidence: 0.9713537

00:30:05.740 --> 00:30:06.720 think about yourself,

NOTE Confidence: 0.9788598

00:30:07.500 --> 00:30:08.300 and how can you because  
NOTE Confidence: 0.9788598

00:30:08.300 --> 00:30:09.020 first of all, all you  
NOTE Confidence: 0.9788598

00:30:09.020 --> 00:30:09.740 guys here are in a  
NOTE Confidence: 0.9788598

00:30:09.740 --> 00:30:10.640 world of privilege.  
NOTE Confidence: 0.9098705

00:30:11.260 --> 00:30:12.585 You really are. I think  
NOTE Confidence: 0.9098705

00:30:12.585 --> 00:30:13.304 you have to really and  
NOTE Confidence: 0.9098705

00:30:13.304 --> 00:30:14.184 I know life can suck  
NOTE Confidence: 0.9098705

00:30:14.184 --> 00:30:16.105 at times. Certainly, I've experienced  
NOTE Confidence: 0.9098705

00:30:16.105 --> 00:30:16.905 that. I know it can  
NOTE Confidence: 0.9098705

00:30:16.905 --> 00:30:17.945 be that way. It's easy  
NOTE Confidence: 0.9098705

00:30:17.945 --> 00:30:18.664 to sort of think, well,  
NOTE Confidence: 0.9098705

00:30:18.664 --> 00:30:19.784 man, I'm a med student.  
NOTE Confidence: 0.9098705

00:30:19.784 --> 00:30:20.585 It's terrible. You know, I'm  
NOTE Confidence: 0.9098705

00:30:20.585 --> 00:30:21.544 on a search rotation. It's  
NOTE Confidence: 0.9098705

00:30:21.544 --> 00:30:22.825 hard. But but the grand  
NOTE Confidence: 0.9098705

00:30:22.825 --> 00:30:23.705 scheme, you guys are a

NOTE Confidence: 0.9098705  
00:30:23.705 --> 00:30:24.745 really place of privilege. The  
NOTE Confidence: 0.9098705  
00:30:24.745 --> 00:30:26.265 grand scheme of life. There's  
NOTE Confidence: 0.9098705  
00:30:26.265 --> 00:30:27.065 a world of people out  
NOTE Confidence: 0.9098705  
00:30:27.065 --> 00:30:28.320 here who are not. And  
NOTE Confidence: 0.9098705  
00:30:28.399 --> 00:30:29.559 it's your and you have  
NOTE Confidence: 0.9098705  
00:30:29.679 --> 00:30:31.299 in your space, you can  
NOTE Confidence: 0.95719546  
00:30:31.600 --> 00:30:32.480 you can choose to use  
NOTE Confidence: 0.95719546  
00:30:32.480 --> 00:30:33.440 that for for your own  
NOTE Confidence: 0.95719546  
00:30:33.440 --> 00:30:35.279 self gratification, self interest, even  
NOTE Confidence: 0.95719546  
00:30:35.279 --> 00:30:36.000 if you're on sort of  
NOTE Confidence: 0.95719546  
00:30:36.000 --> 00:30:37.279 self aggrandizement, or you can  
NOTE Confidence: 0.95719546  
00:30:37.279 --> 00:30:39.200 use that privilege to try  
NOTE Confidence: 0.95719546  
00:30:39.200 --> 00:30:40.720 and help people along the  
NOTE Confidence: 0.95719546  
00:30:40.720 --> 00:30:41.919 way have a a little  
NOTE Confidence: 0.95719546  
00:30:41.919 --> 00:30:42.799 bit better light. And I  
NOTE Confidence: 0.95719546

00:30:42.799 --> 00:30:43.679 would say the challenge for  
NOTE Confidence: 0.95719546

00:30:43.679 --> 00:30:44.295 all of us is that  
NOTE Confidence: 0.95719546

00:30:44.295 --> 00:30:45.586 how can we see someone  
NOTE Confidence: 0.95719546

00:30:45.586 --> 00:30:46.877 at one point in time  
NOTE Confidence: 0.95719546

00:30:46.877 --> 00:30:48.168 and help them imagine themselves  
NOTE Confidence: 0.95719546

00:30:48.168 --> 00:30:49.460 in this other place? I  
NOTE Confidence: 0.95719546

00:30:49.460 --> 00:30:51.009 think and so we can  
NOTE Confidence: 0.95719546

00:30:51.009 --> 00:30:52.300 do that in medicine for  
NOTE Confidence: 0.95719546

00:30:52.300 --> 00:30:53.592 sure. We see people in  
NOTE Confidence: 0.95719546

00:30:53.592 --> 00:30:54.883 in struggling, and how can  
NOTE Confidence: 0.95719546

00:30:54.883 --> 00:30:56.174 we help them get on  
NOTE Confidence: 0.95719546

00:30:56.174 --> 00:30:57.465 a better path of life?  
NOTE Confidence: 0.95719546

00:30:57.465 --> 00:30:58.757 I see someone who has  
NOTE Confidence: 0.95719546

00:30:58.757 --> 00:31:00.190 an alcohol problem today. Doesn't  
NOTE Confidence: 0.95719546

00:31:00.190 --> 00:31:00.910 mean that they're always gonna  
NOTE Confidence: 0.95719546

00:31:00.910 --> 00:31:01.710 be that way. They're not

NOTE Confidence: 0.95719546

00:31:01.710 --> 00:31:02.430 gonna always be drunk and

NOTE Confidence: 0.95719546

00:31:02.430 --> 00:31:03.950 intoxicating what's wrong. They can

NOTE Confidence: 0.95719546

00:31:03.950 --> 00:31:04.830 have this other space. I

NOTE Confidence: 0.95719546

00:31:04.830 --> 00:31:05.470 need to help them get

NOTE Confidence: 0.95719546

00:31:05.470 --> 00:31:06.590 to that place. That's also

NOTE Confidence: 0.95719546

00:31:06.590 --> 00:31:07.470 true for our community and

NOTE Confidence: 0.95719546

00:31:07.470 --> 00:31:08.990 people around us. There's always

NOTE Confidence: 0.95719546

00:31:08.990 --> 00:31:09.710 a space of how can

NOTE Confidence: 0.95719546

00:31:09.710 --> 00:31:10.530 we help people,

NOTE Confidence: 0.9931301

00:31:10.990 --> 00:31:11.970 in a better space.

NOTE Confidence: 0.9214064

00:31:12.535 --> 00:31:13.335 Because I I got just

NOTE Confidence: 0.9214064

00:31:13.335 --> 00:31:15.255 two quick examples. That woman

NOTE Confidence: 0.9214064

00:31:15.335 --> 00:31:15.975 but, you know, there's a

NOTE Confidence: 0.9214064

00:31:15.975 --> 00:31:16.535 lot of talk about, you

NOTE Confidence: 0.9214064

00:31:16.535 --> 00:31:17.095 know, what happened in the

NOTE Confidence: 0.9214064

00:31:17.095 --> 00:31:18.535 world election last week. Right?

NOTE Confidence: 0.9214064

00:31:18.535 --> 00:31:19.655 So so but here's the

NOTE Confidence: 0.9214064

00:31:19.655 --> 00:31:20.795 thing. Think about this.

NOTE Confidence: 0.86141205

00:31:21.975 --> 00:31:23.495 The woman who, I described

NOTE Confidence: 0.86141205

00:31:23.495 --> 00:31:24.455 in the ER who had

NOTE Confidence: 0.86141205

00:31:24.455 --> 00:31:25.495 that bad experience where she

NOTE Confidence: 0.86141205

00:31:25.495 --> 00:31:26.715 was handcuffed and shackled,

NOTE Confidence: 0.9272683

00:31:27.030 --> 00:31:28.490 So that would've happened whether

NOTE Confidence: 0.9302284

00:31:29.270 --> 00:31:30.470 Donald Trump was president at

NOTE Confidence: 0.9302284

00:31:30.470 --> 00:31:32.310 first, Barack Obama's president. It

NOTE Confidence: 0.9302284

00:31:32.310 --> 00:31:33.590 was happening during then. It

NOTE Confidence: 0.9302284

00:31:33.590 --> 00:31:34.630 was happening when George Bush

NOTE Confidence: 0.9302284

00:31:34.630 --> 00:31:35.830 was president. It was happening

NOTE Confidence: 0.9302284

00:31:35.830 --> 00:31:37.130 when Bill Clinton was president.

NOTE Confidence: 0.9302284

00:31:37.270 --> 00:31:38.310 It was happening. So so

NOTE Confidence: 0.9302284

00:31:38.310 --> 00:31:39.110 so we can we can

NOTE Confidence: 0.9302284

00:31:39.110 --> 00:31:39.990 lose sight of the fact

NOTE Confidence: 0.9302284

00:31:39.990 --> 00:31:41.545 that this was actually in

NOTE Confidence: 0.9302284

00:31:41.545 --> 00:31:42.345 order to actually make change

NOTE Confidence: 0.9302284

00:31:42.345 --> 00:31:43.145 on the ground, we have

NOTE Confidence: 0.9302284

00:31:43.145 --> 00:31:44.745 to stop our local space,

NOTE Confidence: 0.9302284

00:31:44.745 --> 00:31:45.785 and that's where the change

NOTE Confidence: 0.9302284

00:31:45.785 --> 00:31:46.985 really could happen. Because this

NOTE Confidence: 0.9302284

00:31:46.985 --> 00:31:48.185 this terrible thing happened no

NOTE Confidence: 0.9302284

00:31:48.185 --> 00:31:49.465 matter who was president for

NOTE Confidence: 0.9302284

00:31:49.465 --> 00:31:50.425 all these years and years

NOTE Confidence: 0.9302284

00:31:50.425 --> 00:31:51.145 and years. So we have

NOTE Confidence: 0.9302284

00:31:51.145 --> 00:31:52.105 to remember that. Like, we

NOTE Confidence: 0.9302284

00:31:52.105 --> 00:31:53.065 can get obsessed with what's

NOTE Confidence: 0.9302284

00:31:53.065 --> 00:31:53.785 happening in a in a

NOTE Confidence: 0.9302284

00:31:53.785 --> 00:31:54.505 in a large world, but

NOTE Confidence: 0.9302284

00:31:54.505 --> 00:31:55.805 there's still this local world  
NOTE Confidence: 0.9302284

00:31:55.860 --> 00:31:56.500 where we can do so  
NOTE Confidence: 0.9302284

00:31:56.500 --> 00:31:58.100 much to really, really make  
NOTE Confidence: 0.9302284

00:31:58.100 --> 00:31:58.900 change. And I think we  
NOTE Confidence: 0.9302284

00:31:58.900 --> 00:32:00.260 have to always remember that.  
NOTE Confidence: 0.9302284

00:32:00.260 --> 00:32:00.900 And I was gonna tell  
NOTE Confidence: 0.9302284

00:32:00.900 --> 00:32:01.860 you one little final personal  
NOTE Confidence: 0.9302284

00:32:01.860 --> 00:32:02.740 story, and I'll and I'll  
NOTE Confidence: 0.9302284

00:32:02.740 --> 00:32:03.220 stop.  
NOTE Confidence: 0.9896905

00:32:03.780 --> 00:32:04.580 So so when I was  
NOTE Confidence: 0.9896905

00:32:04.580 --> 00:32:04.740 a,  
NOTE Confidence: 0.9347462

00:32:05.620 --> 00:32:06.580 it just it may seem  
NOTE Confidence: 0.9347462

00:32:06.580 --> 00:32:07.540 unrelated, but I think I  
NOTE Confidence: 0.9347462

00:32:07.540 --> 00:32:08.260 hope you can sort of  
NOTE Confidence: 0.9347462

00:32:08.260 --> 00:32:08.905 connect to it. It may  
NOTE Confidence: 0.9347462

00:32:08.905 --> 00:32:09.505 seem a little unrelated. Because

NOTE Confidence: 0.9347462

00:32:09.505 --> 00:32:10.345 it's not really about medicine,

NOTE Confidence: 0.9347462

00:32:10.345 --> 00:32:10.985 but just more about my

NOTE Confidence: 0.9347462

00:32:10.985 --> 00:32:12.045 sort of personal journey.

NOTE Confidence: 0.9663781

00:32:12.745 --> 00:32:13.465 So when I was a

NOTE Confidence: 0.9663781

00:32:13.465 --> 00:32:14.425 fourteen year old student, I

NOTE Confidence: 0.9663781

00:32:14.425 --> 00:32:15.065 was in I was in

NOTE Confidence: 0.9663781

00:32:15.065 --> 00:32:16.105 a I was in a,

NOTE Confidence: 0.91193277

00:32:16.665 --> 00:32:17.385 so initially, I grew up

NOTE Confidence: 0.91193277

00:32:17.385 --> 00:32:18.105 in a community that was

NOTE Confidence: 0.91193277

00:32:18.105 --> 00:32:19.405 all black, hundred percent black.

NOTE Confidence: 0.99040055

00:32:19.785 --> 00:32:20.505 And when I was in

NOTE Confidence: 0.99040055

00:32:20.505 --> 00:32:21.965 the, when I was

NOTE Confidence: 0.9180766

00:32:22.720 --> 00:32:23.520 in middle school, I was

NOTE Confidence: 0.9180766

00:32:23.520 --> 00:32:24.200 in what might be called

NOTE Confidence: 0.9180766

00:32:24.200 --> 00:32:26.080 a low performing school, where

NOTE Confidence: 0.9180766

00:32:26.080 --> 00:32:27.280 where sometimes people had low

NOTE Confidence: 0.9180766

00:32:27.280 --> 00:32:28.560 expectations for for students. I

NOTE Confidence: 0.9180766

00:32:28.560 --> 00:32:29.200 mean, it's just being candid.

NOTE Confidence: 0.9180766

00:32:29.200 --> 00:32:30.000 I mean, you you would

NOTE Confidence: 0.9180766

00:32:30.000 --> 00:32:30.800 see that, and you hear

NOTE Confidence: 0.9180766

00:32:30.800 --> 00:32:31.540 hear things.

NOTE Confidence: 0.96242774

00:32:32.160 --> 00:32:33.120 But I had a teacher

NOTE Confidence: 0.96242774

00:32:33.120 --> 00:32:34.340 who would who was really

NOTE Confidence: 0.90094334

00:32:34.720 --> 00:32:35.600 invested in,

NOTE Confidence: 0.96839184

00:32:36.434 --> 00:32:37.475 she she recognized that I

NOTE Confidence: 0.96839184

00:32:37.475 --> 00:32:38.115 was good at math, and

NOTE Confidence: 0.96839184

00:32:38.115 --> 00:32:39.495 she suggested that I take

NOTE Confidence: 0.96839184

00:32:39.554 --> 00:32:40.514 a test to get into

NOTE Confidence: 0.96839184

00:32:40.514 --> 00:32:41.495 a magnet program.

NOTE Confidence: 0.94124085

00:32:41.955 --> 00:32:43.315 Now my first reaction was

NOTE Confidence: 0.94124085

00:32:43.315 --> 00:32:44.615 to say absolutely not.

NOTE Confidence: 0.93655634

00:32:44.995 --> 00:32:45.955 Because even though no one

NOTE Confidence: 0.93655634

00:32:45.955 --> 00:32:46.835 had ever told me as

NOTE Confidence: 0.93655634

00:32:46.835 --> 00:32:47.794 a black person that I

NOTE Confidence: 0.93655634

00:32:47.794 --> 00:32:49.475 was less intelligent than white

NOTE Confidence: 0.93655634

00:32:49.475 --> 00:32:51.190 students, Asian students, No one

NOTE Confidence: 0.93655634

00:32:51.190 --> 00:32:52.310 ever actually said that to

NOTE Confidence: 0.93655634

00:32:52.310 --> 00:32:53.510 me. But in some ways,

NOTE Confidence: 0.93655634

00:32:53.510 --> 00:32:54.310 everyone has said it to

NOTE Confidence: 0.93655634

00:32:54.310 --> 00:32:55.510 me because you just ingest

NOTE Confidence: 0.93655634

00:32:55.510 --> 00:32:56.310 it. It's just there. It

NOTE Confidence: 0.93655634

00:32:56.310 --> 00:32:57.590 just you just feel it

NOTE Confidence: 0.93655634

00:32:57.590 --> 00:32:58.950 all every everywhere you go.

NOTE Confidence: 0.93655634

00:32:58.950 --> 00:33:00.150 You're just constantly reminded of

NOTE Confidence: 0.93655634

00:33:00.150 --> 00:33:01.370 that and and told that.

NOTE Confidence: 0.95815545

00:33:01.750 --> 00:33:02.710 And so I said, no

NOTE Confidence: 0.95815545

00:33:02.710 --> 00:33:03.350 way I can I can't  
NOTE Confidence: 0.95815545

00:33:03.350 --> 00:33:03.990 do that? There's no way  
NOTE Confidence: 0.95815545

00:33:03.990 --> 00:33:04.595 I'm gonna do that. And  
NOTE Confidence: 0.95815545

00:33:04.595 --> 00:33:05.795 I kept avoiding her, avoiding  
NOTE Confidence: 0.95815545

00:33:05.795 --> 00:33:07.075 her, avoiding her. And it  
NOTE Confidence: 0.95815545

00:33:07.075 --> 00:33:08.915 took months, the deadline approach,  
NOTE Confidence: 0.95815545

00:33:08.915 --> 00:33:09.795 because I had to basically  
NOTE Confidence: 0.95815545

00:33:09.795 --> 00:33:10.675 take some version of a  
NOTE Confidence: 0.95815545

00:33:10.675 --> 00:33:12.035 PSAT kind of thing. And  
NOTE Confidence: 0.95815545

00:33:12.035 --> 00:33:12.915 I kept avoiding it. And  
NOTE Confidence: 0.95815545

00:33:12.915 --> 00:33:13.715 then one day, she finally  
NOTE Confidence: 0.95815545

00:33:13.715 --> 00:33:14.755 just kept she called my  
NOTE Confidence: 0.95815545

00:33:14.755 --> 00:33:15.635 mom. I remember it was  
NOTE Confidence: 0.95815545

00:33:15.635 --> 00:33:16.115 because it was a it  
NOTE Confidence: 0.95815545

00:33:16.115 --> 00:33:16.915 was a Saturday morning. It  
NOTE Confidence: 0.95815545

00:33:16.915 --> 00:33:18.539 was really rainy. And, normally,

NOTE Confidence: 0.95815545

00:33:18.539 --> 00:33:19.659 I'd be out playing basketball,

NOTE Confidence: 0.95815545

00:33:19.659 --> 00:33:20.380 but I couldn't because it

NOTE Confidence: 0.95815545

00:33:20.380 --> 00:33:21.500 was raining. And, and she

NOTE Confidence: 0.95815545

00:33:21.500 --> 00:33:22.139 called my mom and said,

NOTE Confidence: 0.95815545

00:33:22.139 --> 00:33:23.179 Damon, there's a Damon has

NOTE Confidence: 0.95815545

00:33:23.179 --> 00:33:23.980 an opportunity to take this

NOTE Confidence: 0.95815545

00:33:23.980 --> 00:33:25.659 test. And, I said, hell,

NOTE Confidence: 0.95815545

00:33:25.659 --> 00:33:26.700 no. I'm not doing that.

NOTE Confidence: 0.95815545

00:33:26.700 --> 00:33:27.659 But then once my mom

NOTE Confidence: 0.95815545

00:33:27.659 --> 00:33:28.700 found out, she's like, hell

NOTE Confidence: 0.95815545

00:33:28.700 --> 00:33:30.380 hell. Yes. You are. And

NOTE Confidence: 0.95815545

00:33:30.380 --> 00:33:31.740 so I took this test,

NOTE Confidence: 0.95815545

00:33:31.740 --> 00:33:33.039 and it really so I

NOTE Confidence: 0.95815545

00:33:33.039 --> 00:33:34.060 got into this program. And

NOTE Confidence: 0.95815545

00:33:34.060 --> 00:33:35.081 there were some really hard

NOTE Confidence: 0.95815545

00:33:35.081 --> 00:33:36.102 challenges. Like, for instance, I  
NOTE Confidence: 0.95815545

00:33:36.102 --> 00:33:37.123 was the only black student  
NOTE Confidence: 0.95815545

00:33:37.123 --> 00:33:38.144 in the class in chemistry.  
NOTE Confidence: 0.95815545

00:33:38.348 --> 00:33:39.369 Every student there was white  
NOTE Confidence: 0.95815545

00:33:39.369 --> 00:33:40.390 or Asian. I was the  
NOTE Confidence: 0.95815545

00:33:40.390 --> 00:33:41.412 only black student. And there  
NOTE Confidence: 0.95815545

00:33:41.412 --> 00:33:42.433 was something really bizarre that  
NOTE Confidence: 0.95815545

00:33:42.433 --> 00:33:43.454 happened one day where they  
NOTE Confidence: 0.95815545

00:33:43.454 --> 00:33:44.475 wanted to do a photo  
NOTE Confidence: 0.95815545

00:33:44.475 --> 00:33:45.496 op, and they brought black  
NOTE Confidence: 0.95815545

00:33:45.496 --> 00:33:46.517 kids from the other parts  
NOTE Confidence: 0.95815545

00:33:46.517 --> 00:33:47.450 of the school just to  
NOTE Confidence: 0.95815545

00:33:47.450 --> 00:33:48.490 make it seem like our  
NOTE Confidence: 0.95815545

00:33:48.490 --> 00:33:49.390 class is integrated.  
NOTE Confidence: 0.9180742

00:33:49.690 --> 00:33:50.410 And then as soon as  
NOTE Confidence: 0.9180742

00:33:50.410 --> 00:33:51.290 the photo op left, those

NOTE Confidence: 0.9180742

00:33:51.290 --> 00:33:53.290 politicians left, they were famous

NOTE Confidence: 0.9180742

00:33:53.290 --> 00:33:54.570 people. Soon as they left,

NOTE Confidence: 0.9180742

00:33:54.570 --> 00:33:55.370 they told those kids to

NOTE Confidence: 0.9180742

00:33:55.370 --> 00:33:55.930 go back to the other

NOTE Confidence: 0.9180742

00:33:55.930 --> 00:33:56.570 part of the school. And

NOTE Confidence: 0.9180742

00:33:56.570 --> 00:33:57.370 I was the only person

NOTE Confidence: 0.9180742

00:33:57.370 --> 00:33:58.330 left. I looked around. I

NOTE Confidence: 0.9180742

00:33:58.330 --> 00:33:58.890 was like, what the hell

NOTE Confidence: 0.9180742

00:33:58.890 --> 00:34:00.085 just happened? You know? Did

NOTE Confidence: 0.9180742

00:34:00.085 --> 00:34:01.125 anyone realize what happened to

NOTE Confidence: 0.9180742

00:34:01.125 --> 00:34:01.685 me? And it didn't seem

NOTE Confidence: 0.9180742

00:34:01.685 --> 00:34:02.645 like anyone did. And so

NOTE Confidence: 0.9180742

00:34:02.645 --> 00:34:03.605 there are definitely periods where

NOTE Confidence: 0.9180742

00:34:03.605 --> 00:34:04.725 I felt alienated and isolated.

NOTE Confidence: 0.9180742

00:34:04.725 --> 00:34:06.585 But, ultimately, though, I persevered,

NOTE Confidence: 0.9180742

00:34:06.725 --> 00:34:07.525 and that set me on

NOTE Confidence: 0.9180742

00:34:07.525 --> 00:34:08.165 the path where I'm at

NOTE Confidence: 0.9180742

00:34:08.165 --> 00:34:09.285 today. Because without being in

NOTE Confidence: 0.9180742

00:34:09.285 --> 00:34:10.645 that school, I would never

NOTE Confidence: 0.9180742

00:34:10.645 --> 00:34:11.285 have been on a path

NOTE Confidence: 0.9180742

00:34:11.285 --> 00:34:12.165 I could ever conceive of

NOTE Confidence: 0.9180742

00:34:12.165 --> 00:34:13.125 being a doctor. I've never

NOTE Confidence: 0.9180742

00:34:13.125 --> 00:34:13.880 seen a black person be

NOTE Confidence: 0.9180742

00:34:13.880 --> 00:34:14.760 a physician. I would never

NOTE Confidence: 0.9180742

00:34:14.760 --> 00:34:16.040 conceive of writing books. And

NOTE Confidence: 0.9180742

00:34:16.040 --> 00:34:17.160 so that small act that

NOTE Confidence: 0.9180742

00:34:17.160 --> 00:34:18.520 that teacher had, it had

NOTE Confidence: 0.9180742

00:34:18.520 --> 00:34:19.880 far reaching consequences, you know,

NOTE Confidence: 0.9180742

00:34:19.880 --> 00:34:20.680 for my own personal life.

NOTE Confidence: 0.9180742

00:34:20.680 --> 00:34:21.480 And, hopefully, I'm able to

NOTE Confidence: 0.9180742

00:34:21.480 --> 00:34:22.680 still then pay that back

NOTE Confidence: 0.9180742

00:34:22.680 --> 00:34:23.640 to other people. So I

NOTE Confidence: 0.9180742

00:34:23.719 --> 00:34:24.440 my charge for all of

NOTE Confidence: 0.9180742

00:34:24.440 --> 00:34:25.239 you is to think about

NOTE Confidence: 0.9180742

00:34:25.239 --> 00:34:26.200 how in your own sphere

NOTE Confidence: 0.9180742

00:34:26.200 --> 00:34:27.594 of life can you do

NOTE Confidence: 0.9180742

00:34:27.594 --> 00:34:28.795 those sorts of things, those

NOTE Confidence: 0.9180742

00:34:28.795 --> 00:34:29.755 small things that can really

NOTE Confidence: 0.9180742

00:34:29.755 --> 00:34:30.495 have changed.

NOTE Confidence: 0.9801591

00:34:31.035 --> 00:34:32.335 And so that's that's kinda

NOTE Confidence: 0.9712445

00:34:33.195 --> 00:34:34.255 I said a lot,

NOTE Confidence: 0.9462542

00:34:34.715 --> 00:34:35.594 but I really think that's

NOTE Confidence: 0.9462542

00:34:35.594 --> 00:34:36.475 the that's the lesson for

NOTE Confidence: 0.9462542

00:34:36.475 --> 00:34:38.094 us today. And and finally,

NOTE Confidence: 0.81987643

00:34:38.795 --> 00:34:40.075 if anyone wants to contact

NOTE Confidence: 0.81987643

00:34:40.075 --> 00:34:40.575 me,

NOTE Confidence: 0.69439304

00:34:40.890 --> 00:34:41.849 he'll get that checked.  
NOTE Confidence: 0.9217539

00:34:42.329 --> 00:34:44.190 Contact me with my information.  
NOTE Confidence: 0.96432686

00:34:44.809 --> 00:34:45.690 I just wanna say thank  
NOTE Confidence: 0.96432686

00:34:45.690 --> 00:34:46.890 you for all your time.  
NOTE Confidence: 0.96432686

00:34:47.130 --> 00:34:48.170 Mental health issues are really  
NOTE Confidence: 0.96432686

00:34:48.170 --> 00:34:49.529 important and dear to me.  
NOTE Confidence: 0.97445923

00:34:50.010 --> 00:34:51.210 Things are getting better, but  
NOTE Confidence: 0.97445923

00:34:51.210 --> 00:34:51.849 there's still a lot of  
NOTE Confidence: 0.97445923

00:34:51.849 --> 00:34:52.809 work left to do. And  
NOTE Confidence: 0.97445923

00:34:52.809 --> 00:34:53.710 so thank you.  
NOTE Confidence: 0.83031034

00:35:00.285 --> 00:35:01.105 Take a breath.  
NOTE Confidence: 0.8706204

00:35:02.924 --> 00:35:03.424 Yep.  
NOTE Confidence: 0.94525164

00:35:06.780 --> 00:35:08.380 Are these on? Yes. Alright.  
NOTE Confidence: 0.94525164

00:35:08.380 --> 00:35:09.580 This is alright. This is  
NOTE Confidence: 0.94525164

00:35:09.580 --> 00:35:10.780 a lot better. Gonna chat  
NOTE Confidence: 0.94525164

00:35:10.780 --> 00:35:11.580 for a little bit because

NOTE Confidence: 0.94525164

00:35:11.580 --> 00:35:12.700 I wanna open it up

NOTE Confidence: 0.94525164

00:35:12.700 --> 00:35:13.660 because I'm sure there's a

NOTE Confidence: 0.94525164

00:35:13.660 --> 00:35:14.700 lot of questions in the

NOTE Confidence: 0.94525164

00:35:14.700 --> 00:35:15.680 audience too.

NOTE Confidence: 0.9502985

00:35:17.420 --> 00:35:18.219 But one of the things

NOTE Confidence: 0.9502985

00:35:18.219 --> 00:35:19.100 I wanted to start with,

NOTE Confidence: 0.9502985

00:35:19.100 --> 00:35:20.380 I know going back to

NOTE Confidence: 0.9502985

00:35:20.380 --> 00:35:20.880 that,

NOTE Confidence: 0.98924613

00:35:21.225 --> 00:35:22.185 for those a lot of

NOTE Confidence: 0.98924613

00:35:22.185 --> 00:35:23.145 people here have read the

NOTE Confidence: 0.98924613

00:35:23.145 --> 00:35:24.265 book. For those who haven't,

NOTE Confidence: 0.98924613

00:35:24.265 --> 00:35:24.765 it's

NOTE Confidence: 0.96614456

00:35:25.065 --> 00:35:26.905 a beautiful read. It it's

NOTE Confidence: 0.96614456

00:35:26.905 --> 00:35:28.745 an it's an easy read

NOTE Confidence: 0.96614456

00:35:28.745 --> 00:35:29.705 in terms of it's written

NOTE Confidence: 0.96614456

00:35:29.705 --> 00:35:31.145 so beautifully. It's a tough  
NOTE Confidence: 0.96614456

00:35:31.145 --> 00:35:32.345 read in terms of some  
NOTE Confidence: 0.96614456

00:35:32.345 --> 00:35:33.085 of the anecdotes.  
NOTE Confidence: 0.9744433

00:35:33.920 --> 00:35:35.200 And I think the toughest  
NOTE Confidence: 0.9744433

00:35:35.200 --> 00:35:36.160 that sits with you, and  
NOTE Confidence: 0.9744433

00:35:36.160 --> 00:35:37.680 you called her Stephanie, is  
NOTE Confidence: 0.9744433

00:35:37.680 --> 00:35:38.719 the woman that was taken  
NOTE Confidence: 0.9744433

00:35:38.719 --> 00:35:39.920 away from handcuffs. And the  
NOTE Confidence: 0.9744433

00:35:39.920 --> 00:35:41.680 fact that she was asking  
NOTE Confidence: 0.9744433

00:35:41.680 --> 00:35:43.540 for mental health treatment,  
NOTE Confidence: 0.98123455

00:35:44.000 --> 00:35:44.960 and you had to say  
NOTE Confidence: 0.98123455

00:35:44.960 --> 00:35:45.920 to her, I'm sorry, but  
NOTE Confidence: 0.98123455

00:35:45.920 --> 00:35:47.140 the police are coming.  
NOTE Confidence: 0.9617995

00:35:47.945 --> 00:35:49.385 It's such a gripping story.  
NOTE Confidence: 0.9617995

00:35:49.385 --> 00:35:50.425 But I kept thinking, you  
NOTE Confidence: 0.9617995

00:35:50.425 --> 00:35:51.465 don't talk about a lot.

NOTE Confidence: 0.9617995

00:35:51.465 --> 00:35:52.665 You also went to law

NOTE Confidence: 0.9617995

00:35:52.665 --> 00:35:54.905 school. And so I'm just

NOTE Confidence: 0.9617995

00:35:54.905 --> 00:35:55.405 wondering,

NOTE Confidence: 0.97189814

00:35:56.185 --> 00:35:57.645 from your own background,

NOTE Confidence: 0.9735478

00:35:59.545 --> 00:36:01.085 you know, you're seeing injustice,

NOTE Confidence: 0.9735478

00:36:01.305 --> 00:36:02.925 which anyone would have seen.

NOTE Confidence: 0.9735478

00:36:03.020 --> 00:36:04.300 But I just wanna know

NOTE Confidence: 0.9735478

00:36:04.300 --> 00:36:06.219 from your legal background, is

NOTE Confidence: 0.9735478

00:36:06.219 --> 00:36:07.579 this something that maybe sat

NOTE Confidence: 0.9735478

00:36:07.579 --> 00:36:08.859 with you more to see

NOTE Confidence: 0.9735478

00:36:08.859 --> 00:36:10.540 these legal injustices? And is

NOTE Confidence: 0.9735478

00:36:10.540 --> 00:36:12.300 that also how you're sort

NOTE Confidence: 0.9735478

00:36:12.300 --> 00:36:13.520 of combining your

NOTE Confidence: 0.9303842

00:36:13.980 --> 00:36:15.420 legal background with the medical

NOTE Confidence: 0.9303842

00:36:15.420 --> 00:36:16.625 to push for these conditions.

NOTE Confidence: 0.9303842

00:36:16.704 --> 00:36:17.744 Certainly help. Certainly, it makes

NOTE Confidence: 0.9303842

00:36:17.744 --> 00:36:19.065 more informed about policy and

NOTE Confidence: 0.9303842

00:36:19.185 --> 00:36:20.224 because of state laws. Right?

NOTE Confidence: 0.9303842

00:36:20.224 --> 00:36:21.585 State law mandated this certain

NOTE Confidence: 0.9303842

00:36:21.585 --> 00:36:22.224 thing. So how do you

NOTE Confidence: 0.9303842

00:36:22.224 --> 00:36:23.505 go about advocating for the

NOTE Confidence: 0.9303842

00:36:23.505 --> 00:36:24.785 change that needs to happen

NOTE Confidence: 0.9303842

00:36:24.785 --> 00:36:26.224 to make that place better?

NOTE Confidence: 0.9303842

00:36:26.224 --> 00:36:27.105 So, certainly, I mean, I

NOTE Confidence: 0.9303842

00:36:27.105 --> 00:36:28.224 think part of the whole

NOTE Confidence: 0.9303842

00:36:28.224 --> 00:36:29.265 goal of the sort of

NOTE Confidence: 0.9303842

00:36:29.265 --> 00:36:30.785 legal training sort of, like,

NOTE Confidence: 0.9303842

00:36:30.785 --> 00:36:31.744 diversion, if you wanna call

NOTE Confidence: 0.9303842

00:36:31.744 --> 00:36:32.680 it that, was that I

NOTE Confidence: 0.9303842

00:36:32.680 --> 00:36:33.180 really

NOTE Confidence: 0.91709095

00:36:33.880 --> 00:36:35.560 was dissatisfied with how much

NOTE Confidence: 0.91709095

00:36:35.560 --> 00:36:37.180 medicine was sort of not

NOTE Confidence: 0.91709095

00:36:37.320 --> 00:36:38.600 about medicine. Right? How much

NOTE Confidence: 0.91709095

00:36:38.600 --> 00:36:39.480 of these problems we were

NOTE Confidence: 0.91709095

00:36:39.480 --> 00:36:41.400 seeing were these outside influences,

NOTE Confidence: 0.91709095

00:36:41.400 --> 00:36:43.160 outside forces, these social forces,

NOTE Confidence: 0.91709095

00:36:43.160 --> 00:36:44.540 political economic forces.

NOTE Confidence: 0.9439237

00:36:45.735 --> 00:36:46.535 And so I learned a

NOTE Confidence: 0.9439237

00:36:46.535 --> 00:36:48.055 lot in that process. And

NOTE Confidence: 0.9439237

00:36:48.055 --> 00:36:49.015 I really learned how much

NOTE Confidence: 0.9439237

00:36:49.015 --> 00:36:50.135 the locals again, I can't

NOTE Confidence: 0.9439237

00:36:50.135 --> 00:36:51.015 stress how important that I

NOTE Confidence: 0.9439237

00:36:51.015 --> 00:36:52.215 mean, maybe here locally, everything's

NOTE Confidence: 0.9439237

00:36:52.215 --> 00:36:53.335 great. I don't know. But

NOTE Confidence: 0.9439237

00:36:53.335 --> 00:36:54.055 I can tell you where

NOTE Confidence: 0.9439237

00:36:54.055 --> 00:36:54.775 I'm at is not so

NOTE Confidence: 0.9439237

00:36:54.775 --> 00:36:55.735 much. And so I just  
NOTE Confidence: 0.9439237

00:36:55.815 --> 00:36:56.935 how important that that part  
NOTE Confidence: 0.9439237

00:36:56.935 --> 00:36:58.055 really has been. So that's  
NOTE Confidence: 0.9439237

00:36:58.055 --> 00:36:58.855 where that sort of really  
NOTE Confidence: 0.9439237

00:36:58.855 --> 00:36:59.895 has come in. To law  
NOTE Confidence: 0.9439237

00:36:59.895 --> 00:37:01.640 school after your residency. Yeah.  
NOTE Confidence: 0.9439237

00:37:01.640 --> 00:37:03.400 After before your residency. Right.  
NOTE Confidence: 0.9439237

00:37:03.400 --> 00:37:04.280 Because med school, I saw  
NOTE Confidence: 0.9439237

00:37:04.280 --> 00:37:04.920 so much stuff in med  
NOTE Confidence: 0.9439237

00:37:04.920 --> 00:37:05.640 school that just really made  
NOTE Confidence: 0.9439237

00:37:05.640 --> 00:37:06.680 me think this is, like,  
NOTE Confidence: 0.9439237

00:37:06.680 --> 00:37:07.719 this is crazy. Like, what's  
NOTE Confidence: 0.9439237

00:37:07.719 --> 00:37:08.620 going on here?  
NOTE Confidence: 0.94250613

00:37:09.000 --> 00:37:09.960 Now I wrote about most  
NOTE Confidence: 0.94250613

00:37:09.960 --> 00:37:10.520 of that in my first  
NOTE Confidence: 0.94250613

00:37:10.520 --> 00:37:11.320 book by those sort of

NOTE Confidence: 0.94250613

00:37:11.320 --> 00:37:12.120 things I saw in med

NOTE Confidence: 0.94250613

00:37:12.120 --> 00:37:12.620 school.

NOTE Confidence: 0.93750036

00:37:13.415 --> 00:37:14.375 And then the other question

NOTE Confidence: 0.93750036

00:37:14.375 --> 00:37:15.335 which you brought up because

NOTE Confidence: 0.93750036

00:37:15.335 --> 00:37:16.214 you knew I had to

NOTE Confidence: 0.93750036

00:37:16.214 --> 00:37:17.575 ask you about it. You're

NOTE Confidence: 0.93750036

00:37:17.575 --> 00:37:19.255 very open about during your

NOTE Confidence: 0.93750036

00:37:19.255 --> 00:37:20.795 internal medicine residency

NOTE Confidence: 0.51420444

00:37:21.255 --> 00:37:21.755 about

NOTE Confidence: 0.96483856

00:37:22.055 --> 00:37:23.895 someone saying maybe you could

NOTE Confidence: 0.96483856

00:37:23.895 --> 00:37:25.494 use some mental health. And

NOTE Confidence: 0.96483856

00:37:25.494 --> 00:37:26.395 it's Right.

NOTE Confidence: 0.934243

00:37:26.719 --> 00:37:27.539 How much did

NOTE Confidence: 0.9246677

00:37:27.839 --> 00:37:28.719 you set out when you

NOTE Confidence: 0.9246677

00:37:28.719 --> 00:37:29.680 wrote this book to say,

NOTE Confidence: 0.9246677

00:37:29.680 --> 00:37:31.119 okay. I'm gonna talk about  
NOTE Confidence: 0.9246677

00:37:31.119 --> 00:37:32.799 this experience and how hard  
NOTE Confidence: 0.9246677

00:37:32.799 --> 00:37:34.239 was it? And and with  
NOTE Confidence: 0.9246677

00:37:34.400 --> 00:37:35.440 which the irony because the  
NOTE Confidence: 0.9246677

00:37:35.440 --> 00:37:36.799 whole book is there's should  
NOTE Confidence: 0.9246677

00:37:36.799 --> 00:37:38.079 not be a stigma. Yeah.  
NOTE Confidence: 0.9246677

00:37:38.079 --> 00:37:39.359 That exactly. Right? But it  
NOTE Confidence: 0.9246677

00:37:39.440 --> 00:37:40.239 but it's like but it  
NOTE Confidence: 0.9246677

00:37:40.239 --> 00:37:42.265 also it really that scenario  
NOTE Confidence: 0.9246677

00:37:42.265 --> 00:37:43.725 really helped me really understand  
NOTE Confidence: 0.87591475

00:37:44.105 --> 00:37:44.985 the patient side in a  
NOTE Confidence: 0.87591475

00:37:44.985 --> 00:37:46.265 way I never really grasped  
NOTE Confidence: 0.87591475

00:37:46.265 --> 00:37:47.225 it. So it really wasn't  
NOTE Confidence: 0.87591475

00:37:47.225 --> 00:37:48.125 like a it was like  
NOTE Confidence: 0.87591475

00:37:48.265 --> 00:37:49.625 a everything happened this one  
NOTE Confidence: 0.87591475

00:37:49.625 --> 00:37:50.505 moment. I had this really

NOTE Confidence: 0.87591475

00:37:50.505 --> 00:37:51.325 terrible day,

NOTE Confidence: 0.9149852

00:37:51.625 --> 00:37:52.825 and I I was I

NOTE Confidence: 0.9149852

00:37:52.825 --> 00:37:53.545 was I was tasked to

NOTE Confidence: 0.9149852

00:37:53.545 --> 00:37:55.680 do this interventional procedure that

NOTE Confidence: 0.9149852

00:37:55.680 --> 00:37:56.480 not only would have been

NOTE Confidence: 0.9149852

00:37:56.480 --> 00:37:57.200 good at, but for some

NOTE Confidence: 0.9149852

00:37:57.200 --> 00:37:58.719 reason, I just couldn't get

NOTE Confidence: 0.9149852

00:37:58.719 --> 00:37:59.440 to work that day. I

NOTE Confidence: 0.9149852

00:37:59.440 --> 00:38:00.340 got so frustrated.

NOTE Confidence: 0.8549902

00:38:01.120 --> 00:38:02.000 I started and I got

NOTE Confidence: 0.8549902

00:38:02.000 --> 00:38:03.440 back to the call room

NOTE Confidence: 0.8549902

00:38:03.440 --> 00:38:04.800 or the work room and

NOTE Confidence: 0.8549902

00:38:04.800 --> 00:38:05.840 was, like, swearing up a

NOTE Confidence: 0.8549902

00:38:05.840 --> 00:38:06.739 storm. Just everything just sort

NOTE Confidence: 0.8549902

00:38:06.739 --> 00:38:06.773 of hit me like just

NOTE Confidence: 0.8549902

00:38:06.773 --> 00:38:06.806 like a ton of bricks.  
NOTE Confidence: 0.8549902

00:38:06.806 --> 00:38:06.839 And I and I talked  
NOTE Confidence: 0.8549902

00:38:06.839 --> 00:38:06.873 to the chief resident, and,  
NOTE Confidence: 0.8549902

00:38:06.880 --> 00:38:07.460 and he  
NOTE Confidence: 0.88088024

00:38:08.975 --> 00:38:09.950 And I and I talked  
NOTE Confidence: 0.88088024

00:38:09.950 --> 00:38:10.425 to the chief resident, and,  
NOTE Confidence: 0.88088024

00:38:10.520 --> 00:38:11.775 and he told me based  
NOTE Confidence: 0.88088024

00:38:11.775 --> 00:38:12.232 on sort of our conversations,  
NOTE Confidence: 0.88088024

00:38:12.232 --> 00:38:12.601 I seemed really stressed, and  
NOTE Confidence: 0.88088024

00:38:12.601 --> 00:38:12.912 maybe he wanted me to  
NOTE Confidence: 0.88088024

00:38:12.912 --> 00:38:13.555 to talk to, like,  
NOTE Confidence: 0.9219041

00:38:13.935 --> 00:38:15.935 this to, you know, employee  
NOTE Confidence: 0.9219041

00:38:15.935 --> 00:38:17.055 health person to sort of  
NOTE Confidence: 0.9219041

00:38:17.055 --> 00:38:18.495 just sort of see where  
NOTE Confidence: 0.9219041

00:38:18.495 --> 00:38:19.295 I'm at because he seemed  
NOTE Confidence: 0.9219041

00:38:19.295 --> 00:38:20.355 like I was getting really

NOTE Confidence: 0.885931  
00:38:24.609 --> 00:38:25.430 run down.  
NOTE Confidence: 0.99475807  
00:38:25.810 --> 00:38:27.489 And I'm a person who  
NOTE Confidence: 0.99475807  
00:38:27.489 --> 00:38:28.690 comes from a world where  
NOTE Confidence: 0.99475807  
00:38:28.690 --> 00:38:29.750 men don't cry.  
NOTE Confidence: 0.90662706  
00:38:30.849 --> 00:38:31.810 After I I bet you  
NOTE Confidence: 0.90662706  
00:38:31.810 --> 00:38:32.530 by the time I after  
NOTE Confidence: 0.90662706  
00:38:32.530 --> 00:38:33.410 I turned about six or  
NOTE Confidence: 0.90662706  
00:38:33.410 --> 00:38:34.609 seven years old, I had  
NOTE Confidence: 0.90662706  
00:38:34.609 --> 00:38:35.730 made a determination that, you  
NOTE Confidence: 0.90662706  
00:38:35.730 --> 00:38:36.609 know, I'm old enough to  
NOTE Confidence: 0.90662706  
00:38:36.609 --> 00:38:37.215 stop crying.  
NOTE Confidence: 0.94860053  
00:38:37.614 --> 00:38:38.495 And the only time I  
NOTE Confidence: 0.94860053  
00:38:38.495 --> 00:38:39.935 cried after probably six age  
NOTE Confidence: 0.94860053  
00:38:39.935 --> 00:38:41.075 or six or seven was,  
NOTE Confidence: 0.99063444  
00:38:41.695 --> 00:38:42.835 once in high school,  
NOTE Confidence: 0.9265737

00:38:43.295 --> 00:38:45.215 state playoffs, basketball. I I

NOTE Confidence: 0.9265737

00:38:45.215 --> 00:38:46.335 had three point shot that

NOTE Confidence: 0.9265737

00:38:46.335 --> 00:38:47.135 could have put in overtime

NOTE Confidence: 0.9265737

00:38:47.135 --> 00:38:48.255 and I missed it. But

NOTE Confidence: 0.9265737

00:38:48.255 --> 00:38:49.375 see, it's socially acceptable now

NOTE Confidence: 0.9265737

00:38:49.375 --> 00:38:50.175 for people to for men

NOTE Confidence: 0.9265737

00:38:50.175 --> 00:38:51.215 to cry and that's we

NOTE Confidence: 0.9265737

00:38:51.215 --> 00:38:52.059 see it on TV. Right?

NOTE Confidence: 0.9265737

00:38:52.059 --> 00:38:53.020 It's socially acceptable to do

NOTE Confidence: 0.9265737

00:38:53.020 --> 00:38:54.219 that. And I also cry

NOTE Confidence: 0.9265737

00:38:54.219 --> 00:38:55.339 when my, my grandmother died

NOTE Confidence: 0.9265737

00:38:55.339 --> 00:38:56.299 who I showed there as

NOTE Confidence: 0.9265737

00:38:56.299 --> 00:38:57.520 a first year medical student.

NOTE Confidence: 0.9265737

00:38:57.660 --> 00:38:58.700 Other than that, none. Like,

NOTE Confidence: 0.9265737

00:38:58.700 --> 00:38:59.900 I I've I've never seen

NOTE Confidence: 0.9265737

00:38:59.900 --> 00:39:01.420 my brother cry and my

NOTE Confidence: 0.9265737

00:39:01.420 --> 00:39:02.460 dad only once when his

NOTE Confidence: 0.9265737

00:39:02.460 --> 00:39:03.339 brother died. And so that's

NOTE Confidence: 0.9265737

00:39:03.339 --> 00:39:04.140 the world that I come

NOTE Confidence: 0.9265737

00:39:04.140 --> 00:39:05.505 from. And so but

NOTE Confidence: 0.97067875

00:39:05.885 --> 00:39:07.325 when that chief resident told

NOTE Confidence: 0.97067875

00:39:07.325 --> 00:39:08.125 me that he seemed like

NOTE Confidence: 0.97067875

00:39:08.125 --> 00:39:09.105 I was too stressed,

NOTE Confidence: 0.9282527

00:39:09.484 --> 00:39:10.925 the the floodgates just opened,

NOTE Confidence: 0.9282527

00:39:10.925 --> 00:39:11.805 and I couldn't believe that

NOTE Confidence: 0.9282527

00:39:11.805 --> 00:39:13.085 I couldn't control myself. And

NOTE Confidence: 0.9282527

00:39:13.085 --> 00:39:13.805 I just kept stop I

NOTE Confidence: 0.9282527

00:39:13.805 --> 00:39:15.005 couldn't believe I was crying.

NOTE Confidence: 0.9282527

00:39:15.005 --> 00:39:16.045 I couldn't believe it because

NOTE Confidence: 0.9282527

00:39:16.045 --> 00:39:17.244 that's just how I was

NOTE Confidence: 0.9282527

00:39:17.244 --> 00:39:18.750 raised to be. And, and

NOTE Confidence: 0.9282527

00:39:18.750 --> 00:39:19.550 so then I go to  
NOTE Confidence: 0.9282527

00:39:19.550 --> 00:39:20.910 this this employee health center  
NOTE Confidence: 0.9282527

00:39:20.910 --> 00:39:21.390 about,  
NOTE Confidence: 0.94174355

00:39:21.710 --> 00:39:22.670 you know, to get an  
NOTE Confidence: 0.94174355

00:39:22.670 --> 00:39:23.170 evaluation,  
NOTE Confidence: 0.9862747

00:39:23.870 --> 00:39:24.830 and it was really,  
NOTE Confidence: 0.98454535

00:39:27.310 --> 00:39:28.430 there was such shame attached  
NOTE Confidence: 0.98454535

00:39:28.430 --> 00:39:29.810 to it. I just remember,  
NOTE Confidence: 0.9104266

00:39:30.270 --> 00:39:31.310 this is a funny, not  
NOTE Confidence: 0.9104266

00:39:31.310 --> 00:39:32.190 funny kind of thing. I'll  
NOTE Confidence: 0.9104266

00:39:32.190 --> 00:39:33.310 just give you preface about  
NOTE Confidence: 0.9104266

00:39:33.310 --> 00:39:34.635 saying that. I remember,  
NOTE Confidence: 0.9758167

00:39:35.655 --> 00:39:37.114 I went into this room,  
NOTE Confidence: 0.8220914

00:39:37.415 --> 00:39:38.635 into the building  
NOTE Confidence: 0.9044569

00:39:39.095 --> 00:39:40.875 and, I, like, covered my  
NOTE Confidence: 0.96499586

00:39:41.175 --> 00:39:42.455 my, head up because I

NOTE Confidence: 0.96499586  
00:39:42.455 --> 00:39:43.755 didn't want anybody to sort  
NOTE Confidence: 0.96499586  
00:39:43.815 --> 00:39:45.175 of see me go into  
NOTE Confidence: 0.96499586  
00:39:45.175 --> 00:39:45.835 the space.  
NOTE Confidence: 0.90007335  
00:39:47.710 --> 00:39:48.670 You know, that's shame. Right?  
NOTE Confidence: 0.90007335  
00:39:48.670 --> 00:39:49.950 Like, I'm embarrassed. You know,  
NOTE Confidence: 0.90007335  
00:39:49.950 --> 00:39:50.989 what? Even though there's no  
NOTE Confidence: 0.90007335  
00:39:50.989 --> 00:39:51.710 any way where they know  
NOTE Confidence: 0.90007335  
00:39:51.710 --> 00:39:52.830 it's like a nondescript building.  
NOTE Confidence: 0.90007335  
00:39:52.830 --> 00:39:53.870 It didn't say mental health.  
NOTE Confidence: 0.90007335  
00:39:53.870 --> 00:39:54.910 It was a nondescript building.  
NOTE Confidence: 0.90007335  
00:39:54.910 --> 00:39:55.790 But anyway, I in my  
NOTE Confidence: 0.90007335  
00:39:55.790 --> 00:39:56.670 mind, it was like, I'm  
NOTE Confidence: 0.90007335  
00:39:56.670 --> 00:39:57.630 going to this terrible place,  
NOTE Confidence: 0.90007335  
00:39:57.630 --> 00:39:58.430 and that means I'm a  
NOTE Confidence: 0.90007335  
00:39:58.430 --> 00:39:59.390 I'm a failure in some  
NOTE Confidence: 0.90007335

00:39:59.390 --> 00:40:00.165 sort of way.  
NOTE Confidence: 0.94509965

00:40:01.125 --> 00:40:02.325 And so but then I  
NOTE Confidence: 0.94509965

00:40:02.325 --> 00:40:03.525 realized, you know, hey, man.  
NOTE Confidence: 0.94509965

00:40:03.525 --> 00:40:04.405 I'm a really big black  
NOTE Confidence: 0.94509965

00:40:04.405 --> 00:40:04.965 guy. If I could come  
NOTE Confidence: 0.94509965

00:40:04.965 --> 00:40:05.645 in this room with this  
NOTE Confidence: 0.94509965

00:40:05.765 --> 00:40:06.805 my face covered up, I'm  
NOTE Confidence: 0.94509965

00:40:06.805 --> 00:40:07.925 gonna have bigger problems. You  
NOTE Confidence: 0.94509965

00:40:07.925 --> 00:40:08.885 know, that's the funny not  
NOTE Confidence: 0.94509965

00:40:08.885 --> 00:40:09.925 so funny part. And so  
NOTE Confidence: 0.94509965

00:40:09.925 --> 00:40:11.045 eventually, I said, okay. I  
NOTE Confidence: 0.94509965

00:40:11.045 --> 00:40:12.245 gotta I gotta face this.  
NOTE Confidence: 0.94509965

00:40:12.245 --> 00:40:12.965 And then I go in  
NOTE Confidence: 0.94509965

00:40:12.965 --> 00:40:13.465 there  
NOTE Confidence: 0.68242717

00:40:13.765 --> 00:40:14.265 and,  
NOTE Confidence: 0.88259196

00:40:15.520 --> 00:40:16.240 but then I and I

NOTE Confidence: 0.88259196  
00:40:16.240 --> 00:40:17.120 meet with this this like  
NOTE Confidence: 0.88259196  
00:40:17.120 --> 00:40:17.620 LCSW  
NOTE Confidence: 0.92975825  
00:40:17.920 --> 00:40:19.120 social worker. And,  
NOTE Confidence: 0.9830035  
00:40:20.080 --> 00:40:20.960 as I sat in that  
NOTE Confidence: 0.9830035  
00:40:20.960 --> 00:40:22.180 room with him, I realized  
NOTE Confidence: 0.92418003  
00:40:22.480 --> 00:40:24.240 I never recognized the power  
NOTE Confidence: 0.92418003  
00:40:24.240 --> 00:40:24.740 differential  
NOTE Confidence: 0.9111846  
00:40:25.360 --> 00:40:26.480 that happens when you put  
NOTE Confidence: 0.9111846  
00:40:26.480 --> 00:40:27.520 a doctor and a patient  
NOTE Confidence: 0.9111846  
00:40:27.520 --> 00:40:28.765 are in that space. Like,  
NOTE Confidence: 0.9111846  
00:40:28.765 --> 00:40:29.645 I was an intern. I  
NOTE Confidence: 0.9111846  
00:40:29.645 --> 00:40:30.445 was thinking the world has  
NOTE Confidence: 0.9111846  
00:40:30.445 --> 00:40:31.244 beaten me down, that I  
NOTE Confidence: 0.9111846  
00:40:31.244 --> 00:40:32.205 was a victim kind of  
NOTE Confidence: 0.9111846  
00:40:32.205 --> 00:40:33.105 thing that's common.  
NOTE Confidence: 0.91758615

00:40:33.484 --> 00:40:34.445 But it's like, I'm in  
NOTE Confidence: 0.91758615

00:40:34.445 --> 00:40:35.665 this space with this doctor.  
NOTE Confidence: 0.91758615

00:40:35.885 --> 00:40:36.765 I'm sorry. This this this  
NOTE Confidence: 0.91758615

00:40:36.765 --> 00:40:37.665 guy is in LCSW,  
NOTE Confidence: 0.94572973

00:40:38.364 --> 00:40:39.405 and he has the power  
NOTE Confidence: 0.94572973

00:40:39.405 --> 00:40:40.525 to sort of, like, say  
NOTE Confidence: 0.94572973

00:40:40.525 --> 00:40:41.645 that I'm, you know, maybe  
NOTE Confidence: 0.94572973

00:40:41.645 --> 00:40:42.525 not fit to go back  
NOTE Confidence: 0.94572973

00:40:42.525 --> 00:40:43.569 to work, and he could  
NOTE Confidence: 0.94572973

00:40:43.569 --> 00:40:44.450 take stuff away from me.  
NOTE Confidence: 0.94572973

00:40:44.450 --> 00:40:46.049 I've worked so hard to  
NOTE Confidence: 0.94572973

00:40:46.049 --> 00:40:47.010 get to this place, to  
NOTE Confidence: 0.94572973

00:40:47.010 --> 00:40:48.210 overcome everything, and he could  
NOTE Confidence: 0.94572973

00:40:48.210 --> 00:40:48.950 take it away.  
NOTE Confidence: 0.94528455

00:40:49.250 --> 00:40:49.809 And it was in that  
NOTE Confidence: 0.94528455

00:40:49.809 --> 00:40:50.770 moment that I realized, like,

NOTE Confidence: 0.94528455

00:40:50.770 --> 00:40:51.969 what patients really feel when

NOTE Confidence: 0.94528455

00:40:51.969 --> 00:40:52.609 they can come to a

NOTE Confidence: 0.94528455

00:40:52.609 --> 00:40:54.130 doctor, like the vulnerability that

NOTE Confidence: 0.94528455

00:40:54.130 --> 00:40:55.695 they have, when they just

NOTE Confidence: 0.94528455

00:40:55.775 --> 00:40:56.655 unload themselves, like, when they

NOTE Confidence: 0.94528455

00:40:56.655 --> 00:40:57.375 come see me, they don't

NOTE Confidence: 0.94528455

00:40:57.375 --> 00:40:58.094 know what I might do

NOTE Confidence: 0.94528455

00:40:58.094 --> 00:40:59.055 or what I might think

NOTE Confidence: 0.94528455

00:40:59.055 --> 00:40:59.775 and all that. And you

NOTE Confidence: 0.94528455

00:40:59.775 --> 00:41:00.975 just really appreciate that in

NOTE Confidence: 0.94528455

00:41:00.975 --> 00:41:02.015 that moment. I never appreciated

NOTE Confidence: 0.94528455

00:41:02.015 --> 00:41:02.735 until I was in that

NOTE Confidence: 0.94528455

00:41:02.735 --> 00:41:03.855 in that space. And so

NOTE Confidence: 0.94528455

00:41:03.855 --> 00:41:04.895 from that point forward, I've

NOTE Confidence: 0.94528455

00:41:04.895 --> 00:41:05.855 always taken that with me

NOTE Confidence: 0.94528455

00:41:05.855 --> 00:41:06.495 now when I go into  
NOTE Confidence: 0.94528455

00:41:06.495 --> 00:41:07.475 the room with the patient.  
NOTE Confidence: 0.94528455

00:41:07.535 --> 00:41:08.255 Like, this might be the  
NOTE Confidence: 0.94528455

00:41:08.415 --> 00:41:09.030 I don't know what this  
NOTE Confidence: 0.94528455

00:41:09.030 --> 00:41:09.989 person is really going through.  
NOTE Confidence: 0.94528455

00:41:09.989 --> 00:41:10.870 This could be the worst  
NOTE Confidence: 0.94528455

00:41:10.870 --> 00:41:12.550 moment they've ever experienced or  
NOTE Confidence: 0.94528455

00:41:12.550 --> 00:41:13.590 the and I have to  
NOTE Confidence: 0.94528455

00:41:13.590 --> 00:41:14.550 honor that as a it  
NOTE Confidence: 0.94528455

00:41:14.550 --> 00:41:16.230 may be the hundredth time  
NOTE Confidence: 0.94528455

00:41:16.230 --> 00:41:17.590 I've seen it, but it's  
NOTE Confidence: 0.94528455

00:41:17.590 --> 00:41:18.710 the first time that they  
NOTE Confidence: 0.94528455

00:41:18.710 --> 00:41:19.910 may have experienced it, and  
NOTE Confidence: 0.94528455

00:41:19.910 --> 00:41:21.015 I have to honor that.  
NOTE Confidence: 0.94528455

00:41:21.015 --> 00:41:21.974 And so that is really  
NOTE Confidence: 0.94528455

00:41:21.974 --> 00:41:23.894 just that experience really shifted

NOTE Confidence: 0.94528455  
00:41:23.894 --> 00:41:25.174 my whole sort of perspective  
NOTE Confidence: 0.94528455  
00:41:25.174 --> 00:41:26.775 on how I approach people  
NOTE Confidence: 0.94528455  
00:41:26.775 --> 00:41:27.575 in the in the hospital  
NOTE Confidence: 0.94528455  
00:41:27.575 --> 00:41:28.934 and clinics. It's such a  
NOTE Confidence: 0.94528455  
00:41:28.934 --> 00:41:29.654 it's such a, you know,  
NOTE Confidence: 0.94528455  
00:41:29.654 --> 00:41:31.414 really, never forget it. So  
NOTE Confidence: 0.94528455  
00:41:31.414 --> 00:41:32.214 it was it was worth  
NOTE Confidence: 0.94528455  
00:41:32.214 --> 00:41:33.734 the the the the rawness  
NOTE Confidence: 0.94528455  
00:41:33.734 --> 00:41:34.694 of having to to to  
NOTE Confidence: 0.94528455  
00:41:34.694 --> 00:41:35.980 reveal that for that sort  
NOTE Confidence: 0.94528455  
00:41:35.980 --> 00:41:37.520 of revelation to understand that.  
NOTE Confidence: 0.9494955  
00:41:38.060 --> 00:41:39.020 And I I'll have one  
NOTE Confidence: 0.9494955  
00:41:39.020 --> 00:41:39.980 more question. Although I have  
NOTE Confidence: 0.9494955  
00:41:39.980 --> 00:41:40.860 a lot more, so don't  
NOTE Confidence: 0.9494955  
00:41:40.940 --> 00:41:41.739 if you don't have, I'm  
NOTE Confidence: 0.9494955

00:41:41.739 --> 00:41:42.940 gonna use mine. So we'll

NOTE Confidence: 0.9494955

00:41:42.940 --> 00:41:44.080 open up in a second.

NOTE Confidence: 0.96716434

00:41:47.945 --> 00:41:49.065 Actually, I just lost that

NOTE Confidence: 0.96716434

00:41:49.065 --> 00:41:50.025 one thing I was gonna

NOTE Confidence: 0.96716434

00:41:50.025 --> 00:41:51.165 ask about that.

NOTE Confidence: 0.95139426

00:41:51.465 --> 00:41:52.905 But, yeah, you taught I

NOTE Confidence: 0.95139426

00:41:52.905 --> 00:41:53.864 mean, the main point of

NOTE Confidence: 0.95139426

00:41:53.864 --> 00:41:55.065 your book is talking about

NOTE Confidence: 0.95139426

00:41:55.065 --> 00:41:55.885 this separation

NOTE Confidence: 0.99951017

00:41:56.425 --> 00:41:57.805 that we have of psychiatry

NOTE Confidence: 0.9365682

00:41:58.105 --> 00:41:59.485 here, medicine there.

NOTE Confidence: 0.9949655

00:42:00.810 --> 00:42:02.010 And the program that you

NOTE Confidence: 0.9949655

00:42:02.010 --> 00:42:03.230 run seems wonderful,

NOTE Confidence: 0.99935126

00:42:03.770 --> 00:42:05.310 but it's probably not available

NOTE Confidence: 0.99935126

00:42:05.370 --> 00:42:06.350 in most places.

NOTE Confidence: 0.9998008

00:42:07.130 --> 00:42:08.250 Do you think it should

NOTE Confidence: 0.9998008

00:42:08.250 --> 00:42:09.070 be mandatory

NOTE Confidence: 0.958044

00:42:09.370 --> 00:42:11.290 then for primary care doctors

NOTE Confidence: 0.958044

00:42:11.290 --> 00:42:12.810 and internists to have some

NOTE Confidence: 0.958044

00:42:12.810 --> 00:42:13.710 kind of training?

NOTE Confidence: 0.99910957

00:42:15.045 --> 00:42:15.545 Or

NOTE Confidence: 0.99686587

00:42:15.844 --> 00:42:16.724 even if they don't have

NOTE Confidence: 0.99686587

00:42:16.724 --> 00:42:18.565 the training to somehow be

NOTE Confidence: 0.99686587

00:42:18.565 --> 00:42:19.464 able to recognize

NOTE Confidence: 0.9989999

00:42:20.244 --> 00:42:22.005 things that you recognize in

NOTE Confidence: 0.9989999

00:42:22.005 --> 00:42:22.665 this book

NOTE Confidence: 0.9352011

00:42:23.045 --> 00:42:24.565 that stem from a mental

NOTE Confidence: 0.9352011

00:42:24.565 --> 00:42:26.085 health issue. Sure. So, I

NOTE Confidence: 0.9352011

00:42:26.085 --> 00:42:27.125 mean, you know, every medical

NOTE Confidence: 0.9352011

00:42:27.125 --> 00:42:28.005 school has some kind of

NOTE Confidence: 0.9352011

00:42:28.005 --> 00:42:30.540 psychiatry rotation requirement. Right? So

NOTE Confidence: 0.9352011

00:42:30.620 --> 00:42:31.580 how do we choose to  
NOTE Confidence: 0.9352011

00:42:31.739 --> 00:42:32.620 so one of the challenges  
NOTE Confidence: 0.9352011

00:42:32.620 --> 00:42:33.500 is how much time we  
NOTE Confidence: 0.9352011

00:42:33.500 --> 00:42:34.540 have. Some school I think  
NOTE Confidence: 0.9352011

00:42:34.540 --> 00:42:35.500 here it's more actually than  
NOTE Confidence: 0.9352011

00:42:35.500 --> 00:42:36.140 it is at Duke. I  
NOTE Confidence: 0.9352011

00:42:36.140 --> 00:42:36.780 think here it's six weeks,  
NOTE Confidence: 0.9352011

00:42:36.780 --> 00:42:37.739 I think, and Duke is  
NOTE Confidence: 0.9352011

00:42:37.739 --> 00:42:39.180 four weeks. That's a separate  
NOTE Confidence: 0.9352011

00:42:39.180 --> 00:42:39.680 conversation,  
NOTE Confidence: 0.91878223

00:42:41.260 --> 00:42:42.380 or maybe it's not. But  
NOTE Confidence: 0.91878223

00:42:42.380 --> 00:42:43.260 but what I would say  
NOTE Confidence: 0.91878223

00:42:43.260 --> 00:42:44.380 though is that, how you  
NOTE Confidence: 0.91878223

00:42:44.380 --> 00:42:45.525 choose to use that time,  
NOTE Confidence: 0.9344537

00:42:46.724 --> 00:42:47.605 can be really important. Like,  
NOTE Confidence: 0.9344537

00:42:47.605 --> 00:42:48.325 how come what do we

NOTE Confidence: 0.9344537

00:42:48.325 --> 00:42:49.765 expose students to? They need

NOTE Confidence: 0.9344537

00:42:49.765 --> 00:42:50.964 to know some signal of

NOTE Confidence: 0.9344537

00:42:50.964 --> 00:42:52.484 what acute psychiatry looks like

NOTE Confidence: 0.9344537

00:42:52.484 --> 00:42:53.444 and what it's like, but

NOTE Confidence: 0.9344537

00:42:53.444 --> 00:42:54.484 they really gotta have experience

NOTE Confidence: 0.9344537

00:42:54.484 --> 00:42:55.125 of, like, what is that

NOTE Confidence: 0.9344537

00:42:55.125 --> 00:42:56.404 more sort of practical side

NOTE Confidence: 0.9344537

00:42:56.404 --> 00:42:57.364 of of of of mental

NOTE Confidence: 0.9344537

00:42:57.364 --> 00:42:58.469 health? What is that side

NOTE Confidence: 0.9344537

00:42:58.469 --> 00:42:59.110 like? What is it like

NOTE Confidence: 0.9344537

00:42:59.110 --> 00:43:00.150 to sort of navigate an

NOTE Confidence: 0.9344537

00:43:00.150 --> 00:43:01.350 outpatient setting where someone has

NOTE Confidence: 0.9344537

00:43:01.350 --> 00:43:02.870 a physical health illness? But,

NOTE Confidence: 0.9344537

00:43:02.870 --> 00:43:03.989 you know, they have depression

NOTE Confidence: 0.9344537

00:43:03.989 --> 00:43:05.110 and anxiety. People have, you

NOTE Confidence: 0.9344537

00:43:05.110 --> 00:43:06.230 know, physical health problems are  
NOTE Confidence: 0.9344537

00:43:06.230 --> 00:43:07.370 really stressful. Right?  
NOTE Confidence: 0.9536562

00:43:07.750 --> 00:43:08.550 Think about all things that  
NOTE Confidence: 0.9536562

00:43:08.550 --> 00:43:09.270 can go wrong with the  
NOTE Confidence: 0.9536562

00:43:09.270 --> 00:43:10.964 body and how that thing  
NOTE Confidence: 0.9536562

00:43:10.964 --> 00:43:12.404 can impact someone emotionally. And,  
NOTE Confidence: 0.9536562

00:43:12.404 --> 00:43:13.204 you know, it's it's really  
NOTE Confidence: 0.9536562

00:43:13.204 --> 00:43:13.924 important to be able to  
NOTE Confidence: 0.9536562

00:43:13.924 --> 00:43:15.125 really appreciate that and understand  
NOTE Confidence: 0.9536562

00:43:15.125 --> 00:43:16.244 that and think about how  
NOTE Confidence: 0.9536562

00:43:16.244 --> 00:43:18.085 can we identify problems, and  
NOTE Confidence: 0.9536562

00:43:18.085 --> 00:43:19.045 then how can we then  
NOTE Confidence: 0.9536562

00:43:19.045 --> 00:43:20.005 sort of connect people to  
NOTE Confidence: 0.9536562

00:43:20.005 --> 00:43:21.204 the kind of care that  
NOTE Confidence: 0.9536562

00:43:21.204 --> 00:43:22.484 they might need. And because  
NOTE Confidence: 0.9536562

00:43:22.484 --> 00:43:23.125 I think a lot of

NOTE Confidence: 0.9536562

00:43:23.125 --> 00:43:24.540 times the default in a

NOTE Confidence: 0.9536562

00:43:24.540 --> 00:43:25.340 in a in a primary

NOTE Confidence: 0.9536562

00:43:25.340 --> 00:43:26.320 care setting is,

NOTE Confidence: 0.9148316

00:43:26.940 --> 00:43:28.060 because of the system, the

NOTE Confidence: 0.9148316

00:43:28.060 --> 00:43:28.820 structure, you know, the visits

NOTE Confidence: 0.9148316

00:43:28.820 --> 00:43:30.560 are ten minute visits. Well,

NOTE Confidence: 0.9555789

00:43:31.020 --> 00:43:31.900 all we can do really

NOTE Confidence: 0.9555789

00:43:31.900 --> 00:43:33.440 is certain prescribe certain medicines,

NOTE Confidence: 0.9555789

00:43:33.739 --> 00:43:34.780 and maybe we haven't even

NOTE Confidence: 0.9555789

00:43:34.780 --> 00:43:35.660 been taught how to use

NOTE Confidence: 0.9555789

00:43:35.660 --> 00:43:36.540 these medicines. I mean, you

NOTE Confidence: 0.9555789

00:43:36.540 --> 00:43:37.580 can can imagine how many

NOTE Confidence: 0.9555789

00:43:37.580 --> 00:43:38.395 times I I feel like

NOTE Confidence: 0.9555789

00:43:38.395 --> 00:43:39.195 I'm having to, like, clean

NOTE Confidence: 0.9555789

00:43:39.195 --> 00:43:39.915 up some of the things

NOTE Confidence: 0.9555789

00:43:39.915 --> 00:43:40.955 that I don't blame the  
NOTE Confidence: 0.9555789

00:43:40.955 --> 00:43:41.835 primary care doctors. I mean,  
NOTE Confidence: 0.9555789

00:43:41.835 --> 00:43:43.035 they weren't they weren't given  
NOTE Confidence: 0.9555789

00:43:43.035 --> 00:43:44.235 the great education, and they're  
NOTE Confidence: 0.9555789

00:43:44.235 --> 00:43:44.795 just trying to do the  
NOTE Confidence: 0.9555789

00:43:44.795 --> 00:43:45.595 best they can. And you  
NOTE Confidence: 0.9555789

00:43:45.595 --> 00:43:46.475 see people on these really  
NOTE Confidence: 0.9555789

00:43:46.475 --> 00:43:47.835 complicated regimens like, wow. This  
NOTE Confidence: 0.9555789

00:43:47.835 --> 00:43:48.635 is really not what they  
NOTE Confidence: 0.9555789

00:43:48.635 --> 00:43:49.115 need.  
NOTE Confidence: 0.9470456

00:43:49.755 --> 00:43:50.950 And so how do you  
NOTE Confidence: 0.9470456

00:43:50.950 --> 00:43:51.989 educate people to sort of  
NOTE Confidence: 0.9470456

00:43:51.989 --> 00:43:52.870 do that? So one issue  
NOTE Confidence: 0.9470456

00:43:52.870 --> 00:43:53.830 is education of primary care  
NOTE Confidence: 0.9470456

00:43:53.830 --> 00:43:55.030 doctors. Other issue, of course,  
NOTE Confidence: 0.9470456

00:43:55.030 --> 00:43:55.750 is how do we make

NOTE Confidence: 0.9470456  
00:43:55.750 --> 00:43:56.810 our health care system  
NOTE Confidence: 0.95243454  
00:43:57.270 --> 00:43:59.430 more patient centered, to address  
NOTE Confidence: 0.95243454  
00:43:59.430 --> 00:44:00.310 these kinds of needs. So  
NOTE Confidence: 0.95243454  
00:44:00.310 --> 00:44:01.430 it's, like, two things kinda  
NOTE Confidence: 0.95243454  
00:44:01.430 --> 00:44:02.950 need to happen together. But,  
NOTE Confidence: 0.95243454  
00:44:02.950 --> 00:44:04.070 yeah, doctors definitely need more  
NOTE Confidence: 0.95243454  
00:44:04.070 --> 00:44:04.570 training.  
NOTE Confidence: 0.92370665  
00:44:05.244 --> 00:44:06.205 I wouldn't just distend it  
NOTE Confidence: 0.92370665  
00:44:06.205 --> 00:44:07.085 to primary care doctors. I  
NOTE Confidence: 0.92370665  
00:44:07.085 --> 00:44:07.805 mean, you talk about I  
NOTE Confidence: 0.92370665  
00:44:07.805 --> 00:44:08.765 mean, all fields. Right? I  
NOTE Confidence: 0.92370665  
00:44:08.765 --> 00:44:09.645 mean, if you treat diabetes  
NOTE Confidence: 0.92370665  
00:44:09.805 --> 00:44:11.344 patients with diabetes, I mean,  
NOTE Confidence: 0.92370665  
00:44:11.484 --> 00:44:12.445 mental health issues are really  
NOTE Confidence: 0.92370665  
00:44:12.445 --> 00:44:13.244 important. And if you need  
NOTE Confidence: 0.92370665

00:44:13.244 --> 00:44:13.805 to have some kind of  
NOTE Confidence: 0.92370665

00:44:13.805 --> 00:44:14.925 semblance of what that's like  
NOTE Confidence: 0.92370665

00:44:14.925 --> 00:44:15.885 and how they can influence  
NOTE Confidence: 0.92370665

00:44:15.885 --> 00:44:16.925 the the care and how  
NOTE Confidence: 0.92370665

00:44:16.925 --> 00:44:17.885 to optimize care, it's really  
NOTE Confidence: 0.92370665

00:44:17.885 --> 00:44:19.610 important. Kidney disease really could  
NOTE Confidence: 0.92370665

00:44:19.610 --> 00:44:20.330 really stressful. You know, as  
NOTE Confidence: 0.92370665

00:44:20.330 --> 00:44:20.969 you think about how it's  
NOTE Confidence: 0.92370665

00:44:20.969 --> 00:44:22.010 everything you think of. Right?  
NOTE Confidence: 0.92370665

00:44:22.010 --> 00:44:23.070 It all intersects.  
NOTE Confidence: 0.928535

00:44:24.489 --> 00:44:25.130 So I think it's it's  
NOTE Confidence: 0.928535

00:44:25.130 --> 00:44:25.930 just really important across the  
NOTE Confidence: 0.928535

00:44:25.930 --> 00:44:27.210 board. Well, I have some  
NOTE Confidence: 0.928535

00:44:27.210 --> 00:44:28.489 questions also about the writing  
NOTE Confidence: 0.928535

00:44:28.489 --> 00:44:29.610 process because we have some  
NOTE Confidence: 0.928535

00:44:29.610 --> 00:44:30.810 writers in the audience. But

NOTE Confidence: 0.928535  
00:44:30.810 --> 00:44:31.850 I'll save Good luck. Because  
NOTE Confidence: 0.928535  
00:44:31.850 --> 00:44:32.915 I'd like to open. Open  
NOTE Confidence: 0.90634185  
00:44:33.295 --> 00:44:34.575 No. I'll save it for  
NOTE Confidence: 0.90634185  
00:44:34.575 --> 00:44:34.775 myself too. I'd like to  
NOTE Confidence: 0.90634185  
00:44:34.775 --> 00:44:35.298 open it up Yeah. Questions.  
NOTE Confidence: 0.90634185  
00:44:35.298 --> 00:44:35.622 And and introduce yourself when  
NOTE Confidence: 0.90634185  
00:44:35.622 --> 00:44:35.946 you ask the question. What  
NOTE Confidence: 0.90634185  
00:44:35.946 --> 00:44:36.335 year you're in or Okay.  
NOTE Confidence: 0.90634185  
00:44:36.335 --> 00:44:37.075 Oh, okay.  
NOTE Confidence: 0.96109784  
00:44:44.430 --> 00:44:45.469 But, yeah, tell us your  
NOTE Confidence: 0.96109784  
00:44:45.469 --> 00:44:47.250 name, what year, what year.  
NOTE Confidence: 0.94031525  
00:44:49.390 --> 00:44:50.910 Hi. Thanks thanks for being  
NOTE Confidence: 0.94031525  
00:44:50.910 --> 00:44:51.950 here. My name is, Will  
NOTE Confidence: 0.94031525  
00:44:51.950 --> 00:44:53.230 Roberts. I'm a first year  
NOTE Confidence: 0.94031525  
00:44:53.230 --> 00:44:54.430 fellow at the National Clinical  
NOTE Confidence: 0.94031525

00:44:54.430 --> 00:44:55.550 Scholars Program. Oh, I can  
NOTE Confidence: 0.94031525

00:44:55.550 --> 00:44:57.069 actually just finish my training  
NOTE Confidence: 0.94031525

00:44:57.069 --> 00:44:58.589 in internal medicine residency, and,  
NOTE Confidence: 0.94031525

00:44:59.085 --> 00:44:59.965 thank you for all the  
NOTE Confidence: 0.94031525

00:44:59.965 --> 00:45:01.665 stories that you've shown. Definitely  
NOTE Confidence: 0.94031525

00:45:01.885 --> 00:45:03.645 agree with a lot and  
NOTE Confidence: 0.94031525

00:45:03.645 --> 00:45:04.685 definitely resonate with a lot  
NOTE Confidence: 0.94031525

00:45:04.685 --> 00:45:05.724 of that. One one question  
NOTE Confidence: 0.94031525

00:45:05.724 --> 00:45:06.445 that I had and a  
NOTE Confidence: 0.94031525

00:45:06.445 --> 00:45:07.565 theme that I had noticed,  
NOTE Confidence: 0.94031525

00:45:07.565 --> 00:45:08.844 you know, through, part of  
NOTE Confidence: 0.94031525

00:45:08.844 --> 00:45:09.905 my training was,  
NOTE Confidence: 0.94802004

00:45:10.765 --> 00:45:11.580 you know, just how much  
NOTE Confidence: 0.94802004

00:45:11.580 --> 00:45:12.700 trauma that that's out there.  
NOTE Confidence: 0.94802004

00:45:12.700 --> 00:45:14.620 We're Sure. Dealing with, still  
NOTE Confidence: 0.94802004

00:45:14.620 --> 00:45:15.820 dealing with, like, the aftereffective

NOTE Confidence: 0.94802004

00:45:15.820 --> 00:45:17.340 of a pandemic. Sure. Patients,

NOTE Confidence: 0.94802004

00:45:17.340 --> 00:45:19.260 communities have trauma. Yeah. Us

NOTE Confidence: 0.94802004

00:45:19.260 --> 00:45:21.120 trainees have trauma. What

NOTE Confidence: 0.9471179

00:45:21.660 --> 00:45:22.460 efforts do you know of,

NOTE Confidence: 0.9471179

00:45:22.460 --> 00:45:23.580 or what are your thoughts

NOTE Confidence: 0.9471179

00:45:23.580 --> 00:45:24.795 on how we need to

NOTE Confidence: 0.9471179

00:45:24.795 --> 00:45:26.714 merge trauma into the medical

NOTE Confidence: 0.9471179

00:45:26.714 --> 00:45:27.835 space as well? That's a

NOTE Confidence: 0.9471179

00:45:27.835 --> 00:45:28.875 great question. You know, think

NOTE Confidence: 0.9471179

00:45:28.875 --> 00:45:29.955 think about even the idea

NOTE Confidence: 0.9471179

00:45:30.155 --> 00:45:31.275 so, like, there's there's this

NOTE Confidence: 0.9471179

00:45:31.275 --> 00:45:32.075 whole term you may hear

NOTE Confidence: 0.9471179

00:45:32.075 --> 00:45:33.755 called trauma informed care. But

NOTE Confidence: 0.9471179

00:45:33.755 --> 00:45:34.435 even think about some of

NOTE Confidence: 0.9471179

00:45:34.435 --> 00:45:35.035 the things we do in

NOTE Confidence: 0.9471179

00:45:35.035 --> 00:45:36.234 medicine, like, that you don't

NOTE Confidence: 0.9471179

00:45:36.234 --> 00:45:37.035 even think about. I know

NOTE Confidence: 0.9471179

00:45:37.035 --> 00:45:37.835 I've certainly done in the

NOTE Confidence: 0.9471179

00:45:37.835 --> 00:45:38.635 past, but I'll never do

NOTE Confidence: 0.9471179

00:45:38.635 --> 00:45:39.650 it again. But, like, even

NOTE Confidence: 0.9471179

00:45:39.650 --> 00:45:40.290 the idea, like, if you

NOTE Confidence: 0.9471179

00:45:40.290 --> 00:45:41.330 need to, like, examine someone's,

NOTE Confidence: 0.9471179

00:45:41.330 --> 00:45:42.370 like, thyroid and you just

NOTE Confidence: 0.9471179

00:45:42.370 --> 00:45:43.010 kinda go up to the

NOTE Confidence: 0.9471179

00:45:43.010 --> 00:45:44.210 person and just, like, just,

NOTE Confidence: 0.9471179

00:45:44.210 --> 00:45:45.410 like, you know, touch you

NOTE Confidence: 0.9471179

00:45:45.410 --> 00:45:46.130 know, like, think about what

NOTE Confidence: 0.9471179

00:45:46.130 --> 00:45:47.170 that what this person might

NOTE Confidence: 0.9471179

00:45:47.170 --> 00:45:48.530 have had experienced and what

NOTE Confidence: 0.9471179

00:45:48.530 --> 00:45:49.330 you just what you're just

NOTE Confidence: 0.9471179

00:45:49.330 --> 00:45:50.210 doing in that moment. You're

NOTE Confidence: 0.9471179  
00:45:50.210 --> 00:45:51.330 just sort of, like, invading  
NOTE Confidence: 0.9471179  
00:45:51.330 --> 00:45:52.434 people. Right? And we do  
NOTE Confidence: 0.9471179  
00:45:52.434 --> 00:45:53.234 that all the time what  
NOTE Confidence: 0.9471179  
00:45:53.234 --> 00:45:53.954 I've been thinking about it.  
NOTE Confidence: 0.9471179  
00:45:53.954 --> 00:45:54.755 So that's just one sort  
NOTE Confidence: 0.9471179  
00:45:54.755 --> 00:45:55.875 of level with thinking about  
NOTE Confidence: 0.9471179  
00:45:55.875 --> 00:45:57.395 how trauma informed care can  
NOTE Confidence: 0.9471179  
00:45:57.395 --> 00:45:58.674 be really important, and just  
NOTE Confidence: 0.9471179  
00:45:58.674 --> 00:45:59.234 in that sort of in  
NOTE Confidence: 0.9471179  
00:45:59.234 --> 00:46:00.594 that sort of space. But  
NOTE Confidence: 0.9471179  
00:46:00.594 --> 00:46:01.875 just, you know, the balance  
NOTE Confidence: 0.9471179  
00:46:02.035 --> 00:46:02.994 one of the challenges, though,  
NOTE Confidence: 0.9471179  
00:46:02.994 --> 00:46:03.575 is that  
NOTE Confidence: 0.9986581  
00:46:03.875 --> 00:46:04.855 we have to have  
NOTE Confidence: 0.9993319  
00:46:05.234 --> 00:46:06.375 systems in place  
NOTE Confidence: 0.9241647

00:46:06.830 --> 00:46:07.710 to provide care because you  
NOTE Confidence: 0.9241647

00:46:07.710 --> 00:46:08.670 don't wanna just open things  
NOTE Confidence: 0.9241647

00:46:08.670 --> 00:46:10.190 up. Right? You say something,  
NOTE Confidence: 0.9241647

00:46:10.190 --> 00:46:11.390 you you open up this  
NOTE Confidence: 0.9241647

00:46:11.390 --> 00:46:12.830 trauma, and then it's like,  
NOTE Confidence: 0.9241647

00:46:12.830 --> 00:46:13.790 we have no way to  
NOTE Confidence: 0.9241647

00:46:13.790 --> 00:46:14.989 do do it with doing  
NOTE Confidence: 0.9241647

00:46:14.989 --> 00:46:15.790 it with it once it's  
NOTE Confidence: 0.9241647

00:46:15.790 --> 00:46:16.930 there. Right? Because that person's  
NOTE Confidence: 0.9241647

00:46:16.989 --> 00:46:18.350 bare their whatever thing it  
NOTE Confidence: 0.9241647

00:46:18.350 --> 00:46:19.235 might be. So So we  
NOTE Confidence: 0.9241647

00:46:19.235 --> 00:46:20.195 have to have system. This  
NOTE Confidence: 0.9241647

00:46:20.195 --> 00:46:21.155 is where, like, a integrated  
NOTE Confidence: 0.9241647

00:46:21.155 --> 00:46:22.515 care model is great because  
NOTE Confidence: 0.9241647

00:46:22.515 --> 00:46:23.475 if a person comes in  
NOTE Confidence: 0.9241647

00:46:23.475 --> 00:46:24.515 our setting, they might see

NOTE Confidence: 0.9241647

00:46:24.515 --> 00:46:25.075 you and they may talk

NOTE Confidence: 0.9241647

00:46:25.075 --> 00:46:25.895 about this trauma.

NOTE Confidence: 0.8800623

00:46:26.275 --> 00:46:27.555 We're right there to then

NOTE Confidence: 0.8800623

00:46:27.555 --> 00:46:28.195 be able to sort of

NOTE Confidence: 0.8800623

00:46:28.195 --> 00:46:28.995 re on the receiving end

NOTE Confidence: 0.8800623

00:46:28.995 --> 00:46:29.795 to sort of then sort

NOTE Confidence: 0.8800623

00:46:29.795 --> 00:46:30.675 of help them with the

NOTE Confidence: 0.8800623

00:46:30.675 --> 00:46:31.930 next steps. So that's where

NOTE Confidence: 0.8800623

00:46:31.930 --> 00:46:32.730 it kinda we need multiple

NOTE Confidence: 0.8800623

00:46:32.730 --> 00:46:34.010 things to have have happening

NOTE Confidence: 0.8800623

00:46:34.010 --> 00:46:34.910 kinda simultaneously.

NOTE Confidence: 0.98467606

00:46:35.210 --> 00:46:36.010 But it's a really big

NOTE Confidence: 0.98467606

00:46:36.010 --> 00:46:36.810 deal. And it's a big

NOTE Confidence: 0.98467606

00:46:36.810 --> 00:46:37.930 deal for providers as well.

NOTE Confidence: 0.98467606

00:46:37.930 --> 00:46:38.570 I mean, there's a whole

NOTE Confidence: 0.98467606

00:46:38.570 --> 00:46:39.850 lot there to unpack. I  
NOTE Confidence: 0.98467606

00:46:39.850 --> 00:46:40.810 mean, there's a whole lot  
NOTE Confidence: 0.98467606

00:46:40.810 --> 00:46:41.770 of challenge that a lot  
NOTE Confidence: 0.98467606

00:46:41.770 --> 00:46:42.969 of providers have gone through.  
NOTE Confidence: 0.98467606

00:46:42.969 --> 00:46:44.010 I do think we've we've  
NOTE Confidence: 0.98467606

00:46:44.010 --> 00:46:45.290 come better than where we  
NOTE Confidence: 0.98467606

00:46:45.290 --> 00:46:46.795 once were, but there's still  
NOTE Confidence: 0.98467606

00:46:46.795 --> 00:46:47.295 certainly,  
NOTE Confidence: 0.94496727

00:46:47.835 --> 00:46:48.795 more that needs to needs  
NOTE Confidence: 0.94496727

00:46:48.795 --> 00:46:49.915 to happen. But again, part  
NOTE Confidence: 0.94496727

00:46:49.915 --> 00:46:51.114 of why change is hard  
NOTE Confidence: 0.94496727

00:46:51.114 --> 00:46:51.755 and part of why we're  
NOTE Confidence: 0.94496727

00:46:51.755 --> 00:46:52.475 where we are now is  
NOTE Confidence: 0.94496727

00:46:52.475 --> 00:46:53.195 because of all the sort  
NOTE Confidence: 0.94496727

00:46:53.195 --> 00:46:54.155 of things that have sort  
NOTE Confidence: 0.94496727

00:46:54.155 --> 00:46:54.875 of led us to where

NOTE Confidence: 0.94496727

00:46:54.875 --> 00:46:55.675 we are today. Right? It's

NOTE Confidence: 0.94496727

00:46:55.675 --> 00:46:56.315 sort of the lack of

NOTE Confidence: 0.94496727

00:46:56.315 --> 00:46:57.675 attention to these issues make

NOTE Confidence: 0.94496727

00:46:57.675 --> 00:46:58.715 these things much more challenging

NOTE Confidence: 0.94496727

00:46:58.715 --> 00:46:59.375 to address.

NOTE Confidence: 0.8885469

00:46:59.675 --> 00:47:00.670 But yeah. Great question. But

NOTE Confidence: 0.8885469

00:47:00.920 --> 00:47:01.890 yeah. Have you ever done

NOTE Confidence: 0.8885469

00:47:01.890 --> 00:47:02.450 that where you just, like,

NOTE Confidence: 0.8885469

00:47:02.450 --> 00:47:03.089 you know, just like you

NOTE Confidence: 0.8885469

00:47:03.089 --> 00:47:04.049 just start touching people without

NOTE Confidence: 0.8885469

00:47:04.049 --> 00:47:05.650 even really thinking about yeah.

NOTE Confidence: 0.8885469

00:47:05.650 --> 00:47:06.290 All the time. Yeah. It's

NOTE Confidence: 0.8885469

00:47:06.290 --> 00:47:06.930 like you just start touching

NOTE Confidence: 0.8885469

00:47:06.930 --> 00:47:07.890 someone's stomach. You just, you

NOTE Confidence: 0.8885469

00:47:07.890 --> 00:47:08.849 know, you but I'm really,

NOTE Confidence: 0.8885469

00:47:08.849 --> 00:47:10.130 like, thinking about what is  
NOTE Confidence: 0.8885469

00:47:10.130 --> 00:47:11.170 this person really been through  
NOTE Confidence: 0.8885469

00:47:11.170 --> 00:47:12.210 and is this right, you  
NOTE Confidence: 0.8885469

00:47:12.210 --> 00:47:12.849 know. And I mean, I  
NOTE Confidence: 0.8885469

00:47:12.849 --> 00:47:13.890 don't do that anymore, but  
NOTE Confidence: 0.8885469

00:47:13.890 --> 00:47:14.849 it's, like, for years, I  
NOTE Confidence: 0.8885469

00:47:14.849 --> 00:47:16.049 did. It's something we all  
NOTE Confidence: 0.8885469

00:47:16.049 --> 00:47:17.145 should be thinking about. You  
NOTE Confidence: 0.8885469

00:47:17.225 --> 00:47:18.185 know? We just do without  
NOTE Confidence: 0.8885469

00:47:18.185 --> 00:47:19.545 even something. And sometimes we  
NOTE Confidence: 0.8885469

00:47:19.545 --> 00:47:20.344 see more if it's a  
NOTE Confidence: 0.8885469

00:47:20.344 --> 00:47:21.225 guy, well, he can't have  
NOTE Confidence: 0.8885469

00:47:21.225 --> 00:47:21.984 trauma, we're just gonna just  
NOTE Confidence: 0.8885469

00:47:22.025 --> 00:47:22.825 you know, with one man,  
NOTE Confidence: 0.8885469

00:47:22.825 --> 00:47:23.625 maybe we're more attuned to  
NOTE Confidence: 0.8885469

00:47:23.625 --> 00:47:24.745 it, but men can have

NOTE Confidence: 0.8885469

00:47:24.745 --> 00:47:25.705 trauma, terrible trauma too. We

NOTE Confidence: 0.8885469

00:47:25.705 --> 00:47:26.344 need you to be thinking

NOTE Confidence: 0.8885469

00:47:26.344 --> 00:47:27.325 about all of everyone.

NOTE Confidence: 0.78338313

00:47:29.305 --> 00:47:30.025 How are you doing, doctor

NOTE Confidence: 0.78338313

00:47:30.025 --> 00:47:30.525 Tweedy?

NOTE Confidence: 0.7440312

00:47:31.760 --> 00:47:32.660 First I want to

NOTE Confidence: 0.99143183

00:47:32.960 --> 00:47:33.460 say

NOTE Confidence: 0.93170583

00:47:33.839 --> 00:47:34.880 my name is Shah Ali.

NOTE Confidence: 0.93170583

00:47:34.880 --> 00:47:37.119 I'm a Pgy2 orthopedic resident

NOTE Confidence: 0.93170583

00:47:37.119 --> 00:47:38.559 here at Yale. So I

NOTE Confidence: 0.93170583

00:47:38.559 --> 00:47:39.599 love when people who are

NOTE Confidence: 0.93170583

00:47:39.599 --> 00:47:40.579 not in psychiatry

NOTE Confidence: 0.91594374

00:47:41.119 --> 00:47:42.000 come. I love this this

NOTE Confidence: 0.91594374

00:47:42.000 --> 00:47:42.640 is why I feel like

NOTE Confidence: 0.91594374

00:47:42.640 --> 00:47:43.920 I'm I mean talking this

NOTE Confidence: 0.91594374

00:47:43.920 --> 00:47:44.480 makes you feel good so  
NOTE Confidence: 0.91594374

00:47:44.480 --> 00:47:45.040 I don't mean to cut  
NOTE Confidence: 0.91594374

00:47:45.040 --> 00:47:45.599 you off but it makes  
NOTE Confidence: 0.91594374

00:47:45.599 --> 00:47:46.885 you feel good Really nice.  
NOTE Confidence: 0.91594374

00:47:46.885 --> 00:47:48.565 Well, I'm happy that kind  
NOTE Confidence: 0.91594374

00:47:48.565 --> 00:47:50.165 of dovetails into my question  
NOTE Confidence: 0.91594374

00:47:50.165 --> 00:47:51.205 a bit. First, I wanna  
NOTE Confidence: 0.91594374

00:47:51.205 --> 00:47:52.745 thank you. I think you're  
NOTE Confidence: 0.91594374

00:47:52.965 --> 00:47:54.165 really a big part of  
NOTE Confidence: 0.91594374

00:47:54.165 --> 00:47:55.525 why I'm in medicine. Reading  
NOTE Confidence: 0.91594374

00:47:55.525 --> 00:47:56.885 your book Wow. You're too  
NOTE Confidence: 0.91594374

00:47:56.885 --> 00:47:58.325 nice. No. It's true. Reading  
NOTE Confidence: 0.91594374

00:47:58.325 --> 00:47:58.645 your,  
NOTE Confidence: 0.90472573

00:47:59.700 --> 00:48:00.660 book Black Men in White  
NOTE Confidence: 0.90472573

00:48:00.660 --> 00:48:01.780 Coat did something for me.  
NOTE Confidence: 0.90472573

00:48:01.780 --> 00:48:02.900 It changed my whole, like,

NOTE Confidence: 0.90472573

00:48:02.900 --> 00:48:03.719 way of thinking.

NOTE Confidence: 0.9784402

00:48:04.020 --> 00:48:05.380 So my question for you

NOTE Confidence: 0.9784402

00:48:05.380 --> 00:48:06.420 with that book and with

NOTE Confidence: 0.9784402

00:48:06.420 --> 00:48:07.460 this book is, what are

NOTE Confidence: 0.9784402

00:48:07.460 --> 00:48:08.739 some of the obviously, you

NOTE Confidence: 0.9784402

00:48:08.739 --> 00:48:09.460 have a goal when you

NOTE Confidence: 0.9784402

00:48:09.460 --> 00:48:10.260 write a book. But what

NOTE Confidence: 0.9784402

00:48:10.260 --> 00:48:11.960 are some of the unforeseen,

NOTE Confidence: 0.97788286

00:48:12.420 --> 00:48:12.920 like,

NOTE Confidence: 0.97056526

00:48:14.005 --> 00:48:15.205 benefits and things that you've

NOTE Confidence: 0.97056526

00:48:15.205 --> 00:48:16.484 noticed that your writing has

NOTE Confidence: 0.97056526

00:48:16.484 --> 00:48:17.385 done for people,

NOTE Confidence: 0.9975847

00:48:17.925 --> 00:48:18.585 for medicine,

NOTE Confidence: 0.95020294

00:48:19.445 --> 00:48:20.484 that, you know, you're proud

NOTE Confidence: 0.95020294

00:48:20.484 --> 00:48:21.125 of and that you can

NOTE Confidence: 0.95020294

00:48:21.125 --> 00:48:22.645 share with us? Well, I  
NOTE Confidence: 0.95020294

00:48:22.645 --> 00:48:23.605 mean, I guess you're maybe  
NOTE Confidence: 0.95020294

00:48:23.605 --> 00:48:25.205 a great example. Just hearing  
NOTE Confidence: 0.95020294

00:48:25.205 --> 00:48:26.085 what you said was so  
NOTE Confidence: 0.95020294

00:48:26.085 --> 00:48:26.585 kind.  
NOTE Confidence: 0.9094443

00:48:26.960 --> 00:48:28.160 But, yeah, you know, thank  
NOTE Confidence: 0.9094443

00:48:28.160 --> 00:48:28.719 you thank you so much  
NOTE Confidence: 0.9094443

00:48:28.719 --> 00:48:29.760 for that. But, you know,  
NOTE Confidence: 0.9094443

00:48:29.760 --> 00:48:30.559 every so you know, you'll  
NOTE Confidence: 0.9094443

00:48:30.640 --> 00:48:31.140 every  
NOTE Confidence: 0.92416936

00:48:31.760 --> 00:48:32.880 always happens every week. And  
NOTE Confidence: 0.92416936

00:48:32.880 --> 00:48:33.599 the week doesn't go by,  
NOTE Confidence: 0.92416936

00:48:33.599 --> 00:48:34.239 I don't get some kind  
NOTE Confidence: 0.92416936

00:48:34.239 --> 00:48:35.839 of, like, letter or email  
NOTE Confidence: 0.92416936

00:48:35.839 --> 00:48:36.980 or something from somebody,  
NOTE Confidence: 0.9565685

00:48:38.000 --> 00:48:38.799 that where they where they

NOTE Confidence: 0.9565685

00:48:38.799 --> 00:48:39.920 talk about how, you know,

NOTE Confidence: 0.9565685

00:48:39.920 --> 00:48:40.799 maybe I help them see

NOTE Confidence: 0.9565685

00:48:40.799 --> 00:48:41.519 this thing a little bit

NOTE Confidence: 0.9565685

00:48:41.519 --> 00:48:42.435 different or maybe I help

NOTE Confidence: 0.9565685

00:48:42.435 --> 00:48:43.415 them be able to understand

NOTE Confidence: 0.9565685

00:48:43.475 --> 00:48:44.275 what was going on with

NOTE Confidence: 0.9565685

00:48:44.275 --> 00:48:45.715 their family member. And and

NOTE Confidence: 0.9565685

00:48:45.715 --> 00:48:46.675 there's always these sort of

NOTE Confidence: 0.9565685

00:48:46.675 --> 00:48:47.635 small things, and it really

NOTE Confidence: 0.9565685

00:48:47.635 --> 00:48:48.375 makes me,

NOTE Confidence: 0.9707484

00:48:49.555 --> 00:48:50.995 you know, power through because,

NOTE Confidence: 0.9707484

00:48:50.995 --> 00:48:51.635 you know, I I mean,

NOTE Confidence: 0.9707484

00:48:51.635 --> 00:48:52.835 you may not I talk

NOTE Confidence: 0.9707484

00:48:52.835 --> 00:48:53.555 a lot here, but it

NOTE Confidence: 0.9707484

00:48:53.635 --> 00:48:54.035 I really don't

NOTE Confidence: 0.9720255

00:48:55.270 --> 00:48:56.070 Talking to people is really  
NOTE Confidence: 0.9720255

00:48:56.070 --> 00:48:56.870 hard for me, actually. I'm  
NOTE Confidence: 0.9720255

00:48:56.870 --> 00:48:57.670 not a I'm a really  
NOTE Confidence: 0.9720255

00:48:57.670 --> 00:48:59.510 introverted person. My happy place  
NOTE Confidence: 0.9720255

00:48:59.510 --> 00:49:00.150 is actually in front of  
NOTE Confidence: 0.9720255

00:49:00.150 --> 00:49:01.110 a computer in my little  
NOTE Confidence: 0.9720255

00:49:01.110 --> 00:49:02.150 board of books. It's really  
NOTE Confidence: 0.9720255

00:49:02.150 --> 00:49:02.950 hard for me to do  
NOTE Confidence: 0.9720255

00:49:02.950 --> 00:49:03.910 this. But I feel like,  
NOTE Confidence: 0.9720255

00:49:03.910 --> 00:49:04.870 you know, it's just but  
NOTE Confidence: 0.9720255

00:49:04.870 --> 00:49:05.910 getting those those letters and  
NOTE Confidence: 0.9720255

00:49:05.910 --> 00:49:06.790 hearing what you just said  
NOTE Confidence: 0.9720255

00:49:06.790 --> 00:49:07.670 makes me sort of power  
NOTE Confidence: 0.9720255

00:49:07.670 --> 00:49:08.470 through my own sort of  
NOTE Confidence: 0.9720255

00:49:08.470 --> 00:49:09.585 challenges. It makes me feel  
NOTE Confidence: 0.9720255

00:49:09.585 --> 00:49:10.625 like, you know, there's something

NOTE Confidence: 0.9720255

00:49:10.625 --> 00:49:11.825 that I'm doing this that's

NOTE Confidence: 0.9720255

00:49:11.825 --> 00:49:12.325 worthwhile.

NOTE Confidence: 0.9726426

00:49:12.625 --> 00:49:13.344 And so, yeah, I just,

NOTE Confidence: 0.9726426

00:49:13.344 --> 00:49:13.984 I mean, I would say

NOTE Confidence: 0.9726426

00:49:13.984 --> 00:49:14.945 that just getting those letters

NOTE Confidence: 0.9726426

00:49:14.945 --> 00:49:15.665 and notes and hearing those

NOTE Confidence: 0.9726426

00:49:15.665 --> 00:49:16.705 sort of testimonials is really

NOTE Confidence: 0.9726426

00:49:16.705 --> 00:49:17.825 what helps keep me going.

NOTE Confidence: 0.9726426

00:49:17.825 --> 00:49:18.545 So, I mean, just can't

NOTE Confidence: 0.9726426

00:49:18.545 --> 00:49:19.364 thank you enough.

NOTE Confidence: 0.9651114

00:49:20.145 --> 00:49:20.645 Yeah.

NOTE Confidence: 0.9332916

00:49:26.210 --> 00:49:27.989 Hi. I'm Namley. I'm a

NOTE Confidence: 0.96910477

00:49:28.690 --> 00:49:29.890 fourth year medical student, but

NOTE Confidence: 0.96910477

00:49:29.890 --> 00:49:30.530 I'm at the school of

NOTE Confidence: 0.96910477

00:49:30.530 --> 00:49:31.410 public health right now and

NOTE Confidence: 0.96910477

00:49:31.410 --> 00:49:33.330 will graduate next year. And  
NOTE Confidence: 0.96910477

00:49:33.330 --> 00:49:34.930 funny enough, I remember you  
NOTE Confidence: 0.96910477

00:49:34.930 --> 00:49:36.130 saying I heard you speak  
NOTE Confidence: 0.96910477

00:49:36.130 --> 00:49:37.434 nine years ago saying that  
NOTE Confidence: 0.96910477

00:49:37.434 --> 00:49:38.174 you were introverted.  
NOTE Confidence: 0.92455155

00:49:38.555 --> 00:49:39.674 And I was like, sure.  
NOTE Confidence: 0.92455155

00:49:39.674 --> 00:49:40.655 But I understood.  
NOTE Confidence: 0.92381185

00:49:41.755 --> 00:49:43.035 It's true, man. No. And  
NOTE Confidence: 0.92381185

00:49:43.035 --> 00:49:44.954 and I I really appreciate  
NOTE Confidence: 0.92381185

00:49:44.954 --> 00:49:46.315 you pushing through to get  
NOTE Confidence: 0.92381185

00:49:46.315 --> 00:49:47.515 this message out there because  
NOTE Confidence: 0.92381185

00:49:47.515 --> 00:49:48.234 as you can see, the  
NOTE Confidence: 0.92381185

00:49:48.234 --> 00:49:49.114 impact is really  
NOTE Confidence: 0.95984656

00:49:49.914 --> 00:49:50.655 it it  
NOTE Confidence: 0.9410507

00:49:51.810 --> 00:49:53.570 extends far beyond just that  
NOTE Confidence: 0.9410507

00:49:53.570 --> 00:49:54.850 time and that place. Yeah.

NOTE Confidence: 0.9410507

00:49:55.170 --> 00:49:56.450 So my question is not

NOTE Confidence: 0.9410507

00:49:56.450 --> 00:49:57.410 related to that, though. Just

NOTE Confidence: 0.9410507

00:49:57.410 --> 00:49:59.010 wanted to acknowledge. Okay. Wow.

NOTE Confidence: 0.9410507

00:49:59.010 --> 00:50:00.850 So you mentioned before the

NOTE Confidence: 0.9410507

00:50:00.850 --> 00:50:02.770 education of physicians is just

NOTE Confidence: 0.9410507

00:50:02.770 --> 00:50:04.070 sorely lacking in

NOTE Confidence: 0.89929736

00:50:05.235 --> 00:50:06.295 useful practical,

NOTE Confidence: 0.9565606

00:50:06.675 --> 00:50:08.675 part of psychiatry. Mhmm. So

NOTE Confidence: 0.9565606

00:50:08.675 --> 00:50:09.795 I wanna go into emergency

NOTE Confidence: 0.9565606

00:50:09.795 --> 00:50:11.875 medicine. Mhmm. And urgency tends

NOTE Confidence: 0.9565606

00:50:11.875 --> 00:50:13.495 to sort of breed normalizing

NOTE Confidence: 0.9749865

00:50:14.435 --> 00:50:17.015 really problematic heuristics or Yes.

NOTE Confidence: 0.9749865

00:50:17.155 --> 00:50:18.375 Lends us to lean

NOTE Confidence: 0.9955556

00:50:18.760 --> 00:50:20.780 into stereotypes and lean into,

NOTE Confidence: 0.927187

00:50:21.960 --> 00:50:23.400 sort of the ills of

NOTE Confidence: 0.927187

00:50:23.400 --> 00:50:23.900 society.

NOTE Confidence: 0.9389773

00:50:24.600 --> 00:50:25.640 What would you and, you

NOTE Confidence: 0.9389773

00:50:25.640 --> 00:50:26.680 know, not every place has,

NOTE Confidence: 0.9389773

00:50:26.680 --> 00:50:27.880 like, a psych ED like

NOTE Confidence: 0.9389773

00:50:27.880 --> 00:50:29.320 Yale does. And so emergency

NOTE Confidence: 0.9389773

00:50:29.320 --> 00:50:29.820 medicine,

NOTE Confidence: 0.96766216

00:50:30.280 --> 00:50:31.845 physicians are confronted with people

NOTE Confidence: 0.96766216

00:50:31.965 --> 00:50:32.925 Yes. They're on the worst

NOTE Confidence: 0.96766216

00:50:32.925 --> 00:50:33.885 days of their lives Yes.

NOTE Confidence: 0.96766216

00:50:33.885 --> 00:50:35.485 They're and often sometimes with

NOTE Confidence: 0.96766216

00:50:35.485 --> 00:50:37.165 the worst, like, psychiatric crises

NOTE Confidence: 0.96766216

00:50:37.165 --> 00:50:38.925 that they've had. So all

NOTE Confidence: 0.96766216

00:50:38.925 --> 00:50:40.065 of that being said,

NOTE Confidence: 0.9993723

00:50:40.765 --> 00:50:42.285 what is some of the

NOTE Confidence: 0.9993723

00:50:42.285 --> 00:50:42.785 biggest

NOTE Confidence: 0.9683278

00:50:43.245 --> 00:50:45.345 or a a biggest lesson

NOTE Confidence: 0.9683278

00:50:45.485 --> 00:50:46.920 that you would offer to

NOTE Confidence: 0.9683278

00:50:47.079 --> 00:50:48.599 people at that forefront in

NOTE Confidence: 0.9683278

00:50:48.599 --> 00:50:50.140 interacting with people going through

NOTE Confidence: 0.90270126

00:50:50.440 --> 00:50:51.420 psychiatric crises?

NOTE Confidence: 0.9573656

00:50:52.200 --> 00:50:52.920 Yeah. So some of that

NOTE Confidence: 0.9573656

00:50:52.920 --> 00:50:53.799 is like, well, because the

NOTE Confidence: 0.9573656

00:50:53.799 --> 00:50:55.160 system you know, there's bed

NOTE Confidence: 0.9573656

00:50:55.160 --> 00:50:56.200 space problems. Like, there's a

NOTE Confidence: 0.9573656

00:50:56.200 --> 00:50:57.000 lot of there's so many

NOTE Confidence: 0.9573656

00:50:57.000 --> 00:50:58.119 system issues. Right? So what

NOTE Confidence: 0.9573656

00:50:58.119 --> 00:50:59.000 do you have someone comes

NOTE Confidence: 0.9573656

00:50:59.000 --> 00:51:00.119 to the ER, we can't

NOTE Confidence: 0.9573656

00:51:00.119 --> 00:51:01.000 get them anywhere. Right? And

NOTE Confidence: 0.9573656

00:51:01.000 --> 00:51:01.799 they and they're stuck in

NOTE Confidence: 0.9573656

00:51:01.799 --> 00:51:03.395 this ED setting that's non

NOTE Confidence: 0.9573656

00:51:03.395 --> 00:51:05.094 therapeutic for a long time.  
NOTE Confidence: 0.9573656

00:51:05.234 --> 00:51:07.234 So people have faced that  
NOTE Confidence: 0.9573656

00:51:07.234 --> 00:51:08.435 problem and and come up  
NOTE Confidence: 0.9573656

00:51:08.435 --> 00:51:09.335 with really creative  
NOTE Confidence: 0.99687797

00:51:09.714 --> 00:51:11.015 solutions and creative  
NOTE Confidence: 0.7598329

00:51:11.474 --> 00:51:11.974 alternatives.  
NOTE Confidence: 0.8415618

00:51:12.275 --> 00:51:13.035 And I think that's the  
NOTE Confidence: 0.8415618

00:51:13.075 --> 00:51:14.114 that's always the charge for  
NOTE Confidence: 0.8415618

00:51:14.114 --> 00:51:15.075 the charge for you is  
NOTE Confidence: 0.8415618

00:51:15.075 --> 00:51:15.875 if you find yourself in  
NOTE Confidence: 0.8415618

00:51:15.875 --> 00:51:16.915 this space, what can you  
NOTE Confidence: 0.8415618

00:51:16.915 --> 00:51:17.940 now do with that? This  
NOTE Confidence: 0.8415618

00:51:17.940 --> 00:51:18.739 would make make that thing  
NOTE Confidence: 0.8415618

00:51:18.739 --> 00:51:19.780 better because it certainly happens.  
NOTE Confidence: 0.8415618

00:51:19.780 --> 00:51:20.420 You know, people are stuck  
NOTE Confidence: 0.8415618

00:51:20.420 --> 00:51:21.380 in the ERs for you

NOTE Confidence: 0.8415618

00:51:21.380 --> 00:51:21.859 know, when I was in

NOTE Confidence: 0.8415618

00:51:21.859 --> 00:51:22.980 training, it didn't happen as

NOTE Confidence: 0.8415618

00:51:22.980 --> 00:51:24.260 much, but then as beds

NOTE Confidence: 0.8415618

00:51:24.260 --> 00:51:25.300 got less and less, you

NOTE Confidence: 0.8415618

00:51:25.300 --> 00:51:26.099 see people just in the

NOTE Confidence: 0.8415618

00:51:26.099 --> 00:51:27.540 ER, psych ERs for and

NOTE Confidence: 0.8415618

00:51:27.540 --> 00:51:29.079 then regular ERs for weeks.

NOTE Confidence: 0.90216213

00:51:29.619 --> 00:51:30.500 We had a story about

NOTE Confidence: 0.90216213

00:51:30.500 --> 00:51:31.380 a kid who was in

NOTE Confidence: 0.90216213

00:51:31.380 --> 00:51:32.020 the ER for, like, a

NOTE Confidence: 0.90216213

00:51:32.020 --> 00:51:33.155 month. It's like, what do

NOTE Confidence: 0.90216213

00:51:33.155 --> 00:51:34.035 you I mean, how can

NOTE Confidence: 0.90216213

00:51:34.035 --> 00:51:35.155 that not be trauma? Taking

NOTE Confidence: 0.90216213

00:51:35.155 --> 00:51:35.875 a trauma. How can that

NOTE Confidence: 0.90216213

00:51:35.875 --> 00:51:37.035 be traumatized for, like, a

NOTE Confidence: 0.90216213

00:51:37.035 --> 00:51:38.195 a nine year old to  
NOTE Confidence: 0.90216213

00:51:38.195 --> 00:51:38.915 be in a in an  
NOTE Confidence: 0.90216213

00:51:38.915 --> 00:51:40.114 ER, you know, for a  
NOTE Confidence: 0.90216213

00:51:40.114 --> 00:51:40.614 month,  
NOTE Confidence: 0.96268165

00:51:41.234 --> 00:51:42.114 and and not see the  
NOTE Confidence: 0.96268165

00:51:42.114 --> 00:51:42.994 light of day. Right? And  
NOTE Confidence: 0.96268165

00:51:42.994 --> 00:51:44.535 so but it takes  
NOTE Confidence: 0.9545751

00:51:44.915 --> 00:51:45.714 I mean, I hate to  
NOTE Confidence: 0.9545751

00:51:45.714 --> 00:51:46.675 say this, but so much  
NOTE Confidence: 0.9545751

00:51:46.675 --> 00:51:47.969 of our society is, like,  
NOTE Confidence: 0.9545751

00:51:48.050 --> 00:51:49.250 something bad has happened before.  
NOTE Confidence: 0.9545751

00:51:49.250 --> 00:51:50.770 Sometimes we we enough people  
NOTE Confidence: 0.9545751

00:51:50.770 --> 00:51:51.489 wake up to sort of  
NOTE Confidence: 0.9545751

00:51:51.489 --> 00:51:52.369 make that change that needs  
NOTE Confidence: 0.9545751

00:51:52.369 --> 00:51:53.250 to happen. So I just  
NOTE Confidence: 0.9545751

00:51:53.250 --> 00:51:53.969 encourage you to sort of

NOTE Confidence: 0.9545751

00:51:53.969 --> 00:51:55.010 be on the forefront of

NOTE Confidence: 0.9545751

00:51:55.010 --> 00:51:55.810 wherever you are. I mean,

NOTE Confidence: 0.9545751

00:51:55.810 --> 00:51:56.690 there's so many different creative

NOTE Confidence: 0.9545751

00:51:56.690 --> 00:51:57.489 solutions out there. There are

NOTE Confidence: 0.9545751

00:51:57.489 --> 00:51:58.369 people who are doing ED

NOTE Confidence: 0.9545751

00:51:58.369 --> 00:51:59.650 psych and finding ways to

NOTE Confidence: 0.9545751

00:51:59.650 --> 00:52:00.645 sort of make that better,

NOTE Confidence: 0.9545751

00:52:00.725 --> 00:52:01.605 who are just, like, not

NOTE Confidence: 0.9545751

00:52:01.605 --> 00:52:02.485 psych people, but actually just

NOTE Confidence: 0.9545751

00:52:02.485 --> 00:52:03.844 primarily ED doctors. There's a

NOTE Confidence: 0.9545751

00:52:03.844 --> 00:52:04.725 lot out there actually. So

NOTE Confidence: 0.9545751

00:52:04.725 --> 00:52:05.404 I encourage you to sort

NOTE Confidence: 0.9545751

00:52:05.404 --> 00:52:06.165 of seek that out as

NOTE Confidence: 0.9545751

00:52:06.165 --> 00:52:06.805 you get to wherever you

NOTE Confidence: 0.9545751

00:52:06.805 --> 00:52:07.925 wherever you land because there

NOTE Confidence: 0.9545751

00:52:07.925 --> 00:52:08.565 are people who are sort  
NOTE Confidence: 0.9545751

00:52:08.565 --> 00:52:09.864 of, you know, confronting this.  
NOTE Confidence: 0.89243305

00:52:10.805 --> 00:52:11.765 The other spade you made  
NOTE Confidence: 0.89243305

00:52:11.765 --> 00:52:12.645 another point that I wanted  
NOTE Confidence: 0.89243305

00:52:12.645 --> 00:52:13.205 to say. What did you  
NOTE Confidence: 0.89243305

00:52:13.205 --> 00:52:13.605 else did you say? It  
NOTE Confidence: 0.89243305

00:52:13.605 --> 00:52:14.405 was something else you said  
NOTE Confidence: 0.89243305

00:52:14.405 --> 00:52:15.205 I wanted to respond to.  
NOTE Confidence: 0.89243305

00:52:15.205 --> 00:52:16.185 Oh, something about,  
NOTE Confidence: 0.9543695

00:52:17.079 --> 00:52:17.640 I don't know what it  
NOTE Confidence: 0.9543695

00:52:17.640 --> 00:52:18.680 was now. But yeah. But,  
NOTE Confidence: 0.9543695

00:52:18.680 --> 00:52:19.560 you know, thank you again  
NOTE Confidence: 0.9543695

00:52:19.560 --> 00:52:20.280 for coming back after so  
NOTE Confidence: 0.9543695

00:52:20.280 --> 00:52:21.000 many years. You know, I  
NOTE Confidence: 0.9543695

00:52:21.000 --> 00:52:21.880 wanted to say thank you  
NOTE Confidence: 0.9543695

00:52:21.880 --> 00:52:22.700 for that as well.

NOTE Confidence: 0.9894756  
00:52:24.040 --> 00:52:24.540 Yeah.  
NOTE Confidence: 0.99593866  
00:52:26.680 --> 00:52:27.180 Okay.  
NOTE Confidence: 0.784818  
00:52:27.960 --> 00:52:29.560 Hi. My name's John. I  
NOTE Confidence: 0.784818  
00:52:29.560 --> 00:52:29.880 actually  
NOTE Confidence: 0.86169267  
00:52:30.614 --> 00:52:31.895 I study a biophysics and  
NOTE Confidence: 0.86169267  
00:52:31.895 --> 00:52:33.515 quantum mechanics here. Wow.  
NOTE Confidence: 0.857515  
00:52:34.215 --> 00:52:35.655 I came here kinda because  
NOTE Confidence: 0.857515  
00:52:35.655 --> 00:52:36.375 of your story. I actually  
NOTE Confidence: 0.857515  
00:52:36.375 --> 00:52:37.435 was gonna go to Duke  
NOTE Confidence: 0.857515  
00:52:37.575 --> 00:52:38.935 if I came Oh. Oh.  
NOTE Confidence: 0.857515  
00:52:38.935 --> 00:52:39.975 Oh. Oh. Oh. Oh. This  
NOTE Confidence: 0.857515  
00:52:39.975 --> 00:52:40.635 just means,  
NOTE Confidence: 0.49487463  
00:52:41.094 --> 00:52:41.594 unintended  
NOTE Confidence: 0.5651845  
00:52:42.055 --> 00:52:42.555 unintended  
NOTE Confidence: 0.9284126  
00:52:42.855 --> 00:52:44.375 consequences. This is an unintended  
NOTE Confidence: 0.9284126

00:52:44.375 --> 00:52:45.960 consequence. Woah. Yeah. There's always

NOTE Confidence: 0.9284126

00:52:45.960 --> 00:52:47.000 this that always happens in

NOTE Confidence: 0.9284126

00:52:47.000 --> 00:52:48.280 life. Oh my gosh. Yeah.

NOTE Confidence: 0.9284126

00:52:48.280 --> 00:52:48.880 And we're

NOTE Confidence: 0.9113965

00:52:49.320 --> 00:52:50.440 But Oh, I feel oh,

NOTE Confidence: 0.9113965

00:52:50.440 --> 00:52:51.400 gosh. I feel bad. Met

NOTE Confidence: 0.9113965

00:52:51.400 --> 00:52:52.140 their students,

NOTE Confidence: 0.9713168

00:52:52.600 --> 00:52:53.719 both here and back home.

NOTE Confidence: 0.9713168

00:52:53.719 --> 00:52:54.540 I'm from Massachusetts.

NOTE Confidence: 0.99161005

00:52:55.000 --> 00:52:56.040 And a lot of them

NOTE Confidence: 0.99161005

00:52:56.040 --> 00:52:56.920 are turning away from the

NOTE Confidence: 0.99161005

00:52:56.920 --> 00:52:58.040 sciences because they don't wanna

NOTE Confidence: 0.99161005

00:52:58.040 --> 00:52:58.700 be perfect.

NOTE Confidence: 0.92914945

00:52:59.244 --> 00:53:00.525 So They wanna be perfect?

NOTE Confidence: 0.92914945

00:53:00.525 --> 00:53:01.325 They don't wanna be perfect.

NOTE Confidence: 0.92914945

00:53:01.325 --> 00:53:01.917 They don't wanna be perfect.

NOTE Confidence: 0.92914945

00:53:02.053 --> 00:53:02.733 Feel like that to be

NOTE Confidence: 0.92914945

00:53:02.733 --> 00:53:03.484 perfect to do any of

NOTE Confidence: 0.92914945

00:53:03.484 --> 00:53:04.925 these types of jobs. So

NOTE Confidence: 0.92914945

00:53:04.925 --> 00:53:05.645 I actually gave a lot

NOTE Confidence: 0.92914945

00:53:05.645 --> 00:53:07.105 of students your book.

NOTE Confidence: 0.9198937

00:53:07.645 --> 00:53:09.645 Oh, okay. And there some

NOTE Confidence: 0.9198937

00:53:09.645 --> 00:53:10.364 of them are starting to

NOTE Confidence: 0.9198937

00:53:10.364 --> 00:53:11.085 sway because they see that

NOTE Confidence: 0.9198937

00:53:11.085 --> 00:53:11.930 you're not perfect because you

NOTE Confidence: 0.9198937

00:53:11.930 --> 00:53:12.650 put into your book. Yeah.

NOTE Confidence: 0.9198937

00:53:12.650 --> 00:53:13.850 It's very not perfect. But

NOTE Confidence: 0.9198937

00:53:13.850 --> 00:53:15.050 it's really interesting that these

NOTE Confidence: 0.9198937

00:53:15.050 --> 00:53:15.950 young men don't

NOTE Confidence: 0.923444

00:53:16.330 --> 00:53:17.850 want to do this because

NOTE Confidence: 0.923444

00:53:17.850 --> 00:53:18.730 we see being black in

NOTE Confidence: 0.923444

00:53:18.730 --> 00:53:20.010 these spaces require you to

NOTE Confidence: 0.923444

00:53:20.010 --> 00:53:20.670 be perfect.

NOTE Confidence: 0.93722916

00:53:20.970 --> 00:53:23.050 Yes. So, Oh, gosh. It's

NOTE Confidence: 0.93722916

00:53:23.050 --> 00:53:24.110 kind of a big question.

NOTE Confidence: 0.9453833

00:53:24.635 --> 00:53:25.675 But what what do you

NOTE Confidence: 0.9453833

00:53:25.675 --> 00:53:26.315 what do you have? I

NOTE Confidence: 0.9453833

00:53:26.315 --> 00:53:26.954 feel like you're the best

NOTE Confidence: 0.9453833

00:53:26.954 --> 00:53:28.234 person to ask about that

NOTE Confidence: 0.9453833

00:53:28.234 --> 00:53:28.954 because you have to deal

NOTE Confidence: 0.9453833

00:53:28.954 --> 00:53:29.675 with that every day. Who

NOTE Confidence: 0.9453833

00:53:29.675 --> 00:53:30.875 knows? This feeling of being

NOTE Confidence: 0.9453833

00:53:30.875 --> 00:53:32.255 perfect, you mean? Yeah.

NOTE Confidence: 0.92650115

00:53:33.355 --> 00:53:34.315 Well, I feel that all

NOTE Confidence: 0.92650115

00:53:34.395 --> 00:53:35.614 every step of the way.

NOTE Confidence: 0.92650115

00:53:35.835 --> 00:53:36.954 So, yeah. I mean, that's

NOTE Confidence: 0.92650115

00:53:36.954 --> 00:53:37.755 a good question because if

NOTE Confidence: 0.92650115

00:53:37.755 --> 00:53:38.635 there is a perception. Right?

NOTE Confidence: 0.92650115

00:53:38.635 --> 00:53:39.614 You know, if you're the

NOTE Confidence: 0.9319273

00:53:40.750 --> 00:53:41.630 feeling like I'm the only

NOTE Confidence: 0.9319273

00:53:41.630 --> 00:53:42.350 black one of the only

NOTE Confidence: 0.9319273

00:53:42.350 --> 00:53:43.630 black always the only black

NOTE Confidence: 0.9319273

00:53:43.630 --> 00:53:44.910 person there, only black person

NOTE Confidence: 0.9319273

00:53:44.910 --> 00:53:46.430 there. There's sometimes that feeling

NOTE Confidence: 0.9319273

00:53:46.430 --> 00:53:47.310 of like, well, if if

NOTE Confidence: 0.9319273

00:53:47.310 --> 00:53:48.989 I don't do don't hold

NOTE Confidence: 0.9319273

00:53:48.989 --> 00:53:50.830 this thing right, it's gonna

NOTE Confidence: 0.9319273

00:53:50.830 --> 00:53:51.870 reflect not just on me

NOTE Confidence: 0.9319273

00:53:51.870 --> 00:53:53.250 but on this larger

NOTE Confidence: 0.9395599

00:53:53.594 --> 00:53:54.875 community of people who might

NOTE Confidence: 0.9395599

00:53:54.875 --> 00:53:55.755 come behind me. Right? So

NOTE Confidence: 0.9395599

00:53:55.755 --> 00:53:57.355 there's definitely that sense. I

NOTE Confidence: 0.9395599

00:53:57.355 --> 00:53:58.075 don't think that dogs me  
NOTE Confidence: 0.9395599

00:53:58.075 --> 00:53:58.715 as much as that. Maybe  
NOTE Confidence: 0.9395599

00:53:58.715 --> 00:53:59.435 just because I've gotten older  
NOTE Confidence: 0.9395599

00:53:59.435 --> 00:54:00.555 and more more more secure  
NOTE Confidence: 0.9395599

00:54:00.555 --> 00:54:01.195 in what I've done. But,  
NOTE Confidence: 0.9395599

00:54:01.195 --> 00:54:02.155 certainly, when I was in  
NOTE Confidence: 0.9395599

00:54:02.155 --> 00:54:03.355 training, I I certainly felt  
NOTE Confidence: 0.9395599

00:54:03.355 --> 00:54:04.265 some of that.  
NOTE Confidence: 0.95956314

00:54:05.739 --> 00:54:06.540 That's not a great thing,  
NOTE Confidence: 0.95956314

00:54:06.540 --> 00:54:07.820 is it? So so so  
NOTE Confidence: 0.95956314

00:54:07.820 --> 00:54:09.120 the challenge is how do  
NOTE Confidence: 0.95956314

00:54:09.180 --> 00:54:10.480 you take something like that,  
NOTE Confidence: 0.9469207

00:54:11.020 --> 00:54:12.320 which seems like a burden,  
NOTE Confidence: 0.9469207

00:54:12.540 --> 00:54:13.739 instead flip it into, like,  
NOTE Confidence: 0.9469207

00:54:13.739 --> 00:54:14.460 how could how is it  
NOTE Confidence: 0.9469207

00:54:14.540 --> 00:54:15.340 I'm in this space, and

NOTE Confidence: 0.9469207

00:54:15.340 --> 00:54:16.780 I have this opportunity to

NOTE Confidence: 0.9469207

00:54:16.780 --> 00:54:18.380 potentially help that next generation

NOTE Confidence: 0.9469207

00:54:18.380 --> 00:54:19.364 of people. And maybe you

NOTE Confidence: 0.9469207

00:54:19.364 --> 00:54:20.245 share your story about how

NOTE Confidence: 0.9469207

00:54:20.245 --> 00:54:21.205 you're not perfect but you're

NOTE Confidence: 0.9469207

00:54:21.205 --> 00:54:22.185 still in this space.

NOTE Confidence: 0.919225

00:54:22.805 --> 00:54:23.844 One thing one story that

NOTE Confidence: 0.919225

00:54:23.844 --> 00:54:24.645 never made into my book

NOTE Confidence: 0.919225

00:54:24.645 --> 00:54:25.125 was actually,

NOTE Confidence: 0.8688752

00:54:25.685 --> 00:54:27.205 speaking of not perfect, my

NOTE Confidence: 0.8688752

00:54:27.205 --> 00:54:28.405 first day as a as

NOTE Confidence: 0.8688752

00:54:28.405 --> 00:54:29.765 a, maybe I should write

NOTE Confidence: 0.8688752

00:54:29.765 --> 00:54:30.805 a story about this. So

NOTE Confidence: 0.8688752

00:54:30.805 --> 00:54:31.685 I got my my first

NOTE Confidence: 0.8688752

00:54:31.685 --> 00:54:32.185 research

NOTE Confidence: 0.9106555

00:54:32.859 --> 00:54:34.060 experience as a college student,  
NOTE Confidence: 0.9106555

00:54:34.060 --> 00:54:35.180 very first at my freshman  
NOTE Confidence: 0.9106555

00:54:35.180 --> 00:54:36.460 year. I got the chance  
NOTE Confidence: 0.9106555

00:54:36.460 --> 00:54:37.599 to work in this lab  
NOTE Confidence: 0.9106555

00:54:37.660 --> 00:54:39.020 in in an NIH, and  
NOTE Confidence: 0.9106555

00:54:39.020 --> 00:54:39.579 it was like a they  
NOTE Confidence: 0.9106555

00:54:39.579 --> 00:54:41.180 were doing this, cardiac I  
NOTE Confidence: 0.9106555

00:54:41.180 --> 00:54:42.460 wanna be cardiologist, and they  
NOTE Confidence: 0.9106555

00:54:42.460 --> 00:54:43.980 were doing these surgical procedures  
NOTE Confidence: 0.9106555

00:54:43.980 --> 00:54:44.640 on rats.  
NOTE Confidence: 0.94191927

00:54:45.265 --> 00:54:46.305 And, this is the very  
NOTE Confidence: 0.94191927

00:54:46.305 --> 00:54:47.665 first day, and I'd never  
NOTE Confidence: 0.94191927

00:54:47.665 --> 00:54:48.705 seen anything like that before.  
NOTE Confidence: 0.94191927

00:54:48.705 --> 00:54:49.585 Right? I'm walking in this  
NOTE Confidence: 0.94191927

00:54:49.585 --> 00:54:50.305 room and they're doing these  
NOTE Confidence: 0.94191927

00:54:50.305 --> 00:54:51.185 surgeries on these rats that

NOTE Confidence: 0.94191927

00:54:51.185 --> 00:54:52.005 have been anesthetized.

NOTE Confidence: 0.88721037

00:54:52.705 --> 00:54:54.225 And, suddenly, I was like,

NOTE Confidence: 0.88721037

00:54:54.225 --> 00:54:55.105 woah, I don't sometimes it

NOTE Confidence: 0.88721037

00:54:55.105 --> 00:54:56.145 feel right. Like, am I

NOTE Confidence: 0.88721037

00:54:56.145 --> 00:54:57.265 here? I'm not there. And

NOTE Confidence: 0.88721037

00:54:57.265 --> 00:54:58.145 then all I can remember

NOTE Confidence: 0.88721037

00:54:58.145 --> 00:54:59.285 is someone say is,

NOTE Confidence: 0.90646505

00:54:59.890 --> 00:55:01.330 don't let him fall. And

NOTE Confidence: 0.90646505

00:55:01.330 --> 00:55:03.510 so very first day, first

NOTE Confidence: 0.778923

00:55:03.890 --> 00:55:04.869 hour pass out,

NOTE Confidence: 0.93113655

00:55:06.210 --> 00:55:07.090 I remember being wheeled to

NOTE Confidence: 0.93113655

00:55:07.090 --> 00:55:08.610 the ER. That was my

NOTE Confidence: 0.93113655

00:55:08.610 --> 00:55:09.810 very first so that's clearly

NOTE Confidence: 0.93113655

00:55:09.810 --> 00:55:11.090 not perfect. And so but

NOTE Confidence: 0.93113655

00:55:11.090 --> 00:55:11.890 what do you do with

NOTE Confidence: 0.93113655

00:55:11.890 --> 00:55:13.538 bad experiences? Right? So you

NOTE Confidence: 0.93113655

00:55:13.538 --> 00:55:14.554 can just sort of give

NOTE Confidence: 0.93113655

00:55:14.554 --> 00:55:15.569 up or you can say,

NOTE Confidence: 0.93113655

00:55:15.569 --> 00:55:16.585 okay, how can I make

NOTE Confidence: 0.93113655

00:55:16.585 --> 00:55:17.601 this a learning opportunity? Because

NOTE Confidence: 0.93113655

00:55:17.601 --> 00:55:18.617 that's really what life is

NOTE Confidence: 0.93113655

00:55:18.617 --> 00:55:19.633 about. Right? How do you

NOTE Confidence: 0.93113655

00:55:19.633 --> 00:55:20.851 sort of when you fall

NOTE Confidence: 0.93113655

00:55:20.851 --> 00:55:21.867 down, how do you get

NOTE Confidence: 0.93113655

00:55:21.867 --> 00:55:22.883 back up. Right? And so,

NOTE Confidence: 0.93113655

00:55:23.086 --> 00:55:24.102 I was in an ED

NOTE Confidence: 0.93113655

00:55:24.102 --> 00:55:25.118 and I tell you, I

NOTE Confidence: 0.93113655

00:55:25.118 --> 00:55:26.134 learned everything that wasn't learned

NOTE Confidence: 0.93113655

00:55:26.134 --> 00:55:27.309 about, fainting and syncope. And

NOTE Confidence: 0.93113655

00:55:27.309 --> 00:55:27.950 by the time I got

NOTE Confidence: 0.93113655

00:55:27.950 --> 00:55:28.750 to med school, I was

NOTE Confidence: 0.93113655

00:55:28.750 --> 00:55:30.510 like the expert on syncope.

NOTE Confidence: 0.93113655

00:55:30.510 --> 00:55:31.230 I got they were like,

NOTE Confidence: 0.93113655

00:55:31.230 --> 00:55:31.789 woah. How do you know

NOTE Confidence: 0.93113655

00:55:31.789 --> 00:55:32.829 so much about this? It's

NOTE Confidence: 0.93113655

00:55:32.829 --> 00:55:33.549 like, how do you turn

NOTE Confidence: 0.93113655

00:55:33.549 --> 00:55:34.989 something that's really a negative

NOTE Confidence: 0.93113655

00:55:34.989 --> 00:55:35.710 experience? And that was the

NOTE Confidence: 0.93113655

00:55:35.710 --> 00:55:36.430 very first day, but but

NOTE Confidence: 0.93113655

00:55:36.430 --> 00:55:37.230 I was determined to go

NOTE Confidence: 0.93113655

00:55:37.230 --> 00:55:38.349 back there and not let

NOTE Confidence: 0.93113655

00:55:38.349 --> 00:55:39.150 that sort of be the

NOTE Confidence: 0.93113655

00:55:39.150 --> 00:55:39.950 be the final word on

NOTE Confidence: 0.93113655

00:55:39.950 --> 00:55:40.245 me.

NOTE Confidence: 0.9469495

00:55:40.965 --> 00:55:41.845 Because you can't because the

NOTE Confidence: 0.9469495

00:55:41.845 --> 00:55:43.045 world always wants to there's

NOTE Confidence: 0.9469495

00:55:43.045 --> 00:55:43.845 something that's really true for

NOTE Confidence: 0.9469495

00:55:43.845 --> 00:55:45.205 young black people, but, anyway,

NOTE Confidence: 0.9469495

00:55:45.205 --> 00:55:45.925 other people too. I mean,

NOTE Confidence: 0.9469495

00:55:45.925 --> 00:55:47.125 women know the world always

NOTE Confidence: 0.9469495

00:55:47.125 --> 00:55:47.845 wants to put you in

NOTE Confidence: 0.9469495

00:55:47.845 --> 00:55:48.965 boxes and and and define

NOTE Confidence: 0.9469495

00:55:48.965 --> 00:55:50.005 who you can be and

NOTE Confidence: 0.9469495

00:55:50.005 --> 00:55:50.765 and and all this sort

NOTE Confidence: 0.9469495

00:55:50.765 --> 00:55:51.605 of thing. And so your

NOTE Confidence: 0.9469495

00:55:51.605 --> 00:55:52.485 charge for you is how

NOTE Confidence: 0.9469495

00:55:52.485 --> 00:55:53.890 do you not let people

NOTE Confidence: 0.9469495

00:55:53.890 --> 00:55:54.930 continue to to define you,

NOTE Confidence: 0.9469495

00:55:54.930 --> 00:55:55.570 and how do you find

NOTE Confidence: 0.9469495

00:55:55.570 --> 00:55:56.710 a way to define yourself

NOTE Confidence: 0.9469495

00:55:56.850 --> 00:55:57.890 and write your own story?

NOTE Confidence: 0.9469495

00:55:57.890 --> 00:55:58.610 And that's really sort of

NOTE Confidence: 0.9469495

00:55:58.610 --> 00:55:59.330 that thing that I've been

NOTE Confidence: 0.9469495

00:55:59.330 --> 00:56:00.770 sort of driving me at

NOTE Confidence: 0.9469495

00:56:00.770 --> 00:56:01.730 every step of the way

NOTE Confidence: 0.9469495

00:56:01.730 --> 00:56:02.770 because there's always those those

NOTE Confidence: 0.9469495

00:56:02.770 --> 00:56:03.730 sort of challenges you're gonna

NOTE Confidence: 0.9469495

00:56:03.730 --> 00:56:04.690 find. Another thing I always

NOTE Confidence: 0.9469495

00:56:04.690 --> 00:56:05.489 encourage you is how do

NOTE Confidence: 0.9469495

00:56:05.489 --> 00:56:06.770 you find people who will

NOTE Confidence: 0.9469495

00:56:06.770 --> 00:56:07.810 support you, who will build

NOTE Confidence: 0.9469495

00:56:07.810 --> 00:56:09.375 you up, whether it's peers,

NOTE Confidence: 0.9469495

00:56:09.375 --> 00:56:10.335 whether it's people who are,

NOTE Confidence: 0.9469495

00:56:10.335 --> 00:56:11.695 you know, mentors. And it

NOTE Confidence: 0.9469495

00:56:11.695 --> 00:56:12.495 doesn't have to always be

NOTE Confidence: 0.9469495

00:56:12.495 --> 00:56:13.614 somebody who looks just like

NOTE Confidence: 0.9469495

00:56:13.614 --> 00:56:14.114 you.

NOTE Confidence: 0.9234935

00:56:14.735 --> 00:56:15.695 There there there's a brutal  
NOTE Confidence: 0.9234935

00:56:15.695 --> 00:56:16.575 people out there who really  
NOTE Confidence: 0.9234935

00:56:16.655 --> 00:56:17.695 who who can who, you  
NOTE Confidence: 0.9234935

00:56:17.695 --> 00:56:18.495 know, I think that's something  
NOTE Confidence: 0.9234935

00:56:18.575 --> 00:56:19.295 I mean, certainly, that can  
NOTE Confidence: 0.9234935

00:56:19.295 --> 00:56:20.415 be really helpful, but it's  
NOTE Confidence: 0.9234935

00:56:20.415 --> 00:56:21.295 not like the it's not  
NOTE Confidence: 0.9234935

00:56:21.295 --> 00:56:22.415 always the the ultimate thing  
NOTE Confidence: 0.9234935

00:56:22.415 --> 00:56:23.219 you have to have either.  
NOTE Confidence: 0.8839833

00:56:23.859 --> 00:56:24.820 And so the charge for  
NOTE Confidence: 0.8839833

00:56:24.820 --> 00:56:26.219 people who are not unrepresent  
NOTE Confidence: 0.94823927

00:56:26.660 --> 00:56:28.500 represented minorities is how do  
NOTE Confidence: 0.94823927

00:56:28.500 --> 00:56:29.400 you make yourself  
NOTE Confidence: 0.94723433

00:56:30.020 --> 00:56:31.619 known as an advocate for  
NOTE Confidence: 0.94723433

00:56:31.619 --> 00:56:33.219 people? How do you to  
NOTE Confidence: 0.94723433

00:56:33.219 --> 00:56:34.580 help people bring people along?

NOTE Confidence: 0.94723433

00:56:34.580 --> 00:56:35.619 And so that's something that,

NOTE Confidence: 0.94723433

00:56:35.619 --> 00:56:36.225 you know, that's something that

NOTE Confidence: 0.94723433

00:56:36.225 --> 00:56:37.265 for you and other folks

NOTE Confidence: 0.94723433

00:56:37.265 --> 00:56:38.065 to consider. How do you

NOTE Confidence: 0.94723433

00:56:38.065 --> 00:56:39.185 do that in a deliberate,

NOTE Confidence: 0.94723433

00:56:39.185 --> 00:56:40.905 intentional way? One quick example

NOTE Confidence: 0.94723433

00:56:40.905 --> 00:56:41.825 of that was in was

NOTE Confidence: 0.94723433

00:56:41.825 --> 00:56:43.045 in med school. My,

NOTE Confidence: 0.9164504

00:56:44.625 --> 00:56:45.585 my wife and I really

NOTE Confidence: 0.9164504

00:56:45.585 --> 00:56:47.185 struggled in med school. It's

NOTE Confidence: 0.9164504

00:56:47.185 --> 00:56:47.905 hard. You know, we were,

NOTE Confidence: 0.9164504

00:56:47.905 --> 00:56:49.345 like, first generation college students.

NOTE Confidence: 0.9164504

00:56:49.345 --> 00:56:50.145 We're in a space where

NOTE Confidence: 0.9164504

00:56:50.145 --> 00:56:51.210 people really, Duke's not that

NOTE Confidence: 0.9164504

00:56:51.210 --> 00:56:52.010 bad. I mean, it just

NOTE Confidence: 0.9164504

00:56:52.010 --> 00:56:52.730 can happen it's gonna happen

NOTE Confidence: 0.9164504

00:56:52.730 --> 00:56:54.109 anywhere. It's not just Duke.

NOTE Confidence: 0.9164504

00:56:54.170 --> 00:56:55.050 Gosh. I really hate the

NOTE Confidence: 0.9164504

00:56:55.050 --> 00:56:56.330 people I scare I really

NOTE Confidence: 0.9164504

00:56:56.330 --> 00:56:56.890 hate that. That's the first

NOTE Confidence: 0.9164504

00:56:56.890 --> 00:56:57.609 I've ever heard of that.

NOTE Confidence: 0.9164504

00:56:57.609 --> 00:56:58.890 That's scary. Oh my gosh.

NOTE Confidence: 0.9164504

00:56:58.890 --> 00:56:59.770 I gotta redo this book

NOTE Confidence: 0.9164504

00:56:59.770 --> 00:57:00.410 now. I gotta go back

NOTE Confidence: 0.9164504

00:57:00.410 --> 00:57:01.290 and change it. It's not

NOTE Confidence: 0.9164504

00:57:01.290 --> 00:57:02.570 that bad. But we we

NOTE Confidence: 0.9164504

00:57:02.570 --> 00:57:03.930 struggled in med school, because

NOTE Confidence: 0.9164504

00:57:03.930 --> 00:57:04.730 of that sort of whole

NOTE Confidence: 0.9164504

00:57:04.730 --> 00:57:05.594 kind of fish out of

NOTE Confidence: 0.9164504

00:57:05.594 --> 00:57:06.955 water first generation kind of

NOTE Confidence: 0.9164504

00:57:06.955 --> 00:57:07.755 thing. And,

NOTE Confidence: 0.96209264

00:57:09.994 --> 00:57:11.275 there was a faculty member

NOTE Confidence: 0.96209264

00:57:11.275 --> 00:57:12.255 who was a gynecologist,

NOTE Confidence: 0.9395211

00:57:12.555 --> 00:57:14.235 a GYN oncologist. He's an

NOTE Confidence: 0.9395211

00:57:14.235 --> 00:57:15.114 older white guy, and he

NOTE Confidence: 0.9395211

00:57:15.114 --> 00:57:16.475 was a really prominent researcher

NOTE Confidence: 0.9395211

00:57:16.475 --> 00:57:17.755 there. At some point along

NOTE Confidence: 0.9395211

00:57:17.755 --> 00:57:18.555 the way, he just made

NOTE Confidence: 0.9395211

00:57:18.555 --> 00:57:19.435 a decision that he was

NOTE Confidence: 0.9395211

00:57:19.435 --> 00:57:19.935 gonna,

NOTE Confidence: 0.9120278

00:57:21.560 --> 00:57:22.760 have start having a black

NOTE Confidence: 0.9120278

00:57:22.760 --> 00:57:23.720 student in his lab every

NOTE Confidence: 0.9120278

00:57:23.720 --> 00:57:24.680 year. He just decided something

NOTE Confidence: 0.9120278

00:57:24.840 --> 00:57:25.480 no one told him to

NOTE Confidence: 0.9120278

00:57:25.480 --> 00:57:26.200 say, I'm gonna do this.

NOTE Confidence: 0.9120278

00:57:26.200 --> 00:57:26.720 I'm just gonna do this.

NOTE Confidence: 0.9120278

00:57:26.720 --> 00:57:27.320 This is something I feel  
NOTE Confidence: 0.9120278

00:57:27.320 --> 00:57:28.200 like there's a need for  
NOTE Confidence: 0.9120278

00:57:28.200 --> 00:57:29.160 it. And he became a  
NOTE Confidence: 0.9120278

00:57:29.160 --> 00:57:30.520 mentor to so many, black  
NOTE Confidence: 0.9120278

00:57:30.520 --> 00:57:31.320 medical students. I mean, he  
NOTE Confidence: 0.9120278

00:57:31.320 --> 00:57:32.280 still had many other me  
NOTE Confidence: 0.9120278

00:57:32.280 --> 00:57:32.920 had one black, so he  
NOTE Confidence: 0.9120278

00:57:32.920 --> 00:57:33.720 had many other students who  
NOTE Confidence: 0.9120278

00:57:33.720 --> 00:57:34.360 weren't black. So it's not  
NOTE Confidence: 0.9120278

00:57:34.360 --> 00:57:35.000 like we're going to this  
NOTE Confidence: 0.9120278

00:57:35.000 --> 00:57:35.904 idea. Because we go to  
NOTE Confidence: 0.9120278

00:57:35.904 --> 00:57:36.865 this idea that we're taking  
NOTE Confidence: 0.9120278

00:57:36.865 --> 00:57:38.545 away zero sum gain. He's  
NOTE Confidence: 0.9120278

00:57:38.625 --> 00:57:39.265 he had plenty of people  
NOTE Confidence: 0.9120278

00:57:39.265 --> 00:57:40.224 he's helping too. But he  
NOTE Confidence: 0.9120278

00:57:40.224 --> 00:57:40.704 had a point where he

NOTE Confidence: 0.9120278

00:57:40.704 --> 00:57:41.585 was helping a black student.

NOTE Confidence: 0.9120278

00:57:41.585 --> 00:57:43.025 And my wife really struggled

NOTE Confidence: 0.9120278

00:57:43.025 --> 00:57:44.305 in med school, and he

NOTE Confidence: 0.9120278

00:57:44.305 --> 00:57:45.184 took her to her lab,

NOTE Confidence: 0.9120278

00:57:45.184 --> 00:57:46.644 and he really helped her,

NOTE Confidence: 0.8877947

00:57:47.225 --> 00:57:48.625 to get through med school.

NOTE Confidence: 0.8877947

00:57:48.625 --> 00:57:49.800 And now she's doing great.

NOTE Confidence: 0.9759985

00:57:50.520 --> 00:57:51.480 But she would have known

NOTE Confidence: 0.9759985

00:57:51.480 --> 00:57:52.220 about him

NOTE Confidence: 0.94877833

00:57:52.600 --> 00:57:53.480 only because he had done

NOTE Confidence: 0.94877833

00:57:53.480 --> 00:57:54.040 that for some of those

NOTE Confidence: 0.94877833

00:57:54.040 --> 00:57:54.680 students before, and he had

NOTE Confidence: 0.94877833

00:57:54.680 --> 00:57:56.120 developed a reputation for being

NOTE Confidence: 0.94877833

00:57:56.120 --> 00:57:57.160 someone who's an advocate in

NOTE Confidence: 0.94877833

00:57:57.160 --> 00:57:57.960 that way. So I think

NOTE Confidence: 0.94877833

00:57:57.960 --> 00:57:58.360 those are the kind of  
NOTE Confidence: 0.94877833

00:57:58.360 --> 00:57:59.000 things you can do that  
NOTE Confidence: 0.94877833

00:57:59.000 --> 00:57:59.960 are small things. Right? Small  
NOTE Confidence: 0.94877833

00:57:59.960 --> 00:58:01.420 things that are really impactful  
NOTE Confidence: 0.94877833

00:58:01.720 --> 00:58:02.920 for people. I think she  
NOTE Confidence: 0.94877833

00:58:02.920 --> 00:58:03.720 never lose sight of that  
NOTE Confidence: 0.94877833

00:58:03.720 --> 00:58:04.600 piece. Like, we get so  
NOTE Confidence: 0.94877833

00:58:04.600 --> 00:58:05.934 wrapped up in the whole  
NOTE Confidence: 0.94877833

00:58:05.934 --> 00:58:07.375 world, but how do we  
NOTE Confidence: 0.94877833

00:58:07.375 --> 00:58:08.174 work how do we deal  
NOTE Confidence: 0.94877833

00:58:08.174 --> 00:58:08.815 with our own world and  
NOTE Confidence: 0.94877833

00:58:08.815 --> 00:58:09.615 help people in this in  
NOTE Confidence: 0.94877833

00:58:09.615 --> 00:58:10.494 our own world? Because we're  
NOTE Confidence: 0.94877833

00:58:10.494 --> 00:58:11.135 not doing any good if  
NOTE Confidence: 0.94877833

00:58:11.135 --> 00:58:12.095 we just sort of obsess  
NOTE Confidence: 0.94877833

00:58:12.095 --> 00:58:13.055 about that. We're not doing

NOTE Confidence: 0.94877833

00:58:13.055 --> 00:58:13.954 anybody good.

NOTE Confidence: 0.91921556

00:58:15.775 --> 00:58:17.615 Two, three. Of course. Oh,

NOTE Confidence: 0.91921556

00:58:17.615 --> 00:58:19.454 yes. Yes. Yes. Yes. Oh,

NOTE Confidence: 0.91921556

00:58:19.454 --> 00:58:20.434 yeah. Oh, yeah.

NOTE Confidence: 0.80951905

00:58:20.880 --> 00:58:22.240 Six months or Thank you.

NOTE Confidence: 0.80951905

00:58:22.319 --> 00:58:24.019 Experience with someone. Yes.

NOTE Confidence: 0.9247037

00:58:25.920 --> 00:58:26.960 Yes. Yeah. Third year can

NOTE Confidence: 0.9247037

00:58:26.960 --> 00:58:28.000 help second year, second year,

NOTE Confidence: 0.9247037

00:58:28.000 --> 00:58:28.799 first year. God, you can

NOTE Confidence: 0.9247037

00:58:28.880 --> 00:58:30.000 anyone people in college, high

NOTE Confidence: 0.9247037

00:58:30.000 --> 00:58:30.960 school, you can be like

NOTE Confidence: 0.9247037

00:58:30.960 --> 00:58:31.680 the end all be all.

NOTE Confidence: 0.9247037

00:58:31.680 --> 00:58:32.400 Like, they come I'm an

NOTE Confidence: 0.9247037

00:58:32.400 --> 00:58:33.279 old man. They don't like,

NOTE Confidence: 0.9247037

00:58:33.279 --> 00:58:34.240 what's this old man talking

NOTE Confidence: 0.9247037

00:58:34.240 --> 00:58:35.200 about? But you guys are,

NOTE Confidence: 0.9247037

00:58:35.200 --> 00:58:36.480 like, closer to that space.

NOTE Confidence: 0.9247037

00:58:36.480 --> 00:58:37.065 You can do a lot

NOTE Confidence: 0.9247037

00:58:37.065 --> 00:58:37.945 more in some ways to

NOTE Confidence: 0.9247037

00:58:37.945 --> 00:58:38.905 really reach out to people

NOTE Confidence: 0.9247037

00:58:38.905 --> 00:58:40.025 who are much closer in

NOTE Confidence: 0.9247037

00:58:40.025 --> 00:58:40.525 age,

NOTE Confidence: 0.8928679

00:58:40.825 --> 00:58:41.964 and that sort of way.

NOTE Confidence: 0.81142515

00:58:43.545 --> 00:58:44.285 Oh, gosh.

NOTE Confidence: 0.42778495

00:58:46.825 --> 00:58:47.265 It

NOTE Confidence: 0.5940775

00:58:47.705 --> 00:58:49.065 Question and then and then

NOTE Confidence: 0.5940775

00:58:49.065 --> 00:58:49.305 we'll no longer, and chat

NOTE Confidence: 0.5940775

00:58:49.305 --> 00:58:50.125 a little bit

NOTE Confidence: 0.99759936

00:58:52.090 --> 00:58:52.590 Yeah.

NOTE Confidence: 0.9004331

00:58:53.450 --> 00:58:54.730 Yeah. Yeah. Yeah. I'm happy.

NOTE Confidence: 0.9004331

00:58:54.730 --> 00:58:55.850 And also, again, if if

NOTE Confidence: 0.9004331

00:58:55.850 --> 00:58:56.650 people can't stay and they

NOTE Confidence: 0.9004331

00:58:56.650 --> 00:58:57.610 want there's something they wanted

NOTE Confidence: 0.9004331

00:58:57.610 --> 00:58:59.450 to say, to me, please

NOTE Confidence: 0.9004331

00:58:59.450 --> 00:59:00.090 reach out to me. That

NOTE Confidence: 0.9004331

00:59:00.090 --> 00:59:00.970 even I have an unusual

NOTE Confidence: 0.9004331

00:59:00.970 --> 00:59:02.170 last name, of course. I

NOTE Confidence: 0.9004331

00:59:02.170 --> 00:59:03.050 caused some grief when I

NOTE Confidence: 0.9004331

00:59:03.050 --> 00:59:04.164 was a young kid, for

NOTE Confidence: 0.9004331

00:59:04.164 --> 00:59:05.365 that name. And, and so,

NOTE Confidence: 0.9004331

00:59:05.365 --> 00:59:06.325 yeah, please reach out to

NOTE Confidence: 0.9004331

00:59:06.325 --> 00:59:07.684 me. I always get something

NOTE Confidence: 0.9004331

00:59:07.684 --> 00:59:08.724 people's when they send email,

NOTE Confidence: 0.9004331

00:59:08.724 --> 00:59:09.845 it's like it's really cool.

NOTE Confidence: 0.9004331

00:59:09.845 --> 00:59:10.724 Again, what what keeps you

NOTE Confidence: 0.9004331

00:59:10.724 --> 00:59:12.005 going? Just the idea people

NOTE Confidence: 0.9004331

00:59:12.005 --> 00:59:13.125 can help if I can  
NOTE Confidence: 0.9004331

00:59:13.125 --> 00:59:14.565 help someone a little place  
NOTE Confidence: 0.9004331

00:59:14.565 --> 00:59:15.845 beyond just me coming here  
NOTE Confidence: 0.9004331

00:59:15.845 --> 00:59:17.120 talking today, and then you  
NOTE Confidence: 0.9004331

00:59:17.120 --> 00:59:18.000 could then in turn use  
NOTE Confidence: 0.9004331

00:59:18.000 --> 00:59:18.880 that to help someone else.  
NOTE Confidence: 0.9004331

00:59:18.880 --> 00:59:19.760 I mean, that's just really,  
NOTE Confidence: 0.9004331

00:59:19.760 --> 00:59:20.820 really what it's all about  
NOTE Confidence: 0.9004331

00:59:20.960 --> 00:59:21.940 from from my standpoint.  
NOTE Confidence: 0.92893195

00:59:23.280 --> 00:59:24.160 You had a question? Oh,  
NOTE Confidence: 0.92893195

00:59:24.160 --> 00:59:25.360 you okay. Sorry. You're right.  
NOTE Confidence: 0.92893195

00:59:25.360 --> 00:59:26.160 I thought it was this  
NOTE Confidence: 0.92893195

00:59:26.160 --> 00:59:27.920 gentleman. Sorry. Go ahead. So  
NOTE Confidence: 0.92893195

00:59:27.920 --> 00:59:29.295 who are you? Hello. Who  
NOTE Confidence: 0.92893195

00:59:29.295 --> 00:59:31.454 are you? Yes. So, my  
NOTE Confidence: 0.92893195

00:59:31.454 --> 00:59:32.895 name is Malaz. I'm a

NOTE Confidence: 0.92893195  
00:59:32.895 --> 00:59:34.415 second year MD PhD student  
NOTE Confidence: 0.92893195  
00:59:34.415 --> 00:59:35.395 here at Yale.  
NOTE Confidence: 0.95067716  
00:59:36.494 --> 00:59:38.095 The, the question that I'm  
NOTE Confidence: 0.95067716  
00:59:38.095 --> 00:59:39.535 gonna ask basically hints at  
NOTE Confidence: 0.95067716  
00:59:39.535 --> 00:59:41.400 this element where when we  
NOTE Confidence: 0.95067716  
00:59:41.400 --> 00:59:43.260 put people in boxes that  
NOTE Confidence: 0.95067716  
00:59:43.400 --> 00:59:45.319 tend to dehumanize people. Sure.  
NOTE Confidence: 0.95067716  
00:59:45.319 --> 00:59:46.599 And I think you hinted  
NOTE Confidence: 0.95067716  
00:59:46.599 --> 00:59:48.119 at that through multiple themes  
NOTE Confidence: 0.95067716  
00:59:48.119 --> 00:59:49.559 throughout your talk. For example,  
NOTE Confidence: 0.95067716  
00:59:49.559 --> 00:59:51.319 like, referring to us and  
NOTE Confidence: 0.95067716  
00:59:51.319 --> 00:59:52.680 them, where it makes you  
NOTE Confidence: 0.95067716  
00:59:52.680 --> 00:59:54.680 see them as others, which  
NOTE Confidence: 0.95067716  
00:59:54.680 --> 00:59:55.500 can be dehumanizing.  
NOTE Confidence: 0.9936013  
00:59:56.440 --> 00:59:58.545 And there are some elements  
NOTE Confidence: 0.9936013

00:59:58.545 --> 00:59:59.985 that I am seeing throughout  
NOTE Confidence: 0.9936013

00:59:59.985 --> 01:00:01.585 my medical education is that  
NOTE Confidence: 0.9936013

01:00:01.585 --> 01:00:02.885 when we study psychiatry  
NOTE Confidence: 0.9915995

01:00:03.744 --> 01:00:05.205 or we talk about psychiatry,  
NOTE Confidence: 0.9915995

01:00:05.345 --> 01:00:06.705 it feels in a way,  
NOTE Confidence: 0.9915995

01:00:06.705 --> 01:00:08.405 it's more linked to  
NOTE Confidence: 0.93953747

01:00:08.785 --> 01:00:10.465 a pattern of symptoms, pattern  
NOTE Confidence: 0.93953747

01:00:10.465 --> 01:00:11.125 of behaviors  
NOTE Confidence: 0.98825455

01:00:11.630 --> 01:00:12.750 that it feels like when  
NOTE Confidence: 0.98825455

01:00:12.750 --> 01:00:13.250 we  
NOTE Confidence: 0.9544849

01:00:13.710 --> 01:00:14.990 when we see patients or  
NOTE Confidence: 0.9544849

01:00:14.990 --> 01:00:16.030 talk about them, it feels  
NOTE Confidence: 0.9544849

01:00:16.030 --> 01:00:17.150 like we're putting them into  
NOTE Confidence: 0.9544849

01:00:17.150 --> 01:00:19.250 these symptom categories that feels  
NOTE Confidence: 0.9544849

01:00:19.390 --> 01:00:20.930 very dehumanizing. And  
NOTE Confidence: 0.9896919

01:00:22.670 --> 01:00:23.650 I feel like

NOTE Confidence: 0.9559034

01:00:23.975 --> 01:00:25.095 part of mental health is

NOTE Confidence: 0.9559034

01:00:25.095 --> 01:00:26.455 the subjective element of it.

NOTE Confidence: 0.9559034

01:00:26.455 --> 01:00:27.895 Right? It's the fundamentally, it's

NOTE Confidence: 0.9559034

01:00:27.895 --> 01:00:29.735 being sub subjective. But when

NOTE Confidence: 0.9559034

01:00:29.735 --> 01:00:31.095 we take that subjective element

NOTE Confidence: 0.9559034

01:00:31.095 --> 01:00:32.315 and make it more objective

NOTE Confidence: 0.9559034

01:00:32.455 --> 01:00:33.735 to better understand it, it

NOTE Confidence: 0.9559034

01:00:33.735 --> 01:00:35.255 feels like we're studying something

NOTE Confidence: 0.9559034

01:00:35.255 --> 01:00:37.415 completely different. And so my

NOTE Confidence: 0.9559034

01:00:37.415 --> 01:00:39.275 question is asking about,

NOTE Confidence: 0.9928578

01:00:40.110 --> 01:00:42.030 in your own practice or

NOTE Confidence: 0.9928578

01:00:42.030 --> 01:00:43.170 in your own career,

NOTE Confidence: 0.991455

01:00:43.630 --> 01:00:45.010 how have you seen those

NOTE Confidence: 0.991455

01:00:45.150 --> 01:00:46.990 subjective elements of mental health

NOTE Confidence: 0.991455

01:00:46.990 --> 01:00:47.490 and,

NOTE Confidence: 0.96720636

01:00:48.830 --> 01:00:50.430 integrated into the clinical care  
NOTE Confidence: 0.96720636

01:00:50.430 --> 01:00:51.570 of patients? Because  
NOTE Confidence: 0.9611726

01:00:51.950 --> 01:00:53.630 I feel like mental health  
NOTE Confidence: 0.9611726

01:00:53.630 --> 01:00:54.590 can be seen as that  
NOTE Confidence: 0.9611726

01:00:55.055 --> 01:00:56.015 is a different way that  
NOTE Confidence: 0.9611726

01:00:56.015 --> 01:00:57.955 people perceive the world. Right?  
NOTE Confidence: 0.9611726

01:00:58.095 --> 01:00:59.075 So how can  
NOTE Confidence: 0.98151994

01:01:00.175 --> 01:01:02.175 you help see patients in  
NOTE Confidence: 0.98151994

01:01:02.175 --> 01:01:02.895 the way they see the  
NOTE Confidence: 0.98151994

01:01:02.895 --> 01:01:04.735 world with the limited resources  
NOTE Confidence: 0.98151994

01:01:04.735 --> 01:01:05.455 that you have as a  
NOTE Confidence: 0.98151994

01:01:05.455 --> 01:01:06.735 physician, like Right. The limited  
NOTE Confidence: 0.98151994

01:01:06.735 --> 01:01:07.935 time you have with people  
NOTE Confidence: 0.98151994

01:01:07.935 --> 01:01:09.710 and things like that. And  
NOTE Confidence: 0.98151994

01:01:09.710 --> 01:01:11.630 going back to let's say  
NOTE Confidence: 0.98151994

01:01:11.630 --> 01:01:12.510 you were to back go

NOTE Confidence: 0.98151994  
01:01:12.510 --> 01:01:13.630 back to medical school, what  
NOTE Confidence: 0.98151994  
01:01:13.630 --> 01:01:14.609 kind of experiences  
NOTE Confidence: 0.9992873  
01:01:14.910 --> 01:01:15.730 you would have  
NOTE Confidence: 0.9680792  
01:01:16.190 --> 01:01:17.470 you you would think that  
NOTE Confidence: 0.9680792  
01:01:17.470 --> 01:01:18.130 would be  
NOTE Confidence: 0.9895412  
01:01:19.069 --> 01:01:20.430 would have been helpful Helpful.  
NOTE Confidence: 0.9895412  
01:01:20.670 --> 01:01:21.569 To help you,  
NOTE Confidence: 0.9369619  
01:01:22.349 --> 01:01:23.869 get interested in psychiatry and  
NOTE Confidence: 0.9369619  
01:01:23.869 --> 01:01:25.285 help you Right. See it  
NOTE Confidence: 0.9369619  
01:01:25.285 --> 01:01:26.325 in a way that's more  
NOTE Confidence: 0.9369619  
01:01:26.325 --> 01:01:27.285 interesting for the career of  
NOTE Confidence: 0.9369619  
01:01:27.285 --> 01:01:28.085 that mix. So I'll ask  
NOTE Confidence: 0.9369619  
01:01:28.085 --> 01:01:29.305 the second question first.  
NOTE Confidence: 0.93809205  
01:01:29.845 --> 01:01:31.445 Really good questions. The second  
NOTE Confidence: 0.93809205  
01:01:31.445 --> 01:01:32.245 question is, like, what would  
NOTE Confidence: 0.93809205

01:01:32.245 --> 01:01:33.285 have been more helpful looking  
NOTE Confidence: 0.93809205

01:01:33.285 --> 01:01:34.645 back? I kinda alluded to  
NOTE Confidence: 0.93809205

01:01:34.645 --> 01:01:35.525 it. Is it seeing people  
NOTE Confidence: 0.93809205

01:01:35.525 --> 01:01:36.325 on a spectrum? Like, you  
NOTE Confidence: 0.93809205

01:01:36.325 --> 01:01:37.365 know, this idea, like, if  
NOTE Confidence: 0.93809205

01:01:37.365 --> 01:01:38.565 you have a you you  
NOTE Confidence: 0.93809205

01:01:38.565 --> 01:01:39.910 see someone with let's take  
NOTE Confidence: 0.93809205

01:01:39.910 --> 01:01:40.710 someone who has an alcohol  
NOTE Confidence: 0.93809205

01:01:40.710 --> 01:01:41.910 related problem. You see in  
NOTE Confidence: 0.93809205

01:01:41.910 --> 01:01:42.710 a medical setting, it's like  
NOTE Confidence: 0.93809205

01:01:42.710 --> 01:01:44.470 they're intoxicated with withdrawal. That's  
NOTE Confidence: 0.93809205

01:01:44.470 --> 01:01:45.590 tough. Right? But what if  
NOTE Confidence: 0.93809205

01:01:45.590 --> 01:01:46.390 you're seeing what if you  
NOTE Confidence: 0.93809205

01:01:46.390 --> 01:01:48.390 also expose simultaneously to people  
NOTE Confidence: 0.93809205

01:01:48.390 --> 01:01:49.190 who are in that other  
NOTE Confidence: 0.93809205

01:01:49.190 --> 01:01:50.390 end of that spectrum, who've

NOTE Confidence: 0.93809205  
01:01:50.390 --> 01:01:51.670 been free from alcohol use,  
NOTE Confidence: 0.93809205  
01:01:51.670 --> 01:01:52.470 they've been on this journey  
NOTE Confidence: 0.93809205  
01:01:52.470 --> 01:01:53.110 for ten years, and you  
NOTE Confidence: 0.93809205  
01:01:53.110 --> 01:01:53.750 sort of get to see  
NOTE Confidence: 0.93809205  
01:01:53.750 --> 01:01:54.655 both of those things. So  
NOTE Confidence: 0.93809205  
01:01:54.655 --> 01:01:55.455 you know that there's a  
NOTE Confidence: 0.93809205  
01:01:55.455 --> 01:01:56.735 continuum. So you might see  
NOTE Confidence: 0.93809205  
01:01:56.735 --> 01:01:57.935 someone in the ED who's  
NOTE Confidence: 0.93809205  
01:01:57.935 --> 01:01:58.895 really in that in that  
NOTE Confidence: 0.93809205  
01:01:58.895 --> 01:01:59.855 one state, but you can  
NOTE Confidence: 0.93809205  
01:01:59.855 --> 01:02:00.355 also  
NOTE Confidence: 0.94281596  
01:02:00.735 --> 01:02:01.615 have in your mind that  
NOTE Confidence: 0.94281596  
01:02:01.615 --> 01:02:02.655 this person could be somewhere  
NOTE Confidence: 0.94281596  
01:02:02.655 --> 01:02:03.695 else. And so a lot  
NOTE Confidence: 0.94281596  
01:02:03.695 --> 01:02:04.655 of times in medical, it's  
NOTE Confidence: 0.94281596

01:02:04.655 --> 01:02:06.095 like this acute care cross

NOTE Confidence: 0.94281596

01:02:06.095 --> 01:02:07.790 sectional crisis oriented. And how

NOTE Confidence: 0.94281596

01:02:07.790 --> 01:02:08.350 can you so I would

NOTE Confidence: 0.94281596

01:02:08.350 --> 01:02:09.310 think we need some sort

NOTE Confidence: 0.94281596

01:02:09.310 --> 01:02:10.750 of way to sort of

NOTE Confidence: 0.94281596

01:02:10.750 --> 01:02:12.270 balance that out. Right? Like

NOTE Confidence: 0.94281596

01:02:12.270 --> 01:02:12.910 I told you about the

NOTE Confidence: 0.94281596

01:02:12.910 --> 01:02:13.950 the place with the schizophrenia

NOTE Confidence: 0.94281596

01:02:13.950 --> 01:02:14.990 where someone's in the hospital,

NOTE Confidence: 0.94281596

01:02:14.990 --> 01:02:16.030 but it's also a setting

NOTE Confidence: 0.94281596

01:02:16.030 --> 01:02:16.990 where they can see people

NOTE Confidence: 0.94281596

01:02:16.990 --> 01:02:18.270 with schizophrenia who are doing

NOTE Confidence: 0.94281596

01:02:18.350 --> 01:02:20.345 functioning pretty well. That's that's

NOTE Confidence: 0.8978738

01:02:20.885 --> 01:02:22.005 what helped. Your point about

NOTE Confidence: 0.8978738

01:02:22.005 --> 01:02:23.765 labels and and objective in

NOTE Confidence: 0.8978738

01:02:23.765 --> 01:02:25.385 boxes, it's a great question.

NOTE Confidence: 0.9179389  
01:02:26.484 --> 01:02:27.445 I I have two two  
NOTE Confidence: 0.9179389  
01:02:27.445 --> 01:02:27.945 responses.  
NOTE Confidence: 0.93198174  
01:02:28.325 --> 01:02:30.405 For some people, those labels  
NOTE Confidence: 0.93198174  
01:02:30.405 --> 01:02:31.445 or boxes as as you  
NOTE Confidence: 0.93198174  
01:02:31.445 --> 01:02:32.105 put them,  
NOTE Confidence: 0.9790352  
01:02:32.805 --> 01:02:34.320 are really helpful because they  
NOTE Confidence: 0.9790352  
01:02:34.320 --> 01:02:35.280 have a certain set of  
NOTE Confidence: 0.9790352  
01:02:35.280 --> 01:02:35.780 experiences,  
NOTE Confidence: 0.9640482  
01:02:36.160 --> 01:02:37.360 and it helps them kinda  
NOTE Confidence: 0.9640482  
01:02:37.360 --> 01:02:38.560 make sense of it. It  
NOTE Confidence: 0.9640482  
01:02:38.560 --> 01:02:39.440 helps them not feel like  
NOTE Confidence: 0.9640482  
01:02:39.440 --> 01:02:40.480 they're alone or the only  
NOTE Confidence: 0.9640482  
01:02:40.480 --> 01:02:41.760 person who's felt this. So  
NOTE Confidence: 0.9640482  
01:02:41.760 --> 01:02:42.660 it can be helpful.  
NOTE Confidence: 0.9901813  
01:02:43.040 --> 01:02:43.920 For other people, it can  
NOTE Confidence: 0.9901813

01:02:43.920 --> 01:02:44.500 be really  
NOTE Confidence: 0.47291085

01:02:44.800 --> 01:02:45.040 harm  
NOTE Confidence: 0.97150195

01:02:45.680 --> 01:02:46.494 and it's like, I don't  
NOTE Confidence: 0.97150195

01:02:46.494 --> 01:02:47.455 want this label. I don't  
NOTE Confidence: 0.97150195

01:02:47.455 --> 01:02:49.055 want this box. I also  
NOTE Confidence: 0.97150195

01:02:49.135 --> 01:02:50.335 it also some people can  
NOTE Confidence: 0.97150195

01:02:50.335 --> 01:02:51.215 be conditioned to think of  
NOTE Confidence: 0.97150195

01:02:51.215 --> 01:02:52.095 every their whole life can  
NOTE Confidence: 0.97150195

01:02:52.095 --> 01:02:53.475 be filtered through this diagnosis.  
NOTE Confidence: 0.9864181

01:02:53.855 --> 01:02:54.655 It's like and they don't  
NOTE Confidence: 0.9864181

01:02:54.655 --> 01:02:55.775 see themselves as an individual.  
NOTE Confidence: 0.9864181

01:02:55.775 --> 01:02:56.655 They only see themselves as  
NOTE Confidence: 0.9864181

01:02:56.655 --> 01:02:57.315 a diagnosis.  
NOTE Confidence: 0.9649269

01:02:57.615 --> 01:02:58.975 That's not good. Right? And  
NOTE Confidence: 0.9649269

01:02:58.975 --> 01:03:00.415 so I what I what  
NOTE Confidence: 0.9649269

01:03:00.415 --> 01:03:01.320 I like to do is

NOTE Confidence: 0.9649269  
01:03:01.400 --> 01:03:02.360 you can kinda talk talk  
NOTE Confidence: 0.9649269  
01:03:02.360 --> 01:03:03.160 to someone. You kinda get  
NOTE Confidence: 0.9649269  
01:03:03.160 --> 01:03:03.880 a feel when you're talking  
NOTE Confidence: 0.9649269  
01:03:03.880 --> 01:03:04.460 to someone  
NOTE Confidence: 0.87625164  
01:03:05.000 --> 01:03:06.380 what what what they  
NOTE Confidence: 0.9268107  
01:03:06.920 --> 01:03:07.960 how they see it. So  
NOTE Confidence: 0.9268107  
01:03:07.960 --> 01:03:09.080 there's some people who really  
NOTE Confidence: 0.9268107  
01:03:09.080 --> 01:03:10.120 want that label. They want  
NOTE Confidence: 0.9268107  
01:03:10.120 --> 01:03:10.840 that debt. They want that  
NOTE Confidence: 0.9268107  
01:03:10.840 --> 01:03:12.520 sort of tangible box, and  
NOTE Confidence: 0.9268107  
01:03:12.520 --> 01:03:13.935 it helps them. And this  
NOTE Confidence: 0.9268107  
01:03:13.935 --> 01:03:15.055 maybe takes school to to  
NOTE Confidence: 0.9268107  
01:03:15.055 --> 01:03:15.695 years to do this, but  
NOTE Confidence: 0.9268107  
01:03:15.775 --> 01:03:16.575 and so then I'm I  
NOTE Confidence: 0.9268107  
01:03:16.575 --> 01:03:17.535 I can lean into that.  
NOTE Confidence: 0.9268107

01:03:17.535 --> 01:03:18.495 But other people I know,  
NOTE Confidence: 0.9268107

01:03:18.495 --> 01:03:19.375 that's not what they want.  
NOTE Confidence: 0.9268107

01:03:19.375 --> 01:03:20.255 And so I'm I don't  
NOTE Confidence: 0.9268107

01:03:20.255 --> 01:03:21.135 go about the way you  
NOTE Confidence: 0.9268107

01:03:21.295 --> 01:03:22.415 I don't say, well, my  
NOTE Confidence: 0.9268107

01:03:22.415 --> 01:03:23.135 goal here today is to  
NOTE Confidence: 0.9268107

01:03:23.135 --> 01:03:23.775 give you this label, and  
NOTE Confidence: 0.9268107

01:03:23.775 --> 01:03:24.575 and because that's not what  
NOTE Confidence: 0.9268107

01:03:24.575 --> 01:03:25.375 they want. And I wanna  
NOTE Confidence: 0.9268107

01:03:25.375 --> 01:03:26.575 just understand your experience and  
NOTE Confidence: 0.9268107

01:03:26.575 --> 01:03:27.390 how we can help you.  
NOTE Confidence: 0.9268107

01:03:27.390 --> 01:03:28.353 And we can talk about  
NOTE Confidence: 0.9268107

01:03:28.546 --> 01:03:29.510 whatever label we we can  
NOTE Confidence: 0.9268107

01:03:29.510 --> 01:03:30.474 apply to doesn't matter so  
NOTE Confidence: 0.9268107

01:03:30.474 --> 01:03:31.438 much. It's like, how do  
NOTE Confidence: 0.9268107

01:03:31.438 --> 01:03:32.787 we how but how can

NOTE Confidence: 0.9268107

01:03:32.787 --> 01:03:33.751 I help you today? And

NOTE Confidence: 0.9268107

01:03:33.751 --> 01:03:34.715 so and so I think

NOTE Confidence: 0.9268107

01:03:34.715 --> 01:03:35.679 for me, it's like recognizing

NOTE Confidence: 0.9268107

01:03:35.679 --> 01:03:36.643 what it is that this

NOTE Confidence: 0.9268107

01:03:36.643 --> 01:03:37.607 person's kind of values, what

NOTE Confidence: 0.9268107

01:03:37.607 --> 01:03:38.571 is they feel like is

NOTE Confidence: 0.9268107

01:03:38.571 --> 01:03:39.535 gonna be most helpful to

NOTE Confidence: 0.9268107

01:03:39.535 --> 01:03:40.498 them. Does does that make

NOTE Confidence: 0.9268107

01:03:40.498 --> 01:03:41.462 sense? Because I think if

NOTE Confidence: 0.9268107

01:03:41.462 --> 01:03:42.426 you just do this one

NOTE Confidence: 0.9268107

01:03:42.426 --> 01:03:43.484 size fits all, you're gonna

NOTE Confidence: 0.9268107

01:03:43.484 --> 01:03:44.605 run to the problems because

NOTE Confidence: 0.9268107

01:03:44.605 --> 01:03:45.484 people are very different and

NOTE Confidence: 0.9268107

01:03:45.484 --> 01:03:46.845 very unique. I will also

NOTE Confidence: 0.9268107

01:03:46.845 --> 01:03:47.484 push back on you. When

NOTE Confidence: 0.9268107

01:03:47.484 --> 01:03:48.765 you say psychiatry is only  
NOTE Confidence: 0.9268107

01:03:48.765 --> 01:03:49.265 subjective,  
NOTE Confidence: 0.948787

01:03:49.724 --> 01:03:50.765 I think there's so much  
NOTE Confidence: 0.948787

01:03:50.765 --> 01:03:52.525 more of general medicine is  
NOTE Confidence: 0.948787

01:03:52.525 --> 01:03:53.644 a lot more subjective than  
NOTE Confidence: 0.948787

01:03:53.644 --> 01:03:54.684 we want to think it  
NOTE Confidence: 0.948787

01:03:54.684 --> 01:03:55.884 is. Like, of of course,  
NOTE Confidence: 0.948787

01:03:55.884 --> 01:03:57.404 there's acute care medicine, broken  
NOTE Confidence: 0.948787

01:03:57.404 --> 01:03:59.339 bone, heart attack. There's things  
NOTE Confidence: 0.948787

01:03:59.339 --> 01:04:00.460 that are very objective, acute  
NOTE Confidence: 0.948787

01:04:00.460 --> 01:04:01.579 care, chronic. You have a  
NOTE Confidence: 0.948787

01:04:01.579 --> 01:04:02.859 problem, you fix it. But  
NOTE Confidence: 0.948787

01:04:02.859 --> 01:04:04.559 so much of general medicine  
NOTE Confidence: 0.98462164

01:04:05.099 --> 01:04:06.299 is not so clear cut.  
NOTE Confidence: 0.98462164

01:04:06.299 --> 01:04:07.359 It's so complicated.  
NOTE Confidence: 0.98564

01:04:07.660 --> 01:04:08.640 Chronic pain,

NOTE Confidence: 0.77934843

01:04:08.940 --> 01:04:09.440 headaches,

NOTE Confidence: 0.9801874

01:04:09.740 --> 01:04:11.200 these things are really complicated.

NOTE Confidence: 0.9801874

01:04:11.260 --> 01:04:12.859 There's physical health overlay. There's

NOTE Confidence: 0.9801874

01:04:12.859 --> 01:04:14.855 mental health overlay. It's complicated.

NOTE Confidence: 0.9801874

01:04:14.995 --> 01:04:15.555 And I think one of

NOTE Confidence: 0.9801874

01:04:15.555 --> 01:04:16.515 the problems is this medical

NOTE Confidence: 0.9801874

01:04:16.515 --> 01:04:17.155 model that we sort of

NOTE Confidence: 0.9801874

01:04:17.155 --> 01:04:18.135 put everything in

NOTE Confidence: 0.9433445

01:04:18.435 --> 01:04:20.275 often falls short when we

NOTE Confidence: 0.9433445

01:04:20.275 --> 01:04:21.075 try and apply it to

NOTE Confidence: 0.9433445

01:04:21.075 --> 01:04:21.955 things that are much more

NOTE Confidence: 0.9433445

01:04:21.955 --> 01:04:23.715 chronic and much more complicated.

NOTE Confidence: 0.9433445

01:04:23.715 --> 01:04:24.675 You know, even something as

NOTE Confidence: 0.9433445

01:04:24.675 --> 01:04:25.715 simple as, like, high blood

NOTE Confidence: 0.9433445

01:04:25.715 --> 01:04:26.915 pressure. Yeah. There's treatments, there's

NOTE Confidence: 0.9433445

01:04:26.915 --> 01:04:27.875 medicines, but there still could  
NOTE Confidence: 0.9433445

01:04:27.875 --> 01:04:28.835 be other ways which people  
NOTE Confidence: 0.9433445

01:04:28.835 --> 01:04:29.820 think about it, conceive about  
NOTE Confidence: 0.9433445

01:04:29.820 --> 01:04:31.260 it. There's other nonmedical ways  
NOTE Confidence: 0.9433445

01:04:31.260 --> 01:04:32.620 it could be approached. All  
NOTE Confidence: 0.9433445

01:04:32.620 --> 01:04:33.420 this needs to be sort  
NOTE Confidence: 0.9433445

01:04:33.420 --> 01:04:34.140 of taken into how we  
NOTE Confidence: 0.9433445

01:04:34.140 --> 01:04:35.500 think about medicine. And so  
NOTE Confidence: 0.9433445

01:04:35.500 --> 01:04:36.140 I I was I was  
NOTE Confidence: 0.9433445

01:04:36.220 --> 01:04:37.100 I'm not trying to make  
NOTE Confidence: 0.9433445

01:04:37.100 --> 01:04:37.580 a point, but I think  
NOTE Confidence: 0.9433445

01:04:37.580 --> 01:04:38.460 it's really important for you  
NOTE Confidence: 0.9433445

01:04:38.460 --> 01:04:39.660 to get beyond just mental  
NOTE Confidence: 0.9433445

01:04:39.660 --> 01:04:40.220 health in the way. It's  
NOTE Confidence: 0.9433445

01:04:40.220 --> 01:04:41.340 really much more broadly,  
NOTE Confidence: 0.9222104

01:04:41.660 --> 01:04:42.860 an issue in medicine. I

NOTE Confidence: 0.9222104  
01:04:42.860 --> 01:04:43.740 think we feel people when  
NOTE Confidence: 0.9222104  
01:04:43.740 --> 01:04:44.380 we just sort of put  
NOTE Confidence: 0.9222104  
01:04:44.380 --> 01:04:45.255 people in this sort of  
NOTE Confidence: 0.9222104  
01:04:45.255 --> 01:04:46.775 the medical model works great  
NOTE Confidence: 0.9222104  
01:04:46.775 --> 01:04:47.575 for some things, but for  
NOTE Confidence: 0.9222104  
01:04:47.575 --> 01:04:48.375 some things, it doesn't work  
NOTE Confidence: 0.9222104  
01:04:48.375 --> 01:04:48.934 so great. And we have  
NOTE Confidence: 0.9222104  
01:04:48.934 --> 01:04:49.494 to be able to sort  
NOTE Confidence: 0.9222104  
01:04:49.494 --> 01:04:50.775 of understand that and meet  
NOTE Confidence: 0.9222104  
01:04:50.775 --> 01:04:51.654 people in in a in  
NOTE Confidence: 0.9222104  
01:04:51.654 --> 01:04:52.615 a bigger way. Even in  
NOTE Confidence: 0.9222104  
01:04:52.615 --> 01:04:53.255 your field, man, I mean,  
NOTE Confidence: 0.9222104  
01:04:53.255 --> 01:04:54.775 orthopedic surgery, I mean, you  
NOTE Confidence: 0.9222104  
01:04:54.775 --> 01:04:55.894 know, it seems so concrete,  
NOTE Confidence: 0.9222104  
01:04:55.894 --> 01:04:56.775 but there's there's areas where,  
NOTE Confidence: 0.9222104

01:04:56.775 --> 01:04:57.575 you know, they keep coming

NOTE Confidence: 0.9222104

01:04:57.575 --> 01:04:58.454 pain and stuff and it's

NOTE Confidence: 0.9222104

01:04:58.454 --> 01:04:59.259 like, am I gonna do?

NOTE Confidence: 0.9222104

01:04:59.259 --> 01:05:00.020 Right? I mean, I could

NOTE Confidence: 0.9222104

01:05:00.020 --> 01:05:01.240 I could do another surgery

NOTE Confidence: 0.9222104

01:05:01.460 --> 01:05:02.260 or I can, you know,

NOTE Confidence: 0.9222104

01:05:02.260 --> 01:05:03.140 and maybe that's not gonna

NOTE Confidence: 0.9222104

01:05:03.140 --> 01:05:03.860 really help them, but I

NOTE Confidence: 0.9222104

01:05:03.860 --> 01:05:04.660 can do it or or

NOTE Confidence: 0.9222104

01:05:04.660 --> 01:05:05.380 I can do something else.

NOTE Confidence: 0.9222104

01:05:05.380 --> 01:05:05.880 Right?

NOTE Confidence: 0.9633734

01:05:06.660 --> 01:05:07.780 Yeah. It's really tricky, man.

NOTE Confidence: 0.9633734

01:05:07.780 --> 01:05:08.580 So you gotta gotta be

NOTE Confidence: 0.9633734

01:05:08.580 --> 01:05:09.380 able to think about every

NOTE Confidence: 0.9633734

01:05:09.380 --> 01:05:10.580 area of medicine. So my

NOTE Confidence: 0.9633734

01:05:10.580 --> 01:05:11.380 last thing I'll say is

NOTE Confidence: 0.9633734  
01:05:11.460 --> 01:05:12.360 and I'll be quiet.  
NOTE Confidence: 0.84623784  
01:05:13.434 --> 01:05:13.934 Promise,  
NOTE Confidence: 0.92857385  
01:05:14.395 --> 01:05:15.835 promise. Even if you guys  
NOTE Confidence: 0.92857385  
01:05:15.835 --> 01:05:17.115 don't go into psychiatry, the  
NOTE Confidence: 0.92857385  
01:05:17.115 --> 01:05:18.315 world can use more psychiatry,  
NOTE Confidence: 0.92857385  
01:05:18.315 --> 01:05:19.275 but we we really need,  
NOTE Confidence: 0.92857385  
01:05:19.595 --> 01:05:20.414 more doctors  
NOTE Confidence: 0.945651  
01:05:20.714 --> 01:05:22.174 in all fields of medicine  
NOTE Confidence: 0.945651  
01:05:22.395 --> 01:05:23.355 who kinda get that this  
NOTE Confidence: 0.945651  
01:05:23.355 --> 01:05:24.475 stuff's important. I don't really  
NOTE Confidence: 0.945651  
01:05:24.555 --> 01:05:25.115 I mean, we don't really  
NOTE Confidence: 0.945651  
01:05:25.115 --> 01:05:26.075 need more psychiatrists as much.  
NOTE Confidence: 0.945651  
01:05:26.075 --> 01:05:26.875 We need more doctors in  
NOTE Confidence: 0.945651  
01:05:26.875 --> 01:05:27.674 other fields to kinda get  
NOTE Confidence: 0.945651  
01:05:27.674 --> 01:05:28.510 this. We need one big  
NOTE Confidence: 0.945651

01:05:28.510 --> 01:05:29.790 surgeon to kinda get everything  
NOTE Confidence: 0.945651

01:05:29.790 --> 01:05:30.590 just doesn't not gonna be  
NOTE Confidence: 0.945651

01:05:30.590 --> 01:05:32.110 solved with another surgery. We  
NOTE Confidence: 0.945651

01:05:32.110 --> 01:05:32.830 we need we need that.  
NOTE Confidence: 0.945651

01:05:32.830 --> 01:05:33.710 We need, like, everything. We  
NOTE Confidence: 0.945651

01:05:33.710 --> 01:05:34.910 need if we could do  
NOTE Confidence: 0.945651

01:05:34.910 --> 01:05:36.030 that, then we're gonna be  
NOTE Confidence: 0.945651

01:05:36.030 --> 01:05:36.670 able to sort of help  
NOTE Confidence: 0.945651

01:05:36.670 --> 01:05:37.470 the people in the in  
NOTE Confidence: 0.945651

01:05:37.470 --> 01:05:38.030 the in the in the  
NOTE Confidence: 0.945651

01:05:38.030 --> 01:05:39.010 best way. So,  
NOTE Confidence: 0.6899269

01:05:40.045 --> 01:05:40.285 yeah.  
NOTE Confidence: 0.8808424

01:05:40.845 --> 01:05:42.445 Stay. No. We'd so appreciate  
NOTE Confidence: 0.8808424

01:05:42.525 --> 01:05:43.245 Yeah. This is this is  
NOTE Confidence: 0.8808424

01:05:43.245 --> 01:05:45.165 awesome. Gotta talk longer. Great  
NOTE Confidence: 0.8808424

01:05:45.165 --> 01:05:45.665 talker.

NOTE Confidence: 0.97551477  
01:05:46.445 --> 01:05:47.645 For people in the audience  
NOTE Confidence: 0.97551477  
01:05:47.645 --> 01:05:49.505 that might also be introverts,  
NOTE Confidence: 0.867317  
01:05:50.125 --> 01:05:51.565 we wanna end now. Yeah.  
NOTE Confidence: 0.867317  
01:05:51.565 --> 01:05:52.605 Exactly. Come up. And if  
NOTE Confidence: 0.867317  
01:05:52.605 --> 01:05:53.725 you didn't feel like asking  
NOTE Confidence: 0.867317  
01:05:53.725 --> 01:05:54.685 your question in front of  
NOTE Confidence: 0.867317  
01:05:54.685 --> 01:05:55.265 a crowd,  
NOTE Confidence: 0.9970162  
01:05:55.820 --> 01:05:56.720 you can introvertedly  
NOTE Confidence: 0.8560245  
01:05:57.420 --> 01:05:58.780 Thank you. Come up and  
NOTE Confidence: 0.8560245  
01:05:58.780 --> 01:06:00.000 talk. I won't bite.  
NOTE Confidence: 0.8061745  
01:06:00.940 --> 01:06:02.220 Thank you so much. This  
NOTE Confidence: 0.8061745  
01:06:02.220 --> 01:06:03.180 is really appreciate your time  
NOTE Confidence: 0.8061745  
01:06:03.180 --> 01:06:04.160 coming. Thank you.