

WEBVTT

NOTE duration:"00:57:16"

NOTE recognizability:0.871

NOTE language:en-us

NOTE Confidence: 0.9601202

00:00:05.160 --> 00:00:06.520 I'd like to really start

NOTE Confidence: 0.701086205

00:00:06.640 --> 00:00:08.220 off by introducing Dr.

NOTE Confidence: 0.701086205

00:00:08.220 --> 00:00:10.320 Doctor Rohrbog who is serves as

NOTE Confidence: 0.701086205

00:00:10.320 --> 00:00:12.370 Deputy Dean for Professionalism and

NOTE Confidence: 0.701086205

00:00:12.370 --> 00:00:13.693 Leadership and he also overseas

NOTE Confidence: 0.701086205

00:00:13.693 --> 00:00:15.025 the Wellness programming for

NOTE Confidence: 0.701086205

00:00:15.025 --> 00:00:16.357 the medical school community.

NOTE Confidence: 0.701086205

00:00:16.360 --> 00:00:19.920 So welcome Doctor Rohrbog.

NOTE Confidence: 0.701086205

00:00:19.920 --> 00:00:21.440 Thanks so much, Peggy.

NOTE Confidence: 0.701086205

00:00:21.440 --> 00:00:24.920 One of OAP DS mission is to elevate

NOTE Confidence: 0.701086205

00:00:24.920 --> 00:00:27.184 well-being for faculty and staff at

NOTE Confidence: 0.701086205

00:00:27.184 --> 00:00:29.400 the School of Medicine and in surveys,

NOTE Confidence: 0.701086205

00:00:29.400 --> 00:00:30.792 our faculty and staff have

NOTE Confidence: 0.701086205

00:00:30.792 --> 00:00:32.550 suggested that the well-being of
NOTE Confidence: 0.701086205

00:00:32.550 --> 00:00:34.100 children is among their their
NOTE Confidence: 0.701086205

00:00:34.100 --> 00:00:35.520 most significant concerns.
NOTE Confidence: 0.948066442857143

00:00:36.200 --> 00:00:38.440 We're really fortunate to have world renowned
NOTE Confidence: 0.948066442857143

00:00:38.440 --> 00:00:40.440 faculty at the Yale Child Study Center
NOTE Confidence: 0.93458951

00:00:40.440 --> 00:00:41.640 who can help us
NOTE Confidence: 0.954645476666667

00:00:41.640 --> 00:00:42.720 to address that
NOTE Confidence: 0.972573553333333

00:00:42.720 --> 00:00:45.519 issue and meet meet that goal.
NOTE Confidence: 0.972573553333333

00:00:45.520 --> 00:00:47.520 And I'm going to turn it now over to Doctor
NOTE Confidence: 0.843342384

00:00:47.520 --> 00:00:49.080 Christine Olson, the Chief Wellness
NOTE Confidence: 0.843342384

00:00:49.080 --> 00:00:51.080 Officer of Fiona Haven Hospital
NOTE Confidence: 0.843342384

00:00:51.080 --> 00:00:53.960 who will tell us a bit about
NOTE Confidence: 0.843342384

00:00:53.960 --> 00:00:56.360 the PROS for peers program and
NOTE Confidence: 0.6955241425

00:00:54.520 --> 00:00:55.360 to and to introduce
NOTE Confidence: 0.78366106

00:00:55.360 --> 00:00:56.360 Doctor Linda Mays who
NOTE Confidence: 0.928771195714286

00:00:56.360 --> 00:00:58.159 will be our host for this program.

NOTE Confidence: 0.9482383

00:00:59.640 --> 00:01:01.895 Thank you. Pros for Peers

NOTE Confidence: 0.9482383

00:01:01.895 --> 00:01:03.195 brings our own experts

NOTE Confidence: 0.9647863

00:01:03.200 --> 00:01:04.704 to improve the well-being of

NOTE Confidence: 0.9647863

00:01:04.704 --> 00:01:06.080 our colleagues and communities.

NOTE Confidence: 0.9647863

00:01:06.080 --> 00:01:08.656 And as indicated, colleagues said

NOTE Confidence: 0.9647863

00:01:08.656 --> 00:01:10.672 that the their well-being would be

NOTE Confidence: 0.9647863

00:01:10.672 --> 00:01:12.684 improved by better knowing how to

NOTE Confidence: 0.9647863

00:01:12.684 --> 00:01:14.875 support the young people in their life,

NOTE Confidence: 0.9647863

00:01:14.880 --> 00:01:16.088 especially in these times

NOTE Confidence: 0.9647863

00:01:16.088 --> 00:01:17.210 that we're living in.

NOTE Confidence: 0.9647863

00:01:17.210 --> 00:01:18.560 So thank you Doctor Mays,

NOTE Confidence: 0.9647863

00:01:18.560 --> 00:01:20.300 the Yale Child Study Center and

NOTE Confidence: 0.9647863

00:01:20.300 --> 00:01:21.840 the experts we have here today and

NOTE Confidence: 0.9519208283333333

00:01:22.200 --> 00:01:23.796 we look forward to being together.

NOTE Confidence: 0.9691786

00:01:25.400 --> 00:01:28.160 Thank you so much, Doctor Mays.

NOTE Confidence: 0.79518406

00:01:28.840 --> 00:01:30.916 Yes. So thank you Doctor Olson.
NOTE Confidence: 0.79518406

00:01:30.920 --> 00:01:32.880 And I'm hi everybody.
NOTE Confidence: 0.79518406

00:01:32.880 --> 00:01:34.840 I'm Doctor Linda Mays.
NOTE Confidence: 0.79518406

00:01:34.840 --> 00:01:36.760 I'm the chair of the Child Studies Center.
NOTE Confidence: 0.79518406

00:01:36.760 --> 00:01:38.644 And it's really just my pleasure
NOTE Confidence: 0.79518406

00:01:38.644 --> 00:01:41.356 both to have you here today to be
NOTE Confidence: 0.79518406

00:01:41.356 --> 00:01:43.432 joining with our colleagues from OAPD
NOTE Confidence: 0.79518406

00:01:43.440 --> 00:01:45.336 and to be talking about something
NOTE Confidence: 0.79518406

00:01:45.336 --> 00:01:47.368 that if the Child Studies Center
NOTE Confidence: 0.79518406

00:01:47.368 --> 00:01:49.486 is our abiding concern every day
NOTE Confidence: 0.79518406

00:01:49.486 --> 00:01:51.680 about the well-being of children.
NOTE Confidence: 0.79518406

00:01:51.680 --> 00:01:52.952 I'm going to introduce my colleagues
NOTE Confidence: 0.79518406

00:01:52.952 --> 00:01:54.160 and then turn it to them.
NOTE Confidence: 0.79518406

00:01:54.160 --> 00:01:56.650 But just I want to just briefly tell
NOTE Confidence: 0.79518406

00:01:56.650 --> 00:01:58.330 you for those of you who don't know
NOTE Confidence: 0.79518406

00:01:58.330 --> 00:02:00.000 that the Yale Child Studies Center,

NOTE Confidence: 0.79518406

00:02:00.000 --> 00:02:01.848 we're a department in the School

NOTE Confidence: 0.79518406

00:02:01.848 --> 00:02:03.600 of Medicine work very closely,

NOTE Confidence: 0.79518406

00:02:03.600 --> 00:02:05.880 very aligned with the health system.

NOTE Confidence: 0.79518406

00:02:05.880 --> 00:02:07.728 And our whole focus is on thinking

NOTE Confidence: 0.79518406

00:02:07.728 --> 00:02:09.492 about how children grow in their

NOTE Confidence: 0.79518406

00:02:09.492 --> 00:02:10.716 understanding of their world,

NOTE Confidence: 0.79518406

00:02:10.720 --> 00:02:12.748 of the world and their skills

NOTE Confidence: 0.79518406

00:02:12.748 --> 00:02:14.596 they have to navigate that world,

NOTE Confidence: 0.79518406

00:02:14.600 --> 00:02:16.320 that increasingly complex world.

NOTE Confidence: 0.79518406

00:02:16.320 --> 00:02:18.470 We're a department that does

NOTE Confidence: 0.79518406

00:02:18.470 --> 00:02:19.480 developmental research.

NOTE Confidence: 0.79518406

00:02:19.480 --> 00:02:21.444 We deliver extensive clinical

NOTE Confidence: 0.79518406

00:02:21.444 --> 00:02:22.917 services to children,

NOTE Confidence: 0.79518406

00:02:22.920 --> 00:02:24.584 adolescents and their families.

NOTE Confidence: 0.79518406

00:02:24.584 --> 00:02:27.080 And we have a large educational

NOTE Confidence: 0.79518406

00:02:27.149 --> 00:02:29.483 program where we train the future
NOTE Confidence: 0.79518406

00:02:29.483 --> 00:02:31.839 clinicians and leaders in this field.
NOTE Confidence: 0.79518406

00:02:31.840 --> 00:02:33.628 And really most important to us
NOTE Confidence: 0.79518406

00:02:33.628 --> 00:02:35.639 is also the ability to talk with,
NOTE Confidence: 0.79518406

00:02:35.640 --> 00:02:38.165 with you like in this webinar to
NOTE Confidence: 0.79518406

00:02:38.165 --> 00:02:39.625 really find the opportunities
NOTE Confidence: 0.79518406

00:02:39.625 --> 00:02:41.808 to talk about what children not
NOTE Confidence: 0.79518406

00:02:41.808 --> 00:02:43.278 only in our country need,
NOTE Confidence: 0.79518406

00:02:43.280 --> 00:02:46.000 but across the world.
NOTE Confidence: 0.79518406

00:02:46.000 --> 00:02:47.268 So across this month,
NOTE Confidence: 0.79518406

00:02:47.268 --> 00:02:49.520 we're going to have sessions every week.
NOTE Confidence: 0.79518406

00:02:49.520 --> 00:02:52.080 Where we are talking in this in this
NOTE Confidence: 0.79518406

00:02:52.080 --> 00:02:53.760 May is Mental Health Month where
NOTE Confidence: 0.79518406

00:02:53.760 --> 00:02:55.400 we actually talk about children,
NOTE Confidence: 0.79518406

00:02:55.400 --> 00:02:57.520 we talk about children's development,
NOTE Confidence: 0.79518406

00:02:57.520 --> 00:02:59.440 we talk about the clinical work we're doing.

NOTE Confidence: 0.79518406

00:02:59.440 --> 00:03:02.433 We talk about how science informs how

NOTE Confidence: 0.79518406

00:03:02.433 --> 00:03:04.888 we can most help children and very

NOTE Confidence: 0.79518406

00:03:04.888 --> 00:03:06.952 much interested then and also what's

NOTE Confidence: 0.79518406

00:03:06.952 --> 00:03:09.716 on your mind and how we can be helpful.

NOTE Confidence: 0.79518406

00:03:09.720 --> 00:03:11.574 Today we're going to be focusing

NOTE Confidence: 0.79518406

00:03:11.574 --> 00:03:14.012 a great deal on a number of the

NOTE Confidence: 0.79518406

00:03:14.012 --> 00:03:16.105 areas that we talk about and work

NOTE Confidence: 0.79518406

00:03:16.105 --> 00:03:18.037 on in the Child Studies Center

NOTE Confidence: 0.79518406

00:03:18.040 --> 00:03:20.357 and I'll be and start to introduce

NOTE Confidence: 0.79518406

00:03:20.357 --> 00:03:22.679 you now to to my colleagues.

NOTE Confidence: 0.79518406

00:03:22.680 --> 00:03:23.547 But most importantly,

NOTE Confidence: 0.79518406

00:03:23.547 --> 00:03:25.920 what we're going to try to do today

NOTE Confidence: 0.79518406

00:03:25.920 --> 00:03:27.960 is to bring you into thinking

NOTE Confidence: 0.79518406

00:03:27.960 --> 00:03:29.892 about how we help children manage,

NOTE Confidence: 0.79518406

00:03:29.892 --> 00:03:31.344 for example, difficult emotions.

NOTE Confidence: 0.79518406

00:03:31.344 --> 00:03:33.816 How we follow families across time
NOTE Confidence: 0.79518406

00:03:33.816 --> 00:03:36.277 and stay involved in their lives.
NOTE Confidence: 0.79518406

00:03:36.280 --> 00:03:38.866 How we bring the most contemporary
NOTE Confidence: 0.79518406

00:03:38.866 --> 00:03:40.590 techniques from neuroscience and
NOTE Confidence: 0.79518406

00:03:40.663 --> 00:03:42.712 neurogenetics to understanding
NOTE Confidence: 0.79518406

00:03:42.712 --> 00:03:45.142 children's development and even how
NOTE Confidence: 0.79518406

00:03:45.142 --> 00:03:47.266 we take insights from clinical trials
NOTE Confidence: 0.79518406

00:03:47.266 --> 00:03:50.077 also to understand children's development.
NOTE Confidence: 0.79518406

00:03:50.080 --> 00:03:52.365 Our first speaker will be
NOTE Confidence: 0.79518406

00:03:52.365 --> 00:03:54.193 Doctor Jim Jamie Mcpartland,
NOTE Confidence: 0.79518406

00:03:54.200 --> 00:03:55.904 who is the Harris Professor of
NOTE Confidence: 0.79518406

00:03:55.904 --> 00:03:57.040 Child Psychiatry and Psychology.
NOTE Confidence: 0.79518406

00:03:57.040 --> 00:03:58.935 He directs A Developmental Disabilities
NOTE Confidence: 0.79518406

00:03:58.935 --> 00:04:01.351 clinic in the Child Studies Center and
NOTE Confidence: 0.79518406

00:04:01.351 --> 00:04:03.561 is one of the Co leads for the new
NOTE Confidence: 0.79518406

00:04:03.561 --> 00:04:05.640 Yale Center for Brain and Mind Health.

NOTE Confidence: 0.79518406

00:04:05.640 --> 00:04:07.800 And Jamie will talk about how

NOTE Confidence: 0.79518406

00:04:07.800 --> 00:04:09.667 brain science and improves the

NOTE Confidence: 0.79518406

00:04:09.667 --> 00:04:11.437 care of children with autism.

NOTE Confidence: 0.79518406

00:04:11.440 --> 00:04:13.890 Our next speaker will be Doctor Emily

NOTE Confidence: 0.79518406

00:04:13.890 --> 00:04:16.700 Olson who is talking about how to

NOTE Confidence: 0.79518406

00:04:16.700 --> 00:04:18.340 leverage genetics and understanding

NOTE Confidence: 0.79518406

00:04:18.413 --> 00:04:19.846 childhood developmental needs.

NOTE Confidence: 0.79518406

00:04:19.846 --> 00:04:23.230 I mean Emily will talk about not only

NOTE Confidence: 0.79518406

00:04:23.308 --> 00:04:26.512 that particular work but how she came to it.

NOTE Confidence: 0.801514137

00:04:26.520 --> 00:04:29.232 Doctor Julie Wolf is an associate

NOTE Confidence: 0.801514137

00:04:29.232 --> 00:04:31.040 professor in the center,

NOTE Confidence: 0.801514137

00:04:31.040 --> 00:04:33.595 working very closely with Doctor

NOTE Confidence: 0.801514137

00:04:33.595 --> 00:04:35.639 Mcpartland and developmental disabilities.

NOTE Confidence: 0.801514137

00:04:35.640 --> 00:04:37.854 And we'll be talking about how we go from

NOTE Confidence: 0.801514137

00:04:37.854 --> 00:04:39.919 clinical practice to research and vice versa,

NOTE Confidence: 0.801514137

00:04:39.920 --> 00:04:42.356 how we go back and forth.
NOTE Confidence: 0.801514137

00:04:42.360 --> 00:04:43.700 Doctor Dennis Sogadowski will
NOTE Confidence: 0.801514137

00:04:43.700 --> 00:04:45.040 be our fourth speaker,
NOTE Confidence: 0.801514137

00:04:45.040 --> 00:04:47.798 a professor in the Child Studies Center,
NOTE Confidence: 0.801514137

00:04:47.800 --> 00:04:50.232 and is focusing on how we help children
NOTE Confidence: 0.801514137

00:04:50.232 --> 00:04:51.999 manage really difficult emotions,
NOTE Confidence: 0.801514137

00:04:52.000 --> 00:04:53.920 emotions that are even as adults.
NOTE Confidence: 0.801514137

00:04:53.920 --> 00:04:55.488 We're all very familiar
NOTE Confidence: 0.801514137

00:04:55.488 --> 00:04:56.680 with like irritability,
NOTE Confidence: 0.801514137

00:04:56.680 --> 00:04:58.280 how we manage them,
NOTE Confidence: 0.801514137

00:04:58.280 --> 00:05:00.485 how we give children the skills to
NOTE Confidence: 0.801514137

00:05:00.485 --> 00:05:03.300 do that so that they can flourish
NOTE Confidence: 0.801514137

00:05:03.300 --> 00:05:05.480 and reach their fullest potential.
NOTE Confidence: 0.801514137

00:05:05.480 --> 00:05:07.220 And then our final closing speaker
NOTE Confidence: 0.801514137

00:05:07.220 --> 00:05:08.960 will be Doctor Ellie Leibowitz,
NOTE Confidence: 0.801514137

00:05:08.960 --> 00:05:11.165 who is an associate professor in the

NOTE Confidence: 0.801514137

00:05:11.165 --> 00:05:14.560 center and focuses a great deal on anxiety.

NOTE Confidence: 0.801514137

00:05:14.560 --> 00:05:16.792 Anxiety is something that is certainly

NOTE Confidence: 0.801514137

00:05:16.792 --> 00:05:19.326 for both adults and children in the

NOTE Confidence: 0.801514137

00:05:19.326 --> 00:05:22.020 air often and Ellie will talk about how

NOTE Confidence: 0.801514137

00:05:22.020 --> 00:05:24.060 he thinks about families and family

NOTE Confidence: 0.801514137

00:05:24.060 --> 00:05:28.800 based kind of work in helping children.

NOTE Confidence: 0.801514137

00:05:28.800 --> 00:05:30.914 We really encourage you to have questions.

NOTE Confidence: 0.801514137

00:05:30.920 --> 00:05:32.796 Please send your questions in the chat.

NOTE Confidence: 0.801514137

00:05:32.800 --> 00:05:34.384 Speak up while we want to

NOTE Confidence: 0.801514137

00:05:34.384 --> 00:05:36.280 engage with you in a discussion.

NOTE Confidence: 0.801514137

00:05:36.280 --> 00:05:38.520 Each person will speak about 5 minutes,

NOTE Confidence: 0.801514137

00:05:38.520 --> 00:05:41.211 but our goal is to truly have a discussion

NOTE Confidence: 0.801514137

00:05:41.211 --> 00:05:43.396 and to hear what's on your mind.

NOTE Confidence: 0.801514137

00:05:43.400 --> 00:05:45.157 So may I First turn to Jamie.

NOTE Confidence: 0.84776787

00:05:46.680 --> 00:05:48.000 Thank you so much, Doctor Mays.

NOTE Confidence: 0.84776787

00:05:48.000 --> 00:05:50.316 It's such a pleasure to have
NOTE Confidence: 0.84776787

00:05:50.316 --> 00:05:52.360 the chance to participate today.
NOTE Confidence: 0.84776787

00:05:52.360 --> 00:05:54.475 As Doctor Mays said, I, I, I, I,
NOTE Confidence: 0.84776787

00:05:54.475 --> 00:05:58.000 I exist in two primary roles here at Yale.
NOTE Confidence: 0.84776787

00:05:58.000 --> 00:06:00.373 One of my jobs is that I'm
NOTE Confidence: 0.84776787

00:06:00.373 --> 00:06:02.720 a a child psychologist.
NOTE Confidence: 0.84776787

00:06:02.720 --> 00:06:04.631 Another job is that I'm a brain
NOTE Confidence: 0.84776787

00:06:04.631 --> 00:06:06.400 scientist or a neuroscientist,
NOTE Confidence: 0.84776787

00:06:06.400 --> 00:06:08.254 trying to understand the way the
NOTE Confidence: 0.84776787

00:06:08.254 --> 00:06:10.558 brain is different in children who
NOTE Confidence: 0.84776787

00:06:10.558 --> 00:06:12.067 experience developmental difficulties
NOTE Confidence: 0.84776787

00:06:12.067 --> 00:06:14.079 or mental health challenges.
NOTE Confidence: 0.84776787

00:06:14.080 --> 00:06:16.677 One of the the biggest challenges in
NOTE Confidence: 0.84776787

00:06:16.677 --> 00:06:19.581 my role as a psychologist working
NOTE Confidence: 0.84776787

00:06:19.581 --> 00:06:22.524 with children is the very limited
NOTE Confidence: 0.84776787

00:06:22.524 --> 00:06:25.796 number of tools that we can deploy

NOTE Confidence: 0.84776787

00:06:25.796 --> 00:06:28.191 to understand and to anticipate

NOTE Confidence: 0.84776787

00:06:28.191 --> 00:06:30.878 difficulties in children's mental health.

NOTE Confidence: 0.84776787

00:06:30.880 --> 00:06:34.260 So really the way that I can learn how to

NOTE Confidence: 0.84776787

00:06:34.352 --> 00:06:37.700 help a child is by by talking with them,

NOTE Confidence: 0.84776787

00:06:37.700 --> 00:06:39.560 by playing with them.

NOTE Confidence: 0.84776787

00:06:39.560 --> 00:06:40.640 We work with adults,

NOTE Confidence: 0.84776787

00:06:40.640 --> 00:06:42.720 of course we can talk with adults.

NOTE Confidence: 0.84776787

00:06:42.720 --> 00:06:44.680 It's very important for us to talk

NOTE Confidence: 0.84776787

00:06:44.680 --> 00:06:46.560 with parents or caregivers so we

NOTE Confidence: 0.84776787

00:06:46.560 --> 00:06:48.185 learn about things that happen

NOTE Confidence: 0.84776787

00:06:48.185 --> 00:06:50.359 outside of the context of our clinic.

NOTE Confidence: 0.84776787

00:06:50.360 --> 00:06:52.390 But really when we think about all

NOTE Confidence: 0.84776787

00:06:52.390 --> 00:06:53.920 of these different strategies,

NOTE Confidence: 0.84776787

00:06:53.920 --> 00:06:57.423 we're relying upon a a human being's

NOTE Confidence: 0.84776787

00:06:57.423 --> 00:06:59.738 ability to observe differences in

NOTE Confidence: 0.84776787

00:06:59.738 --> 00:07:02.038 behavior and then we're putting
NOTE Confidence: 0.84776787

00:07:02.038 --> 00:07:04.240 a lot of weight making very,
NOTE Confidence: 0.84776787

00:07:04.240 --> 00:07:05.792 very important decisions based
NOTE Confidence: 0.84776787

00:07:05.792 --> 00:07:06.956 on these observations.
NOTE Confidence: 0.84776787

00:07:06.960 --> 00:07:09.235 This really, when you think about it,
NOTE Confidence: 0.84776787

00:07:09.240 --> 00:07:12.240 the way that we diagnose and treat autism
NOTE Confidence: 0.84776787

00:07:12.240 --> 00:07:14.342 and related conditions hasn't changed
NOTE Confidence: 0.84776787

00:07:14.342 --> 00:07:18.960 in the history of autism since the 1940s.
NOTE Confidence: 0.84776787

00:07:18.960 --> 00:07:21.960 The the challenges are that even among very,
NOTE Confidence: 0.84776787

00:07:21.960 --> 00:07:24.078 very skilled clinicians like that I'm
NOTE Confidence: 0.84776787

00:07:24.078 --> 00:07:26.319 fortunate to work with here at Yale,
NOTE Confidence: 0.84776787

00:07:26.320 --> 00:07:27.700 there's only so much you
NOTE Confidence: 0.84776787

00:07:27.700 --> 00:07:29.080 can see with your eyes.
NOTE Confidence: 0.84776787

00:07:29.080 --> 00:07:31.200 There's only so much a parent can see.
NOTE Confidence: 0.84776787

00:07:31.200 --> 00:07:34.062 And that kind of information doesn't
NOTE Confidence: 0.84776787

00:07:34.062 --> 00:07:36.420 give you much at all to go on if

NOTE Confidence: 0.84776787

00:07:36.490 --> 00:07:38.716 you really want to tell the future

NOTE Confidence: 0.84776787

00:07:38.720 --> 00:07:41.470 or if you want to intervene in

NOTE Confidence: 0.84776787

00:07:41.470 --> 00:07:44.440 a very nuanced and specific way.

NOTE Confidence: 0.84776787

00:07:44.440 --> 00:07:47.032 And so some of the work that we do,

NOTE Confidence: 0.84776787

00:07:47.040 --> 00:07:49.609 you know in the intersection of brain

NOTE Confidence: 0.84776787

00:07:49.609 --> 00:07:51.795 science and clinical work is to try

NOTE Confidence: 0.84776787

00:07:51.795 --> 00:07:54.106 to see if whether some of the tools

NOTE Confidence: 0.84776787

00:07:54.106 --> 00:07:56.633 that we and others have developed to

NOTE Confidence: 0.84776787

00:07:56.633 --> 00:07:59.436 understand differences in the brain can be,

NOTE Confidence: 0.84776787

00:07:59.440 --> 00:08:01.400 can be useful in these clinical settings,

NOTE Confidence: 0.84776787

00:08:01.400 --> 00:08:03.514 can kind of serve as a supplement,

NOTE Confidence: 0.84776787

00:08:03.520 --> 00:08:05.720 A bolster if you will,

NOTE Confidence: 0.84776787

00:08:05.720 --> 00:08:07.760 to the clinical insight that

NOTE Confidence: 0.84776787

00:08:07.760 --> 00:08:09.392 we rely on currently.

NOTE Confidence: 0.84776787

00:08:09.400 --> 00:08:10.680 If we could do this,

NOTE Confidence: 0.84776787

00:08:10.680 --> 00:08:12.810 if we could use a biological
NOTE Confidence: 0.84776787

00:08:12.810 --> 00:08:14.920 tool to inform clinical practice,
NOTE Confidence: 0.84776787

00:08:14.920 --> 00:08:18.077 we would call that tool a biomarker.
NOTE Confidence: 0.84776787

00:08:18.080 --> 00:08:20.276 So we apply this in a few different ways.
NOTE Confidence: 0.84776787

00:08:20.280 --> 00:08:22.038 Now we're actually in the middle
NOTE Confidence: 0.84776787

00:08:22.038 --> 00:08:23.640 of a very large study.
NOTE Confidence: 0.84776787

00:08:23.640 --> 00:08:25.855 We've seen 400 children with
NOTE Confidence: 0.84776787

00:08:25.855 --> 00:08:28.070 autism and without autism between
NOTE Confidence: 0.84776787

00:08:28.148 --> 00:08:30.080 the ages of 6:00 and 11:00.
NOTE Confidence: 0.84776787

00:08:30.080 --> 00:08:32.825 We're actually seeing a second group that
NOTE Confidence: 0.84776787

00:08:32.825 --> 00:08:35.240 will bring our total to 800 children,
NOTE Confidence: 0.84776787

00:08:35.240 --> 00:08:37.319 which is very large for neuroscience study.
NOTE Confidence: 0.84776787

00:08:37.320 --> 00:08:39.085 And we're measuring specific things
NOTE Confidence: 0.84776787

00:08:39.085 --> 00:08:41.626 in the brain that we think are
NOTE Confidence: 0.84776787

00:08:41.626 --> 00:08:43.744 very relevant to how they perform
NOTE Confidence: 0.84776787

00:08:43.744 --> 00:08:45.720 socially and to how they'll fare

NOTE Confidence: 0.84776787

00:08:45.720 --> 00:08:48.438 mental health wise in the world

NOTE Confidence: 0.84776787

00:08:48.440 --> 00:08:51.600 with these these 6 to 11 year olds.

NOTE Confidence: 0.952136125555556

00:08:51.600 --> 00:08:54.211 Unfortunately for 6 to 11 year olds

NOTE Confidence: 0.952136125555556

00:08:54.211 --> 00:08:57.255 with autism, about 42% of them will

NOTE Confidence: 0.952136125555556

00:08:57.255 --> 00:08:59.550 have clinical levels of anxiety

NOTE Confidence: 0.952136125555556

00:08:59.638 --> 00:09:02.358 by the time they're adolescents,

NOTE Confidence: 0.952136125555556

00:09:02.360 --> 00:09:03.840 14% will have clinical depression,

NOTE Confidence: 0.952136125555556

00:09:03.840 --> 00:09:06.780 which will be more like 30 or

NOTE Confidence: 0.952136125555556

00:09:06.780 --> 00:09:08.760 40% by the time they're adults.

NOTE Confidence: 0.952136125555556

00:09:08.760 --> 00:09:10.278 And so one of the the,

NOTE Confidence: 0.952136125555556

00:09:10.280 --> 00:09:12.639 the ways that we hope to apply

NOTE Confidence: 0.952136125555556

00:09:12.639 --> 00:09:14.588 these biomarkers is to understand

NOTE Confidence: 0.952136125555556

00:09:14.588 --> 00:09:16.748 and to anticipate these kinds

NOTE Confidence: 0.952136125555556

00:09:16.748 --> 00:09:18.720 of difficulties down the line.

NOTE Confidence: 0.952136125555556

00:09:18.720 --> 00:09:20.624 I mean we'll hear from my colleagues

NOTE Confidence: 0.952136125555556

00:09:20.624 --> 00:09:22.960 some of the really effective clinical
NOTE Confidence: 0.952136125555556

00:09:22.960 --> 00:09:25.760 tools they've created to intervene
NOTE Confidence: 0.952136125555556

00:09:25.760 --> 00:09:28.520 when these symptoms are manifest.
NOTE Confidence: 0.952136125555556

00:09:28.520 --> 00:09:31.272 How wonderful would it be if we could
NOTE Confidence: 0.952136125555556

00:09:31.272 --> 00:09:33.778 intervene even before these symptoms are
NOTE Confidence: 0.952136125555556

00:09:33.778 --> 00:09:36.400 causing difficulties in a person's life?
NOTE Confidence: 0.952136125555556

00:09:36.400 --> 00:09:38.575 I'll talk about one more
NOTE Confidence: 0.952136125555556

00:09:38.575 --> 00:09:39.880 application of biomarkers,
NOTE Confidence: 0.952136125555556

00:09:39.880 --> 00:09:42.376 and that's actually perhaps using biomarkers
NOTE Confidence: 0.952136125555556

00:09:42.376 --> 00:09:45.120 as a treatment target unto themselves.
NOTE Confidence: 0.952136125555556

00:09:45.120 --> 00:09:47.040 So when we develop a biomarker,
NOTE Confidence: 0.952136125555556

00:09:47.040 --> 00:09:49.245 we therefore have an understanding
NOTE Confidence: 0.952136125555556

00:09:49.245 --> 00:09:51.450 of the neural systems that
NOTE Confidence: 0.952136125555556

00:09:51.532 --> 00:09:53.557 are involved in a condition.
NOTE Confidence: 0.952136125555556

00:09:53.560 --> 00:09:54.682 So for example,
NOTE Confidence: 0.952136125555556

00:09:54.682 --> 00:09:56.178 when we develop biomarkers

NOTE Confidence: 0.952136125555556
00:09:56.178 --> 00:09:57.800 for depression and autism,
NOTE Confidence: 0.952136125555556
00:09:57.800 --> 00:10:00.352 we have a sense of what brain regions
NOTE Confidence: 0.952136125555556
00:10:00.352 --> 00:10:02.079 are functioning atypically there.
NOTE Confidence: 0.952136125555556
00:10:02.080 --> 00:10:04.168 And we actually now have technologies
NOTE Confidence: 0.952136125555556
00:10:04.168 --> 00:10:06.364 where we can change directly the
NOTE Confidence: 0.952136125555556
00:10:06.364 --> 00:10:08.199 way those brain systems work.
NOTE Confidence: 0.952136125555556
00:10:08.200 --> 00:10:12.088 We can use magnetic forms of
NOTE Confidence: 0.952136125555556
00:10:12.088 --> 00:10:14.032 stimulation that illicit,
NOTE Confidence: 0.952136125555556
00:10:14.040 --> 00:10:14.652 you know,
NOTE Confidence: 0.952136125555556
00:10:14.652 --> 00:10:16.488 that encourage the brain to be
NOTE Confidence: 0.952136125555556
00:10:16.488 --> 00:10:18.380 malleable to change that stimulate
NOTE Confidence: 0.952136125555556
00:10:18.380 --> 00:10:20.000 under active brain regions.
NOTE Confidence: 0.952136125555556
00:10:20.000 --> 00:10:20.720 And this,
NOTE Confidence: 0.952136125555556
00:10:20.720 --> 00:10:22.880 this may sound like science fiction,
NOTE Confidence: 0.952136125555556
00:10:22.880 --> 00:10:23.969 but it's not.
NOTE Confidence: 0.952136125555556

00:10:23.969 --> 00:10:26.147 This technique is actually an FDA
NOTE Confidence: 0.952136125555556

00:10:26.147 --> 00:10:28.198 approved treatment for depression.
NOTE Confidence: 0.952136125555556

00:10:28.200 --> 00:10:30.200 It's long been established in
NOTE Confidence: 0.952136125555556

00:10:30.200 --> 00:10:32.682 adults and actually last week was
NOTE Confidence: 0.952136125555556

00:10:32.682 --> 00:10:34.717 approved for use in adolescence.
NOTE Confidence: 0.952136125555556

00:10:34.720 --> 00:10:35.408 So we,
NOTE Confidence: 0.952136125555556

00:10:35.408 --> 00:10:37.816 we really feel like we're on the
NOTE Confidence: 0.952136125555556

00:10:37.816 --> 00:10:40.150 threshold of being able to make
NOTE Confidence: 0.952136125555556

00:10:40.150 --> 00:10:41.742 significant advances in both
NOTE Confidence: 0.952136125555556

00:10:41.742 --> 00:10:43.745 anticipating and then intervening in
NOTE Confidence: 0.952136125555556

00:10:43.745 --> 00:10:45.670 mental health issues for children
NOTE Confidence: 0.952136125555556

00:10:45.670 --> 00:10:47.638 and adolescents with autism.
NOTE Confidence: 0.952136125555556

00:10:47.640 --> 00:10:48.780 I'll stop there.
NOTE Confidence: 0.952136125555556

00:10:48.780 --> 00:10:49.160 Great.
NOTE Confidence: 0.938641458571429

00:10:51.000 --> 00:10:52.477 Thank you, Jamie. Thank you so much.
NOTE Confidence: 0.938641458571429

00:10:52.480 --> 00:10:55.063 What we'll do is we'll hear from

NOTE Confidence: 0.938641458571429
00:10:55.063 --> 00:10:56.968 each person and then please
NOTE Confidence: 0.938641458571429
00:10:56.968 --> 00:10:59.008 keep your questions and I'll
NOTE Confidence: 0.938641458571429
00:10:59.008 --> 00:11:01.100 be following the chat and then
NOTE Confidence: 0.938641458571429
00:11:01.100 --> 00:11:02.480 we'll have questions at the end.
NOTE Confidence: 0.938641458571429
00:11:02.480 --> 00:11:04.199 So Emily, please.
NOTE Confidence: 0.884982867857143
00:11:05.360 --> 00:11:08.188 So thank you for this opportunity and
NOTE Confidence: 0.884982867857143
00:11:08.188 --> 00:11:11.040 it's lovely to get to follow Jamie.
NOTE Confidence: 0.884982867857143
00:11:11.040 --> 00:11:14.016 So I am a child psychiatrist
NOTE Confidence: 0.884982867857143
00:11:14.016 --> 00:11:16.000 and a genetics researcher.
NOTE Confidence: 0.884982867857143
00:11:16.000 --> 00:11:18.496 And my interest in genetics really
NOTE Confidence: 0.884982867857143
00:11:18.496 --> 00:11:20.759 stems from my experiences seeing
NOTE Confidence: 0.884982867857143
00:11:20.759 --> 00:11:22.448 patients and wanting to understand
NOTE Confidence: 0.884982867857143
00:11:22.448 --> 00:11:24.815 why they have a condition and the hope
NOTE Confidence: 0.884982867857143
00:11:24.815 --> 00:11:26.782 that if we can better understand the
NOTE Confidence: 0.884982867857143
00:11:26.782 --> 00:11:28.872 biology and what's going on that we
NOTE Confidence: 0.884982867857143

00:11:28.872 --> 00:11:30.556 can then improve treatments for that.
NOTE Confidence: 0.884982867857143

00:11:30.556 --> 00:11:32.978 And so I'm going to start with kind of
NOTE Confidence: 0.884982867857143

00:11:32.978 --> 00:11:34.736 a historical perspective and kind of
NOTE Confidence: 0.884982867857143

00:11:34.736 --> 00:11:37.397 bring us up to what we're doing right now.
NOTE Confidence: 0.884982867857143

00:11:37.400 --> 00:11:38.192 So, you know,
NOTE Confidence: 0.884982867857143

00:11:38.192 --> 00:11:40.760 we've known for a long time as clinicians,
NOTE Confidence: 0.884982867857143

00:11:40.760 --> 00:11:43.460 as researchers that genetic factors are
NOTE Confidence: 0.884982867857143

00:11:43.460 --> 00:11:46.557 important for the development of childhood
NOTE Confidence: 0.884982867857143

00:11:46.557 --> 00:11:48.396 onset neuropsychiatric conditions.
NOTE Confidence: 0.884982867857143

00:11:48.400 --> 00:11:49.678 And we know this, you know,
NOTE Confidence: 0.884982867857143

00:11:49.680 --> 00:11:51.336 from family studies that look at
NOTE Confidence: 0.884982867857143

00:11:51.336 --> 00:11:53.119 how these traits run in families.
NOTE Confidence: 0.884982867857143

00:11:53.120 --> 00:11:56.445 We know this from twin studies that
NOTE Confidence: 0.884982867857143

00:11:56.445 --> 00:11:58.704 compare identical twins who share
NOTE Confidence: 0.884982867857143

00:11:58.704 --> 00:12:02.240 100% of their DNA with fraternal
NOTE Confidence: 0.884982867857143

00:12:02.240 --> 00:12:03.740 with fraternal twins that share

NOTE Confidence: 0.884982867857143
00:12:03.740 --> 00:12:05.561 on average 50% of their DNA.
NOTE Confidence: 0.884982867857143
00:12:05.561 --> 00:12:07.710 And these studies have provided us with
NOTE Confidence: 0.884982867857143
00:12:07.775 --> 00:12:10.040 what are called heritability estimates.
NOTE Confidence: 0.884982867857143
00:12:10.040 --> 00:12:12.821 So this is how much of A trait is
NOTE Confidence: 0.884982867857143
00:12:12.821 --> 00:12:15.640 due to inherited genetic factors.
NOTE Confidence: 0.884982867857143
00:12:15.640 --> 00:12:18.480 And what we know is that childhood onset
NOTE Confidence: 0.884982867857143
00:12:18.480 --> 00:12:20.640 psychiatric conditions are really heritable.
NOTE Confidence: 0.884982867857143
00:12:20.640 --> 00:12:22.776 So things like autism that we
NOTE Confidence: 0.884982867857143
00:12:22.776 --> 00:12:24.200 just heard about ADHD,
NOTE Confidence: 0.884982867857143
00:12:24.200 --> 00:12:27.260 these have heritability estimates of 7080%.
NOTE Confidence: 0.884982867857143
00:12:27.260 --> 00:12:29.920 And to me as a genetics researcher,
NOTE Confidence: 0.884982867857143
00:12:29.920 --> 00:12:31.800 those are really impressive numbers.
NOTE Confidence: 0.884982867857143
00:12:31.800 --> 00:12:33.504 But I think it's also important
NOTE Confidence: 0.884982867857143
00:12:33.504 --> 00:12:35.320 to try and contextualize those in
NOTE Confidence: 0.884982867857143
00:12:35.320 --> 00:12:36.880 terms of other medical conditions.
NOTE Confidence: 0.884982867857143

00:12:36.880 --> 00:12:39.010 So things like coronary artery
NOTE Confidence: 0.884982867857143

00:12:39.010 --> 00:12:41.480 disease has a heritability about 50%,
NOTE Confidence: 0.884982867857143

00:12:41.480 --> 00:12:44.500 breast cancer is about 30% and
NOTE Confidence: 0.884982867857143

00:12:44.500 --> 00:12:46.300 these are conditions where we know
NOTE Confidence: 0.884982867857143

00:12:46.300 --> 00:12:48.165 that genetics are already impacting
NOTE Confidence: 0.884982867857143

00:12:48.165 --> 00:12:49.518 prognosis and treatment.
NOTE Confidence: 0.884982867857143

00:12:49.520 --> 00:12:51.375 And so this makes me hopeful that
NOTE Confidence: 0.884982867857143

00:12:51.375 --> 00:12:53.389 if we better understand what are
NOTE Confidence: 0.884982867857143

00:12:53.389 --> 00:12:55.319 those specific genetic risk factors
NOTE Confidence: 0.884982867857143

00:12:55.319 --> 00:12:57.018 involved in childhood psychiatric
NOTE Confidence: 0.884982867857143

00:12:57.018 --> 00:12:59.178 conditions that that could really
NOTE Confidence: 0.884982867857143

00:12:59.178 --> 00:13:02.240 inform our clinical care.
NOTE Confidence: 0.884982867857143

00:13:02.240 --> 00:13:04.556 But it's really only been recently
NOTE Confidence: 0.884982867857143

00:13:04.556 --> 00:13:06.536 with advances in genomic technologies
NOTE Confidence: 0.884982867857143

00:13:06.536 --> 00:13:09.464 that we're starting to get a handle on
NOTE Confidence: 0.884982867857143

00:13:09.464 --> 00:13:11.914 what are those specific genetic risk

NOTE Confidence: 0.884982867857143
00:13:11.914 --> 00:13:14.460 factors and especially kind of genomic
NOTE Confidence: 0.884982867857143
00:13:14.460 --> 00:13:16.635 technologies like DNA sequencing and
NOTE Confidence: 0.884982867857143
00:13:16.635 --> 00:13:18.749 genome wide arrays that really look
NOTE Confidence: 0.884982867857143
00:13:18.749 --> 00:13:21.380 across all the genes in our bodies to
NOTE Confidence: 0.884982867857143
00:13:21.380 --> 00:13:23.599 try and understand what are the genes
NOTE Confidence: 0.884982867857143
00:13:23.600 --> 00:13:25.856 associated with these conditions.
NOTE Confidence: 0.884982867857143
00:13:25.856 --> 00:13:28.676 And specifically in child psychiatry,
NOTE Confidence: 0.884982867857143
00:13:28.680 --> 00:13:30.930 one approach that's been really fruitful
NOTE Confidence: 0.884982867857143
00:13:30.930 --> 00:13:33.714 for helping us find risk genes is
NOTE Confidence: 0.884982867857143
00:13:33.714 --> 00:13:37.278 comparing children to their parents DNA.
NOTE Confidence: 0.884982867857143
00:13:37.280 --> 00:13:41.728 So what we call looking at these parent
NOTE Confidence: 0.884982867857143
00:13:41.728 --> 00:13:44.220 child trios and this allows us not only
NOTE Confidence: 0.884982867857143
00:13:44.220 --> 00:13:45.900 to look at inherited genetic changes
NOTE Confidence: 0.884982867857143
00:13:45.900 --> 00:13:47.680 that are associated with conditions,
NOTE Confidence: 0.884982867857143
00:13:47.680 --> 00:13:51.068 but also new or de Novo mutations
NOTE Confidence: 0.884982867857143

00:13:51.068 --> 00:13:54.280 in the child That and all of us
NOTE Confidence: 0.884982867857143

00:13:54.280 --> 00:13:56.040 have some de Novo mutations,
NOTE Confidence: 0.884982867857143

00:13:56.040 --> 00:13:58.596 but when they occur within genes,
NOTE Confidence: 0.884982867857143

00:13:58.600 --> 00:14:00.885 they can really disrupt the
NOTE Confidence: 0.884982867857143

00:14:00.885 --> 00:14:02.713 function of the gene.
NOTE Confidence: 0.884982867857143

00:14:02.720 --> 00:14:04.635 And this approach was really
NOTE Confidence: 0.884982867857143

00:14:04.635 --> 00:14:07.120 pioneered in the field of autism.
NOTE Confidence: 0.884982867857143

00:14:07.120 --> 00:14:09.280 We've already heard a little bit about that,
NOTE Confidence: 0.884982867857143

00:14:09.280 --> 00:14:11.464 and they started by just looking at a
NOTE Confidence: 0.884982867857143

00:14:11.464 --> 00:14:13.640 few hundred of these parent child trios.
NOTE Confidence: 0.884982867857143

00:14:13.640 --> 00:14:16.502 But now they've looked at thousands
NOTE Confidence: 0.884982867857143

00:14:16.502 --> 00:14:18.410 of families and they've
NOTE Confidence: 0.889225435714286

00:14:18.495 --> 00:14:21.143 found hundreds of different genetic
NOTE Confidence: 0.889225435714286

00:14:21.143 --> 00:14:23.921 risk factors, So specific genes that
NOTE Confidence: 0.889225435714286

00:14:23.921 --> 00:14:26.200 are strongly associated with autism.
NOTE Confidence: 0.889225435714286

00:14:26.200 --> 00:14:28.440 And so now in a group of kids who have

NOTE Confidence: 0.889225435714286
00:14:28.506 --> 00:14:31.146 autism, you can find one of these genetic
NOTE Confidence: 0.889225435714286
00:14:31.146 --> 00:14:33.744 risk factors in 10 to 20% of kids.
NOTE Confidence: 0.889225435714286
00:14:33.744 --> 00:14:36.696 And this is really already informing
NOTE Confidence: 0.889225435714286
00:14:36.696 --> 00:14:39.268 clinical care because for families just
NOTE Confidence: 0.889225435714286
00:14:39.268 --> 00:14:42.139 understanding why they are child has a
NOTE Confidence: 0.889225435714286
00:14:42.139 --> 00:14:44.224 condition can be helpful understanding
NOTE Confidence: 0.889225435714286
00:14:44.224 --> 00:14:46.919 recurrence risk in other family members,
NOTE Confidence: 0.889225435714286
00:14:46.920 --> 00:14:49.488 certain of these genetic mutations are
NOTE Confidence: 0.889225435714286
00:14:49.488 --> 00:14:51.200 associated with medical comorbidities,
NOTE Confidence: 0.889225435714286
00:14:51.200 --> 00:14:53.516 things like seizures and cardiac conditions.
NOTE Confidence: 0.889225435714286
00:14:53.520 --> 00:14:55.284 And so recently with our work
NOTE Confidence: 0.889225435714286
00:14:55.284 --> 00:14:56.960 in the CHLD Study Center,
NOTE Confidence: 0.889225435714286
00:14:56.960 --> 00:14:59.210 we've been applying this genetic approach
NOTE Confidence: 0.889225435714286
00:14:59.210 --> 00:15:02.129 to try and better understand what are
NOTE Confidence: 0.889225435714286
00:15:02.129 --> 00:15:04.835 the genetic factors associated with other
NOTE Confidence: 0.889225435714286

00:15:04.835 --> 00:15:07.198 childhood onset psychiatric conditions.
NOTE Confidence: 0.889225435714286

00:15:07.200 --> 00:15:09.296 So looking at ADHD,
NOTE Confidence: 0.889225435714286

00:15:09.296 --> 00:15:11.916 looking at obsessive compulsive disorder,
NOTE Confidence: 0.889225435714286

00:15:11.920 --> 00:15:12.880 looking at anxiety,
NOTE Confidence: 0.889225435714286

00:15:12.880 --> 00:15:15.120 we'll hear a little bit from Ellie
NOTE Confidence: 0.889225435714286

00:15:15.186 --> 00:15:17.842 later and that's a we've been doing a
NOTE Confidence: 0.889225435714286

00:15:17.842 --> 00:15:19.639 collaboration with his group as well.
NOTE Confidence: 0.889225435714286

00:15:19.640 --> 00:15:22.274 And our work is showing that these
NOTE Confidence: 0.889225435714286

00:15:22.274 --> 00:15:24.656 conditions also have an increased rate
NOTE Confidence: 0.889225435714286

00:15:24.656 --> 00:15:27.101 of these new de Novo mutations and
NOTE Confidence: 0.889225435714286

00:15:27.101 --> 00:15:29.503 that we can then use that approach
NOTE Confidence: 0.889225435714286

00:15:29.503 --> 00:15:32.142 to try and find new risk genes
NOTE Confidence: 0.889225435714286

00:15:32.142 --> 00:15:33.408 associated with these disorders.
NOTE Confidence: 0.889225435714286

00:15:33.408 --> 00:15:35.480 So I'm going to wrap up now,
NOTE Confidence: 0.889225435714286

00:15:35.480 --> 00:15:36.080 but I guess,
NOTE Confidence: 0.889225435714286

00:15:36.080 --> 00:15:36.480 you know,

NOTE Confidence: 0.889225435714286

00:15:36.480 --> 00:15:38.752 my hope is that as we learn more

NOTE Confidence: 0.889225435714286

00:15:38.752 --> 00:15:40.882 about the genetics of these conditions

NOTE Confidence: 0.889225435714286

00:15:40.882 --> 00:15:43.625 that this will help us not only

NOTE Confidence: 0.889225435714286

00:15:43.625 --> 00:15:45.805 understand the biology but also

NOTE Confidence: 0.889225435714286

00:15:45.805 --> 00:15:47.590 inform our treatments and really

NOTE Confidence: 0.889225435714286

00:15:47.590 --> 00:15:49.000 help us care for these children

NOTE Confidence: 0.889225435714286

00:15:49.000 --> 00:15:50.598 who are continuing to struggle,

NOTE Confidence: 0.889225435714286

00:15:50.600 --> 00:15:50.860 right,

NOTE Confidence: 0.889225435714286

00:15:50.860 --> 00:15:52.420 that we're seeing in the clinic

NOTE Confidence: 0.889225435714286

00:15:52.420 --> 00:15:53.981 despite kind of our available

NOTE Confidence: 0.889225435714286

00:15:53.981 --> 00:15:55.079 interventions right now.

NOTE Confidence: 0.889225435714286

00:15:55.080 --> 00:15:57.720 So thank you so much for your time.

NOTE Confidence: 0.947707912

00:15:58.960 --> 00:16:01.200 Thank you so much. Emily.

NOTE Confidence: 0.947707912

00:16:01.200 --> 00:16:02.640 Julie, might I turn to you.

NOTE Confidence: 0.971850389090909

00:16:03.360 --> 00:16:04.437 Yeah, hi everyone.

NOTE Confidence: 0.971850389090909

00:16:04.437 --> 00:16:07.400 Thank you for the opportunity to speak today.

NOTE Confidence: 0.971850389090909

00:16:07.400 --> 00:16:09.178 So we've been hearing from my colleagues

NOTE Confidence: 0.971850389090909

00:16:09.178 --> 00:16:11.148 about some of the exciting and ground

NOTE Confidence: 0.971850389090909

00:16:11.148 --> 00:16:12.876 breaking science that's being done at

NOTE Confidence: 0.971850389090909

00:16:12.923 --> 00:16:14.995 our center in the field of neurodevelopment.

NOTE Confidence: 0.971850389090909

00:16:15.000 --> 00:16:16.880 I'm going to shift gears a little bit

NOTE Confidence: 0.971850389090909

00:16:16.880 --> 00:16:18.874 and talk a little bit more about the

NOTE Confidence: 0.971850389090909

00:16:18.874 --> 00:16:20.906 clinical side of our research and in

NOTE Confidence: 0.971850389090909

00:16:20.906 --> 00:16:22.784 particular how participation and our

NOTE Confidence: 0.971850389090909

00:16:22.784 --> 00:16:25.100 research can really benefit the families

NOTE Confidence: 0.971850389090909

00:16:25.161 --> 00:16:27.555 that that choose to volunteer their time.

NOTE Confidence: 0.971850389090909

00:16:27.560 --> 00:16:29.814 And I'll illustrate this through a case

NOTE Confidence: 0.971850389090909

00:16:29.814 --> 00:16:32.197 presentation of a boy who I'll call Aiden.

NOTE Confidence: 0.971850389090909

00:16:32.200 --> 00:16:34.769 So I first met Aiden in our

NOTE Confidence: 0.971850389090909

00:16:34.769 --> 00:16:35.870 developmental disabilities clinic

NOTE Confidence: 0.971850389090909

00:16:35.934 --> 00:16:37.560 when he was five years old,

NOTE Confidence: 0.971850389090909

00:16:37.560 --> 00:16:39.457 and he came in with an existing

NOTE Confidence: 0.971850389090909

00:16:39.457 --> 00:16:41.260 autism diagnosis, but he'd never had

NOTE Confidence: 0.971850389090909

00:16:41.260 --> 00:16:42.520 a comprehensive evaluation before.

NOTE Confidence: 0.971850389090909

00:16:42.520 --> 00:16:44.995 And so we saw him as part of a

NOTE Confidence: 0.971850389090909

00:16:45.000 --> 00:16:46.504 multidisciplinary team to take

NOTE Confidence: 0.971850389090909

00:16:46.504 --> 00:16:49.280 a look at how he was doing.

NOTE Confidence: 0.971850389090909

00:16:49.280 --> 00:16:51.960 And Aiden was a adorable,

NOTE Confidence: 0.971850389090909

00:16:51.960 --> 00:16:53.640 very chatty little guy,

NOTE Confidence: 0.971850389090909

00:16:53.640 --> 00:16:55.320 talked our ears off.

NOTE Confidence: 0.971850389090909

00:16:55.320 --> 00:16:57.330 But he really struggled with social

NOTE Confidence: 0.971850389090909

00:16:57.330 --> 00:16:59.404 reciprocity in the way that we expect

NOTE Confidence: 0.971850389090909

00:16:59.404 --> 00:17:01.560 to see in a child on the spectrum.

NOTE Confidence: 0.971850389090909

00:17:01.560 --> 00:17:02.295 And in particular,

NOTE Confidence: 0.971850389090909

00:17:02.295 --> 00:17:03.765 he tended to get really stuck

NOTE Confidence: 0.971850389090909

00:17:03.765 --> 00:17:04.880 on preferred topics,

NOTE Confidence: 0.971850389090909

00:17:04.880 --> 00:17:07.855 had difficulty sort of shifting
NOTE Confidence: 0.971850389090909

00:17:07.855 --> 00:17:10.890 topics and he also really struggled
NOTE Confidence: 0.971850389090909

00:17:10.890 --> 00:17:12.515 to follow another person's agenda.
NOTE Confidence: 0.971850389090909

00:17:12.520 --> 00:17:13.468 So he's very self-directed,
NOTE Confidence: 0.971850389090909

00:17:13.468 --> 00:17:15.575 kind of wanted to do his own thing
NOTE Confidence: 0.971850389090909

00:17:15.575 --> 00:17:17.489 and didn't really have that social
NOTE Confidence: 0.971850389090909

00:17:17.489 --> 00:17:18.540 reciprocity understanding of how
NOTE Confidence: 0.971850389090909

00:17:18.540 --> 00:17:20.453 you have to kind of give and take a
NOTE Confidence: 0.971850389090909

00:17:20.453 --> 00:17:22.718 little bit in social interactions.
NOTE Confidence: 0.971850389090909

00:17:22.720 --> 00:17:24.982 And what happened is that this
NOTE Confidence: 0.971850389090909

00:17:24.982 --> 00:17:26.490 this tendency really impacted
NOTE Confidence: 0.971850389090909

00:17:26.559 --> 00:17:27.879 his test performance.
NOTE Confidence: 0.971850389090909

00:17:27.880 --> 00:17:30.880 So I did a cognitive measure with him,
NOTE Confidence: 0.971850389090909

00:17:30.880 --> 00:17:33.420 an IQ test and his score came out in the
NOTE Confidence: 0.971850389090909

00:17:33.487 --> 00:17:36.224 range of intellectual disability at a 64,
NOTE Confidence: 0.971850389090909

00:17:36.224 --> 00:17:37.760 which is you know,

NOTE Confidence: 0.971850389090909
00:17:37.760 --> 00:17:39.188 much lower than we expect to
NOTE Confidence: 0.971850389090909
00:17:39.188 --> 00:17:40.800 see for a child of his age.
NOTE Confidence: 0.971850389090909
00:17:40.800 --> 00:17:42.774 But our entire team really felt
NOTE Confidence: 0.971850389090909
00:17:42.774 --> 00:17:44.689 like this was an underestimate
NOTE Confidence: 0.971850389090909
00:17:44.689 --> 00:17:47.319 because he was so self-directed.
NOTE Confidence: 0.971850389090909
00:17:47.320 --> 00:17:48.874 So for as an as an example,
NOTE Confidence: 0.971850389090909
00:17:48.880 --> 00:17:51.440 when I asked him to build with blocks,
NOTE Confidence: 0.971850389090909
00:17:51.440 --> 00:17:51.810 you know,
NOTE Confidence: 0.971850389090909
00:17:51.810 --> 00:17:52.920 I would have a target please
NOTE Confidence: 0.971850389090909
00:17:52.920 --> 00:17:54.040 try to make this design.
NOTE Confidence: 0.971850389090909
00:17:54.040 --> 00:17:55.760 He would say no thanks,
NOTE Confidence: 0.971850389090909
00:17:55.760 --> 00:17:57.049 I'm going to build a house, right.
NOTE Confidence: 0.971850389090909
00:17:57.049 --> 00:17:59.072 So he was really following his own
NOTE Confidence: 0.971850389090909
00:17:59.072 --> 00:18:01.533 agenda and really struggled and as a
NOTE Confidence: 0.971850389090909
00:18:01.533 --> 00:18:03.399 result that really affected his performance.
NOTE Confidence: 0.971850389090909

00:18:03.400 --> 00:18:06.092 And so our team gave the family the
NOTE Confidence: 0.971850389090909

00:18:06.092 --> 00:18:07.808 feedback that you know we're really
NOTE Confidence: 0.971850389090909

00:18:07.808 --> 00:18:09.998 not sure that this is accurate and it
NOTE Confidence: 0.971850389090909

00:18:09.998 --> 00:18:12.239 would be really great if you could kind
NOTE Confidence: 0.971850389090909

00:18:12.239 --> 00:18:13.955 of monitor his development over time.
NOTE Confidence: 0.971850389090909

00:18:13.960 --> 00:18:14.286 Well,
NOTE Confidence: 0.971850389090909

00:18:14.286 --> 00:18:16.242 of course clinical evaluations can be
NOTE Confidence: 0.971850389090909

00:18:16.242 --> 00:18:18.200 cost prohibitive for a lot of families.
NOTE Confidence: 0.971850389090909

00:18:18.200 --> 00:18:19.728 Even with insurance coverage,
NOTE Confidence: 0.971850389090909

00:18:19.728 --> 00:18:22.020 there's a often a pretty significant
NOTE Confidence: 0.971850389090909

00:18:22.084 --> 00:18:23.360 out of pocket expense.
NOTE Confidence: 0.971850389090909

00:18:23.360 --> 00:18:25.299 And this is where the benefits of
NOTE Confidence: 0.971850389090909

00:18:25.299 --> 00:18:26.933 research really came in for this
NOTE Confidence: 0.971850389090909

00:18:26.933 --> 00:18:28.661 family is because our research studies,
NOTE Confidence: 0.971850389090909

00:18:28.661 --> 00:18:30.623 at least in the autism program
NOTE Confidence: 0.971850389090909

00:18:30.623 --> 00:18:32.891 all include a no cost clinical

NOTE Confidence: 0.971850389090909
00:18:32.891 --> 00:18:34.395 evaluation with a psychologist.
NOTE Confidence: 0.971850389090909
00:18:34.400 --> 00:18:37.848 And so participating in our studies
NOTE Confidence: 0.971850389090909
00:18:37.848 --> 00:18:39.758 gave this family an opportunity
NOTE Confidence: 0.971850389090909
00:18:39.758 --> 00:18:41.711 to really obtain updates on
NOTE Confidence: 0.971850389090909
00:18:41.711 --> 00:18:43.596 their son's progress over time.
NOTE Confidence: 0.971850389090909
00:18:43.600 --> 00:18:45.420 So I saw him again about seven
NOTE Confidence: 0.971850389090909
00:18:45.420 --> 00:18:46.200 months later when
NOTE Confidence: 0.944564448888889
00:18:46.262 --> 00:18:47.564 he came in for a study
NOTE Confidence: 0.944564448888889
00:18:47.564 --> 00:18:48.440 in Doctor Ventola's lab.
NOTE Confidence: 0.876687616666667
00:18:50.480 --> 00:18:52.316 He continued to be pretty self-directed,
NOTE Confidence: 0.876687616666667
00:18:52.320 --> 00:18:54.590 but I started to see a little bit of emerging
NOTE Confidence: 0.876687616666667
00:18:54.647 --> 00:18:56.503 flexibility I think as a result of some
NOTE Confidence: 0.876687616666667
00:18:56.503 --> 00:18:58.902 of the interventions that had been put in
NOTE Confidence: 0.876687616666667
00:18:58.902 --> 00:19:00.502 place following our initial evaluation.
NOTE Confidence: 0.876687616666667
00:19:00.502 --> 00:19:02.554 So for example, when I said,
NOTE Confidence: 0.876687616666667

00:19:02.560 --> 00:19:03.666 you know it's my turn to show
NOTE Confidence: 0.876687616666667

00:19:03.666 --> 00:19:04.917 you what to do with the blocks,
NOTE Confidence: 0.876687616666667

00:19:04.920 --> 00:19:07.069 instead of resisting, he kind of self
NOTE Confidence: 0.876687616666667

00:19:07.069 --> 00:19:08.998 talked through it and said it's OK,
NOTE Confidence: 0.876687616666667

00:19:09.000 --> 00:19:11.240 I can't wait for it to be my turn again.
NOTE Confidence: 0.876687616666667

00:19:11.240 --> 00:19:14.670 So there's a little bit more flexibility
NOTE Confidence: 0.876687616666667

00:19:14.670 --> 00:19:16.320 there and this increased flexibility
NOTE Confidence: 0.876687616666667

00:19:16.320 --> 00:19:18.440 was really evident in his test scores.
NOTE Confidence: 0.876687616666667

00:19:18.440 --> 00:19:21.030 So his IQ where it was a 64 before just
NOTE Confidence: 0.876687616666667

00:19:21.100 --> 00:19:23.556 seven months later came out at an 88,
NOTE Confidence: 0.876687616666667

00:19:23.560 --> 00:19:25.936 which is in the low average range and that's
NOTE Confidence: 0.876687616666667

00:19:25.936 --> 00:19:28.434 a huge jump to see in just seven months.
NOTE Confidence: 0.876687616666667

00:19:28.440 --> 00:19:30.536 Now clearly we don't think that he actually
NOTE Confidence: 0.876687616666667

00:19:30.536 --> 00:19:33.158 gained 24 IQ points in seven months,
NOTE Confidence: 0.876687616666667

00:19:33.160 --> 00:19:35.761 but that this was really a reflection of his
NOTE Confidence: 0.876687616666667

00:19:35.761 --> 00:19:37.635 improved social communication and ability

NOTE Confidence: 0.876687616666667
00:19:37.635 --> 00:19:41.196 to follow or engage in adult LED activities.
NOTE Confidence: 0.876687616666667
00:19:41.200 --> 00:19:43.240 And then I saw him one last time at the
NOTE Confidence: 0.876687616666667
00:19:43.297 --> 00:19:45.265 age of seven when he participated in one
NOTE Confidence: 0.876687616666667
00:19:45.265 --> 00:19:47.070 of the studies that Doctor Mcpartland
NOTE Confidence: 0.876687616666667
00:19:47.070 --> 00:19:49.502 was just talking about in his lab.
NOTE Confidence: 0.876687616666667
00:19:49.502 --> 00:19:51.128 And he again,
NOTE Confidence: 0.876687616666667
00:19:51.128 --> 00:19:54.536 having now also completed Doctor Ventola's
NOTE Confidence: 0.876687616666667
00:19:54.536 --> 00:19:57.320 Social Communication Intervention Study,
NOTE Confidence: 0.876687616666667
00:19:57.320 --> 00:19:59.742 I saw even more improvements in his
NOTE Confidence: 0.876687616666667
00:19:59.742 --> 00:20:01.560 flexibility and social reciprocity,
NOTE Confidence: 0.876687616666667
00:20:01.560 --> 00:20:03.780 and that's reflected again in his
NOTE Confidence: 0.876687616666667
00:20:03.780 --> 00:20:04.520 test scores.
NOTE Confidence: 0.876687616666667
00:20:04.520 --> 00:20:06.680 He now came out with an IQ of 108,
NOTE Confidence: 0.876687616666667
00:20:06.680 --> 00:20:08.918 so solidly in the average range.
NOTE Confidence: 0.876687616666667
00:20:08.920 --> 00:20:11.230 And this was really much more on
NOTE Confidence: 0.876687616666667

00:20:11.230 --> 00:20:13.672 par with our team's initial clinical
NOTE Confidence: 0.876687616666667

00:20:13.672 --> 00:20:15.784 impressions that this was a boy
NOTE Confidence: 0.876687616666667

00:20:15.784 --> 00:20:17.464 who probably was average cognitive
NOTE Confidence: 0.876687616666667

00:20:17.464 --> 00:20:19.960 ability in the in from the get go,
NOTE Confidence: 0.876687616666667

00:20:19.960 --> 00:20:22.048 but just didn't have those social
NOTE Confidence: 0.876687616666667

00:20:22.048 --> 00:20:23.865 communication skills to be able
NOTE Confidence: 0.876687616666667

00:20:23.865 --> 00:20:25.320 to demonstrate his abilities.
NOTE Confidence: 0.876687616666667

00:20:25.320 --> 00:20:27.840 So it was really exciting to see
NOTE Confidence: 0.876687616666667

00:20:27.840 --> 00:20:30.229 this progress over time to get
NOTE Confidence: 0.876687616666667

00:20:30.229 --> 00:20:31.797 to follow this youngster.
NOTE Confidence: 0.876687616666667

00:20:31.800 --> 00:20:34.516 And I think that this case really
NOTE Confidence: 0.876687616666667

00:20:34.516 --> 00:20:36.596 highlights the benefits of our
NOTE Confidence: 0.876687616666667

00:20:36.596 --> 00:20:38.276 research program for families.
NOTE Confidence: 0.876687616666667

00:20:38.280 --> 00:20:39.522 We were able to follow his
NOTE Confidence: 0.876687616666667

00:20:39.522 --> 00:20:40.999 trajectory at no cost to the family,
NOTE Confidence: 0.876687616666667

00:20:41.000 --> 00:20:43.072 which might not have been possible for

NOTE Confidence: 0.876687616666667
00:20:43.072 --> 00:20:45.607 them given their resources if they were
NOTE Confidence: 0.876687616666667
00:20:45.607 --> 00:20:47.195 pursuing purely clinical evaluation.
NOTE Confidence: 0.876687616666667
00:20:47.200 --> 00:20:50.028 And as a result of this updated
NOTE Confidence: 0.876687616666667
00:20:50.028 --> 00:20:52.200 knowledge about his trajectory,
NOTE Confidence: 0.876687616666667
00:20:52.200 --> 00:20:54.832 we were able to kind of make
NOTE Confidence: 0.876687616666667
00:20:54.832 --> 00:20:55.584 developmentally appropriate
NOTE Confidence: 0.876687616666667
00:20:55.584 --> 00:20:57.134 recommendations for continued supports
NOTE Confidence: 0.876687616666667
00:20:57.134 --> 00:20:58.994 and interventions for their child.
NOTE Confidence: 0.876687616666667
00:20:59.000 --> 00:21:00.800 So I will stop there.
NOTE Confidence: 0.876687616666667
00:21:00.800 --> 00:21:01.080 Thank you.
NOTE Confidence: 0.840526127058824
00:21:02.840 --> 00:21:04.124 Thanks so much, Julie,
NOTE Confidence: 0.840526127058824
00:21:04.124 --> 00:21:06.422 and thank you for making it come
NOTE Confidence: 0.840526127058824
00:21:06.422 --> 00:21:08.240 to life with this story too.
NOTE Confidence: 0.840526127058824
00:21:08.240 --> 00:21:09.770 Thank you, Dennis.
NOTE Confidence: 0.840526127058824
00:21:09.770 --> 00:21:12.640 And I turn to you. Thank
NOTE Confidence: 0.881440706

00:21:12.640 --> 00:21:14.380 you. It's a pleasure to
NOTE Confidence: 0.881440706

00:21:14.380 --> 00:21:16.120 be part of this panel.
NOTE Confidence: 0.881440706

00:21:16.120 --> 00:21:18.808 I'm a clinical psychologist by training
NOTE Confidence: 0.881440706

00:21:18.808 --> 00:21:22.464 and professor in the El Child Study Center.
NOTE Confidence: 0.881440706

00:21:22.464 --> 00:21:25.260 My lab conducts research on challenging
NOTE Confidence: 0.881440706

00:21:25.338 --> 00:21:28.118 emotions in children and adolescents,
NOTE Confidence: 0.881440706

00:21:28.120 --> 00:21:30.355 and this includes experiences such
NOTE Confidence: 0.881440706

00:21:30.355 --> 00:21:32.590 as being easily frustrated and
NOTE Confidence: 0.881440706

00:21:32.668 --> 00:21:35.078 behaviours such as anger outbursts,
NOTE Confidence: 0.881440706

00:21:35.080 --> 00:21:37.296 meltdowns and temper tantrums.
NOTE Confidence: 0.881440706

00:21:37.296 --> 00:21:40.668 On one hand, this experiences and behaviours
NOTE Confidence: 0.881440706

00:21:40.668 --> 00:21:44.160 are part of life and typical development.
NOTE Confidence: 0.881440706

00:21:44.160 --> 00:21:45.812 On the other hand,
NOTE Confidence: 0.881440706

00:21:45.812 --> 00:21:47.877 if outbursts become too frequent,
NOTE Confidence: 0.881440706

00:21:47.880 --> 00:21:50.034 too intense, or pose risk of
NOTE Confidence: 0.881440706

00:21:50.034 --> 00:21:52.519 injury to the child or to others,

NOTE Confidence: 0.881440706

00:21:52.520 --> 00:21:54.600 this could represent a symptom

NOTE Confidence: 0.881440706

00:21:54.600 --> 00:21:56.680 of a mental health disorder.

NOTE Confidence: 0.881440706

00:21:56.680 --> 00:21:58.805 Some psychiatric disorders are diagnosed

NOTE Confidence: 0.881440706

00:21:58.805 --> 00:22:01.815 based on the presence and severity of

NOTE Confidence: 0.881440706

00:22:01.815 --> 00:22:04.275 anger outbursts as the primary concern,

NOTE Confidence: 0.881440706

00:22:04.280 --> 00:22:06.256 and this include oppositional

NOTE Confidence: 0.881440706

00:22:06.256 --> 00:22:08.232 defined disorder and disruptive

NOTE Confidence: 0.881440706

00:22:08.232 --> 00:22:09.840 mood dysregulation disorder.

NOTE Confidence: 0.881440706

00:22:09.840 --> 00:22:11.160 Other childhood disorders,

NOTE Confidence: 0.881440706

00:22:11.160 --> 00:22:13.064 such as ADHD, anxiety,

NOTE Confidence: 0.881440706

00:22:13.064 --> 00:22:15.863 and depression and autism often

NOTE Confidence: 0.881440706

00:22:15.863 --> 00:22:18.641 include frequent and impair and anger

NOTE Confidence: 0.881440706

00:22:18.641 --> 00:22:21.599 outbursts as an associated feature.

NOTE Confidence: 0.881440706

00:22:21.600 --> 00:22:23.760 During the past 10 years,

NOTE Confidence: 0.881440706

00:22:23.760 --> 00:22:26.544 this tendency to become easily frustrated

NOTE Confidence: 0.881440706

00:22:26.544 --> 00:22:29.266 and express anger and developmental
NOTE Confidence: 0.881440706

00:22:29.266 --> 00:22:32.673 inappropriate ways has been referred
NOTE Confidence: 0.881440706

00:22:32.673 --> 00:22:35.117 to as pediatric irritability.
NOTE Confidence: 0.881440706

00:22:35.120 --> 00:22:37.920 So my lab investigates different
NOTE Confidence: 0.881440706

00:22:37.920 --> 00:22:41.484 forms of psychotherapy that can be
NOTE Confidence: 0.881440706

00:22:41.484 --> 00:22:43.996 helpful for reducing irritability.
NOTE Confidence: 0.881440706

00:22:44.000 --> 00:22:45.545 For younger children,
NOTE Confidence: 0.881440706

00:22:45.545 --> 00:22:48.120 family therapy or parenting interventions
NOTE Confidence: 0.881440706

00:22:48.120 --> 00:22:50.919 can be particularly effective.
NOTE Confidence: 0.881440706

00:22:50.920 --> 00:22:52.480 During this type of therapy,
NOTE Confidence: 0.881440706

00:22:52.480 --> 00:22:55.246 parents learn how to best anticipate
NOTE Confidence: 0.881440706

00:22:55.246 --> 00:22:57.090 and understand their child's
NOTE Confidence: 0.881440706

00:22:57.164 --> 00:22:59.080 experiences or being upset,
NOTE Confidence: 0.881440706

00:22:59.080 --> 00:22:59.715 frustrated,
NOTE Confidence: 0.881440706

00:22:59.715 --> 00:23:03.525 and how to provide guidance when
NOTE Confidence: 0.881440706

00:23:03.525 --> 00:23:05.430 navigating potentially frustration

NOTE Confidence: 0.881440706
00:23:05.510 --> 00:23:07.680 situations in a common way.
NOTE Confidence: 0.881440706
00:23:07.680 --> 00:23:09.186 This includes strategies
NOTE Confidence: 0.881440706
00:23:09.186 --> 00:23:11.194 such as validating emotions,
NOTE Confidence: 0.881440706
00:23:11.200 --> 00:23:12.274 identifying alternative,
NOTE Confidence: 0.881440706
00:23:12.274 --> 00:23:14.959 more appropriate course of actions.
NOTE Confidence: 0.881440706
00:23:14.960 --> 00:23:17.360 This is something that we refer
NOTE Confidence: 0.881440706
00:23:17.360 --> 00:23:19.554 to as positive opposites and
NOTE Confidence: 0.881440706
00:23:19.554 --> 00:23:21.930 providing consistent praise and
NOTE Confidence: 0.881440706
00:23:21.930 --> 00:23:24.306 appreciation when the child
NOTE Confidence: 0.881440706
00:23:24.306 --> 00:23:26.522 demonstrates appropriate behavior
NOTE Confidence: 0.881440706
00:23:26.522 --> 00:23:29.598 in potentially frustrating situations.
NOTE Confidence: 0.881440706
00:23:29.600 --> 00:23:31.796 Starting from 8 years of age,
NOTE Confidence: 0.881440706
00:23:31.800 --> 00:23:33.890 children are also likely to
NOTE Confidence: 0.881440706
00:23:33.890 --> 00:23:35.562 benefit from cognitive behavioral
NOTE Confidence: 0.881440706
00:23:35.562 --> 00:23:37.080 therapy for irritability,
NOTE Confidence: 0.881440706

00:23:37.080 --> 00:23:39.782 and this is a form of psychotherapy
NOTE Confidence: 0.881440706

00:23:39.782 --> 00:23:41.479 that teaches emotion regulation
NOTE Confidence: 0.881440706

00:23:41.479 --> 00:23:44.251 and problem solving skills that are
NOTE Confidence: 0.881440706

00:23:44.251 --> 00:23:47.200 practiced in therapy and then between
NOTE Confidence: 0.881440706

00:23:47.200 --> 00:23:49.760 sessions to address potentially
NOTE Confidence: 0.881440706

00:23:49.760 --> 00:23:51.680 anger producing situations.
NOTE Confidence: 0.881440706

00:23:51.680 --> 00:23:54.480 Specific skills may include appropriate
NOTE Confidence: 0.881440706

00:23:54.480 --> 00:23:57.280 verbal responses to peer provocation
NOTE Confidence: 0.881440706

00:23:57.280 --> 00:23:59.404 and collaborative problem solving
NOTE Confidence: 0.881440706

00:23:59.404 --> 00:24:02.059 of disagreements with parents about
NOTE Confidence: 0.881440706

00:24:02.059 --> 00:24:04.440 rules and expectations at home.
NOTE Confidence: 0.881440706

00:24:04.440 --> 00:24:06.396 Social perspective taken is also another
NOTE Confidence: 0.881440706

00:24:06.396 --> 00:24:08.707 skill that is stored during cognitive
NOTE Confidence: 0.881440706

00:24:08.707 --> 00:24:10.599 behavioral therapy for irritability,
NOTE Confidence: 0.881440706

00:24:10.600 --> 00:24:13.036 and it refers to recognizing emotions
NOTE Confidence: 0.881440706

00:24:13.036 --> 00:24:15.518 and motivations of other people who

NOTE Confidence: 0.881440706

00:24:15.518 --> 00:24:17.876 are involved in a conflict situation.

NOTE Confidence: 0.800821681428571

00:24:20.160 --> 00:24:21.600 In addition to developing

NOTE Confidence: 0.800821681428571

00:24:21.600 --> 00:24:22.680 behavioral intervention in,

NOTE Confidence: 0.800821681428571

00:24:22.680 --> 00:24:25.956 my lab is also testing if clinical

NOTE Confidence: 0.800821681428571

00:24:25.956 --> 00:24:28.495 improvements can be parallel by

NOTE Confidence: 0.800821681428571

00:24:28.495 --> 00:24:31.095 changes in the brain mechanisms

NOTE Confidence: 0.800821681428571

00:24:31.095 --> 00:24:33.880 or biomarkers of irritability.

NOTE Confidence: 0.800821681428571

00:24:33.880 --> 00:24:35.384 And to this end,

NOTE Confidence: 0.800821681428571

00:24:35.384 --> 00:24:37.640 we discovered a number of structural

NOTE Confidence: 0.800821681428571

00:24:37.714 --> 00:24:40.133 and functional differences in

NOTE Confidence: 0.800821681428571

00:24:40.133 --> 00:24:42.425 prefrontal cortex of children

NOTE Confidence: 0.800821681428571

00:24:42.425 --> 00:24:44.717 seeking treatment for irritability.

NOTE Confidence: 0.800821681428571

00:24:44.720 --> 00:24:47.885 This includes reduced thickness of

NOTE Confidence: 0.800821681428571

00:24:47.885 --> 00:24:51.050 ventral lateral prefrontal cortex and

NOTE Confidence: 0.800821681428571

00:24:51.144 --> 00:24:53.272 reduced connectivity of prefrontal

NOTE Confidence: 0.800821681428571

00:24:53.272 --> 00:24:56.800 cortex with the rest of the brain.
NOTE Confidence: 0.800821681428571

00:24:56.800 --> 00:25:00.748 We're also testing if the effects of
NOTE Confidence: 0.800821681428571

00:25:00.748 --> 00:25:03.024 multiple occurring disorders influence
NOTE Confidence: 0.800821681428571

00:25:03.024 --> 00:25:05.944 the brain systems implicated in
NOTE Confidence: 0.800821681428571

00:25:05.944 --> 00:25:08.280 irritability and aggressive behaviour.
NOTE Confidence: 0.800821681428571

00:25:08.280 --> 00:25:09.414 So, for example,
NOTE Confidence: 0.800821681428571

00:25:09.414 --> 00:25:12.060 we found that the presence of social
NOTE Confidence: 0.800821681428571

00:25:12.139 --> 00:25:14.367 impairment such as difficulty
NOTE Confidence: 0.800821681428571

00:25:14.367 --> 00:25:16.595 understanding social situations is
NOTE Confidence: 0.800821681428571

00:25:16.595 --> 00:25:19.740 mediating the association of amygdala
NOTE Confidence: 0.800821681428571

00:25:19.740 --> 00:25:21.696 connectivity with ventrolateral
NOTE Confidence: 0.800821681428571

00:25:21.696 --> 00:25:24.900 prefrontal cortex and known by a
NOTE Confidence: 0.800821681428571

00:25:24.900 --> 00:25:26.800 marker of emotion dysregulation.
NOTE Confidence: 0.800821681428571

00:25:26.800 --> 00:25:29.200 So this knowledge about brain structure,
NOTE Confidence: 0.800821681428571

00:25:29.200 --> 00:25:32.014 function and development is guiding our
NOTE Confidence: 0.800821681428571

00:25:32.014 --> 00:25:35.199 search for biomarkers and newer predictors,

NOTE Confidence: 0.800821681428571
00:25:35.200 --> 00:25:38.640 or psychotherapy for emotion dysregulation.
NOTE Confidence: 0.800821681428571
00:25:38.640 --> 00:25:41.799 Even best evidence,
NOTE Confidence: 0.800821681428571
00:25:41.800 --> 00:25:43.780 evidence based interventions are only
NOTE Confidence: 0.800821681428571
00:25:43.780 --> 00:25:47.104 helpful for about 60 to 65% of participants.
NOTE Confidence: 0.800821681428571
00:25:47.104 --> 00:25:50.240 So we're all hope that finding by
NOTE Confidence: 0.800821681428571
00:25:50.323 --> 00:25:52.411 markers of effective psychotherapy
NOTE Confidence: 0.800821681428571
00:25:52.411 --> 00:25:55.543 will help us identify who is
NOTE Confidence: 0.800821681428571
00:25:55.632 --> 00:25:58.782 likely to benefit and develop new
NOTE Confidence: 0.800821681428571
00:25:58.782 --> 00:26:01.695 treatments for children who are not
NOTE Confidence: 0.800821681428571
00:26:01.695 --> 00:26:03.475 benefiting from existing treatments.
NOTE Confidence: 0.800821681428571
00:26:03.480 --> 00:26:06.050 So currently we're developing and
NOTE Confidence: 0.800821681428571
00:26:06.050 --> 00:26:08.106 testing new psychosocial interventions
NOTE Confidence: 0.800821681428571
00:26:08.106 --> 00:26:10.763 for patient populations where effective
NOTE Confidence: 0.800821681428571
00:26:10.763 --> 00:26:13.353 treatments are not yet available.
NOTE Confidence: 0.800821681428571
00:26:13.360 --> 00:26:15.395 We are conducting A clinical
NOTE Confidence: 0.800821681428571

00:26:15.395 --> 00:26:17.023 trial of comprehensive therapy
NOTE Confidence: 0.800821681428571

00:26:17.023 --> 00:26:18.973 for irritability in adolescence
NOTE Confidence: 0.800821681428571

00:26:18.973 --> 00:26:21.433 with Otis and spectrum disorders.
NOTE Confidence: 0.800821681428571

00:26:21.440 --> 00:26:24.464 So this is a fairly narrowly
NOTE Confidence: 0.800821681428571

00:26:24.464 --> 00:26:26.760 defined population in terms of
NOTE Confidence: 0.800821681428571

00:26:26.760 --> 00:26:29.440 age and symptoms severity,
NOTE Confidence: 0.800821681428571

00:26:29.440 --> 00:26:34.040 but a group that really doesn't have
NOTE Confidence: 0.800821681428571

00:26:34.040 --> 00:26:36.854 much by ways of research or clinical
NOTE Confidence: 0.800821681428571

00:26:36.854 --> 00:26:39.119 services for anger outbursts and
NOTE Confidence: 0.800821681428571

00:26:39.119 --> 00:26:41.584 irritability that can be really
NOTE Confidence: 0.800821681428571

00:26:41.584 --> 00:26:43.520 impaired for these children.
NOTE Confidence: 0.800821681428571

00:26:43.520 --> 00:26:47.326 And the long term goal of our clinical
NOTE Confidence: 0.800821681428571

00:26:47.326 --> 00:26:49.641 research is to identify evidence
NOTE Confidence: 0.800821681428571

00:26:49.641 --> 00:26:52.295 based treatments that engage brain
NOTE Confidence: 0.800821681428571

00:26:52.295 --> 00:26:54.080 mechanisms of psychopathology,
NOTE Confidence: 0.800821681428571

00:26:54.080 --> 00:26:55.452 reduce symptoms,

NOTE Confidence: 0.800821681428571
00:26:55.452 --> 00:26:58.196 severity and most importantly,
NOTE Confidence: 0.800821681428571
00:26:58.200 --> 00:27:01.265 optimize quality of life of
NOTE Confidence: 0.800821681428571
00:27:01.265 --> 00:27:03.717 children and their parents.
NOTE Confidence: 0.800821681428571
00:27:03.720 --> 00:27:04.080 Thank you,
NOTE Confidence: 0.856979994
00:27:04.880 --> 00:27:06.440 Dennis. Thank you very much.
NOTE Confidence: 0.856979994
00:27:06.440 --> 00:27:09.248 And there is a real relationship
NOTE Confidence: 0.856979994
00:27:09.248 --> 00:27:11.480 between irritability and anxiety and.
NOTE Confidence: 0.856979994
00:27:11.480 --> 00:27:13.820 And anxiety. Yes. Yeah.
NOTE Confidence: 0.856979994
00:27:13.820 --> 00:27:15.520 Let me turn to Ellie.
NOTE Confidence: 0.97130081
00:27:17.440 --> 00:27:19.400 Well, thank you very much.
NOTE Confidence: 0.97130081
00:27:19.400 --> 00:27:20.399 I'm Ellie Leibowitz.
NOTE Confidence: 0.97130081
00:27:20.399 --> 00:27:24.000 And I have to say just this past
NOTE Confidence: 0.97130081
00:27:24.000 --> 00:27:28.800 half hour really captures why I
NOTE Confidence: 0.97130081
00:27:28.800 --> 00:27:32.764 love my job and working at a place
NOTE Confidence: 0.97130081
00:27:32.764 --> 00:27:35.648 like the child study center and
NOTE Confidence: 0.97130081

00:27:35.648 --> 00:27:39.280 why I feel so fortunate to be you
NOTE Confidence: 0.97130081

00:27:39.280 --> 00:27:41.430 know this this is my my day-to-day
NOTE Confidence: 0.97130081

00:27:41.430 --> 00:27:43.080 of people listening to this call.
NOTE Confidence: 0.97130081

00:27:43.080 --> 00:27:44.892 Maybe they're you know have like
NOTE Confidence: 0.97130081

00:27:44.892 --> 00:27:47.101 a here's a chance to listen this
NOTE Confidence: 0.97130081

00:27:47.101 --> 00:27:48.760 is my day-to-day of you know
NOTE Confidence: 0.97130081

00:27:48.760 --> 00:27:50.200 just be working with these folks.
NOTE Confidence: 0.97130081

00:27:50.200 --> 00:27:53.144 And so it it's such an honor and
NOTE Confidence: 0.97130081

00:27:53.144 --> 00:28:00.452 and a real joy and my focus is on
NOTE Confidence: 0.97130081

00:28:00.452 --> 00:28:04.040 anxiety which even as I like to say
NOTE Confidence: 0.97130081

00:28:04.040 --> 00:28:07.080 even in the best of times is the
NOTE Confidence: 0.97130081

00:28:07.080 --> 00:28:10.080 most common mental health problem in
NOTE Confidence: 0.97130081

00:28:10.080 --> 00:28:13.200 children really throughout the lifespan.
NOTE Confidence: 0.97130081

00:28:13.200 --> 00:28:17.235 And the reality is that we haven't
NOTE Confidence: 0.97130081

00:28:17.235 --> 00:28:19.090 been living through the very best of
NOTE Confidence: 0.97130081

00:28:19.145 --> 00:28:21.800 times and there are so many stressors

NOTE Confidence: 0.97130081

00:28:21.800 --> 00:28:24.720 kids you know are coping with over the,

NOTE Confidence: 0.97130081

00:28:24.720 --> 00:28:26.760 you know, recent years and we've

NOTE Confidence: 0.97130081

00:28:26.760 --> 00:28:28.120 seen so much escalation,

NOTE Confidence: 0.97130081

00:28:28.120 --> 00:28:32.600 so much real surges in the

NOTE Confidence: 0.97130081

00:28:32.600 --> 00:28:34.640 prevalence of anxiety disorders

NOTE Confidence: 0.97130081

00:28:34.640 --> 00:28:37.040 and elevated anxiety overall.

NOTE Confidence: 0.97130081

00:28:37.040 --> 00:28:38.606 And so it's a really important

NOTE Confidence: 0.97130081

00:28:38.606 --> 00:28:40.758 field to be to be thinking about.

NOTE Confidence: 0.97130081

00:28:40.760 --> 00:28:43.944 I know that so many parents are concerned

NOTE Confidence: 0.97130081

00:28:43.944 --> 00:28:46.624 about anxiety in their in their kids.

NOTE Confidence: 0.97130081

00:28:46.624 --> 00:28:49.480 And one thing that has been really

NOTE Confidence: 0.97130081

00:28:49.571 --> 00:28:52.679 exciting for me is to be part of a

NOTE Confidence: 0.97130081

00:28:52.679 --> 00:28:55.752 rethinking of the way that we understand

NOTE Confidence: 0.97130081

00:28:55.752 --> 00:28:58.918 and think about anxiety in children.

NOTE Confidence: 0.97130081

00:28:58.920 --> 00:29:00.652 Because historically,

NOTE Confidence: 0.97130081

00:29:00.652 --> 00:29:04.596 anxiety in children was understood
NOTE Confidence: 0.97130081

00:29:04.596 --> 00:29:07.452 essentially as the same thing as
NOTE Confidence: 0.97130081

00:29:07.452 --> 00:29:10.600 anxiety in adults in a smaller package,
NOTE Confidence: 0.97130081

00:29:10.600 --> 00:29:13.714 but basically the same problem And
NOTE Confidence: 0.97130081

00:29:13.714 --> 00:29:16.919 treatment was also geared toward that,
NOTE Confidence: 0.97130081

00:29:16.920 --> 00:29:20.079 toward that understanding.
NOTE Confidence: 0.97130081

00:29:20.080 --> 00:29:22.132 But one thing that has really
NOTE Confidence: 0.97130081

00:29:22.132 --> 00:29:24.501 become more and more a focus for
NOTE Confidence: 0.97130081

00:29:24.501 --> 00:29:26.657 our field in this area of anxiety
NOTE Confidence: 0.97130081

00:29:26.731 --> 00:29:29.359 is the acknowledgement of the fact
NOTE Confidence: 0.97130081

00:29:29.359 --> 00:29:31.451 that actually anxiety doesn't work
NOTE Confidence: 0.97130081

00:29:31.451 --> 00:29:33.437 quite the same way in children.
NOTE Confidence: 0.97130081

00:29:33.440 --> 00:29:35.939 And one reason for that is that
NOTE Confidence: 0.97130081

00:29:35.939 --> 00:29:38.968 children are born not really very good
NOTE Confidence: 0.97130081

00:29:38.968 --> 00:29:41.318 at defending themselves from threats.
NOTE Confidence: 0.97130081

00:29:41.320 --> 00:29:43.858 And so we're kind of evolutionarily

NOTE Confidence: 0.97130081

00:29:43.858 --> 00:29:45.550 programmed when we're anxious

NOTE Confidence: 0.97130081

00:29:45.621 --> 00:29:47.117 and young and immature,

NOTE Confidence: 0.97130081

00:29:47.120 --> 00:29:49.276 and this is true across mammalian life,

NOTE Confidence: 0.97130081

00:29:49.280 --> 00:29:50.605 we're really programmed to look

NOTE Confidence: 0.97130081

00:29:50.605 --> 00:29:52.054 to our parents, our caregivers,

NOTE Confidence: 0.97130081

00:29:52.054 --> 00:29:54.343 to look to them for help when

NOTE Confidence: 0.97130081

00:29:54.343 --> 00:29:55.760 we're feeling anxious.

NOTE Confidence: 0.97130081

00:29:55.760 --> 00:29:58.119 And that means that when a young

NOTE Confidence: 0.97130081

00:29:58.119 --> 00:30:00.199 person struggles with chronic anxiety,

NOTE Confidence: 0.97130081

00:30:00.200 --> 00:30:02.958 their parents tend to struggle as well,

NOTE Confidence: 0.97130081

00:30:02.960 --> 00:30:05.620 and to get really sucked in to

NOTE Confidence: 0.97130081

00:30:05.620 --> 00:30:08.079 responding to that child's anxiety.

NOTE Confidence: 0.97130081

00:30:08.080 --> 00:30:10.845 And parents of anxious kids face endless

NOTE Confidence: 0.97130081

00:30:10.845 --> 00:30:13.316 dilemmas about how should I best respond?

NOTE Confidence: 0.97130081

00:30:13.320 --> 00:30:13.640 You know,

NOTE Confidence: 0.97130081

00:30:13.640 --> 00:30:14.600 when is it right to push?
NOTE Confidence: 0.97130081

00:30:14.600 --> 00:30:16.280 When is it right not to?
NOTE Confidence: 0.97130081

00:30:16.280 --> 00:30:17.880 How much should I reassure?
NOTE Confidence: 0.97130081

00:30:17.880 --> 00:30:20.211 And they find themselves doing a lot
NOTE Confidence: 0.97130081

00:30:20.211 --> 00:30:22.560 of accommodations of their child's anxiety,
NOTE Confidence: 0.97130081

00:30:22.560 --> 00:30:24.444 meaning changing their own behavior in
NOTE Confidence: 0.97130081

00:30:24.444 --> 00:30:26.999 order to help their child not feel anxious.
NOTE Confidence: 0.97130081

00:30:27.000 --> 00:30:28.720 And that's really well-intentioned,
NOTE Confidence: 0.97130081

00:30:28.720 --> 00:30:30.592 but a lot of research actually
NOTE Confidence: 0.97130081

00:30:30.592 --> 00:30:32.344 shows that it doesn't necessarily
NOTE Confidence: 0.97130081

00:30:32.344 --> 00:30:34.120 reduce anxiety over time.
NOTE Confidence: 0.97130081

00:30:34.120 --> 00:30:36.400 And so one implication of this,
NOTE Confidence: 0.97130081

00:30:36.400 --> 00:30:37.720 one really important translation
NOTE Confidence: 0.97130081

00:30:37.720 --> 00:30:40.125 of this has been into an entirely
NOTE Confidence: 0.97130081

00:30:40.125 --> 00:30:41.585 parent based treatment that
NOTE Confidence: 0.97130081

00:30:41.585 --> 00:30:43.410 we developed right here at

NOTE Confidence: 0.886857003333334
00:30:43.468 --> 00:30:45.575 the Child Study Center and that is
NOTE Confidence: 0.886857003333334
00:30:45.575 --> 00:30:47.340 now really widely disseminated around
NOTE Confidence: 0.886857003333334
00:30:47.340 --> 00:30:49.920 country or around the the world.
NOTE Confidence: 0.886857003333334
00:30:49.920 --> 00:30:52.362 And it focuses on helping parents
NOTE Confidence: 0.886857003333334
00:30:52.362 --> 00:30:54.978 to change how they are responding
NOTE Confidence: 0.886857003333334
00:30:54.978 --> 00:30:57.692 to their child's anxiety in order
NOTE Confidence: 0.886857003333334
00:30:57.692 --> 00:31:01.240 to help that child to cope better.
NOTE Confidence: 0.886857003333334
00:31:01.240 --> 00:31:02.845 And another really important benefit
NOTE Confidence: 0.886857003333334
00:31:02.845 --> 00:31:05.386 of that is that if you have an
NOTE Confidence: 0.886857003333334
00:31:05.386 --> 00:31:07.138 anxious child who is not themselves
NOTE Confidence: 0.886857003333334
00:31:07.138 --> 00:31:09.240 an ideal candidate for treatment,
NOTE Confidence: 0.886857003333334
00:31:09.240 --> 00:31:11.046 well parents are actually able to
NOTE Confidence: 0.886857003333334
00:31:11.046 --> 00:31:12.836 do that treatment even then and
NOTE Confidence: 0.886857003333334
00:31:12.836 --> 00:31:14.677 still help the child to get better.
NOTE Confidence: 0.886857003333334
00:31:14.680 --> 00:31:16.164 And going back to what I really
NOTE Confidence: 0.886857003333334

00:31:16.164 --> 00:31:17.280 started with about, you know,
NOTE Confidence: 0.886857003333334

00:31:17.280 --> 00:31:18.960 really the the joys of working here,
NOTE Confidence: 0.886857003333334

00:31:18.960 --> 00:31:21.347 some of that is the collaborations that
NOTE Confidence: 0.886857003333334

00:31:21.347 --> 00:31:24.080 we've been able to form in this context.
NOTE Confidence: 0.886857003333334

00:31:24.080 --> 00:31:26.360 Emily mentioned the work that we've
NOTE Confidence: 0.886857003333334

00:31:26.427 --> 00:31:28.557 done together in in in genetics.
NOTE Confidence: 0.886857003333334

00:31:28.560 --> 00:31:31.122 I also work with collaborators who are
NOTE Confidence: 0.886857003333334

00:31:31.122 --> 00:31:33.207 collaborators who are really brilliant
NOTE Confidence: 0.886857003333334

00:31:33.207 --> 00:31:35.955 neuroscientists like Dilly G in psychology.
NOTE Confidence: 0.886857003333334

00:31:35.960 --> 00:31:38.039 And we did some really interesting research.
NOTE Confidence: 0.886857003333334

00:31:38.040 --> 00:31:40.112 And what we showed is that when
NOTE Confidence: 0.886857003333334

00:31:40.112 --> 00:31:42.190 parents are able to follow this
NOTE Confidence: 0.886857003333334

00:31:42.190 --> 00:31:44.070 treatment and change how they're
NOTE Confidence: 0.886857003333334

00:31:44.070 --> 00:31:46.119 responding to their anxious child,
NOTE Confidence: 0.886857003333334

00:31:46.120 --> 00:31:48.234 cut back on some of those accommodations,
NOTE Confidence: 0.886857003333334

00:31:48.240 --> 00:31:51.040 build the child's own confidence in coping,

NOTE Confidence: 0.886857003333334
00:31:51.040 --> 00:31:53.890 you actually see really significant changes
NOTE Confidence: 0.886857003333334
00:31:53.890 --> 00:31:58.080 in that child's brain response to fear.
NOTE Confidence: 0.886857003333334
00:31:58.080 --> 00:32:01.470 So that before the treatment children
NOTE Confidence: 0.886857003333334
00:32:01.470 --> 00:32:04.204 tend to really struggle with engaging
NOTE Confidence: 0.886857003333334
00:32:04.204 --> 00:32:06.610 anxious children at least really struggle
NOTE Confidence: 0.886857003333334
00:32:06.669 --> 00:32:08.759 to engage their regulatory circuitry.
NOTE Confidence: 0.886857003333334
00:32:08.760 --> 00:32:10.032 You know those parts of their
NOTE Confidence: 0.886857003333334
00:32:10.032 --> 00:32:11.561 brains that are going to be crucial
NOTE Confidence: 0.886857003333334
00:32:11.561 --> 00:32:12.833 in turning off the anxiety ones,
NOTE Confidence: 0.886857003333334
00:32:12.840 --> 00:32:16.599 it is triggered and following the treatment.
NOTE Confidence: 0.886857003333334
00:32:16.600 --> 00:32:18.364 We see a really big increase in
NOTE Confidence: 0.886857003333334
00:32:18.364 --> 00:32:20.225 that so that children are just
NOTE Confidence: 0.886857003333334
00:32:20.225 --> 00:32:21.621 engaging those regulatory regions
NOTE Confidence: 0.886857003333334
00:32:21.621 --> 00:32:23.758 in a much more powerful way.
NOTE Confidence: 0.886857003333334
00:32:23.760 --> 00:32:25.160 I think that's an incredible take
NOTE Confidence: 0.886857003333334

00:32:25.160 --> 00:32:26.640 home message for any parent.
NOTE Confidence: 0.886857003333334

00:32:26.640 --> 00:32:28.620 It's like you can change how
NOTE Confidence: 0.886857003333334

00:32:28.620 --> 00:32:30.402 you're responding to your anxious
NOTE Confidence: 0.886857003333334

00:32:30.402 --> 00:32:32.333 child and not only do you see them
NOTE Confidence: 0.886857003333334

00:32:32.333 --> 00:32:33.679 getting less and less anxious,
NOTE Confidence: 0.886857003333334

00:32:33.680 --> 00:32:35.700 you're actually changing how
NOTE Confidence: 0.886857003333334

00:32:35.700 --> 00:32:37.720 their brain processes fear.
NOTE Confidence: 0.886857003333334

00:32:37.720 --> 00:32:41.878 That's I think a really hopeful message.
NOTE Confidence: 0.886857003333334

00:32:41.880 --> 00:32:44.624 And I'm sure lots of you listening have
NOTE Confidence: 0.886857003333334

00:32:44.624 --> 00:32:47.929 a lot of questions from everything that
NOTE Confidence: 0.886857003333334

00:32:47.929 --> 00:32:49.640 you've from everything that you've heard,
NOTE Confidence: 0.886857003333334

00:32:49.640 --> 00:32:52.307 starting with Jamie and and and Julie
NOTE Confidence: 0.886857003333334

00:32:52.307 --> 00:32:54.880 and Emily and Dennis and myself.
NOTE Confidence: 0.886857003333334

00:32:54.880 --> 00:32:58.273 And so we're happy to do our best to,
NOTE Confidence: 0.886857003333334

00:32:58.280 --> 00:32:58.750 you know,
NOTE Confidence: 0.886857003333334

00:32:58.750 --> 00:33:00.160 answer whatever questions there might be.

NOTE Confidence: 0.886857003333334

00:33:00.160 --> 00:33:00.960 Thank you so much,

NOTE Confidence: 0.902330968

00:33:04.920 --> 00:33:05.920 Linda. I think you're muted.

NOTE Confidence: 0.669165982

00:33:08.280 --> 00:33:09.144 Thank you. Thank you.

NOTE Confidence: 0.669165982

00:33:09.144 --> 00:33:10.440 After so many years on Zoom,

NOTE Confidence: 0.669165982

00:33:10.440 --> 00:33:13.201 I remember that never goes away and

NOTE Confidence: 0.669165982

00:33:13.201 --> 00:33:15.168 I never heard that there's a number

NOTE Confidence: 0.669165982

00:33:15.168 --> 00:33:16.931 of there's a couple of questions

NOTE Confidence: 0.669165982

00:33:16.931 --> 00:33:18.992 on in the question and answer that

NOTE Confidence: 0.669165982

00:33:18.992 --> 00:33:20.959 that may just start with and Emily,

NOTE Confidence: 0.669165982

00:33:20.960 --> 00:33:23.090 I think maybe both of these

NOTE Confidence: 0.669165982

00:33:23.090 --> 00:33:24.781 might be good for you.

NOTE Confidence: 0.669165982

00:33:24.781 --> 00:33:26.743 First one is how early the

NOTE Confidence: 0.669165982

00:33:26.743 --> 00:33:28.624 earliest age can you compare

NOTE Confidence: 0.669165982

00:33:28.624 --> 00:33:30.479 children to their parents DNA.

NOTE Confidence: 0.669165982

00:33:30.480 --> 00:33:31.288 That's one.

NOTE Confidence: 0.669165982

00:33:31.288 --> 00:33:34.116 And then the second is how accurate
NOTE Confidence: 0.669165982

00:33:34.116 --> 00:33:36.578 is QB testing in the diagnosis
NOTE Confidence: 0.669165982

00:33:36.578 --> 00:33:39.375 of ADHD in teens And there's some
NOTE Confidence: 0.669165982

00:33:39.375 --> 00:33:41.400 question about the Vanderbilt tool.
NOTE Confidence: 0.669165982

00:33:41.400 --> 00:33:43.668 So I know that ADHD is one of your
NOTE Confidence: 0.669165982

00:33:43.668 --> 00:33:45.679 your areas of interest as well.
NOTE Confidence: 0.669165982

00:33:45.680 --> 00:33:48.839 So may I turn both of those to you?
NOTE Confidence: 0.962685285714286

00:33:49.560 --> 00:33:52.020 I will. I will do my best, but I have,
NOTE Confidence: 0.962685285714286

00:33:52.020 --> 00:33:54.060 I think there's other expertise here
NOTE Confidence: 0.962685285714286

00:33:54.060 --> 00:33:56.399 as well in the group on on this.
NOTE Confidence: 0.962685285714286

00:33:56.400 --> 00:34:00.915 So in terms of specific DNA testing,
NOTE Confidence: 0.962685285714286

00:34:00.920 --> 00:34:04.920 so clinical testing usually right
NOTE Confidence: 0.962685285714286

00:34:04.920 --> 00:34:08.272 now is restricted to as I as I
NOTE Confidence: 0.962685285714286

00:34:08.272 --> 00:34:10.440 discussed in my talk really autism.
NOTE Confidence: 0.962685285714286

00:34:10.440 --> 00:34:13.030 We we know the most about the
NOTE Confidence: 0.962685285714286

00:34:13.030 --> 00:34:15.378 genetics and most of the governing

NOTE Confidence: 0.962685285714286
00:34:15.378 --> 00:34:18.080 bodies kind of suggest that if a
NOTE Confidence: 0.962685285714286
00:34:18.158 --> 00:34:20.600 child has a diagnosis of autism
NOTE Confidence: 0.962685285714286
00:34:20.600 --> 00:34:23.528 that they should have a chromosomal
NOTE Confidence: 0.962685285714286
00:34:23.528 --> 00:34:26.500 microarray which looks at these larger
NOTE Confidence: 0.962685285714286
00:34:26.500 --> 00:34:29.320 copy number variants and that they
NOTE Confidence: 0.962685285714286
00:34:29.320 --> 00:34:31.840 should have Fragile X testing and if
NOTE Confidence: 0.811160722
00:34:34.840 --> 00:34:37.972 and and as well as kind of a few
NOTE Confidence: 0.811160722
00:34:37.972 --> 00:34:40.606 other specific tests but the but the
NOTE Confidence: 0.811160722
00:34:40.606 --> 00:34:43.645 and then if nothing is found on those
NOTE Confidence: 0.811160722
00:34:43.645 --> 00:34:46.230 tests then they often kind of maybe
NOTE Confidence: 0.811160722
00:34:46.230 --> 00:34:48.380 we'll consider DNA sequencing really
NOTE Confidence: 0.811160722
00:34:48.380 --> 00:34:51.439 looking at all the bases in the body.
NOTE Confidence: 0.811160722
00:34:51.440 --> 00:34:54.016 And I will say you know those
NOTE Confidence: 0.811160722
00:34:54.016 --> 00:34:56.014 recommendations have been here for a
NOTE Confidence: 0.811160722
00:34:56.014 --> 00:34:58.446 while and I think the field is actually
NOTE Confidence: 0.811160722

00:34:58.446 --> 00:35:00.641 moving faster like we're discovering
NOTE Confidence: 0.811160722

00:35:00.641 --> 00:35:02.468 more and more genetic changes.
NOTE Confidence: 0.811160722

00:35:02.468 --> 00:35:05.181 And so I my sense is in the future it
NOTE Confidence: 0.811160722

00:35:05.181 --> 00:35:07.330 will shift to kind of DNA sequencing
NOTE Confidence: 0.811160722

00:35:07.330 --> 00:35:09.557 coming earlier on in the algorithm as we
NOTE Confidence: 0.811160722

00:35:09.557 --> 00:35:12.740 know more of the genes involved and the
NOTE Confidence: 0.811160722

00:35:12.740 --> 00:35:15.120 clinical implications are more clear.
NOTE Confidence: 0.811160722

00:35:15.120 --> 00:35:16.569 And I I think also the other
NOTE Confidence: 0.811160722

00:35:16.569 --> 00:35:18.317 thing about this is you know the
NOTE Confidence: 0.811160722

00:35:18.317 --> 00:35:19.397 cost is dramatically declining.
NOTE Confidence: 0.811160722

00:35:19.400 --> 00:35:20.520 I didn't talk about this,
NOTE Confidence: 0.811160722

00:35:20.520 --> 00:35:22.998 but you know often in these genetics
NOTE Confidence: 0.811160722

00:35:22.998 --> 00:35:25.356 talks when they're slides you see that
NOTE Confidence: 0.811160722

00:35:25.356 --> 00:35:28.508 classic kind of curve of how the cost of
NOTE Confidence: 0.811160722

00:35:28.508 --> 00:35:30.558 DNA sequencing has dramatically dropped
NOTE Confidence: 0.925130347142857

00:35:32.720 --> 00:35:36.744 and and so now you know it's only a few

NOTE Confidence: 0.925130347142857
00:35:36.744 --> 00:35:39.520 \$100 to sequence your DNA which compared
NOTE Confidence: 0.925130347142857
00:35:39.520 --> 00:35:42.639 to like a brain MRI is really cheap.
NOTE Confidence: 0.925130347142857
00:35:42.640 --> 00:35:45.208 So, so it's it's I I think it
NOTE Confidence: 0.925130347142857
00:35:45.208 --> 00:35:47.124 is something that will become
NOTE Confidence: 0.925130347142857
00:35:47.124 --> 00:35:49.518 part of more in clinical care.
NOTE Confidence: 0.925130347142857
00:35:49.520 --> 00:35:52.355 But I I wanted to say that I don't
NOTE Confidence: 0.925130347142857
00:35:52.355 --> 00:35:54.797 think there's a limit on the age
NOTE Confidence: 0.925130347142857
00:35:54.800 --> 00:35:56.080 definitely for research studies,
NOTE Confidence: 0.925130347142857
00:35:56.080 --> 00:35:58.607 not necessarily We tend to in our research
NOTE Confidence: 0.925130347142857
00:35:58.607 --> 00:36:00.553 studies see kids above a certain age
NOTE Confidence: 0.925130347142857
00:36:00.553 --> 00:36:02.705 when we do it just because they have to
NOTE Confidence: 0.925130347142857
00:36:02.705 --> 00:36:05.280 have kind of had the diagnosis already.
NOTE Confidence: 0.925130347142857
00:36:05.280 --> 00:36:07.200 And usually kids, you know,
NOTE Confidence: 0.925130347142857
00:36:07.200 --> 00:36:08.984 there's can be a delay in terms of
NOTE Confidence: 0.925130347142857
00:36:08.984 --> 00:36:10.758 when they received these diagnosis,
NOTE Confidence: 0.925130347142857

00:36:10.760 --> 00:36:12.195 but I don't think there's a limit.
NOTE Confidence: 0.925130347142857

00:36:12.200 --> 00:36:14.440 And the thing about looking
NOTE Confidence: 0.925130347142857

00:36:14.440 --> 00:36:17.160 at your DNA is your DNA,
NOTE Confidence: 0.925130347142857

00:36:17.160 --> 00:36:18.933 it doesn't really change that much, right.
NOTE Confidence: 0.925130347142857

00:36:18.933 --> 00:36:21.210 Like you have that test done and it's kind
NOTE Confidence: 0.925130347142857

00:36:21.269 --> 00:36:23.600 of those are your genetic changes throughout.
NOTE Confidence: 0.925130347142857

00:36:23.600 --> 00:36:23.914 Yeah.
NOTE Confidence: 0.925130347142857

00:36:23.914 --> 00:36:26.240 I mean, you acquire some mutations, right,
NOTE Confidence: 0.925130347142857

00:36:26.240 --> 00:36:28.440 like cancers and acquired mutations,
NOTE Confidence: 0.925130347142857

00:36:28.440 --> 00:36:30.720 but you know, your DNA is your DNA.
NOTE Confidence: 0.925130347142857

00:36:30.720 --> 00:36:33.009 So it's kind of one of those
NOTE Confidence: 0.925130347142857

00:36:33.009 --> 00:36:35.568 tests you only do once and you
NOTE Confidence: 0.925130347142857

00:36:35.568 --> 00:36:38.956 can reanalyze it as we know more.
NOTE Confidence: 0.925130347142857

00:36:38.960 --> 00:36:39.530 So anyways,
NOTE Confidence: 0.925130347142857

00:36:39.530 --> 00:36:40.955 so those are some thoughts,
NOTE Confidence: 0.925130347142857

00:36:40.960 --> 00:36:44.732 but others please feel free to add on

NOTE Confidence: 0.925130347142857
00:36:44.732 --> 00:36:46.873 to that as well 'cause we have a lot
NOTE Confidence: 0.925130347142857
00:36:46.873 --> 00:36:48.798 of the autism experts on the call,
NOTE Confidence: 0.925130347142857
00:36:48.800 --> 00:36:51.080 if they may have different thoughts.
NOTE Confidence: 0.925130347142857
00:36:51.080 --> 00:36:55.160 The other question about ADHD testing,
NOTE Confidence: 0.925130347142857
00:36:55.160 --> 00:36:57.560 so I'm not I wouldn't say I'm in,
NOTE Confidence: 0.925130347142857
00:36:57.560 --> 00:36:59.438 I do do research on ADHD,
NOTE Confidence: 0.925130347142857
00:36:59.440 --> 00:37:01.365 but I think probably some of the
NOTE Confidence: 0.925130347142857
00:37:01.365 --> 00:37:03.279 groups that other the psychologists
NOTE Confidence: 0.925130347142857
00:37:03.279 --> 00:37:06.278 on the group may be able to answer in
NOTE Confidence: 0.925130347142857
00:37:06.278 --> 00:37:08.318 terms of the validity of these tests.
NOTE Confidence: 0.925130347142857
00:37:08.320 --> 00:37:12.400 I will say classically when we diagnose ADHD,
NOTE Confidence: 0.925130347142857
00:37:12.400 --> 00:37:15.400 we do kind of look at multiple assessments,
NOTE Confidence: 0.925130347142857
00:37:15.400 --> 00:37:15.876 right.
NOTE Confidence: 0.925130347142857
00:37:15.876 --> 00:37:19.208 So if you're doing it based on
NOTE Confidence: 0.925130347142857
00:37:19.208 --> 00:37:20.710 kind of self report,
NOTE Confidence: 0.925130347142857

00:37:20.710 --> 00:37:22.635 which is what the Vanderbilt is or
NOTE Confidence: 0.925130347142857

00:37:22.635 --> 00:37:24.478 the SNAP or something like that,
NOTE Confidence: 0.925130347142857

00:37:24.480 --> 00:37:27.120 you know, we give screeners,
NOTE Confidence: 0.925130347142857

00:37:27.120 --> 00:37:28.518 we have the parents complete them,
NOTE Confidence: 0.925130347142857

00:37:28.520 --> 00:37:30.380 we compare them to the teachers
NOTE Confidence: 0.925130347142857

00:37:30.380 --> 00:37:32.912 because we want to see that they're
NOTE Confidence: 0.925130347142857

00:37:32.912 --> 00:37:34.957 having kind of clinically significant
NOTE Confidence: 0.925130347142857

00:37:34.957 --> 00:37:36.959 symptoms in multiple settings.
NOTE Confidence: 0.925130347142857

00:37:36.960 --> 00:37:38.640 They do kind of work differently
NOTE Confidence: 0.925130347142857

00:37:38.640 --> 00:37:39.760 a bit in teens.
NOTE Confidence: 0.925130347142857

00:37:39.760 --> 00:37:40.999 Like if you look at the questions,
NOTE Confidence: 0.925130347142857

00:37:41.000 --> 00:37:43.358 some of the screeners are a
NOTE Confidence: 0.925130347142857

00:37:43.358 --> 00:37:45.911 little better for some age groups
NOTE Confidence: 0.925130347142857

00:37:45.911 --> 00:37:48.156 compared to other age groups,
NOTE Confidence: 0.925130347142857

00:37:48.160 --> 00:37:49.760 but but there also are.
NOTE Confidence: 0.925130347142857

00:37:49.760 --> 00:37:51.792 So that's kind of the self report testing

NOTE Confidence: 0.925130347142857
00:37:51.792 --> 00:37:53.958 that often like pediatricians will give out,
NOTE Confidence: 0.925130347142857
00:37:53.960 --> 00:37:55.560 they'll give out Vanderbilts
NOTE Confidence: 0.925130347142857
00:37:55.560 --> 00:37:57.160 like at an appointment,
NOTE Confidence: 0.925130347142857
00:37:57.160 --> 00:37:59.771 but then there also are kind of
NOTE Confidence: 0.925130347142857
00:37:59.771 --> 00:38:02.270 more formal kind of clinician
NOTE Confidence: 0.925130347142857
00:38:02.270 --> 00:38:03.267 administered assessments,
NOTE Confidence: 0.925130347142857
00:38:03.267 --> 00:38:05.349 so things like the Connors and
NOTE Confidence: 0.925130347142857
00:38:05.349 --> 00:38:07.599 stuff like that which can be a
NOTE Confidence: 0.925130347142857
00:38:07.599 --> 00:38:09.034 little more specific as well.
NOTE Confidence: 0.894159945555556
00:38:11.680 --> 00:38:13.488 Does anyone want to add any thoughts to
NOTE Confidence: 0.894159945555556
00:38:13.488 --> 00:38:15.232 these? I know we have a lot of people who
NOTE Confidence: 0.894159945555556
00:38:15.232 --> 00:38:17.038 do these types of assessments as well.
NOTE Confidence: 0.731881205
00:38:18.120 --> 00:38:19.200 Any other thoughts? I'm
NOTE Confidence: 0.884944266666667
00:38:20.720 --> 00:38:22.916 happy to add. Specifically I wasn't
NOTE Confidence: 0.884944266666667
00:38:22.916 --> 00:38:24.960 familiar with the the QB test.
NOTE Confidence: 0.884944266666667

00:38:24.960 --> 00:38:26.981 I just looked at it online and
NOTE Confidence: 0.884944266666667

00:38:26.981 --> 00:38:29.648 it actually it's you know it's a
NOTE Confidence: 0.884944266666667

00:38:29.648 --> 00:38:31.816 proprietary version of of a test
NOTE Confidence: 0.884944266666667

00:38:31.816 --> 00:38:33.814 that psychologists or and and others
NOTE Confidence: 0.884944266666667

00:38:33.891 --> 00:38:36.105 use really to evaluate symptoms of
NOTE Confidence: 0.884944266666667

00:38:36.105 --> 00:38:38.678 ADD to the test that requires you to
NOTE Confidence: 0.884944266666667

00:38:38.678 --> 00:38:40.068 continuously maintain attention and and
NOTE Confidence: 0.884944266666667

00:38:40.068 --> 00:38:41.840 sees how good you are at you are at.
NOTE Confidence: 0.884944266666667

00:38:41.840 --> 00:38:44.706 So that in principle it's it's
NOTE Confidence: 0.884944266666667

00:38:44.706 --> 00:38:45.744 a valid approach.
NOTE Confidence: 0.884944266666667

00:38:45.744 --> 00:38:48.239 I think the problem with anything like
NOTE Confidence: 0.884944266666667

00:38:48.239 --> 00:38:50.703 that is that your attention can be
NOTE Confidence: 0.884944266666667

00:38:50.703 --> 00:38:52.959 disrupted because you're anxious that day.
NOTE Confidence: 0.884944266666667

00:38:52.960 --> 00:38:55.012 You're depressed because you
NOTE Confidence: 0.884944266666667

00:38:55.012 --> 00:38:56.840 have autism many.
NOTE Confidence: 0.884944266666667

00:38:56.840 --> 00:39:01.114 And so that that style of approach is valid.

NOTE Confidence: 0.884944266666667
00:39:01.120 --> 00:39:03.255 But you would want to pursue it
NOTE Confidence: 0.884944266666667
00:39:03.255 --> 00:39:05.262 in the context of a relationship
NOTE Confidence: 0.884944266666667
00:39:05.262 --> 00:39:07.635 with a clinician who can think in
NOTE Confidence: 0.884944266666667
00:39:07.703 --> 00:39:10.118 a careful way about not just your
NOTE Confidence: 0.884944266666667
00:39:10.118 --> 00:39:11.784 performance on the test today,
NOTE Confidence: 0.884944266666667
00:39:11.784 --> 00:39:13.968 but your history and then all the
NOTE Confidence: 0.884944266666667
00:39:13.968 --> 00:39:15.662 other different kinds of diagnosis
NOTE Confidence: 0.884944266666667
00:39:15.662 --> 00:39:18.320 that could be ruled in or ruled out.
NOTE Confidence: 0.886323155384615
00:39:21.560 --> 00:39:23.798 I think another question comes up
NOTE Confidence: 0.886323155384615
00:39:23.798 --> 00:39:26.280 that actually may apply to to everyone
NOTE Confidence: 0.886323155384615
00:39:26.280 --> 00:39:29.128 and to is to ask how can people
NOTE Confidence: 0.886323155384615
00:39:29.128 --> 00:39:31.750 in the community, our community,
NOTE Confidence: 0.886323155384615
00:39:31.750 --> 00:39:34.360 our health system community more more
NOTE Confidence: 0.886323155384615
00:39:34.360 --> 00:39:36.714 broadly and help make advances in the
NOTE Confidence: 0.886323155384615
00:39:36.714 --> 00:39:38.919 areas that you've been talking about?
NOTE Confidence: 0.886323155384615

00:39:38.920 --> 00:39:40.460 Do you have any of you have
NOTE Confidence: 0.886323155384615

00:39:40.460 --> 00:39:41.120 thoughts about that?
NOTE Confidence: 0.886323155384615

00:39:41.120 --> 00:39:42.600 Well, Jamie in particular,
NOTE Confidence: 0.927640128888889

00:39:43.760 --> 00:39:45.875 Oh my gosh, do I have thoughts about that?
NOTE Confidence: 0.927640128888889

00:39:45.880 --> 00:39:49.248 Yes, we have the we have a really
NOTE Confidence: 0.927640128888889

00:39:49.248 --> 00:39:52.000 strange job in that we our whole
NOTE Confidence: 0.927640128888889

00:39:52.000 --> 00:39:54.472 purpose is to learn about these
NOTE Confidence: 0.927640128888889

00:39:54.472 --> 00:39:56.120 conditions that affect children.
NOTE Confidence: 0.927640128888889

00:39:56.120 --> 00:39:58.880 But we can't make any progress at all
NOTE Confidence: 0.927640128888889

00:39:58.880 --> 00:40:01.272 without the collaboration and partnership
NOTE Confidence: 0.927640128888889

00:40:01.272 --> 00:40:04.518 with those children and their families.
NOTE Confidence: 0.927640128888889

00:40:04.520 --> 00:40:07.220 Every person that you heard speak
NOTE Confidence: 0.927640128888889

00:40:07.220 --> 00:40:10.150 today can't do their work unless a
NOTE Confidence: 0.927640128888889

00:40:10.150 --> 00:40:12.280 family decides it is worth their
NOTE Confidence: 0.927640128888889

00:40:12.280 --> 00:40:15.391 while to get in the car to come to the
NOTE Confidence: 0.927640128888889

00:40:15.391 --> 00:40:17.676 Child Study Center to meet with us.

NOTE Confidence: 0.927640128888889
00:40:17.680 --> 00:40:19.270 Whether it's for a clinical appointment
NOTE Confidence: 0.927640128888889
00:40:19.270 --> 00:40:21.409 or whether to come to one of our
NOTE Confidence: 0.927640128888889
00:40:21.409 --> 00:40:22.433 research facilities and participate
NOTE Confidence: 0.927640128888889
00:40:22.433 --> 00:40:24.272 in the study so that, you know,
NOTE Confidence: 0.927640128888889
00:40:24.272 --> 00:40:26.484 I'm so glad that Doctor Wolf talked
NOTE Confidence: 0.927640128888889
00:40:26.484 --> 00:40:29.170 about the way that research can benefit
NOTE Confidence: 0.927640128888889
00:40:29.170 --> 00:40:31.520 participants from a clinical perspective.
NOTE Confidence: 0.927640128888889
00:40:31.520 --> 00:40:34.470 You're also benefiting everyone else
NOTE Confidence: 0.927640128888889
00:40:34.470 --> 00:40:38.359 in your shoes forever down the line.
NOTE Confidence: 0.927640128888889
00:40:38.360 --> 00:40:39.960 And so really it is,
NOTE Confidence: 0.927640128888889
00:40:39.960 --> 00:40:41.424 it is an important,
NOTE Confidence: 0.927640128888889
00:40:41.424 --> 00:40:44.640 it can be beneficial to you on that day,
NOTE Confidence: 0.927640128888889
00:40:44.640 --> 00:40:46.404 it can be beneficial to you and
NOTE Confidence: 0.927640128888889
00:40:46.404 --> 00:40:47.982 your child down the road and
NOTE Confidence: 0.927640128888889
00:40:47.982 --> 00:40:49.518 it can be beneficial to earth.
NOTE Confidence: 0.927640128888889

00:40:49.520 --> 00:40:52.860 And so it is a families are hugely important

NOTE Confidence: 0.927640128888889

00:40:52.860 --> 00:40:55.239 and can help us forward in that way.

NOTE Confidence: 0.898505835333333

00:40:57.600 --> 00:40:59.055 So here's here's some other

NOTE Confidence: 0.898505835333333

00:40:59.055 --> 00:41:00.510 questions that have come forward

NOTE Confidence: 0.898505835333333

00:41:00.567 --> 00:41:01.877 in the question and answer.

NOTE Confidence: 0.898505835333333

00:41:01.880 --> 00:41:04.190 Then I think I'll pose this next

NOTE Confidence: 0.898505835333333

00:41:04.190 --> 00:41:06.815 one broadly again to the group Can

NOTE Confidence: 0.898505835333333

00:41:06.815 --> 00:41:08.475 spirituality help with interventions

NOTE Confidence: 0.898505835333333

00:41:08.475 --> 00:41:11.760 and growth for children's for children,

NOTE Confidence: 0.898505835333333

00:41:11.760 --> 00:41:14.478 Anyone want to start with that?

NOTE Confidence: 0.813530116

00:41:18.840 --> 00:41:21.080 And I can say it's not my area of expertise,

NOTE Confidence: 0.813530116

00:41:21.080 --> 00:41:24.032 but we definitely think about spirituality

NOTE Confidence: 0.813530116

00:41:24.032 --> 00:41:26.760 as a protective factor for kids.

NOTE Confidence: 0.813530116

00:41:26.760 --> 00:41:28.853 You know if they if that's an

NOTE Confidence: 0.813530116

00:41:28.853 --> 00:41:30.519 important part of their life.

NOTE Confidence: 0.813530116

00:41:30.520 --> 00:41:31.780 In fact even you know if we

NOTE Confidence: 0.813530116

00:41:31.780 --> 00:41:32.840 conduct a risk assessment,

NOTE Confidence: 0.813530116

00:41:32.840 --> 00:41:34.160 if we have concerns about,

NOTE Confidence: 0.813530116

00:41:34.160 --> 00:41:35.360 you know, child harming themselves,

NOTE Confidence: 0.813530116

00:41:35.360 --> 00:41:37.880 one of the questions we ask about is

NOTE Confidence: 0.813530116

00:41:37.880 --> 00:41:40.117 spirituality and whether that is something,

NOTE Confidence: 0.813530116

00:41:40.120 --> 00:41:41.440 you know, that's important to them.

NOTE Confidence: 0.813530116

00:41:41.440 --> 00:41:42.144 And and if so,

NOTE Confidence: 0.813530116

00:41:42.144 --> 00:41:43.200 we see that as a positive,

NOTE Confidence: 0.813530116

00:41:43.200 --> 00:41:44.970 as something that would be sort

NOTE Confidence: 0.813530116

00:41:44.970 --> 00:41:46.511 of protective against them wanting

NOTE Confidence: 0.813530116

00:41:46.511 --> 00:41:48.036 to bring harm to themselves.

NOTE Confidence: 0.813530116

00:41:48.040 --> 00:41:49.500 So it's definitely a relevant

NOTE Confidence: 0.813530116

00:41:49.500 --> 00:41:50.960 factor that we think about.

NOTE Confidence: 0.819763304285714

00:41:52.920 --> 00:41:56.270 Maybe I could, I would just add IA 100%

NOTE Confidence: 0.819763304285714

00:41:56.270 --> 00:41:58.640 agree spirituality is a protective factor

NOTE Confidence: 0.819763304285714

00:41:58.640 --> 00:42:01.839 and it it can be a really important one.

NOTE Confidence: 0.819763304285714

00:42:01.840 --> 00:42:06.152 But it is also important to remember that

NOTE Confidence: 0.819763304285714

00:42:06.152 --> 00:42:09.654 spirituality is not the forceful imposition

NOTE Confidence: 0.819763304285714

00:42:09.654 --> 00:42:13.728 of a particular attitude on a child.

NOTE Confidence: 0.819763304285714

00:42:13.728 --> 00:42:18.240 It is the, you know it Sometimes it's it's

NOTE Confidence: 0.819763304285714

00:42:18.240 --> 00:42:21.420 hard to distinguish between your spirituality

NOTE Confidence: 0.819763304285714

00:42:21.420 --> 00:42:25.710 as a parent and how your child feels.

NOTE Confidence: 0.819763304285714

00:42:25.710 --> 00:42:28.160 And I think the things that provide

NOTE Confidence: 0.819763304285714

00:42:28.160 --> 00:42:30.240 the that protective element,

NOTE Confidence: 0.819763304285714

00:42:30.240 --> 00:42:32.556 that build that resilient, you know,

NOTE Confidence: 0.819763304285714

00:42:32.560 --> 00:42:33.900 they're the shared factors.

NOTE Confidence: 0.819763304285714

00:42:33.900 --> 00:42:35.240 They're things like the

NOTE Confidence: 0.819763304285714

00:42:35.240 --> 00:42:36.680 the sense of community,

NOTE Confidence: 0.819763304285714

00:42:36.680 --> 00:42:39.398 the sense of purpose in life,

NOTE Confidence: 0.819763304285714

00:42:39.400 --> 00:42:42.118 the sense of love and belonging.

NOTE Confidence: 0.819763304285714

00:42:42.120 --> 00:42:46.048 These are the elements that end up providing

NOTE Confidence: 0.819763304285714
00:42:46.048 --> 00:42:49.197 that really important protective factor.
NOTE Confidence: 0.819763304285714
00:42:49.197 --> 00:42:51.733 So just I guess what I'm saying is
NOTE Confidence: 0.819763304285714
00:42:51.733 --> 00:42:53.683 important to remember the distinction
NOTE Confidence: 0.819763304285714
00:42:53.683 --> 00:42:56.029 between spirituality and the and the
NOTE Confidence: 0.819763304285714
00:42:56.091 --> 00:42:58.737 sense that it provides and any specific
NOTE Confidence: 0.819763304285714
00:42:58.737 --> 00:43:00.624 or particular attitude or approach or,
NOTE Confidence: 0.819763304285714
00:43:00.624 --> 00:43:02.320 you know, thought system.
NOTE Confidence: 0.733559218
00:43:03.880 --> 00:43:05.320 Thank you, Allie. Anyone else?
NOTE Confidence: 0.79725071
00:43:09.560 --> 00:43:11.560 Molly, another question has come
NOTE Confidence: 0.79725071
00:43:11.560 --> 00:43:13.950 across in the question and answers
NOTE Confidence: 0.79725071
00:43:13.950 --> 00:43:15.940 about our holding parent workshops
NOTE Confidence: 0.79725071
00:43:16.008 --> 00:43:17.998 for parenting an anxious child.
NOTE Confidence: 0.79725071
00:43:18.000 --> 00:43:21.000 I thought that might be for you. Yes.
NOTE Confidence: 0.936207032
00:43:21.000 --> 00:43:26.190 Well stay tuned is the is the best answer I
NOTE Confidence: 0.936207032
00:43:26.190 --> 00:43:28.600 can give right now because actually yeah,
NOTE Confidence: 0.936207032

00:43:28.600 --> 00:43:33.262 we are planning to have current workshop.
NOTE Confidence: 0.936207032

00:43:33.262 --> 00:43:36.279 We have done events with many parents.
NOTE Confidence: 0.936207032

00:43:36.280 --> 00:43:39.160 We have had an annual anxiety forum that
NOTE Confidence: 0.936207032

00:43:39.160 --> 00:43:42.238 was typically live in person and then
NOTE Confidence: 0.936207032

00:43:42.238 --> 00:43:44.800 also was done over zoom because of COVID.
NOTE Confidence: 0.936207032

00:43:44.800 --> 00:43:47.754 But we're we're planning to have a
NOTE Confidence: 0.936207032

00:43:47.754 --> 00:43:50.080 parent specific sort of mini workshop and
NOTE Confidence: 0.936207032

00:43:50.080 --> 00:43:52.319 we're ironing out some of the details.
NOTE Confidence: 0.936207032

00:43:52.320 --> 00:43:54.480 So I guess I would say stay tuned for
NOTE Confidence: 0.936207032

00:43:54.480 --> 00:43:56.559 that and more information to follow.
NOTE Confidence: 0.936207032

00:43:56.560 --> 00:43:58.674 But in the meantime, without the workshop,
NOTE Confidence: 0.936207032

00:43:58.680 --> 00:44:01.016 if people want to kind of learn a
NOTE Confidence: 0.936207032

00:44:01.016 --> 00:44:03.191 little bit more about the parenting
NOTE Confidence: 0.936207032

00:44:03.191 --> 00:44:05.450 approaches that I was referring to
NOTE Confidence: 0.936207032

00:44:05.450 --> 00:44:07.640 and if that's why they're asking,
NOTE Confidence: 0.936207032

00:44:07.640 --> 00:44:09.474 I would point to some other resources.

NOTE Confidence: 0.936207032

00:44:09.480 --> 00:44:11.928 Like there's a website that focuses

NOTE Confidence: 0.936207032

00:44:11.928 --> 00:44:15.064 on the treatment that I mentioned and

NOTE Confidence: 0.936207032

00:44:15.064 --> 00:44:16.522 the website isspacetreatment.net and

NOTE Confidence: 0.936207032

00:44:16.522 --> 00:44:18.770 there's a book that really lays it out

NOTE Confidence: 0.936207032

00:44:18.821 --> 00:44:20.517 in a very parent friendly kind of way,

NOTE Confidence: 0.936207032

00:44:20.520 --> 00:44:22.302 which is called If you'll forgive

NOTE Confidence: 0.936207032

00:44:22.302 --> 00:44:23.193 the self plug,

NOTE Confidence: 0.936207032

00:44:23.200 --> 00:44:25.999 because I am the author of the of the

NOTE Confidence: 0.936207032

00:44:26.000 --> 00:44:28.313 book and make \$0.05 every time you buy it.

NOTE Confidence: 0.936207032

00:44:28.320 --> 00:44:29.720 So I I'll acknowledge that,

NOTE Confidence: 0.936207032

00:44:29.720 --> 00:44:32.774 but the book is called Breaking

NOTE Confidence: 0.936207032

00:44:32.774 --> 00:44:35.679 Free of Child Anxiety and OCD.

NOTE Confidence: 0.936207032

00:44:35.680 --> 00:44:39.988 And so until you tool work is worth

NOTE Confidence: 0.936207032

00:44:39.988 --> 00:44:41.473 coming for the parent workshop,

NOTE Confidence: 0.936207032

00:44:41.480 --> 00:44:42.968 those are other ways to gain

NOTE Confidence: 0.936207032

00:44:42.968 --> 00:44:43.960 more information about it.
NOTE Confidence: 0.926280768571429

00:44:46.360 --> 00:44:47.488 Thank you. Another question,
NOTE Confidence: 0.926280768571429

00:44:47.488 --> 00:44:48.898 which I actually would just
NOTE Confidence: 0.926280768571429

00:44:48.898 --> 00:44:50.119 put to the whole group.
NOTE Confidence: 0.862336212222222

00:44:52.400 --> 00:44:54.555 When will a child's brain
NOTE Confidence: 0.862336212222222

00:44:54.555 --> 00:44:56.279 fully finish to develop?
NOTE Confidence: 0.862336212222222

00:44:56.280 --> 00:44:58.898 And is there any point in that
NOTE Confidence: 0.862336212222222

00:44:58.898 --> 00:45:00.449 development where things like
NOTE Confidence: 0.862336212222222

00:45:00.449 --> 00:45:02.573 anxiety or depression or any of
NOTE Confidence: 0.862336212222222

00:45:02.573 --> 00:45:04.999 the things that we're talking about
NOTE Confidence: 0.862336212222222

00:45:05.000 --> 00:45:07.796 will change as the brain develops,
NOTE Confidence: 0.793500838

00:45:09.840 --> 00:45:11.208 certain systems develop?
NOTE Confidence: 0.793500838

00:45:11.208 --> 00:45:13.120 May I bring that to the group?
NOTE Confidence: 0.910623

00:45:17.200 --> 00:45:21.676 So I I can probably start by
NOTE Confidence: 0.815550256666667

00:45:21.680 --> 00:45:23.570 expressing my hope that the
NOTE Confidence: 0.815550256666667

00:45:23.570 --> 00:45:25.460 brain doesn't stop the device

NOTE Confidence: 0.815550256666667
00:45:25.529 --> 00:45:27.519 that doesn't start to develop,
NOTE Confidence: 0.815550256666667
00:45:27.520 --> 00:45:29.020 that it continues to
NOTE Confidence: 0.815550256666667
00:45:29.020 --> 00:45:30.520 develop through a lifetime.
NOTE Confidence: 0.815550256666667
00:45:30.520 --> 00:45:33.244 And there are certainly developmental
NOTE Confidence: 0.815550256666667
00:45:33.244 --> 00:45:36.464 periods that provide windows of
NOTE Confidence: 0.815550256666667
00:45:36.464 --> 00:45:41.005 opportunity to give children the tools of
NOTE Confidence: 0.815550256666667
00:45:41.005 --> 00:45:44.280 emotion regulation or social emergencies.
NOTE Confidence: 0.815550256666667
00:45:44.280 --> 00:45:48.600 That can change the transition of
NOTE Confidence: 0.815550256666667
00:45:48.600 --> 00:45:50.900 symptom development from chronic
NOTE Confidence: 0.815550256666667
00:45:50.900 --> 00:45:54.350 anxiety to time limited anxiety where
NOTE Confidence: 0.815550256666667
00:45:54.438 --> 00:45:57.210 a child can outgrow a particular
NOTE Confidence: 0.815550256666667
00:45:57.210 --> 00:46:00.235 emotional disorder such as anxiety,
NOTE Confidence: 0.815550256666667
00:46:00.240 --> 00:46:01.860 depression or temper tantrum.
NOTE Confidence: 0.815550256666667
00:46:01.860 --> 00:46:05.720 So that in my area we actually see that
NOTE Confidence: 0.815550256666667
00:46:05.720 --> 00:46:08.888 the majority of children outgrow anger
NOTE Confidence: 0.815550256666667

00:46:08.888 --> 00:46:11.423 management difficulties so that we're
NOTE Confidence: 0.815550256666667

00:46:11.423 --> 00:46:14.199 trying to see how to help those who
NOTE Confidence: 0.815550256666667

00:46:14.199 --> 00:46:16.955 tend to stay on a chronic trajectory
NOTE Confidence: 0.405346435

00:46:19.560 --> 00:46:23.680 miss others other responses.
NOTE Confidence: 0.61177016125

00:46:24.240 --> 00:46:25.920 I I would agree with what Jenna said.
NOTE Confidence: 0.61177016125

00:46:25.920 --> 00:46:27.412 I think, I'm not sure what
NOTE Confidence: 0.61177016125

00:46:27.412 --> 00:46:28.316 is behind the question,
NOTE Confidence: 0.61177016125

00:46:28.320 --> 00:46:30.489 but I I guess I would just say for
NOTE Confidence: 0.61177016125

00:46:30.489 --> 00:46:32.284 anxiety and for depression, yeah,
NOTE Confidence: 0.61177016125

00:46:32.284 --> 00:46:35.516 these things can change as the brain matures,
NOTE Confidence: 0.61177016125

00:46:35.520 --> 00:46:38.880 but everything we know about these
NOTE Confidence: 0.61177016125

00:46:38.880 --> 00:46:42.064 problems suggests you should not be
NOTE Confidence: 0.61177016125

00:46:42.064 --> 00:46:45.039 waiting for a child to outgrow them.
NOTE Confidence: 0.61177016125

00:46:45.040 --> 00:46:46.570 And I I don't know that that is like
NOTE Confidence: 0.61177016125

00:46:46.570 --> 00:46:48.120 part of the thinking in the question.
NOTE Confidence: 0.61177016125

00:46:48.120 --> 00:46:50.440 But if it is, it would not be my advice

NOTE Confidence: 0.61177016125

00:46:50.506 --> 00:46:52.918 to wait for a child's brain to kind of

NOTE Confidence: 0.61177016125

00:46:52.918 --> 00:46:55.040 mature out of anxiety and depression.

NOTE Confidence: 0.61177016125

00:46:55.040 --> 00:46:56.672 These problems untreated actually

NOTE Confidence: 0.61177016125

00:46:56.672 --> 00:46:58.712 tend to be quite chronic,

NOTE Confidence: 0.61177016125

00:46:58.720 --> 00:47:01.168 lasting well into adulthood,

NOTE Confidence: 0.61177016125

00:47:01.168 --> 00:47:04.840 even if they start in childhood.

NOTE Confidence: 0.61177016125

00:47:04.840 --> 00:47:07.841 And I think a much better suggestion

NOTE Confidence: 0.61177016125

00:47:07.841 --> 00:47:10.730 would be to treat it and treat it soon

NOTE Confidence: 0.61177016125

00:47:10.799 --> 00:47:13.159 because they are treatable problems,

NOTE Confidence: 0.61177016125

00:47:13.160 --> 00:47:15.014 but they don't actually tend to

NOTE Confidence: 0.61177016125

00:47:15.014 --> 00:47:16.532 all that frequently just kind

NOTE Confidence: 0.61177016125

00:47:16.532 --> 00:47:18.079 of go away on on their own,

NOTE Confidence: 0.61177016125

00:47:18.080 --> 00:47:19.880 even as the brain does develop

NOTE Confidence: 0.61177016125

00:47:19.880 --> 00:47:21.480 and some changes might occur.

NOTE Confidence: 0.945151601904762

00:47:23.640 --> 00:47:25.404 And I think the one thing that

NOTE Confidence: 0.945151601904762

00:47:25.404 --> 00:47:27.636 I would also add is one of the
NOTE Confidence: 0.945151601904762

00:47:27.636 --> 00:47:29.046 very exciting things about our
NOTE Confidence: 0.945151601904762

00:47:29.106 --> 00:47:30.756 field is we used to have this,
NOTE Confidence: 0.945151601904762

00:47:30.760 --> 00:47:33.040 this notion that brain development,
NOTE Confidence: 0.945151601904762

00:47:33.040 --> 00:47:35.104 by the time you got to a certain
NOTE Confidence: 0.945151601904762

00:47:35.104 --> 00:47:37.038 age and adolescence was done,
NOTE Confidence: 0.945151601904762

00:47:37.040 --> 00:47:39.848 what we realized is the brain is an
NOTE Confidence: 0.945151601904762

00:47:39.848 --> 00:47:42.393 extraordinary dynamic organ and is changing,
NOTE Confidence: 0.945151601904762

00:47:42.393 --> 00:47:44.357 developing throughout the lifespan,
NOTE Confidence: 0.945151601904762

00:47:44.360 --> 00:47:46.904 even in old age, which is one of
NOTE Confidence: 0.945151601904762

00:47:46.904 --> 00:47:49.387 the reasons now we know that with
NOTE Confidence: 0.945151601904762

00:47:49.387 --> 00:47:51.960 strokes that the quicker we intervene,
NOTE Confidence: 0.945151601904762

00:47:51.960 --> 00:47:53.946 the more likely for recovery because
NOTE Confidence: 0.945151601904762

00:47:53.946 --> 00:47:55.720 the brain is repairing itself.
NOTE Confidence: 0.945151601904762

00:47:55.720 --> 00:47:58.573 So we think a lot about periods of what
NOTE Confidence: 0.945151601904762

00:47:58.573 --> 00:48:01.837 we call plasticity or openness to change,

NOTE Confidence: 0.945151601904762
00:48:01.840 --> 00:48:04.720 but we know that the brain is really
NOTE Confidence: 0.945151601904762
00:48:04.720 --> 00:48:07.560 changing tremendously throughout and very
NOTE Confidence: 0.945151601904762
00:48:07.560 --> 00:48:12.880 open to input from environment experience.
NOTE Confidence: 0.945151601904762
00:48:12.880 --> 00:48:13.508 Let's see,
NOTE Confidence: 0.945151601904762
00:48:13.508 --> 00:48:15.078 there's some other questions here.
NOTE Confidence: 0.78003357
00:48:17.400 --> 00:48:19.644 Are there clinical, are there clinical
NOTE Confidence: 0.78003357
00:48:19.644 --> 00:48:21.480 differences in treatment when it is
NOTE Confidence: 0.78003357
00:48:21.480 --> 00:48:24.014 a child has a mental health diagnosis
NOTE Confidence: 0.78003357
00:48:24.014 --> 00:48:26.998 due to a traumatic brain injury?
NOTE Confidence: 0.78003357
00:48:27.000 --> 00:48:28.758 Anyone want to start with that?
NOTE Confidence: 0.782377682
00:48:34.600 --> 00:48:37.960 I mean, yes, I think that it's going to it.
NOTE Confidence: 0.782377682
00:48:37.960 --> 00:48:40.288 Traumatic brain injury can mean many
NOTE Confidence: 0.782377682
00:48:40.288 --> 00:48:43.280 different things, but I mean it means
NOTE Confidence: 0.782377682
00:48:43.280 --> 00:48:45.997 that the in a generic way it means the
NOTE Confidence: 0.782377682
00:48:45.997 --> 00:48:47.729 brain isn't going to be working as
NOTE Confidence: 0.782377682

00:48:47.729 --> 00:48:49.666 you would expect it to and how that
NOTE Confidence: 0.782377682

00:48:49.666 --> 00:48:51.674 can look and can be in different ways.
NOTE Confidence: 0.782377682

00:48:51.680 --> 00:48:55.096 So individually, you might treat anxiety or
NOTE Confidence: 0.782377682

00:48:55.096 --> 00:48:58.120 irritability using the same kinds of tools,
NOTE Confidence: 0.782377682

00:48:58.120 --> 00:49:01.277 for example, that Ellie and Dennis described.
NOTE Confidence: 0.782377682

00:49:01.280 --> 00:49:03.440 But you'd also really want to be aware of
NOTE Confidence: 0.782377682

00:49:03.440 --> 00:49:05.557 many of the different kinds of learning,
NOTE Confidence: 0.782377682

00:49:05.560 --> 00:49:06.964 sensory, perceptual differences that
NOTE Confidence: 0.782377682

00:49:06.964 --> 00:49:10.101 might be at play in a person who's
NOTE Confidence: 0.782377682

00:49:10.101 --> 00:49:12.037 experienced traumatic brain injury.
NOTE Confidence: 0.782377682

00:49:12.040 --> 00:49:14.232 Because, you know, most of the most of
NOTE Confidence: 0.782377682

00:49:14.232 --> 00:49:16.385 the therapies that we heard are about are
NOTE Confidence: 0.782377682

00:49:16.385 --> 00:49:18.319 about teaching in one form or another.
NOTE Confidence: 0.782377682

00:49:18.320 --> 00:49:19.832 And so those children are going
NOTE Confidence: 0.782377682

00:49:19.832 --> 00:49:20.840 to learn very differently.
NOTE Confidence: 0.782377682

00:49:20.840 --> 00:49:23.115 But it's a, it's a complicated question.

NOTE Confidence: 0.782377682

00:49:23.120 --> 00:49:25.310 But yeah, there's in fact, in fact,

NOTE Confidence: 0.782377682

00:49:25.310 --> 00:49:27.200 even if you don't have TBI,

NOTE Confidence: 0.782377682

00:49:27.200 --> 00:49:28.526 any person with a different kind

NOTE Confidence: 0.782377682

00:49:28.526 --> 00:49:29.907 of learning profile is going to

NOTE Confidence: 0.782377682

00:49:29.907 --> 00:49:31.257 experience some nuance in the way

NOTE Confidence: 0.782377682

00:49:31.257 --> 00:49:32.479 they're going to respond to him,

NOTE Confidence: 0.782377682

00:49:32.480 --> 00:49:34.216 you know, and best be taught these

NOTE Confidence: 0.782377682

00:49:34.216 --> 00:49:35.480 different kinds of therapies.

NOTE Confidence: 0.782377682

00:49:35.480 --> 00:49:36.840 So that's an extreme example.

NOTE Confidence: 0.782377682

00:49:36.840 --> 00:49:38.880 But yes,

NOTE Confidence: 0.782377682

00:49:38.880 --> 00:49:40.096 more thoughtful and nuanced

NOTE Confidence: 0.782377682

00:49:40.096 --> 00:49:41.920 approaches would need to be applied.

NOTE Confidence: 0.782377682

00:49:41.920 --> 00:49:43.240 And what in that circumstance,

NOTE Confidence: 0.782377682

00:49:43.240 --> 00:49:45.416 what you probably want to do is have

NOTE Confidence: 0.782377682

00:49:45.416 --> 00:49:46.717 what's called the neuropsychological

NOTE Confidence: 0.782377682

00:49:46.717 --> 00:49:49.153 assessment so that you have a really
NOTE Confidence: 0.782377682

00:49:49.153 --> 00:49:50.937 deep understanding of what kinds
NOTE Confidence: 0.782377682

00:49:50.937 --> 00:49:52.995 of cognitive systems are intact and
NOTE Confidence: 0.782377682

00:49:53.000 --> 00:49:55.261 which have been affected in a in
NOTE Confidence: 0.782377682

00:49:55.261 --> 00:49:57.198 a detrimental way by the injury.
NOTE Confidence: 0.740264044285714

00:49:59.400 --> 00:50:01.360 Thank you. Anyone else on that question,
NOTE Confidence: 0.8827992

00:50:03.560 --> 00:50:03.640 I
NOTE Confidence: 0.850105953846154

00:50:07.190 --> 00:50:09.470 want to pick up another question that I
NOTE Confidence: 0.850105953846154

00:50:09.470 --> 00:50:11.594 can certainly start with a response to,
NOTE Confidence: 0.850105953846154

00:50:11.594 --> 00:50:15.470 but then I'll turn to my colleagues as well.
NOTE Confidence: 0.850105953846154

00:50:15.470 --> 00:50:16.550 One of the questions is,
NOTE Confidence: 0.850105953846154

00:50:16.550 --> 00:50:17.906 are barriers being addressed
NOTE Confidence: 0.850105953846154

00:50:17.906 --> 00:50:19.940 for families to be able to
NOTE Confidence: 0.850105953846154

00:50:20.002 --> 00:50:22.158 participate in accessing treatment.
NOTE Confidence: 0.850105953846154

00:50:22.160 --> 00:50:24.548 And the person asking the question
NOTE Confidence: 0.850105953846154

00:50:24.548 --> 00:50:26.962 raises something that keeps us up at

NOTE Confidence: 0.850105953846154
00:50:26.962 --> 00:50:29.186 night all the time and that is that
NOTE Confidence: 0.850105953846154
00:50:29.186 --> 00:50:31.196 families face difficulty in getting
NOTE Confidence: 0.850105953846154
00:50:31.196 --> 00:50:33.410 access to mental health treatments.
NOTE Confidence: 0.850105953846154
00:50:33.410 --> 00:50:35.760 And that is absolutely true.
NOTE Confidence: 0.850105953846154
00:50:35.760 --> 00:50:37.958 And and I'm not being light when
NOTE Confidence: 0.850105953846154
00:50:37.958 --> 00:50:40.539 saying that it actually is one of the
NOTE Confidence: 0.850105953846154
00:50:40.539 --> 00:50:42.830 things that worries us a great deal
NOTE Confidence: 0.850105953846154
00:50:42.830 --> 00:50:45.112 and that we're trying to work on.
NOTE Confidence: 0.850105953846154
00:50:45.120 --> 00:50:46.120 Indeed it is.
NOTE Confidence: 0.850105953846154
00:50:46.120 --> 00:50:49.920 It is true across the country that
NOTE Confidence: 0.850105953846154
00:50:49.920 --> 00:50:52.850 among the many children who need care,
NOTE Confidence: 0.850105953846154
00:50:52.850 --> 00:50:55.400 mental health care,
NOTE Confidence: 0.850105953846154
00:50:55.400 --> 00:50:57.997 80% of those children won't have access.
NOTE Confidence: 0.850105953846154
00:50:58.000 --> 00:51:00.400 So access is not just a local issue,
NOTE Confidence: 0.850105953846154
00:51:00.400 --> 00:51:01.640 it is a national issue,
NOTE Confidence: 0.850105953846154

00:51:01.640 --> 00:51:03.380 indeed an international 1.
NOTE Confidence: 0.850105953846154

00:51:03.380 --> 00:51:05.654 So I can say First off,
NOTE Confidence: 0.850105953846154

00:51:05.654 --> 00:51:08.479 we would be if you have a if you have,
NOTE Confidence: 0.850105953846154

00:51:08.480 --> 00:51:10.300 you say that the questioner says they
NOTE Confidence: 0.850105953846154

00:51:10.300 --> 00:51:12.159 found it really difficult to provide.
NOTE Confidence: 0.850105953846154

00:51:12.160 --> 00:51:14.476 Find a provider. I'd be glad.
NOTE Confidence: 0.850105953846154

00:51:14.480 --> 00:51:16.678 I'd be glad to talk to you.
NOTE Confidence: 0.850105953846154

00:51:16.680 --> 00:51:19.520 We'd be glad to try to help to connect you.
NOTE Confidence: 0.850105953846154

00:51:19.520 --> 00:51:21.336 The other piece I would say is that
NOTE Confidence: 0.850105953846154

00:51:21.336 --> 00:51:23.143 some of the things that we're doing
NOTE Confidence: 0.850105953846154

00:51:23.143 --> 00:51:25.367 and then I'll turn to my colleagues is
NOTE Confidence: 0.850105953846154

00:51:25.367 --> 00:51:28.080 that for example we're Co locating or
NOTE Confidence: 0.850105953846154

00:51:28.080 --> 00:51:29.920 embedding mental health clinicians,
NOTE Confidence: 0.850105953846154

00:51:29.920 --> 00:51:32.924 psychologists and pediatricians practices
NOTE Confidence: 0.850105953846154

00:51:32.924 --> 00:51:36.679 in our Pediatrics subspecialty services.
NOTE Confidence: 0.850105953846154

00:51:36.680 --> 00:51:39.200 We have a new grant from the state to help

NOTE Confidence: 0.850105953846154
00:51:39.260 --> 00:51:41.836 us do that in community pediatric practice.
NOTE Confidence: 0.850105953846154
00:51:41.840 --> 00:51:44.168 We're really working on telehealth and
NOTE Confidence: 0.850105953846154
00:51:44.168 --> 00:51:47.116 how to continue to make telehealth or
NOTE Confidence: 0.850105953846154
00:51:47.116 --> 00:51:49.090 virtual virtual treatments available.
NOTE Confidence: 0.850105953846154
00:51:49.090 --> 00:51:51.640 We're still about a third.
NOTE Confidence: 0.850105953846154
00:51:51.640 --> 00:51:53.592 Our treatments are delivered
NOTE Confidence: 0.850105953846154
00:51:53.592 --> 00:51:55.780 virtually and we're constantly trying
NOTE Confidence: 0.850105953846154
00:51:55.780 --> 00:51:57.905 to breakthrough this access issue
NOTE Confidence: 0.850105953846154
00:51:57.905 --> 00:52:00.112 'cause it it is, it is probably,
NOTE Confidence: 0.850105953846154
00:52:00.112 --> 00:52:00.880 I think,
NOTE Confidence: 0.850105953846154
00:52:00.880 --> 00:52:02.660 the most single concerning thing
NOTE Confidence: 0.850105953846154
00:52:02.660 --> 00:52:04.892 about mental health care for children
NOTE Confidence: 0.850105953846154
00:52:04.892 --> 00:52:06.837 and adolescents in our country.
NOTE Confidence: 0.850105953846154
00:52:06.840 --> 00:52:08.514 But let me let me turn to my colleagues
NOTE Confidence: 0.850105953846154
00:52:08.514 --> 00:52:09.999 and see what else they would add.
NOTE Confidence: 0.88332194

00:52:17.840 --> 00:52:19.200 I mean, I would read it,
NOTE Confidence: 0.823232415

00:52:19.200 --> 00:52:21.760 reiterate what you said.
NOTE Confidence: 0.823232415

00:52:21.760 --> 00:52:24.336 You know, it is a huge challenge that
NOTE Confidence: 0.823232415

00:52:24.336 --> 00:52:26.720 we're facing and trying to grapple with
NOTE Confidence: 0.823232415

00:52:26.720 --> 00:52:28.240 and it's something we think actively a lot.
NOTE Confidence: 0.823232415

00:52:28.240 --> 00:52:29.920 We don't always have perfect solutions.
NOTE Confidence: 0.823232415

00:52:29.920 --> 00:52:31.957 But for example, I sit on our
NOTE Confidence: 0.823232415

00:52:31.960 --> 00:52:33.580 department's assessment triage team
NOTE Confidence: 0.823232415

00:52:33.580 --> 00:52:36.010 where we review intakes from families
NOTE Confidence: 0.823232415

00:52:36.072 --> 00:52:37.656 interested in psychological assessment
NOTE Confidence: 0.823232415

00:52:37.656 --> 00:52:40.011 and sort of decide which of our
NOTE Confidence: 0.823232415

00:52:40.011 --> 00:52:41.553 programs would be best for them.
NOTE Confidence: 0.823232415

00:52:41.560 --> 00:52:43.310 And and access and sort of getting
NOTE Confidence: 0.823232415

00:52:43.310 --> 00:52:44.922 families in as quickly as possible
NOTE Confidence: 0.823232415

00:52:44.922 --> 00:52:46.812 is one of the things we're always
NOTE Confidence: 0.823232415

00:52:46.869 --> 00:52:48.399 talking about in that meeting.

NOTE Confidence: 0.823232415

00:52:48.400 --> 00:52:50.080 You know, which clinic can see them soonest.

NOTE Confidence: 0.823232415

00:52:50.080 --> 00:52:51.968 A lot of times we send them to

NOTE Confidence: 0.823232415

00:52:51.968 --> 00:52:53.200 research studies just to again,

NOTE Confidence: 0.823232415

00:52:53.200 --> 00:52:55.630 highly benefit of research as many

NOTE Confidence: 0.823232415

00:52:55.630 --> 00:52:57.486 times their needs can be met through

NOTE Confidence: 0.823232415

00:52:57.486 --> 00:52:58.720 a research study that doesn't

NOTE Confidence: 0.823232415

00:52:58.720 --> 00:52:59.840 have a weight at all.

NOTE Confidence: 0.823232415

00:52:59.840 --> 00:53:00.596 So, you know,

NOTE Confidence: 0.823232415

00:53:00.596 --> 00:53:02.360 there's no perfect solutions to this problem,

NOTE Confidence: 0.823232415

00:53:02.360 --> 00:53:03.626 but it is something that we're

NOTE Confidence: 0.823232415

00:53:03.626 --> 00:53:04.760 always thinking a lot about.

NOTE Confidence: 0.823232415

00:53:04.760 --> 00:53:04.920 Thank

NOTE Confidence: 0.760153825

00:53:06.120 --> 00:53:10.133 you, Julie. So I think we have time for

NOTE Confidence: 0.760153825

00:53:10.133 --> 00:53:12.180 maybe one more question and and Dennis

NOTE Confidence: 0.760153825

00:53:12.180 --> 00:53:14.976 this to be a question for you on the

NOTE Confidence: 0.760153825

00:53:14.976 --> 00:53:17.552 question is in any of the interventions,
NOTE Confidence: 0.760153825

00:53:17.560 --> 00:53:19.900 the interventions that you're doing
NOTE Confidence: 0.760153825

00:53:19.900 --> 00:53:22.240 like something like positive opposites
NOTE Confidence: 0.760153825

00:53:22.240 --> 00:53:24.690 be helpful for parents who are managing
NOTE Confidence: 0.760153825

00:53:24.690 --> 00:53:26.543 episodes of irritability in their
NOTE Confidence: 0.760153825

00:53:26.543 --> 00:53:28.035 adolescence and their teenagers?
NOTE Confidence: 0.891308098333333

00:53:31.760 --> 00:53:36.029 Absolutely. And I I think that in
NOTE Confidence: 0.891308098333333

00:53:36.029 --> 00:53:38.374 clinical practice we always use
NOTE Confidence: 0.891308098333333

00:53:38.374 --> 00:53:41.467 kind of a combination of parenting
NOTE Confidence: 0.891308098333333

00:53:41.467 --> 00:53:43.320 strategies and interventions that
NOTE Confidence: 0.891308098333333

00:53:43.320 --> 00:53:45.120 are conducted with the child.
NOTE Confidence: 0.891308098333333

00:53:45.120 --> 00:53:47.946 So there is always a mix of working with
NOTE Confidence: 0.891308098333333

00:53:47.946 --> 00:53:50.875 a family and working with a teenager
NOTE Confidence: 0.891308098333333

00:53:50.880 --> 00:53:56.844 and there is like a long list of of
NOTE Confidence: 0.891308098333333

00:53:56.844 --> 00:53:59.091 strategists that clinicians can pick
NOTE Confidence: 0.891308098333333

00:53:59.091 --> 00:54:01.556 depending on the family circumstances

NOTE Confidence: 0.891308098333333
00:54:01.556 --> 00:54:04.546 and particular personality profiles of
NOTE Confidence: 0.891308098333333
00:54:04.546 --> 00:54:07.839 the teenager and and their parents.
NOTE Confidence: 0.891308098333333
00:54:07.840 --> 00:54:11.732 So overall I would say that the
NOTE Confidence: 0.891308098333333
00:54:11.732 --> 00:54:15.404 strategists exist and of course then
NOTE Confidence: 0.891308098333333
00:54:15.404 --> 00:54:19.154 kind of irritability and anger outburst
NOTE Confidence: 0.891308098333333
00:54:19.154 --> 00:54:23.450 could be just the top portion of like
NOTE Confidence: 0.891308098333333
00:54:23.555 --> 00:54:26.915 a long list of other difficulties
NOTE Confidence: 0.891308098333333
00:54:26.915 --> 00:54:29.044 that a teenager might experience.
NOTE Confidence: 0.891308098333333
00:54:29.044 --> 00:54:31.976 So this is really important to have
NOTE Confidence: 0.891308098333333
00:54:31.976 --> 00:54:34.736 a comprehensive evaluation to make
NOTE Confidence: 0.891308098333333
00:54:34.736 --> 00:54:37.776 sure that this emotional outbursts
NOTE Confidence: 0.891308098333333
00:54:37.776 --> 00:54:41.856 are understood in terms of like deep
NOTE Confidence: 0.891308098333333
00:54:41.856 --> 00:54:45.196 clinical evaluation of the child.
NOTE Confidence: 0.860216323529412
00:54:46.120 --> 00:54:47.888 Thank you, Dennis. So I did say we
NOTE Confidence: 0.860216323529412
00:54:47.888 --> 00:54:49.877 had time for one more and that was it.
NOTE Confidence: 0.860216323529412

00:54:49.880 --> 00:54:52.996 But there's one more of that maybe Julie,

NOTE Confidence: 0.860216323529412

00:54:52.996 --> 00:54:55.768 Jamie, you can take the accuracy of

NOTE Confidence: 0.860216323529412

00:54:55.768 --> 00:54:58.243 assessment tools for non-native English

NOTE Confidence: 0.860216323529412

00:54:58.243 --> 00:55:00.118 speaking children comments on that.

NOTE Confidence: 0.8713253925

00:55:03.080 --> 00:55:04.208 I mean they're most of the

NOTE Confidence: 0.8713253925

00:55:04.208 --> 00:55:05.602 tools that we use are available

NOTE Confidence: 0.8713253925

00:55:05.602 --> 00:55:06.798 in many different languages.

NOTE Confidence: 0.8713253925

00:55:06.800 --> 00:55:09.032 I think the the more relevant

NOTE Confidence: 0.8713253925

00:55:09.032 --> 00:55:10.520 limitation is the the,

NOTE Confidence: 0.8713253925

00:55:10.520 --> 00:55:11.960 the diversity of languages

NOTE Confidence: 0.8713253925

00:55:11.960 --> 00:55:13.400 spoken by the clinicians,

NOTE Confidence: 0.8713253925

00:55:13.400 --> 00:55:14.208 that's a real challenge.

NOTE Confidence: 0.8713253925

00:55:14.208 --> 00:55:15.711 And so the way that we address

NOTE Confidence: 0.8713253925

00:55:15.711 --> 00:55:17.181 that we'll never have a clinician

NOTE Confidence: 0.8713253925

00:55:17.181 --> 00:55:18.631 who could speak every language and

NOTE Confidence: 0.8713253925

00:55:18.631 --> 00:55:19.969 all that all the patients that

NOTE Confidence: 0.8713253925

00:55:19.969 --> 00:55:21.676 we would love to see can speak.

NOTE Confidence: 0.8713253925

00:55:21.680 --> 00:55:23.352 And so the way we we handle that

NOTE Confidence: 0.8713253925

00:55:23.352 --> 00:55:25.349 as we leverage the resources of

NOTE Confidence: 0.8713253925

00:55:25.349 --> 00:55:27.249 the hospital system which have

NOTE Confidence: 0.8713253925

00:55:27.249 --> 00:55:28.961 interpreters who do speak just

NOTE Confidence: 0.8713253925

00:55:28.961 --> 00:55:30.556 about every language that anyone

NOTE Confidence: 0.8713253925

00:55:30.556 --> 00:55:31.480 whoever want to see with us.

NOTE Confidence: 0.8713253925

00:55:31.480 --> 00:55:33.124 And so we administer those those

NOTE Confidence: 0.8713253925

00:55:33.124 --> 00:55:34.549 assessments in tandem and partnership

NOTE Confidence: 0.8713253925

00:55:34.549 --> 00:55:36.193 with an interpreter so that we

NOTE Confidence: 0.8713253925

00:55:36.193 --> 00:55:37.359 make sure we're understanding

NOTE Confidence: 0.8713253925

00:55:37.359 --> 00:55:39.093 families and children in a in

NOTE Confidence: 0.8713253925

00:55:39.093 --> 00:55:40.632 the language that they're most

NOTE Confidence: 0.8713253925

00:55:40.632 --> 00:55:41.640 comfortable communicating in.

NOTE Confidence: 0.905075904230769

00:55:43.320 --> 00:55:44.968 The only thing I'll add to that is

NOTE Confidence: 0.905075904230769

00:55:44.968 --> 00:55:46.842 that we also have to be mindful about

NOTE Confidence: 0.905075904230769

00:55:46.842 --> 00:55:48.597 the content of the tests because if

NOTE Confidence: 0.905075904230769

00:55:48.597 --> 00:55:50.755 we're giving a a test that was norm

NOTE Confidence: 0.905075904230769

00:55:50.755 --> 00:55:52.602 for an English speaking or American

NOTE Confidence: 0.905075904230769

00:55:52.602 --> 00:55:54.547 population with somebody you know

NOTE Confidence: 0.905075904230769

00:55:54.547 --> 00:55:56.539 from a different country or culture,

NOTE Confidence: 0.905075904230769

00:55:56.539 --> 00:55:58.450 then there might be content in there

NOTE Confidence: 0.905075904230769

00:55:58.503 --> 00:55:59.565 that's not, you know, relevant.

NOTE Confidence: 0.905075904230769

00:55:59.565 --> 00:56:01.099 And so we just have to be thoughtful

NOTE Confidence: 0.905075904230769

00:56:01.099 --> 00:56:02.159 when we're interpreting those

NOTE Confidence: 0.905075904230769

00:56:02.159 --> 00:56:03.720 results of those factors as well.

NOTE Confidence: 0.941189025

00:56:05.400 --> 00:56:07.430 Thank you. Well,

NOTE Confidence: 0.941189025

00:56:07.430 --> 00:56:10.160 we really appreciate all of you joining.

NOTE Confidence: 0.941189025

00:56:10.160 --> 00:56:12.799 I thank you for taking the time.

NOTE Confidence: 0.941189025

00:56:12.800 --> 00:56:16.064 If you want to hear more about our work,

NOTE Confidence: 0.941189025

00:56:16.064 --> 00:56:18.056 First off we're doing three more

NOTE Confidence: 0.941189025

00:56:18.056 --> 00:56:20.052 sessions with others of our colleagues.

NOTE Confidence: 0.941189025

00:56:20.052 --> 00:56:22.360 Next week, next Wednesday we'll be talking

NOTE Confidence: 0.941189025

00:56:22.360 --> 00:56:24.360 about work in the community because

NOTE Confidence: 0.941189025

00:56:24.360 --> 00:56:26.460 the trial studies center you heard a

NOTE Confidence: 0.941189025

00:56:26.460 --> 00:56:28.677 lot about our clinical research today.

NOTE Confidence: 0.941189025

00:56:28.680 --> 00:56:30.479 We are very embedded in the community.

NOTE Confidence: 0.941189025

00:56:30.480 --> 00:56:32.199 We do a lot of work in the community.

NOTE Confidence: 0.941189025

00:56:32.200 --> 00:56:34.839 So next week we hear about that.

NOTE Confidence: 0.941189025

00:56:34.840 --> 00:56:37.536 You're also very welcome to come to our

NOTE Confidence: 0.941189025

00:56:37.536 --> 00:56:40.159 grand rounds on Tuesday afternoon at 1:00.

NOTE Confidence: 0.941189025

00:56:40.160 --> 00:56:42.256 They we do always have a virtual link

NOTE Confidence: 0.941189025

00:56:42.256 --> 00:56:44.158 which we can certainly send out.

NOTE Confidence: 0.941189025

00:56:44.160 --> 00:56:46.416 And next week we're talking about

NOTE Confidence: 0.941189025

00:56:46.416 --> 00:56:49.488 the use of art and mental and work

NOTE Confidence: 0.941189025

00:56:49.488 --> 00:56:51.840 with mid children and adults around

NOTE Confidence: 0.941189025

00:56:51.913 --> 00:56:54.170 mental health and have a one of

NOTE Confidence: 0.941189025

00:56:54.170 --> 00:56:56.160 our faculty who is also an artist

NOTE Confidence: 0.941189025

00:56:56.160 --> 00:56:58.480 on giving giving a talk.

NOTE Confidence: 0.941189025

00:56:58.480 --> 00:57:00.712 So again thank you so much for joining us.

NOTE Confidence: 0.941189025

00:57:00.720 --> 00:57:02.640 And to OAPD and Dr.

NOTE Confidence: 0.941189025

00:57:02.640 --> 00:57:03.546 Rohrbao and Dr.

NOTE Confidence: 0.941189025

00:57:03.546 --> 00:57:05.660 Olson thank you for bringing us all

NOTE Confidence: 0.941189025

00:57:05.726 --> 00:57:08.036 together and honor Mental Health Month.

NOTE Confidence: 0.941189025

00:57:08.040 --> 00:57:08.520 Thank you.