

WEBVTT

NOTE duration:"00:55:33.4800000"

NOTE recognizability:0.873

NOTE language:en-us

NOTE Confidence: 0.96538996

00:00:03.440 --> 00:00:06.990 Go ahead and welcome everyone to the Pros

NOTE Confidence: 0.96538996

00:00:06.990 --> 00:00:09.480 for Peers webinar series this afternoon.

NOTE Confidence: 0.96538996

00:00:09.480 --> 00:00:11.320 We really thank you for for taking the

NOTE Confidence: 0.96538996

00:00:11.320 --> 00:00:13.459 time to participate in this really rich

NOTE Confidence: 0.96538996

00:00:13.459 --> 00:00:15.440 conversation and encourage you to enter,

NOTE Confidence: 0.96538996

00:00:15.440 --> 00:00:17.340 answer, enter your questions in

NOTE Confidence: 0.96538996

00:00:17.340 --> 00:00:20.678 the Q&A section of the chat please.

NOTE Confidence: 0.96538996

00:00:20.680 --> 00:00:22.456 I just wanted to let you know that

NOTE Confidence: 0.96538996

00:00:22.456 --> 00:00:24.506 the Pros for Peers program is a

NOTE Confidence: 0.96538996

00:00:24.506 --> 00:00:26.379 collaboration between the Yale School of

NOTE Confidence: 0.96538996

00:00:26.379 --> 00:00:28.255 Medicine and the Yale New Haven Health

NOTE Confidence: 0.96538996

00:00:28.255 --> 00:00:30.318 System and it's brought to you by the

NOTE Confidence: 0.96538996

00:00:30.318 --> 00:00:31.711 Office of Academic and Professional

NOTE Confidence: 0.96538996

00:00:31.711 --> 00:00:33.637 Development in the School of Medicine

NOTE Confidence: 0.96538996

00:00:33.637 --> 00:00:35.997 and the and the Chief Wellness Officer

NOTE Confidence: 0.96538996

00:00:36.000 --> 00:00:38.800 in the aligned clinician enterprise.

NOTE Confidence: 0.96538996

00:00:38.800 --> 00:00:42.125 I want to just remind everyone that

NOTE Confidence: 0.96538996

00:00:42.125 --> 00:00:44.520 the OAPSOAPDS mission is to elevate

NOTE Confidence: 0.96538996

00:00:44.520 --> 00:00:46.382 well-being among faculty and staff

NOTE Confidence: 0.96538996

00:00:46.382 --> 00:00:48.537 and we really welcome everybody

NOTE Confidence: 0.96538996

00:00:48.537 --> 00:00:50.320 to this conversation today.

NOTE Confidence: 0.96538996

00:00:50.320 --> 00:00:51.832 I do want to just quickly turn it

NOTE Confidence: 0.96538996

00:00:51.832 --> 00:00:53.320 over to Doctor Christine Olson,

NOTE Confidence: 0.96538996

00:00:53.320 --> 00:00:55.961 who is the Chief Wellness Officer for

NOTE Confidence: 0.96538996

00:00:55.961 --> 00:00:58.127 the medical staff across the aligned

NOTE Confidence: 0.96538996

00:00:58.127 --> 00:01:00.120 clinician enterprise as I've mentioned.

NOTE Confidence: 0.96538996

00:01:00.120 --> 00:01:02.143 And Christine will talk a little bit

NOTE Confidence: 0.96538996

00:01:02.143 --> 00:01:04.312 more about the Pros for Peers program

NOTE Confidence: 0.96538996

00:01:04.312 --> 00:01:06.640 and the impetus for this webinar series.

NOTE Confidence: 0.96538996
00:01:06.640 --> 00:01:09.277 And then turn it over to our our host,
NOTE Confidence: 0.96538996
00:01:09.280 --> 00:01:10.144 Doctor Linda Mace.
NOTE Confidence: 0.96538996
00:01:10.144 --> 00:01:11.872 Thank you so much and welcome,
NOTE Confidence: 0.96538996
00:01:11.880 --> 00:01:12.306 Doctor,
NOTE Confidence: 0.96538996
00:01:12.306 --> 00:01:13.158 Doctor Olson.
NOTE Confidence: 0.944402836
00:01:13.880 --> 00:01:16.480 Thank you, Peggy. Welcome everyone.
NOTE Confidence: 0.944402836
00:01:16.480 --> 00:01:18.295 Normally, Deputy Dean Rohrba would
NOTE Confidence: 0.944402836
00:01:18.295 --> 00:01:21.400 be by my side to welcome you here.
NOTE Confidence: 0.944402836
00:01:21.400 --> 00:01:23.598 He regrets he can't be here today,
NOTE Confidence: 0.944402836
00:01:23.600 --> 00:01:26.160 but I can certainly on behalf of both of us,
NOTE Confidence: 0.944402836
00:01:26.160 --> 00:01:27.507 welcome everybody here.
NOTE Confidence: 0.944402836
00:01:27.507 --> 00:01:30.201 Today, the Pros for Peers program
NOTE Confidence: 0.944402836
00:01:30.201 --> 00:01:32.374 recognizes that at Yale School of
NOTE Confidence: 0.944402836
00:01:32.374 --> 00:01:34.560 Medicine and Yale New Human Health,
NOTE Confidence: 0.944402836
00:01:34.560 --> 00:01:36.650 we are surrounded by renowned
NOTE Confidence: 0.944402836

00:01:36.650 --> 00:01:39.200 experts in all aspects of well,
NOTE Confidence: 0.944402836

00:01:39.200 --> 00:01:40.175 Wellness and well-being.
NOTE Confidence: 0.944402836

00:01:40.175 --> 00:01:42.851 And in the same spirit that we care
NOTE Confidence: 0.944402836

00:01:42.851 --> 00:01:44.879 for our patients and our community,
NOTE Confidence: 0.944402836

00:01:44.880 --> 00:01:46.960 we care for one another.
NOTE Confidence: 0.944402836

00:01:46.960 --> 00:01:48.626 And so when we seek input of
NOTE Confidence: 0.944402836

00:01:48.626 --> 00:01:50.720 how do we care for one another,
NOTE Confidence: 0.944402836

00:01:50.720 --> 00:01:52.855 we receive requests and things
NOTE Confidence: 0.944402836

00:01:52.855 --> 00:01:54.990 that people are looking for
NOTE Confidence: 0.944402836

00:01:55.065 --> 00:01:57.197 to maintain their well-being.
NOTE Confidence: 0.944402836

00:01:57.200 --> 00:02:00.160 And one topic that came up on previous
NOTE Confidence: 0.944402836

00:02:00.160 --> 00:02:03.044 on our last survey was that people
NOTE Confidence: 0.944402836

00:02:03.044 --> 00:02:06.486 wanted to know how are we at Yale
NOTE Confidence: 0.944402836

00:02:06.486 --> 00:02:09.800 addressing the mental health of young people?
NOTE Confidence: 0.944402836

00:02:09.800 --> 00:02:11.648 And how can we take care of
NOTE Confidence: 0.944402836

00:02:11.648 --> 00:02:13.280 the young people in our lives?

NOTE Confidence: 0.944402836

00:02:13.280 --> 00:02:15.198 How can we support their mental health,

NOTE Confidence: 0.944402836

00:02:15.200 --> 00:02:17.040 especially during these times?

NOTE Confidence: 0.944402836

00:02:17.040 --> 00:02:17.960 And so,

NOTE Confidence: 0.944402836

00:02:17.960 --> 00:02:21.187 of course we reached out to our

NOTE Confidence: 0.944402836

00:02:21.187 --> 00:02:23.647 globally renowned Yale Child Study

NOTE Confidence: 0.944402836

00:02:23.647 --> 00:02:26.593 Center to seek out that expertise.

NOTE Confidence: 0.944402836

00:02:26.600 --> 00:02:29.120 And so this mental health month,

NOTE Confidence: 0.944402836

00:02:29.120 --> 00:02:29.972 every Wednesday,

NOTE Confidence: 0.944402836

00:02:29.972 --> 00:02:32.954 we do have a podcast and we

NOTE Confidence: 0.944402836

00:02:32.960 --> 00:02:34.340 have these experts here.

NOTE Confidence: 0.944402836

00:02:34.340 --> 00:02:36.065 And today we're talking about

NOTE Confidence: 0.944402836

00:02:36.065 --> 00:02:37.120 transitioning to parenting,

NOTE Confidence: 0.944402836

00:02:37.120 --> 00:02:39.444 the impact of stress and trauma and

NOTE Confidence: 0.944402836

00:02:39.444 --> 00:02:42.318 how we can support our young people.

NOTE Confidence: 0.944402836

00:02:42.320 --> 00:02:43.640 And so with no further ado,

NOTE Confidence: 0.944402836

00:02:43.640 --> 00:02:45.456 I'd like to introduce you to the chair
NOTE Confidence: 0.944402836

00:02:45.456 --> 00:02:47.837 of the Yale Child Study Center and our host,
NOTE Confidence: 0.944402836

00:02:47.840 --> 00:02:49.400 Doctor Linda Mays.
NOTE Confidence: 0.944402836

00:02:49.400 --> 00:02:50.440 Thank you,
NOTE Confidence: 0.944402836

00:02:50.440 --> 00:02:51.240 Doctor Mays.
NOTE Confidence: 0.954663562

00:02:51.920 --> 00:02:52.916 Thank you, Christine,
NOTE Confidence: 0.954663562

00:02:52.916 --> 00:02:55.240 and thanks everyone for being here today.
NOTE Confidence: 0.954663562

00:02:55.240 --> 00:02:57.750 We really appreciate the opportunity
NOTE Confidence: 0.954663562

00:02:57.750 --> 00:03:01.225 to to join you and I I also want
NOTE Confidence: 0.954663562

00:03:01.225 --> 00:03:03.236 to add my welcome to you coming for
NOTE Confidence: 0.954663562

00:03:03.236 --> 00:03:04.840 the third of our pros for peers,
NOTE Confidence: 0.954663562

00:03:04.840 --> 00:03:06.220 webinars around child and
NOTE Confidence: 0.954663562

00:03:06.220 --> 00:03:07.600 family and mental health.
NOTE Confidence: 0.954663562

00:03:07.600 --> 00:03:10.200 It's a very appropriate topic
NOTE Confidence: 0.954663562

00:03:10.200 --> 00:03:12.280 for mental health Month.
NOTE Confidence: 0.954663562

00:03:12.280 --> 00:03:14.200 Before I introduce my colleagues,

NOTE Confidence: 0.954663562

00:03:14.200 --> 00:03:15.676 I'll just tell you very briefly

NOTE Confidence: 0.954663562

00:03:15.676 --> 00:03:17.040 about the Child Study Center.

NOTE Confidence: 0.954663562

00:03:17.040 --> 00:03:18.680 For those of you that don't know that

NOTE Confidence: 0.954663562

00:03:18.680 --> 00:03:20.490 we're a department in the Yale School

NOTE Confidence: 0.954663562

00:03:20.490 --> 00:03:22.195 of Medicine and we're focused on

NOTE Confidence: 0.954663562

00:03:22.195 --> 00:03:23.720 providing clinical care for children,

NOTE Confidence: 0.954663562

00:03:23.720 --> 00:03:26.582 adolescents and their families and on

NOTE Confidence: 0.954663562

00:03:26.582 --> 00:03:28.964 developmental science that ask how

NOTE Confidence: 0.954663562

00:03:28.964 --> 00:03:30.639 children grow in their understanding

NOTE Confidence: 0.954663562

00:03:30.639 --> 00:03:32.690 of the world and their skills that

NOTE Confidence: 0.954663562

00:03:32.743 --> 00:03:34.435 they have to navigate that world.

NOTE Confidence: 0.954663562

00:03:34.440 --> 00:03:36.270 We have a very large educational

NOTE Confidence: 0.954663562

00:03:36.270 --> 00:03:38.340 program that we train the next

NOTE Confidence: 0.954663562

00:03:38.340 --> 00:03:40.315 generation of researchers and clinicians

NOTE Confidence: 0.954663562

00:03:40.320 --> 00:03:42.184 and we're very multidisciplinary,

NOTE Confidence: 0.954663562

00:03:42.184 --> 00:03:44.980 have over 20 perspectives or trainings
NOTE Confidence: 0.954663562

00:03:45.048 --> 00:03:47.184 represented in in our community of
NOTE Confidence: 0.954663562

00:03:47.184 --> 00:03:49.838 just over 500 people in the department.
NOTE Confidence: 0.954663562

00:03:49.840 --> 00:03:50.362 Clinically,
NOTE Confidence: 0.954663562

00:03:50.362 --> 00:03:53.494 we serve over 3000 children and
NOTE Confidence: 0.954663562

00:03:53.494 --> 00:03:55.670 families annually through about
NOTE Confidence: 0.954663562

00:03:55.670 --> 00:03:58.320 little over 60,000 scheduled visits.
NOTE Confidence: 0.954663562

00:03:58.320 --> 00:03:59.692 And as I'm sure you've been reading
NOTE Confidence: 0.954663562

00:03:59.692 --> 00:04:00.280 in the news,
NOTE Confidence: 0.954663562

00:04:00.280 --> 00:04:02.840 we have a steady increase in need for
NOTE Confidence: 0.954663562

00:04:02.840 --> 00:04:05.080 our clinical services across all ages
NOTE Confidence: 0.954663562

00:04:05.080 --> 00:04:08.076 with a dramatic increase in children's needs.
NOTE Confidence: 0.954663562

00:04:08.080 --> 00:04:10.305 Children are simply needing services
NOTE Confidence: 0.954663562

00:04:10.305 --> 00:04:12.530 earlier and presenting with more
NOTE Confidence: 0.954663562

00:04:12.603 --> 00:04:15.133 challenges that require more intensive
NOTE Confidence: 0.954663562

00:04:15.133 --> 00:04:17.815 services and that is true for

NOTE Confidence: 0.954663562

00:04:17.815 --> 00:04:20.520 their parents and families as well.

NOTE Confidence: 0.954663562

00:04:20.520 --> 00:04:22.320 We provide services across a

NOTE Confidence: 0.954663562

00:04:22.320 --> 00:04:24.120 continuum from working in homes,

NOTE Confidence: 0.954663562

00:04:24.120 --> 00:04:25.840 we provide services in homes,

NOTE Confidence: 0.954663562

00:04:25.840 --> 00:04:27.452 we consult with pediatricians.

NOTE Confidence: 0.954663562

00:04:27.452 --> 00:04:29.870 We see children in our hospital

NOTE Confidence: 0.954663562

00:04:29.943 --> 00:04:30.919 emergency room,

NOTE Confidence: 0.954663562

00:04:30.920 --> 00:04:34.676 our inpatient unit and outpatient services

NOTE Confidence: 0.954663562

00:04:34.680 --> 00:04:36.675 and deliver our care virtually as well.

NOTE Confidence: 0.954663562

00:04:36.680 --> 00:04:37.558 Post Pandemic,

NOTE Confidence: 0.954663562

00:04:37.558 --> 00:04:40.631 we're still working at about 1/3 of

NOTE Confidence: 0.954663562

00:04:40.631 --> 00:04:42.824 families coming to us are coming

NOTE Confidence: 0.954663562

00:04:42.824 --> 00:04:45.839 for through virtual means.

NOTE Confidence: 0.954663562

00:04:45.840 --> 00:04:47.765 I think what you're going to hear

NOTE Confidence: 0.954663562

00:04:47.765 --> 00:04:49.980 today and I'm pleased very much to

NOTE Confidence: 0.954663562

00:04:49.980 --> 00:04:52.212 introduce you to my colleagues is we
NOTE Confidence: 0.954663562

00:04:52.212 --> 00:04:53.928 think about two and three generations
NOTE Confidence: 0.954663562

00:04:53.928 --> 00:04:55.758 in the trial studies center.
NOTE Confidence: 0.954663562

00:04:55.760 --> 00:04:57.716 We don't we think obviously very
NOTE Confidence: 0.954663562

00:04:57.716 --> 00:04:59.514 much about children and helping
NOTE Confidence: 0.954663562

00:04:59.514 --> 00:05:01.238 children flourish and thrive.
NOTE Confidence: 0.954663562

00:05:01.240 --> 00:05:03.058 But we we think about families
NOTE Confidence: 0.954663562

00:05:03.058 --> 00:05:05.477 and we think about parents and how
NOTE Confidence: 0.954663562

00:05:05.477 --> 00:05:06.997 parents are developing too.
NOTE Confidence: 0.954663562

00:05:07.000 --> 00:05:09.262 So today you're going to hear
NOTE Confidence: 0.954663562

00:05:09.262 --> 00:05:12.150 about that area of our work and 1st
NOTE Confidence: 0.954663562

00:05:12.150 --> 00:05:14.160 you'll hear from my colleague Dr.
NOTE Confidence: 0.954663562

00:05:14.160 --> 00:05:14.936 Helena Rutherford,
NOTE Confidence: 0.954663562

00:05:14.936 --> 00:05:17.264 an associate professor in the Child
NOTE Confidence: 0.954663562

00:05:17.264 --> 00:05:19.670 Study Center who looks at how the
NOTE Confidence: 0.954663562

00:05:19.670 --> 00:05:21.840 brain changes when we become parents

NOTE Confidence: 0.954663562

00:05:21.840 --> 00:05:23.744 and postpartum mental health.

NOTE Confidence: 0.954663562

00:05:23.744 --> 00:05:27.480 Then we'll go to Doctor Kieran O'Donnell,

NOTE Confidence: 0.954663562

00:05:27.480 --> 00:05:29.514 an assistant professor in the center

NOTE Confidence: 0.954663562

00:05:29.514 --> 00:05:31.784 who looks at pregnancy health and

NOTE Confidence: 0.954663562

00:05:31.784 --> 00:05:34.304 how the basically the environment

NOTE Confidence: 0.954663562

00:05:34.304 --> 00:05:37.648 of a pregnancy pre part of and

NOTE Confidence: 0.954663562

00:05:37.648 --> 00:05:40.080 parent and child together.

NOTE Confidence: 0.954663562

00:05:40.080 --> 00:05:42.859 We'll move to Hilary Hahn who does

NOTE Confidence: 0.954663562

00:05:42.859 --> 00:05:44.547 interventions to support mothers

NOTE Confidence: 0.954663562

00:05:44.547 --> 00:05:47.036 mental health in the community and

NOTE Confidence: 0.954663562

00:05:47.036 --> 00:05:48.816 again continuing the theme from

NOTE Confidence: 0.954663562

00:05:48.816 --> 00:05:51.131 our webinar last week of how we

NOTE Confidence: 0.954663562

00:05:51.131 --> 00:05:53.018 work in the community moving into

NOTE Confidence: 0.954663562

00:05:53.018 --> 00:05:55.741 Karla Stover and Doctor Stover is a

NOTE Confidence: 0.954663562

00:05:55.741 --> 00:05:58.116 professor in the Trial Studies Center.

NOTE Confidence: 0.954663562

00:05:58.120 --> 00:05:58.588 Dr.
NOTE Confidence: 0.954663562

00:05:58.588 --> 00:06:01.396 Stover looks and works with fathers
NOTE Confidence: 0.954663562

00:06:01.400 --> 00:06:04.040 and looks at the impact of stress and
NOTE Confidence: 0.858867877

00:06:04.040 --> 00:06:05.976 trauma on fathers parenting
NOTE Confidence: 0.858867877

00:06:05.976 --> 00:06:08.880 and and how to help them.
NOTE Confidence: 0.858867877

00:06:08.880 --> 00:06:10.965 And we'll conclude with Carrie
NOTE Confidence: 0.858867877

00:06:10.965 --> 00:06:13.555 Epstein who does a family focused
NOTE Confidence: 0.858867877

00:06:13.555 --> 00:06:16.141 approach to looking at trauma and
NOTE Confidence: 0.858867877

00:06:16.141 --> 00:06:18.560 children and and their parents.
NOTE Confidence: 0.858867877

00:06:18.560 --> 00:06:20.935 So to get us going, let me turn
NOTE Confidence: 0.858867877

00:06:20.935 --> 00:06:22.235 to Doctor Rutherford Element.
NOTE Confidence: 0.898184764

00:06:24.600 --> 00:06:26.562 Thanks Linda and good afternoon, everybody.
NOTE Confidence: 0.898184764

00:06:26.562 --> 00:06:27.972 It's a real pleasure to
NOTE Confidence: 0.898184764

00:06:27.972 --> 00:06:29.720 be able to join you today.
NOTE Confidence: 0.898184764

00:06:29.720 --> 00:06:31.722 So I wanted to get the discussion
NOTE Confidence: 0.898184764

00:06:31.722 --> 00:06:33.478 started by sharing with you how

NOTE Confidence: 0.898184764

00:06:33.478 --> 00:06:35.158 we've been using neuroscience as a

NOTE Confidence: 0.898184764

00:06:35.158 --> 00:06:37.069 way of informing our understanding

NOTE Confidence: 0.898184764

00:06:37.069 --> 00:06:38.637 of parental mental health.

NOTE Confidence: 0.898184764

00:06:38.640 --> 00:06:40.350 So Linda previewed that we're going

NOTE Confidence: 0.898184764

00:06:40.350 --> 00:06:42.615 to be focusing on the transition to

NOTE Confidence: 0.898184764

00:06:42.615 --> 00:06:44.640 parenthood today In our discussions and

NOTE Confidence: 0.898184764

00:06:44.640 --> 00:06:46.320 we think about the transition to parenthood,

NOTE Confidence: 0.898184764

00:06:46.320 --> 00:06:48.318 we often tend to think about the joys and

NOTE Confidence: 0.898184764

00:06:48.318 --> 00:06:50.320 the excitement of welcoming a new baby,

NOTE Confidence: 0.898184764

00:06:50.320 --> 00:06:51.720 whether it's the first baby,

NOTE Confidence: 0.898184764

00:06:51.720 --> 00:06:53.995 the 2nd baby, 3rd, 4th or 5th.

NOTE Confidence: 0.898184764

00:06:54.000 --> 00:06:55.554 But really there's a bias of

NOTE Confidence: 0.898184764

00:06:55.554 --> 00:06:56.576 thinking about, you know,

NOTE Confidence: 0.898184764

00:06:56.576 --> 00:06:58.304 the the excitement and the positive

NOTE Confidence: 0.898184764

00:06:58.304 --> 00:06:59.400 feelings around this time.

NOTE Confidence: 0.898184764

00:06:59.400 --> 00:07:00.904 But for those of you who've had children
NOTE Confidence: 0.898184764

00:07:00.904 --> 00:07:02.676 or who know people who have had children,
NOTE Confidence: 0.898184764

00:07:02.680 --> 00:07:04.619 that it's also a time that is
NOTE Confidence: 0.898184764

00:07:04.619 --> 00:07:05.972 marked by significant stress
NOTE Confidence: 0.898184764

00:07:05.972 --> 00:07:07.358 and significant challenges,
NOTE Confidence: 0.898184764

00:07:07.360 --> 00:07:08.900 often challenges that parents
NOTE Confidence: 0.898184764

00:07:08.900 --> 00:07:10.440 have never faced before.
NOTE Confidence: 0.898184764

00:07:10.440 --> 00:07:11.600 And so for this reason,
NOTE Confidence: 0.898184764

00:07:11.600 --> 00:07:13.030 for this elevated levels of
NOTE Confidence: 0.898184764

00:07:13.030 --> 00:07:14.460 stress and challenge around the
NOTE Confidence: 0.898184764

00:07:14.508 --> 00:07:15.720 transition to parenthood,
NOTE Confidence: 0.898184764

00:07:15.720 --> 00:07:17.214 it's also been described as an
NOTE Confidence: 0.898184764

00:07:17.214 --> 00:07:18.560 inflection point for mental health.
NOTE Confidence: 0.898184764

00:07:18.560 --> 00:07:20.474 So specifically we see that there
NOTE Confidence: 0.898184764

00:07:20.474 --> 00:07:22.549 are heightened rates of risk and
NOTE Confidence: 0.898184764

00:07:22.549 --> 00:07:24.025 vulnerability to mental health

NOTE Confidence: 0.898184764

00:07:24.025 --> 00:07:26.005 symptoms and mental health disorders

NOTE Confidence: 0.898184764

00:07:26.005 --> 00:07:28.200 during this transition to parenthood.

NOTE Confidence: 0.898184764

00:07:28.200 --> 00:07:29.825 And so that's particularly true

NOTE Confidence: 0.898184764

00:07:29.825 --> 00:07:30.800 for birthing parents,

NOTE Confidence: 0.898184764

00:07:30.800 --> 00:07:33.327 but we also see increase in rates

NOTE Confidence: 0.898184764

00:07:33.327 --> 00:07:35.639 for non birthing parents as well.

NOTE Confidence: 0.898184764

00:07:35.640 --> 00:07:37.418 So we know during the transition to

NOTE Confidence: 0.898184764

00:07:37.418 --> 00:07:39.158 parenthood that there are hosts of

NOTE Confidence: 0.898184764

00:07:39.158 --> 00:07:40.713 different psychosocial changes that happen.

NOTE Confidence: 0.898184764

00:07:40.720 --> 00:07:42.757 There are changes in levels of occupation,

NOTE Confidence: 0.898184764

00:07:42.760 --> 00:07:43.139 finances,

NOTE Confidence: 0.898184764

00:07:43.139 --> 00:07:43.518 relationships,

NOTE Confidence: 0.898184764

00:07:43.518 --> 00:07:45.413 but more recently we're starting

NOTE Confidence: 0.898184764

00:07:45.413 --> 00:07:47.745 to learn and understand about how

NOTE Confidence: 0.898184764

00:07:47.745 --> 00:07:49.640 there are newer biological changes

NOTE Confidence: 0.898184764

00:07:49.640 --> 00:07:51.135 that accompany this transitional
NOTE Confidence: 0.898184764

00:07:51.135 --> 00:07:52.835 period for adults as well.
NOTE Confidence: 0.898184764

00:07:52.840 --> 00:07:54.765 So what's been very striking in recent
NOTE Confidence: 0.898184764

00:07:54.765 --> 00:07:56.739 work has been evidenced to suggest
NOTE Confidence: 0.898184764

00:07:56.739 --> 00:07:58.559 that the transition to parenthood,
NOTE Confidence: 0.898184764

00:07:58.560 --> 00:08:00.672 the period from pregnancy to postpartum
NOTE Confidence: 0.898184764

00:08:00.672 --> 00:08:03.240 is a time of neuroplasticity.
NOTE Confidence: 0.898184764

00:08:03.240 --> 00:08:05.172 So there are structural as well as
NOTE Confidence: 0.898184764

00:08:05.172 --> 00:08:06.600 functional brain changes that happened
NOTE Confidence: 0.898184764

00:08:06.600 --> 00:08:08.256 during the perinatal period that we
NOTE Confidence: 0.898184764

00:08:08.256 --> 00:08:09.894 think are important to promoting
NOTE Confidence: 0.898184764

00:08:09.894 --> 00:08:11.624 caregiving and adapting caregiving and
NOTE Confidence: 0.898184764

00:08:11.624 --> 00:08:14.204 nurturing of the infant post natally.
NOTE Confidence: 0.898184764

00:08:14.204 --> 00:08:16.559 What's even more fascinating though,
NOTE Confidence: 0.898184764

00:08:16.560 --> 00:08:18.318 in addition to these changes happening,
NOTE Confidence: 0.898184764

00:08:18.320 --> 00:08:20.736 there also seems to be that a lasting

NOTE Confidence: 0.898184764

00:08:20.736 --> 00:08:23.179 impact of the brain on pregnancy that

NOTE Confidence: 0.898184764

00:08:23.179 --> 00:08:25.400 exists years if not decades later.

NOTE Confidence: 0.898184764

00:08:25.400 --> 00:08:26.992 So one area in my lab that we've

NOTE Confidence: 0.898184764

00:08:26.992 --> 00:08:28.420 really been trying to understand

NOTE Confidence: 0.898184764

00:08:28.420 --> 00:08:29.724 more about this intersection

NOTE Confidence: 0.898184764

00:08:29.724 --> 00:08:31.235 between parental brain or maternal

NOTE Confidence: 0.898184764

00:08:31.235 --> 00:08:32.915 brain and mental health is in the

NOTE Confidence: 0.898184764

00:08:32.915 --> 00:08:34.327 context of maternal addiction.

NOTE Confidence: 0.898184764

00:08:34.327 --> 00:08:36.272 And this is particularly interesting

NOTE Confidence: 0.898184764

00:08:36.272 --> 00:08:38.666 because many of the areas of the brain

NOTE Confidence: 0.898184764

00:08:38.666 --> 00:08:40.434 or the neural circuits are important

NOTE Confidence: 0.898184764

00:08:40.434 --> 00:08:42.444 to parenting are also those neural

NOTE Confidence: 0.898184764

00:08:42.444 --> 00:08:44.264 circuits that are affected by addiction.

NOTE Confidence: 0.898184764

00:08:44.264 --> 00:08:46.332 So it really allows us to think

NOTE Confidence: 0.898184764

00:08:46.332 --> 00:08:47.817 about the underlying biology of

NOTE Confidence: 0.898184764

00:08:47.817 --> 00:08:49.720 what it means to be a parent,
NOTE Confidence: 0.898184764

00:08:49.720 --> 00:08:51.529 but then also what it means to have a
NOTE Confidence: 0.898184764

00:08:51.529 --> 00:08:53.237 mental health disorder in this context,
NOTE Confidence: 0.898184764

00:08:53.240 --> 00:08:56.120 addiction itself.
NOTE Confidence: 0.898184764

00:08:56.120 --> 00:08:57.628 And so underscoring parental brain
NOTE Confidence: 0.898184764

00:08:57.628 --> 00:08:59.032 networks or areas of the brain
NOTE Confidence: 0.898184764

00:08:59.032 --> 00:09:00.279 that are important to parenting
NOTE Confidence: 0.898184764

00:09:00.279 --> 00:09:01.980 and regions of the brain that are
NOTE Confidence: 0.875642392666667

00:09:02.026 --> 00:09:03.640 important to how we regulate stress
NOTE Confidence: 0.875642392666667

00:09:03.640 --> 00:09:05.150 and stressful feelings and emotions as
NOTE Confidence: 0.875642392666667

00:09:05.150 --> 00:09:06.870 well as areas of the brain that are
NOTE Confidence: 0.875642392666667

00:09:06.924 --> 00:09:08.760 important to how we experience pleasure.
NOTE Confidence: 0.875642392666667

00:09:08.760 --> 00:09:11.000 So what we find rewarding.
NOTE Confidence: 0.875642392666667

00:09:11.000 --> 00:09:12.824 So not surprisingly most people find
NOTE Confidence: 0.875642392666667

00:09:12.824 --> 00:09:14.650 infants cute and there's a very
NOTE Confidence: 0.875642392666667

00:09:14.650 --> 00:09:16.040 good biological reason for that,

NOTE Confidence: 0.875642392666667
00:09:16.040 --> 00:09:19.280 that the infants inherently rewarding
NOTE Confidence: 0.875642392666667
00:09:19.280 --> 00:09:22.157 irrespective if you're a parent or not.
NOTE Confidence: 0.875642392666667
00:09:22.160 --> 00:09:24.040 And So what we find we do experiments
NOTE Confidence: 0.875642392666667
00:09:24.040 --> 00:09:25.849 using on your imaging methods is it
NOTE Confidence: 0.875642392666667
00:09:25.849 --> 00:09:27.889 areas of the brain that are important
NOTE Confidence: 0.875642392666667
00:09:27.889 --> 00:09:29.654 to reward processing a responsive
NOTE Confidence: 0.875642392666667
00:09:29.654 --> 00:09:31.824 when when individuals are looking at
NOTE Confidence: 0.875642392666667
00:09:31.824 --> 00:09:34.032 photographs of infant faces or listening
NOTE Confidence: 0.875642392666667
00:09:34.032 --> 00:09:36.238 to infant cries or infant Coos.
NOTE Confidence: 0.875642392666667
00:09:36.240 --> 00:09:38.011 So there it's really helpful to know
NOTE Confidence: 0.875642392666667
00:09:38.011 --> 00:09:40.218 that even in non parents we see these
NOTE Confidence: 0.875642392666667
00:09:40.218 --> 00:09:42.439 reward brain responses and to infant stimuli.
NOTE Confidence: 0.875642392666667
00:09:42.440 --> 00:09:44.222 And not surprisingly then when we
NOTE Confidence: 0.875642392666667
00:09:44.222 --> 00:09:45.987 have parents come into the scanner
NOTE Confidence: 0.875642392666667
00:09:45.987 --> 00:09:48.067 or when we have parents look at these
NOTE Confidence: 0.875642392666667

00:09:48.122 --> 00:09:49.817 infant faces where there's this
NOTE Confidence: 0.875642392666667

00:09:49.817 --> 00:09:51.721 commutative signal from the baby that
NOTE Confidence: 0.875642392666667

00:09:51.721 --> 00:09:53.329 if it's a mum looking at a photograph
NOTE Confidence: 0.875642392666667

00:09:53.329 --> 00:09:54.520 of her own baby smiling,
NOTE Confidence: 0.875642392666667

00:09:54.520 --> 00:09:56.600 the brain lights out like a Christmas tree.
NOTE Confidence: 0.875642392666667

00:09:56.600 --> 00:09:59.126 These are very salient important signals
NOTE Confidence: 0.875642392666667

00:09:59.126 --> 00:10:01.600 for infant from infants to mothers.
NOTE Confidence: 0.875642392666667

00:10:01.600 --> 00:10:03.714 So that's what we see in mothers
NOTE Confidence: 0.875642392666667

00:10:03.714 --> 00:10:05.240 without substance use disorders.
NOTE Confidence: 0.875642392666667

00:10:05.240 --> 00:10:07.060 When we've looked at the maternal brain
NOTE Confidence: 0.875642392666667

00:10:07.060 --> 00:10:09.090 in women who are managing substance use
NOTE Confidence: 0.875642392666667

00:10:09.090 --> 00:10:11.290 disorders or or addiction or even just
NOTE Confidence: 0.875642392666667

00:10:11.290 --> 00:10:13.040 in heightened substance use severity,
NOTE Confidence: 0.875642392666667

00:10:13.040 --> 00:10:14.776 what we see is a different pattern
NOTE Confidence: 0.875642392666667

00:10:14.776 --> 00:10:15.272 of results.
NOTE Confidence: 0.875642392666667

00:10:15.280 --> 00:10:16.750 Instead of seeing this heightened

NOTE Confidence: 0.875642392666667
00:10:16.750 --> 00:10:18.220 reward response to looking at
NOTE Confidence: 0.875642392666667
00:10:18.276 --> 00:10:20.173 photographs of their own child or our
NOTE Confidence: 0.875642392666667
00:10:20.173 --> 00:10:21.600 children they've not seen before,
NOTE Confidence: 0.875642392666667
00:10:21.600 --> 00:10:23.896 we see more of a dampening or
NOTE Confidence: 0.875642392666667
00:10:23.896 --> 00:10:24.880 a reduced response.
NOTE Confidence: 0.875642392666667
00:10:24.880 --> 00:10:26.700 So this suggests to us that these
NOTE Confidence: 0.875642392666667
00:10:26.700 --> 00:10:28.319 infant stimuli just may not be as
NOTE Confidence: 0.875642392666667
00:10:28.319 --> 00:10:29.845 rewarding or may not be as pleasurable
NOTE Confidence: 0.875642392666667
00:10:29.845 --> 00:10:31.320 to these to these women,
NOTE Confidence: 0.875642392666667
00:10:31.320 --> 00:10:33.880 given the nature of addiction,
NOTE Confidence: 0.875642392666667
00:10:33.880 --> 00:10:35.465 we also see concurrently increased
NOTE Confidence: 0.875642392666667
00:10:35.465 --> 00:10:37.382 levels of activation in the brain
NOTE Confidence: 0.875642392666667
00:10:37.382 --> 00:10:39.038 in areas that are important to
NOTE Confidence: 0.875642392666667
00:10:39.038 --> 00:10:40.280 the regulation of stress.
NOTE Confidence: 0.875642392666667
00:10:40.280 --> 00:10:41.618 So we think these infant signals
NOTE Confidence: 0.875642392666667

00:10:41.618 --> 00:10:43.210 are not only less rewarding for
NOTE Confidence: 0.875642392666667

00:10:43.210 --> 00:10:44.835 parents with substance use disorders,
NOTE Confidence: 0.875642392666667

00:10:44.840 --> 00:10:48.200 but may also be more stress triggering too.
NOTE Confidence: 0.875642392666667

00:10:48.200 --> 00:10:50.480 So we've argued in our work in our
NOTE Confidence: 0.875642392666667

00:10:50.480 --> 00:10:52.318 experimental work as well as our
NOTE Confidence: 0.875642392666667

00:10:52.318 --> 00:10:53.828 theoretical work that neuro circuits
NOTE Confidence: 0.875642392666667

00:10:53.828 --> 00:10:55.770 are important to parenting may be
NOTE Confidence: 0.875642392666667

00:10:55.770 --> 00:10:57.038 Co opted by addiction.
NOTE Confidence: 0.875642392666667

00:10:57.040 --> 00:10:59.385 And that leaves us with a biological
NOTE Confidence: 0.875642392666667

00:10:59.385 --> 00:11:01.141 basis for understanding how parents
NOTE Confidence: 0.875642392666667

00:11:01.141 --> 00:11:03.217 with substance use disorder may have
NOTE Confidence: 0.875642392666667

00:11:03.217 --> 00:11:05.200 challenges in their caregiving role.
NOTE Confidence: 0.875642392666667

00:11:05.200 --> 00:11:05.554 Importantly,
NOTE Confidence: 0.875642392666667

00:11:05.554 --> 00:11:07.324 we've extended this inquiry to
NOTE Confidence: 0.875642392666667

00:11:07.324 --> 00:11:09.280 look at other clinical symptoms.
NOTE Confidence: 0.875642392666667

00:11:09.280 --> 00:11:11.314 So we've thought about mothers with

NOTE Confidence: 0.875642392666667
00:11:11.314 --> 00:11:13.377 with depression as well as with
NOTE Confidence: 0.875642392666667
00:11:13.377 --> 00:11:15.309 anxiety to see how those intersect
NOTE Confidence: 0.875642392666667
00:11:15.309 --> 00:11:17.280 with maternal brain development too.
NOTE Confidence: 0.875642392666667
00:11:17.280 --> 00:11:17.617 Importantly,
NOTE Confidence: 0.875642392666667
00:11:17.617 --> 00:11:19.639 we think about this in isolation,
NOTE Confidence: 0.875642392666667
00:11:19.640 --> 00:11:21.320 so just looking at the impact
NOTE Confidence: 0.875642392666667
00:11:21.320 --> 00:11:22.440 of anxiety or depression,
NOTE Confidence: 0.875642392666667
00:11:22.440 --> 00:11:24.306 but also in terms of profiles
NOTE Confidence: 0.875642392666667
00:11:24.306 --> 00:11:25.239 of psychological risk.
NOTE Confidence: 0.875642392666667
00:11:25.240 --> 00:11:26.984 So thinking about what does the mum look
NOTE Confidence: 0.875642392666667
00:11:26.984 --> 00:11:28.560 like with a substance use disorder?
NOTE Confidence: 0.875642392666667
00:11:28.560 --> 00:11:29.908 Who's also managing elevated
NOTE Confidence: 0.875642392666667
00:11:29.908 --> 00:11:30.919 levels of depression,
NOTE Confidence: 0.875642392666667
00:11:30.920 --> 00:11:33.320 anxiety to really inform our
NOTE Confidence: 0.875642392666667
00:11:33.320 --> 00:11:35.240 understanding of clinical disorders
NOTE Confidence: 0.875642392666667

00:11:35.240 --> 00:11:37.087 individually as well as across
NOTE Confidence: 0.875642392666667

00:11:37.087 --> 00:11:38.712 the spectrum of symptoms too.
NOTE Confidence: 0.875642392666667

00:11:38.720 --> 00:11:40.620 So what we hope is that our work provides new
NOTE Confidence: 0.900095418

00:11:40.668 --> 00:11:42.318 directions for our clinical colleagues,
NOTE Confidence: 0.900095418

00:11:42.320 --> 00:11:44.156 but also provides something very concrete
NOTE Confidence: 0.900095418

00:11:44.156 --> 00:11:46.057 to parents to understand how mental
NOTE Confidence: 0.900095418

00:11:46.057 --> 00:11:47.612 health can influence their parenting
NOTE Confidence: 0.900095418

00:11:47.612 --> 00:11:49.461 very concretely and inform their own
NOTE Confidence: 0.900095418

00:11:49.461 --> 00:11:51.477 understanding of how they develop as parents,
NOTE Confidence: 0.900095418

00:11:51.480 --> 00:11:54.256 but importantly how they develop with their
NOTE Confidence: 0.900095418

00:11:54.256 --> 00:11:56.552 child and their own child's development too.
NOTE Confidence: 0.900095418

00:11:56.560 --> 00:11:57.736 So with that, I'm going to pass
NOTE Confidence: 0.900095418

00:11:57.736 --> 00:11:59.240 over to my colleague Dr. O'Donnell.
NOTE Confidence: 0.868374214

00:12:00.600 --> 00:12:01.880 Thank you so much, Helen,
NOTE Confidence: 0.868374214

00:12:01.880 --> 00:12:02.800 and good afternoon, everyone.
NOTE Confidence: 0.868374214

00:12:02.800 --> 00:12:04.520 Thank you for sharing this hour with us.

NOTE Confidence: 0.868374214

00:12:04.520 --> 00:12:06.232 I hope some of you at least are

NOTE Confidence: 0.868374214

00:12:06.232 --> 00:12:07.343 enjoying this wonderful sunshine

NOTE Confidence: 0.868374214

00:12:07.343 --> 00:12:09.233 as you're listening to this panel.

NOTE Confidence: 0.868374214

00:12:09.240 --> 00:12:10.452 As Doctor Mays mentioned,

NOTE Confidence: 0.868374214

00:12:10.452 --> 00:12:12.270 it's fantastic to be able to

NOTE Confidence: 0.868374214

00:12:12.331 --> 00:12:14.383 take part in this panel during

NOTE Confidence: 0.868374214

00:12:14.383 --> 00:12:15.751 Mental Health Awareness Month.

NOTE Confidence: 0.868374214

00:12:15.760 --> 00:12:17.560 And for those of you who don't know,

NOTE Confidence: 0.868374214

00:12:17.560 --> 00:12:19.966 world Maternal Mental Health Day is

NOTE Confidence: 0.868374214

00:12:19.966 --> 00:12:22.061 celebrated on the first Wednesday

NOTE Confidence: 0.868374214

00:12:22.061 --> 00:12:24.156 in May every year globally.

NOTE Confidence: 0.868374214

00:12:24.160 --> 00:12:26.512 But this year in the United States

NOTE Confidence: 0.868374214

00:12:26.512 --> 00:12:29.190 it's the first time that we recognize

NOTE Confidence: 0.868374214

00:12:29.190 --> 00:12:31.180 Maternal Mental Health Week and

NOTE Confidence: 0.868374214

00:12:31.180 --> 00:12:33.466 and I think this really emphasizes

NOTE Confidence: 0.868374214

00:12:33.466 --> 00:12:35.996 the increasing recognition of the
NOTE Confidence: 0.868374214

00:12:35.996 --> 00:12:38.020 importance of supporting pregnant
NOTE Confidence: 0.868374214

00:12:38.091 --> 00:12:40.039 and postpartums mental health.
NOTE Confidence: 0.868374214

00:12:40.040 --> 00:12:42.875 The timing of our panel is especially
NOTE Confidence: 0.868374214

00:12:42.880 --> 00:12:45.239 ideal given that the Task Force on
NOTE Confidence: 0.868374214

00:12:45.239 --> 00:12:47.378 Maternal Mental Health just reported to
NOTE Confidence: 0.868374214

00:12:47.378 --> 00:12:49.153 Congress a series of recommendations
NOTE Confidence: 0.868374214

00:12:49.153 --> 00:12:51.520 on how we can improve pregnant
NOTE Confidence: 0.868374214

00:12:51.520 --> 00:12:53.116 and postpartums mental health.
NOTE Confidence: 0.868374214

00:12:53.120 --> 00:12:55.384 And I'm happy to talk during the Q&A
NOTE Confidence: 0.868374214

00:12:55.384 --> 00:12:57.124 about some of the recommendations
NOTE Confidence: 0.868374214

00:12:57.124 --> 00:13:00.880 that were made as part of this report.
NOTE Confidence: 0.868374214

00:13:00.880 --> 00:13:02.362 And also it's important to note
NOTE Confidence: 0.868374214

00:13:02.362 --> 00:13:04.208 anyone that's on the call that may
NOTE Confidence: 0.868374214

00:13:04.208 --> 00:13:05.558 be pregnant during the postpartum
NOTE Confidence: 0.868374214

00:13:05.558 --> 00:13:07.693 period or who may know someone who's

NOTE Confidence: 0.868374214

00:13:07.693 --> 00:13:09.233 pregnant during the postpartum period.

NOTE Confidence: 0.868374214

00:13:09.240 --> 00:13:11.172 We'll be happy to talk about some

NOTE Confidence: 0.868374214

00:13:11.172 --> 00:13:12.764 of the local resources available

NOTE Confidence: 0.868374214

00:13:12.764 --> 00:13:14.876 here in the New Haven area,

NOTE Confidence: 0.868374214

00:13:14.880 --> 00:13:16.476 both within the Child Study Centre,

NOTE Confidence: 0.868374214

00:13:16.480 --> 00:13:18.088 in the Department of OBGYN and

NOTE Confidence: 0.868374214

00:13:18.088 --> 00:13:19.160 also in social work.

NOTE Confidence: 0.868374214

00:13:19.160 --> 00:13:21.600 And for anyone who wants to provide that

NOTE Confidence: 0.868374214

00:13:21.600 --> 00:13:23.719 information to anyone that they may know.

NOTE Confidence: 0.868374214

00:13:23.720 --> 00:13:25.336 And for those of you who are looking

NOTE Confidence: 0.868374214

00:13:25.336 --> 00:13:26.802 for a hotline for your patients

NOTE Confidence: 0.868374214

00:13:26.802 --> 00:13:28.600 or for anyone that you may know,

NOTE Confidence: 0.868374214

00:13:28.600 --> 00:13:30.808 the first hotline on the tournament

NOTE Confidence: 0.868374214

00:13:30.808 --> 00:13:32.280 help is very easy.

NOTE Confidence: 0.868374214

00:13:32.280 --> 00:13:34.996 And to remember it is TLC Mama.

NOTE Confidence: 0.868374214

00:13:35.000 --> 00:13:38.064 So I think that really is an ideal
NOTE Confidence: 0.868374214

00:13:38.064 --> 00:13:40.666 title for the Hotline 1833 TLC Mama,
NOTE Confidence: 0.868374214

00:13:40.666 --> 00:13:42.839 for those of you who want to pass
NOTE Confidence: 0.868374214

00:13:42.839 --> 00:13:44.722 that on to anyone and that may
NOTE Confidence: 0.868374214

00:13:44.722 --> 00:13:47.052 feel the need to speak to someone
NOTE Confidence: 0.868374214

00:13:47.052 --> 00:13:48.436 about their mental health.
NOTE Confidence: 0.868374214

00:13:48.440 --> 00:13:50.438 In terms of my own research,
NOTE Confidence: 0.868374214

00:13:50.440 --> 00:13:52.198 the research in my group can
NOTE Confidence: 0.868374214

00:13:52.198 --> 00:13:53.920 be divided into two pillars.
NOTE Confidence: 0.868374214

00:13:53.920 --> 00:13:56.095 I'm fascinated by pregnancy as
NOTE Confidence: 0.868374214

00:13:56.095 --> 00:13:57.400 a developmental stage,
NOTE Confidence: 0.868374214

00:13:57.400 --> 00:13:58.774 both for the long term effects
NOTE Confidence: 0.868374214

00:13:58.774 --> 00:14:00.279 on the health of the mother,
NOTE Confidence: 0.868374214

00:14:00.280 --> 00:14:02.275 but also the potential intergenerational
NOTE Confidence: 0.868374214

00:14:02.275 --> 00:14:05.078 effects on the mental health of the child,
NOTE Confidence: 0.868374214

00:14:05.080 --> 00:14:06.504 adolescent and subsequent adult.

NOTE Confidence: 0.868374214

00:14:06.504 --> 00:14:09.404 And so my own research has shown that

NOTE Confidence: 0.868374214

00:14:09.404 --> 00:14:11.504 women who experience high levels of

NOTE Confidence: 0.868374214

00:14:11.504 --> 00:14:13.958 anxiety and depression during pregnancy,

NOTE Confidence: 0.868374214

00:14:13.960 --> 00:14:15.610 their children have approximately double

NOTE Confidence: 0.868374214

00:14:15.610 --> 00:14:18.240 the risk of going on to develop socio,

NOTE Confidence: 0.868374214

00:14:18.240 --> 00:14:19.896 emotional, and behavioural problems,

NOTE Confidence: 0.868374214

00:14:19.896 --> 00:14:22.380 with these effects being evident as

NOTE Confidence: 0.868374214

00:14:22.440 --> 00:14:24.900 early as as age, 4 years of age,

NOTE Confidence: 0.868374214

00:14:24.900 --> 00:14:26.825 and persisting until at least

NOTE Confidence: 0.868374214

00:14:26.825 --> 00:14:28.040 early adulthood.

NOTE Confidence: 0.868374214

00:14:28.040 --> 00:14:30.540 And it's critically important to

NOTE Confidence: 0.868374214

00:14:30.540 --> 00:14:33.040 emphasize that this research isn't

NOTE Confidence: 0.868374214

00:14:33.040 --> 00:14:35.203 the goal of this research isn't to

NOTE Confidence: 0.868374214

00:14:35.203 --> 00:14:37.516 blame or shame or increase stigma

NOTE Confidence: 0.868374214

00:14:37.516 --> 00:14:39.600 for experiencing mental health

NOTE Confidence: 0.868374214

00:14:39.600 --> 00:14:41.400 challenges during pregnancy,
NOTE Confidence: 0.868374214

00:14:41.400 --> 00:14:43.665 but it's to identify potential
NOTE Confidence: 0.868374214

00:14:43.665 --> 00:14:46.421 modifiable risk factors that we can
NOTE Confidence: 0.868374214

00:14:46.421 --> 00:14:48.917 target as a mechanism to improve
NOTE Confidence: 0.868374214

00:14:48.917 --> 00:14:51.225 both maternal health outcomes but
NOTE Confidence: 0.868374214

00:14:51.225 --> 00:14:53.675 also child mental health outcomes.
NOTE Confidence: 0.868374214

00:14:53.680 --> 00:14:53.965 Now,
NOTE Confidence: 0.868374214

00:14:53.965 --> 00:14:55.390 one of the fundamental challenges
NOTE Confidence: 0.868374214

00:14:55.390 --> 00:14:56.530 that I experience in
NOTE Confidence: 0.887233846666667

00:14:56.586 --> 00:14:58.483 my work is trying to identify children
NOTE Confidence: 0.887233846666667

00:14:58.483 --> 00:15:00.663 that are greatest risk of adverse mental
NOTE Confidence: 0.887233846666667

00:15:00.663 --> 00:15:02.308 health outcomes following exposure to
NOTE Confidence: 0.887233846666667

00:15:02.308 --> 00:15:03.760 anxiety or depression and pregnancy.
NOTE Confidence: 0.887233846666667

00:15:03.760 --> 00:15:07.131 And so in my group we make use of information
NOTE Confidence: 0.887233846666667

00:15:07.131 --> 00:15:08.759 from different biological systems,
NOTE Confidence: 0.887233846666667

00:15:08.760 --> 00:15:10.116 including the genome,

NOTE Confidence: 0.887233846666667

00:15:10.116 --> 00:15:13.280 so genetic variation and also the epigenome,

NOTE Confidence: 0.887233846666667

00:15:13.280 --> 00:15:15.576 which is a series of chemical marks

NOTE Confidence: 0.887233846666667

00:15:15.576 --> 00:15:17.626 or modifications to the genome to

NOTE Confidence: 0.887233846666667

00:15:17.626 --> 00:15:19.630 help us better identify which children

NOTE Confidence: 0.887233846666667

00:15:19.630 --> 00:15:21.638 are most likely to be affected.

NOTE Confidence: 0.887233846666667

00:15:21.640 --> 00:15:22.956 So for those of you who are

NOTE Confidence: 0.887233846666667

00:15:22.956 --> 00:15:23.960 unfamiliar with the epigenome,

NOTE Confidence: 0.887233846666667

00:15:23.960 --> 00:15:25.976 this is has been described as

NOTE Confidence: 0.887233846666667

00:15:25.976 --> 00:15:27.320 where nature meets nurture.

NOTE Confidence: 0.887233846666667

00:15:27.320 --> 00:15:29.528 It is a series of biochemical

NOTE Confidence: 0.887233846666667

00:15:29.528 --> 00:15:31.000 modifications that is sensitive

NOTE Confidence: 0.887233846666667

00:15:31.060 --> 00:15:33.135 both to genetic variation but

NOTE Confidence: 0.887233846666667

00:15:33.135 --> 00:15:34.795 also to environmental exposures.

NOTE Confidence: 0.887233846666667

00:15:34.800 --> 00:15:36.880 And so we know that there are changes

NOTE Confidence: 0.887233846666667

00:15:36.880 --> 00:15:38.792 to the epigenome across the the

NOTE Confidence: 0.887233846666667

00:15:38.792 --> 00:15:41.395 lifespan and also in a response to
NOTE Confidence: 0.887233846666667

00:15:41.395 --> 00:15:43.039 different environmental exposures.
NOTE Confidence: 0.887233846666667

00:15:43.040 --> 00:15:45.056 And my team has been part of a
NOTE Confidence: 0.887233846666667

00:15:45.056 --> 00:15:46.482 consortium that's developed a biomarker
NOTE Confidence: 0.887233846666667

00:15:46.482 --> 00:15:48.505 of aging for use in the pediatric
NOTE Confidence: 0.887233846666667

00:15:48.558 --> 00:15:50.322 age range that we've been able to
NOTE Confidence: 0.887233846666667

00:15:50.322 --> 00:15:52.480 implement in a number of cohorts to
NOTE Confidence: 0.887233846666667

00:15:52.480 --> 00:15:54.580 show that increased levels of anxiety
NOTE Confidence: 0.887233846666667

00:15:54.648 --> 00:15:56.644 during pregnancy are associated
NOTE Confidence: 0.887233846666667

00:15:56.644 --> 00:15:58.640 with accelerated biological aging.
NOTE Confidence: 0.887233846666667

00:15:58.640 --> 00:16:00.256 And the goal of this work is not
NOTE Confidence: 0.887233846666667

00:16:00.256 --> 00:16:01.519 just knowledge for knowledge sake,
NOTE Confidence: 0.887233846666667

00:16:01.520 --> 00:16:04.046 but then to implement these biomarkers
NOTE Confidence: 0.887233846666667

00:16:04.046 --> 00:16:05.730 and randomized controlled trials
NOTE Confidence: 0.887233846666667

00:16:05.796 --> 00:16:08.148 of early interventions that seek to
NOTE Confidence: 0.887233846666667

00:16:08.148 --> 00:16:10.113 improve maternal mental health as

NOTE Confidence: 0.887233846666667

00:16:10.113 --> 00:16:12.479 an early biomarker of the impact of

NOTE Confidence: 0.887233846666667

00:16:12.479 --> 00:16:13.916 treatment response to early intervention.

NOTE Confidence: 0.887233846666667

00:16:13.916 --> 00:16:15.972 And I'm happy to talk to you about

NOTE Confidence: 0.887233846666667

00:16:15.972 --> 00:16:17.603 some of the trials that we have

NOTE Confidence: 0.887233846666667

00:16:17.603 --> 00:16:19.259 under way both here in the United

NOTE Confidence: 0.887233846666667

00:16:19.259 --> 00:16:21.456 States but also in the global S that

NOTE Confidence: 0.887233846666667

00:16:21.456 --> 00:16:23.216 seeks to evaluate these biomarkers

NOTE Confidence: 0.887233846666667

00:16:23.216 --> 00:16:25.987 of aging in the context of early

NOTE Confidence: 0.887233846666667

00:16:25.987 --> 00:16:27.591 interventions that target maternal

NOTE Confidence: 0.887233846666667

00:16:27.591 --> 00:16:29.848 mental health as a mechanism to

NOTE Confidence: 0.887233846666667

00:16:29.848 --> 00:16:31.638 pursue to improve child outcomes.

NOTE Confidence: 0.887233846666667

00:16:31.640 --> 00:16:32.560 And as you can probably

NOTE Confidence: 0.887233846666667

00:16:32.560 --> 00:16:33.480 tell from the last minute,

NOTE Confidence: 0.887233846666667

00:16:33.480 --> 00:16:35.556 it's critically important that we have

NOTE Confidence: 0.887233846666667

00:16:35.556 --> 00:16:37.319 evidence based interventions that can

NOTE Confidence: 0.887233846666667

00:16:37.319 --> 00:16:39.281 improve maternal mental health plus to
NOTE Confidence: 0.887233846666667

00:16:39.281 --> 00:16:40.839 improve maternal physical and health,
NOTE Confidence: 0.887233846666667

00:16:40.840 --> 00:16:42.676 mental health as a clinical endpoint,
NOTE Confidence: 0.887233846666667

00:16:42.680 --> 00:16:43.905 but also potentially to improve
NOTE Confidence: 0.887233846666667

00:16:43.905 --> 00:16:45.680 the health of the next generation.
NOTE Confidence: 0.887233846666667

00:16:45.680 --> 00:16:47.224 And now I'd like to pass it to
NOTE Confidence: 0.887233846666667

00:16:47.224 --> 00:16:48.200 my colleague Hilary Hahn.
NOTE Confidence: 0.887233846666667

00:16:48.200 --> 00:16:49.614 He'll tell you about some of the
NOTE Confidence: 0.887233846666667

00:16:49.614 --> 00:16:50.748 wonderful work she's doing in
NOTE Confidence: 0.887233846666667

00:16:50.748 --> 00:16:51.480 the intervention space.
NOTE Confidence: 0.785001744

00:16:53.200 --> 00:16:55.376 Thanks so much, Kieran.
NOTE Confidence: 0.785001744

00:16:55.376 --> 00:16:57.954 And I'm really glad to be here today as well.
NOTE Confidence: 0.785001744

00:16:57.960 --> 00:16:59.514 And I I really appreciate, Kieran,
NOTE Confidence: 0.785001744

00:16:59.514 --> 00:17:01.398 the attention that you drew to
NOTE Confidence: 0.785001744

00:17:01.398 --> 00:17:03.037 what an important time this
NOTE Confidence: 0.785001744

00:17:03.037 --> 00:17:04.637 is for maternal mental health.

NOTE Confidence: 0.785001744

00:17:04.640 --> 00:17:06.838 And it's an exciting time as well.

NOTE Confidence: 0.785001744

00:17:06.840 --> 00:17:09.580 With the release of the federal agency

NOTE Confidence: 0.785001744

00:17:09.580 --> 00:17:12.040 Task Force on Maternal Mental Health,

NOTE Confidence: 0.785001744

00:17:12.040 --> 00:17:13.774 they released a a strategy that

NOTE Confidence: 0.785001744

00:17:13.774 --> 00:17:15.610 would be exciting to talk about

NOTE Confidence: 0.785001744

00:17:15.610 --> 00:17:17.160 a bit during our discussion.

NOTE Confidence: 0.785001744

00:17:17.160 --> 00:17:17.952 As Linda mentioned,

NOTE Confidence: 0.785001744

00:17:17.952 --> 00:17:20.331 one focus of my work is on community

NOTE Confidence: 0.785001744

00:17:20.331 --> 00:17:22.676 programming for maternal mental health.

NOTE Confidence: 0.785001744

00:17:22.680 --> 00:17:25.186 I'm the director of a program called

NOTE Confidence: 0.785001744

00:17:25.186 --> 00:17:27.461 the Mental Health Outreach for Mothers

NOTE Confidence: 0.785001744

00:17:27.461 --> 00:17:30.107 or Moms Partnership and our focus is

NOTE Confidence: 0.785001744

00:17:30.174 --> 00:17:33.234 really on mental health programming for

NOTE Confidence: 0.785001744

00:17:33.234 --> 00:17:35.274 overburdened under resourced mothers.

NOTE Confidence: 0.785001744

00:17:35.280 --> 00:17:37.667 Becoming a mother and the experience of

NOTE Confidence: 0.785001744

00:17:37.667 --> 00:17:40.559 motherhood is a dynamic and evolving process,

NOTE Confidence: 0.785001744

00:17:40.560 --> 00:17:42.394 and it's influenced by so many factors,

NOTE Confidence: 0.785001744

00:17:42.400 --> 00:17:43.776 social, cultural,

NOTE Confidence: 0.785001744

00:17:43.776 --> 00:17:45.840 environmental, and personal.

NOTE Confidence: 0.785001744

00:17:45.840 --> 00:17:47.946 And while any mother can be

NOTE Confidence: 0.785001744

00:17:47.946 --> 00:17:48.999 impacted by depression,

NOTE Confidence: 0.785001744

00:17:49.000 --> 00:17:50.480 research consistently shows that

NOTE Confidence: 0.785001744

00:17:50.480 --> 00:17:52.700 mothers who are living in poverty

NOTE Confidence: 0.785001744

00:17:52.762 --> 00:17:54.814 are much more likely twice as

NOTE Confidence: 0.785001744

00:17:54.814 --> 00:17:56.589 likely to experience depression as

NOTE Confidence: 0.785001744

00:17:56.589 --> 00:17:58.319 compared to more affluent mothers.

NOTE Confidence: 0.785001744

00:17:58.320 --> 00:17:59.319 And in fact,

NOTE Confidence: 0.785001744

00:17:59.319 --> 00:18:00.984 we now understand that there's

NOTE Confidence: 0.785001744

00:18:00.984 --> 00:18:03.010 actually a bi directional and

NOTE Confidence: 0.785001744

00:18:03.010 --> 00:18:04.738 causal relationship that exists

NOTE Confidence: 0.785001744

00:18:04.738 --> 00:18:06.960 between poverty and mental health.

NOTE Confidence: 0.785001744

00:18:06.960 --> 00:18:09.390 The worry and uncertainty that the

NOTE Confidence: 0.785001744

00:18:09.390 --> 00:18:11.444 conditions of poverty create can

NOTE Confidence: 0.785001744

00:18:11.444 --> 00:18:13.274 actually have detrimental impacts on

NOTE Confidence: 0.785001744

00:18:13.274 --> 00:18:15.840 the way that our brains function.

NOTE Confidence: 0.785001744

00:18:15.840 --> 00:18:18.360 Conditions of poverty can create

NOTE Confidence: 0.785001744

00:18:18.360 --> 00:18:19.924 a significant cognitive load,

NOTE Confidence: 0.785001744

00:18:19.924 --> 00:18:21.879 and at the same time,

NOTE Confidence: 0.785001744

00:18:21.880 --> 00:18:24.070 conditions of poverty can impact the

NOTE Confidence: 0.785001744

00:18:24.070 --> 00:18:27.200 way that our brain can process information.

NOTE Confidence: 0.785001744

00:18:27.200 --> 00:18:29.438 And so when we experience stress,

NOTE Confidence: 0.785001744

00:18:29.440 --> 00:18:32.356 the brain activates a stress response,

NOTE Confidence: 0.785001744

00:18:32.360 --> 00:18:34.330 triggering the release of stress

NOTE Confidence: 0.785001744

00:18:34.330 --> 00:18:36.815 hormones like cortisol and adrenaline.

NOTE Confidence: 0.785001744

00:18:36.815 --> 00:18:39.075 And the prefrontal cortex,

NOTE Confidence: 0.785001744

00:18:39.080 --> 00:18:41.765 which plays a really crucial

NOTE Confidence: 0.785001744

00:18:41.765 --> 00:18:43.913 role in executive functioning.
NOTE Confidence: 0.785001744

00:18:43.920 --> 00:18:45.816 Things like decision making
NOTE Confidence: 0.785001744

00:18:45.816 --> 00:18:47.238 and problem solving,
NOTE Confidence: 0.785001744

00:18:47.240 --> 00:18:49.570 is vulnerable to exposure to
NOTE Confidence: 0.785001744

00:18:49.570 --> 00:18:51.434 those continued stress hormones.
NOTE Confidence: 0.785001744

00:18:51.440 --> 00:18:52.523 And the hippocampus,
NOTE Confidence: 0.785001744

00:18:52.523 --> 00:18:54.328 which is involved in memory
NOTE Confidence: 0.785001744

00:18:54.328 --> 00:18:55.640 formation and learning,
NOTE Confidence: 0.785001744

00:18:55.640 --> 00:18:57.272 is also really vulnerable
NOTE Confidence: 0.785001744

00:18:57.272 --> 00:18:59.312 to stress in those ways.
NOTE Confidence: 0.785001744

00:18:59.320 --> 00:19:01.305 We also know that poverty
NOTE Confidence: 0.785001744

00:19:01.305 --> 00:19:03.290 coexists with stressors that are
NOTE Confidence: 0.785001744

00:19:03.358 --> 00:19:05.478 also damaging to mental health.
NOTE Confidence: 0.785001744

00:19:05.480 --> 00:19:07.199 Poverty means access,
NOTE Confidence: 0.785001744

00:19:07.199 --> 00:19:09.491 limited access to resources
NOTE Confidence: 0.785001744

00:19:09.491 --> 00:19:11.392 including education, healthcare,

NOTE Confidence: 0.785001744

00:19:11.392 --> 00:19:14.400 nutritious food, safe housing.

NOTE Confidence: 0.785001744

00:19:14.400 --> 00:19:16.568 Poverty means environmental stressors,

NOTE Confidence: 0.785001744

00:19:16.568 --> 00:19:18.194 things like noise,

NOTE Confidence: 0.785001744

00:19:18.200 --> 00:19:18.675 pollution,

NOTE Confidence: 0.785001744

00:19:18.675 --> 00:19:21.525 violence and crime and those have

NOTE Confidence: 0.785001744

00:19:21.525 --> 00:19:24.138 been well demonstrated to be directly

NOTE Confidence: 0.785001744

00:19:24.138 --> 00:19:26.400 linked to to mental illness and

NOTE Confidence: 0.785001744

00:19:26.400 --> 00:19:28.400 and poverty impacts social status.

NOTE Confidence: 0.785001744

00:19:28.400 --> 00:19:30.825 So people living in poverty

NOTE Confidence: 0.785001744

00:19:30.825 --> 00:19:32.280 frequently experience racism,

NOTE Confidence: 0.785001744

00:19:32.280 --> 00:19:32.804 discrimination,

NOTE Confidence: 0.785001744

00:19:32.804 --> 00:19:35.948 social stigma and social exclusion and

NOTE Confidence: 0.785001744

00:19:35.948 --> 00:19:39.678 and those can trigger emotional distress.

NOTE Confidence: 0.785001744

00:19:39.680 --> 00:19:42.060 The necessity of continually navigating

NOTE Confidence: 0.785001744

00:19:42.060 --> 00:19:44.440 the stressors that are associated

NOTE Confidence: 0.785001744

00:19:44.508 --> 00:19:47.418 with poverty can leave fewer resources
NOTE Confidence: 0.785001744

00:19:47.418 --> 00:19:48.873 available for relationships,
NOTE Confidence: 0.785001744

00:19:48.880 --> 00:19:51.460 including our parenting relationships.
NOTE Confidence: 0.785001744

00:19:51.460 --> 00:19:54.685 And we know that depressed
NOTE Confidence: 0.785001744

00:19:54.685 --> 00:19:56.399 mothers are can be,
NOTE Confidence: 0.785001744

00:19:56.400 --> 00:19:58.998 can can suffer in those circumstances.
NOTE Confidence: 0.785001744

00:19:59.000 --> 00:20:00.655 Mothers who are experiencing depression
NOTE Confidence: 0.785001744

00:20:00.655 --> 00:20:02.956 can be less attuned to the needs
NOTE Confidence: 0.785001744

00:20:02.956 --> 00:20:04.720 of their infants and and children.
NOTE Confidence: 0.785001744

00:20:04.720 --> 00:20:07.720 They may feel less securely attached.
NOTE Confidence: 0.785001744

00:20:07.720 --> 00:20:10.840 The non depressive mothers and and
NOTE Confidence: 0.785001744

00:20:10.840 --> 00:20:12.920 experience lower maternal instincts.
NOTE Confidence: 0.785001744

00:20:12.920 --> 00:20:15.524 We know that the the sensitive
NOTE Confidence: 0.785001744

00:20:15.524 --> 00:20:16.932 responsive caregiving relationship
NOTE Confidence: 0.785001744

00:20:16.932 --> 00:20:19.773 is so essential to children's
NOTE Confidence: 0.785001744

00:20:19.773 --> 00:20:22.980 development and as as my colleagues

NOTE Confidence: 0.785001744

00:20:22.980 --> 00:20:25.110 were just talking about when it's

NOTE Confidence: 0.909601745

00:20:25.184 --> 00:20:27.998 absent it can lead to poorer cognitive

NOTE Confidence: 0.909601745

00:20:27.998 --> 00:20:30.038 outcomes for children that exist

NOTE Confidence: 0.909601745

00:20:30.038 --> 00:20:32.760 and are demonstrated in in infancy.

NOTE Confidence: 0.909601745

00:20:32.760 --> 00:20:36.372 They're they're there and can it can

NOTE Confidence: 0.909601745

00:20:36.372 --> 00:20:38.514 show up in less school readiness and,

NOTE Confidence: 0.909601745

00:20:38.520 --> 00:20:40.360 for example, by age 5.

NOTE Confidence: 0.909601745

00:20:40.360 --> 00:20:43.205 And there's evidence that persists

NOTE Confidence: 0.909601745

00:20:43.205 --> 00:20:46.680 into into adolescence and and early,

NOTE Confidence: 0.909601745

00:20:46.680 --> 00:20:47.802 even early adulthood.

NOTE Confidence: 0.909601745

00:20:47.802 --> 00:20:50.926 The good news is that when mothers receive

NOTE Confidence: 0.909601745

00:20:50.926 --> 00:20:53.560 mental health supports that they need,

NOTE Confidence: 0.909601745

00:20:53.560 --> 00:20:55.270 their mental health and well-being

NOTE Confidence: 0.909601745

00:20:55.270 --> 00:20:56.980 can improve and actually the

NOTE Confidence: 0.909601745

00:20:57.040 --> 00:20:58.400 whole family can benefit.

NOTE Confidence: 0.909601745

00:20:58.400 --> 00:20:59.560 The focus of our work,
NOTE Confidence: 0.909601745

00:20:59.560 --> 00:21:01.045 the Mental Health Outreach for
NOTE Confidence: 0.909601745

00:21:01.045 --> 00:21:02.965 Mothers or Moms Partnership is on
NOTE Confidence: 0.909601745

00:21:02.965 --> 00:21:04.117 directly strengthening maternal
NOTE Confidence: 0.909601745

00:21:04.117 --> 00:21:06.037 mental health among under resourced,
NOTE Confidence: 0.909601745

00:21:06.040 --> 00:21:06.792 overburdened women.
NOTE Confidence: 0.909601745

00:21:06.792 --> 00:21:08.672 And that leaves a critical
NOTE Confidence: 0.909601745

00:21:08.672 --> 00:21:10.554 foundation for mothers to strengthen
NOTE Confidence: 0.909601745

00:21:10.554 --> 00:21:12.299 other areas of their well-being
NOTE Confidence: 0.909601745

00:21:12.299 --> 00:21:14.000 and their family's well-being.
NOTE Confidence: 0.909601745

00:21:14.000 --> 00:21:15.760 The Mom's partnership is offered
NOTE Confidence: 0.909601745

00:21:15.760 --> 00:21:17.520 in community settings and formats
NOTE Confidence: 0.909601745

00:21:17.581 --> 00:21:18.838 that emphasize accessibility
NOTE Confidence: 0.909601745

00:21:18.838 --> 00:21:20.514 for participants and moms,
NOTE Confidence: 0.909601745

00:21:20.520 --> 00:21:23.088 has been shown to help mothers
NOTE Confidence: 0.909601745

00:21:23.088 --> 00:21:25.328 and and parenting women to

NOTE Confidence: 0.909601745

00:21:25.328 --> 00:21:26.912 experience significant reductions

NOTE Confidence: 0.909601745

00:21:26.912 --> 00:21:29.552 in depressive symptoms in anxiety

NOTE Confidence: 0.909601745

00:21:29.552 --> 00:21:31.558 symptoms and perceived stress,

NOTE Confidence: 0.909601745

00:21:31.560 --> 00:21:33.172 and also to experience

NOTE Confidence: 0.909601745

00:21:33.172 --> 00:21:34.784 improvements in perceived social

NOTE Confidence: 0.909601745

00:21:34.784 --> 00:21:36.800 support and emotion regulation.

NOTE Confidence: 0.909601745

00:21:36.800 --> 00:21:38.636 Even a really brief intervention such

NOTE Confidence: 0.909601745

00:21:38.636 --> 00:21:40.920 as the Mom Stress Management Course,

NOTE Confidence: 0.909601745

00:21:40.920 --> 00:21:44.196 which is offered in 890 minute sessions,

NOTE Confidence: 0.909601745

00:21:44.200 --> 00:21:45.860 can teach participants really

NOTE Confidence: 0.909601745

00:21:45.860 --> 00:21:47.935 powerful skills for mood management

NOTE Confidence: 0.909601745

00:21:47.935 --> 00:21:49.679 and emotional regulation.

NOTE Confidence: 0.909601745

00:21:49.680 --> 00:21:51.555 And it also offers opportunities

NOTE Confidence: 0.909601745

00:21:51.555 --> 00:21:52.680 for social connection,

NOTE Confidence: 0.909601745

00:21:52.680 --> 00:21:55.400 which we know is critical to mental health.

NOTE Confidence: 0.909601745

00:21:55.400 --> 00:21:55.755 Together,
NOTE Confidence: 0.909601745

00:21:55.755 --> 00:21:57.530 building those skills for mood
NOTE Confidence: 0.909601745

00:21:57.530 --> 00:21:58.950 management and having opportunities
NOTE Confidence: 0.909601745

00:21:59.005 --> 00:22:00.685 for social connection can lead to
NOTE Confidence: 0.909601745

00:22:00.685 --> 00:22:02.216 really positive changes in mother's
NOTE Confidence: 0.909601745

00:22:02.216 --> 00:22:03.636 mental health and well-being.
NOTE Confidence: 0.909601745

00:22:03.640 --> 00:22:05.936 And for children that can mean positive
NOTE Confidence: 0.909601745

00:22:05.936 --> 00:22:07.959 changes in social emotional health.
NOTE Confidence: 0.909601745

00:22:07.960 --> 00:22:10.156 Investing in mother's mental health really,
NOTE Confidence: 0.909601745

00:22:10.160 --> 00:22:11.960 truly becomes an investment in
NOTE Confidence: 0.909601745

00:22:11.960 --> 00:22:13.382 the whole family's well-being.
NOTE Confidence: 0.909601745

00:22:13.382 --> 00:22:15.839 So thank you so much for listening.
NOTE Confidence: 0.909601745

00:22:15.840 --> 00:22:16.664 And at this point,
NOTE Confidence: 0.909601745

00:22:16.664 --> 00:22:18.840 I'm going to pass this to my colleague Carla,
NOTE Confidence: 0.909601745

00:22:18.840 --> 00:22:20.240 who will talk about the role of fathers.
NOTE Confidence: 0.728173352857143

00:22:21.560 --> 00:22:23.228 Thanks, Hilary. Hello, everybody.

NOTE Confidence: 0.728173352857143
00:22:23.228 --> 00:22:25.432 I'm Carla Stover, and I'm going to
NOTE Confidence: 0.728173352857143
00:22:25.432 --> 00:22:27.452 take the mantle to try to shift the
NOTE Confidence: 0.728173352857143
00:22:27.452 --> 00:22:29.314 focus a little bit to think about
NOTE Confidence: 0.728173352857143
00:22:29.314 --> 00:22:31.120 the other partner in families,
NOTE Confidence: 0.728173352857143
00:22:31.120 --> 00:22:32.400 the father and the families,
NOTE Confidence: 0.728173352857143
00:22:32.400 --> 00:22:36.018 which fathers often get overlooked in the
NOTE Confidence: 0.728173352857143
00:22:36.018 --> 00:22:38.461 focus on mothers and infants and thinking
NOTE Confidence: 0.728173352857143
00:22:38.461 --> 00:22:40.758 about the transition to parenthood.
NOTE Confidence: 0.728173352857143
00:22:40.760 --> 00:22:43.765 And I want to start by just sharing a
NOTE Confidence: 0.728173352857143
00:22:43.765 --> 00:22:46.740 little bit from a recent survey that
NOTE Confidence: 0.728173352857143
00:22:46.740 --> 00:22:49.360 came out on the state of American men.
NOTE Confidence: 0.728173352857143
00:22:49.360 --> 00:22:50.542 And this survey was actually done
NOTE Confidence: 0.728173352857143
00:22:50.542 --> 00:22:51.686 by colleagues from the University
NOTE Confidence: 0.728173352857143
00:22:51.686 --> 00:22:52.320 of Pennsylvania.
NOTE Confidence: 0.728173352857143
00:22:52.320 --> 00:22:53.436 So it wasn't done by me,
NOTE Confidence: 0.728173352857143

00:22:53.440 --> 00:22:55.841 but it's an important study in that
NOTE Confidence: 0.728173352857143

00:22:55.841 --> 00:22:58.450 over 2000 men aged 18 to 45 were
NOTE Confidence: 0.728173352857143

00:22:58.450 --> 00:23:00.520 surveyed on a variety of issues.
NOTE Confidence: 0.728173352857143

00:23:00.520 --> 00:23:02.644 But one of the a couple of the key
NOTE Confidence: 0.728173352857143

00:23:02.644 --> 00:23:05.905 findings were that 44% of the men that
NOTE Confidence: 0.728173352857143

00:23:05.905 --> 00:23:08.760 were surveyed reported some amount of
NOTE Confidence: 0.728173352857143

00:23:08.760 --> 00:23:11.840 suicidal thinking in the last two weeks.
NOTE Confidence: 0.728173352857143

00:23:11.840 --> 00:23:13.800 And the majority of the of men,
NOTE Confidence: 0.728173352857143

00:23:13.800 --> 00:23:15.000 particularly young men,
NOTE Confidence: 0.728173352857143

00:23:15.000 --> 00:23:16.965 didn't feel any, didn't feel connected.
NOTE Confidence: 0.728173352857143

00:23:16.965 --> 00:23:19.160 They didn't feel a sense of social support.
NOTE Confidence: 0.728173352857143

00:23:19.160 --> 00:23:20.810 They didn't feel like they
NOTE Confidence: 0.728173352857143

00:23:20.810 --> 00:23:21.800 had strong friendships.
NOTE Confidence: 0.728173352857143

00:23:21.800 --> 00:23:23.504 And so what's happening is there
NOTE Confidence: 0.728173352857143

00:23:23.504 --> 00:23:25.928 really is a a a bit of a crisis in
NOTE Confidence: 0.728173352857143

00:23:25.928 --> 00:23:28.000 terms of men's health and well-being,

NOTE Confidence: 0.728173352857143

00:23:28.000 --> 00:23:30.562 I think because there's a lot of

NOTE Confidence: 0.728173352857143

00:23:30.562 --> 00:23:32.469 stigma around accessing mental health

NOTE Confidence: 0.728173352857143

00:23:32.469 --> 00:23:34.677 care or health care in general.

NOTE Confidence: 0.728173352857143

00:23:34.680 --> 00:23:36.836 If you think about who accesses care,

NOTE Confidence: 0.728173352857143

00:23:36.840 --> 00:23:38.672 any of you who are who are married

NOTE Confidence: 0.728173352857143

00:23:38.672 --> 00:23:39.640 or who are men,

NOTE Confidence: 0.728173352857143

00:23:39.640 --> 00:23:41.712 you know you tend to avoid going

NOTE Confidence: 0.728173352857143

00:23:41.712 --> 00:23:42.288 to the doctor.

NOTE Confidence: 0.728173352857143

00:23:42.288 --> 00:23:43.885 It's sort of like you have to be

NOTE Confidence: 0.728173352857143

00:23:43.885 --> 00:23:44.870 almost dying before you decide

NOTE Confidence: 0.728173352857143

00:23:44.870 --> 00:23:46.198 to go ahead and see a doctor.

NOTE Confidence: 0.728173352857143

00:23:46.200 --> 00:23:48.184 And so it's not only the the mental

NOTE Confidence: 0.728173352857143

00:23:48.184 --> 00:23:49.774 health care with physical health care

NOTE Confidence: 0.728173352857143

00:23:49.774 --> 00:23:52.092 and so there's a a lack and men are

NOTE Confidence: 0.728173352857143

00:23:52.092 --> 00:23:54.069 are more likely to die younger as a

NOTE Confidence: 0.728173352857143

00:23:54.069 --> 00:23:56.541 result of not taking care of their of
NOTE Confidence: 0.728173352857143

00:23:56.541 --> 00:23:58.782 their health and well-being connected
NOTE Confidence: 0.728173352857143

00:23:58.782 --> 00:24:01.314 to the the transition to parenthood.
NOTE Confidence: 0.728173352857143

00:24:01.320 --> 00:24:03.528 We we we can't we do and should
NOTE Confidence: 0.728173352857143

00:24:03.528 --> 00:24:05.335 think about mothers and postpartum
NOTE Confidence: 0.728173352857143

00:24:05.335 --> 00:24:08.114 depression but men also can suffer from
NOTE Confidence: 0.728173352857143

00:24:08.187 --> 00:24:10.297 postpartum depression after becoming
NOTE Confidence: 0.728173352857143

00:24:10.297 --> 00:24:12.936 new parents and about 18 between 8:00
NOTE Confidence: 0.728173352857143

00:24:12.936 --> 00:24:15.360 and 13% depending on the surveys.
NOTE Confidence: 0.728173352857143

00:24:15.360 --> 00:24:18.384 So about 9% overall of men will actually
NOTE Confidence: 0.728173352857143

00:24:18.384 --> 00:24:19.880 experience postpartum depression,
NOTE Confidence: 0.728173352857143

00:24:19.880 --> 00:24:22.148 and it's most common when their babies
NOTE Confidence: 0.728173352857143

00:24:22.148 --> 00:24:24.478 are between 3:00 and six months of age.
NOTE Confidence: 0.728173352857143

00:24:24.480 --> 00:24:26.279 So not necessarily right after the birth,
NOTE Confidence: 0.728173352857143

00:24:26.280 --> 00:24:27.800 but a few months later.
NOTE Confidence: 0.728173352857143

00:24:27.800 --> 00:24:29.512 And that it's for all of the same

NOTE Confidence: 0.728173352857143

00:24:29.512 --> 00:24:31.548 reasons in many ways that mothers

NOTE Confidence: 0.728173352857143

00:24:31.548 --> 00:24:32.715 experience postpartum depression.

NOTE Confidence: 0.728173352857143

00:24:32.720 --> 00:24:34.148 All the changes in the family

NOTE Confidence: 0.728173352857143

00:24:34.148 --> 00:24:35.430 life and the different pressures

NOTE Confidence: 0.728173352857143

00:24:35.430 --> 00:24:37.116 and stresses that can come about,

NOTE Confidence: 0.728173352857143

00:24:37.120 --> 00:24:40.277 and men are much less likely to

NOTE Confidence: 0.728173352857143

00:24:40.280 --> 00:24:41.694 be thought of in terms of whether

NOTE Confidence: 0.728173352857143

00:24:41.694 --> 00:24:42.680 they're having these symptoms.

NOTE Confidence: 0.728173352857143

00:24:42.680 --> 00:24:44.493 And they're also less likely to seek

NOTE Confidence: 0.728173352857143

00:24:44.493 --> 00:24:46.948 care or to actually know how to access

NOTE Confidence: 0.728173352857143

00:24:46.948 --> 00:24:49.920 resources for postpartum depression.

NOTE Confidence: 0.728173352857143

00:24:49.920 --> 00:24:52.960 And so this concern about,

NOTE Confidence: 0.728173352857143

00:24:52.960 --> 00:24:53.686 you know,

NOTE Confidence: 0.728173352857143

00:24:53.686 --> 00:24:55.501 stigma around mental health is

NOTE Confidence: 0.728173352857143

00:24:55.501 --> 00:24:57.588 really important because if we don't

NOTE Confidence: 0.728173352857143

00:24:57.588 --> 00:24:59.158 elevate this concern around dads,
NOTE Confidence: 0.728173352857143

00:24:59.160 --> 00:25:01.020 we really are are causing difficulties
NOTE Confidence: 0.728173352857143

00:25:01.020 --> 00:25:03.198 when the whole within the whole family.
NOTE Confidence: 0.952156729090909

00:25:03.200 --> 00:25:05.186 Because when fathers are suffering from
NOTE Confidence: 0.952156729090909

00:25:05.186 --> 00:25:07.080 mental health difficulties like depression,
NOTE Confidence: 0.952156729090909

00:25:07.080 --> 00:25:09.112 anxiety, trauma, related disorders
NOTE Confidence: 0.952156729090909

00:25:09.112 --> 00:25:12.449 or just high levels of stress, what,
NOTE Confidence: 0.952156729090909

00:25:12.449 --> 00:25:14.761 how this tends to come across in families
NOTE Confidence: 0.952156729090909

00:25:14.761 --> 00:25:17.020 is as irritability and anger and causing
NOTE Confidence: 0.952156729090909

00:25:17.020 --> 00:25:19.278 a lot of conflict in the families.
NOTE Confidence: 0.952156729090909

00:25:19.280 --> 00:25:21.134 And so what's acceptable for men
NOTE Confidence: 0.952156729090909

00:25:21.134 --> 00:25:22.856 to express is not necessarily
NOTE Confidence: 0.952156729090909

00:25:22.856 --> 00:25:25.394 feeling depressed or anxious or sad,
NOTE Confidence: 0.952156729090909

00:25:25.400 --> 00:25:27.520 but feeling angry or irritable.
NOTE Confidence: 0.952156729090909

00:25:27.520 --> 00:25:29.248 And so those sorts of behaviors
NOTE Confidence: 0.952156729090909

00:25:29.248 --> 00:25:30.112 are more acceptable.

NOTE Confidence: 0.952156729090909

00:25:30.120 --> 00:25:32.514 So we see higher levels of aggression

NOTE Confidence: 0.952156729090909

00:25:32.520 --> 00:25:35.546 coming from men in the community and

NOTE Confidence: 0.952156729090909

00:25:35.546 --> 00:25:38.276 with their families and partners.

NOTE Confidence: 0.952156729090909

00:25:38.280 --> 00:25:39.452 The other thing that's important

NOTE Confidence: 0.952156729090909

00:25:39.452 --> 00:25:41.261 to remember is that fathers have a

NOTE Confidence: 0.952156729090909

00:25:41.261 --> 00:25:42.486 really significant impact on the

NOTE Confidence: 0.952156729090909

00:25:42.486 --> 00:25:44.084 functioning of the whole family, right?

NOTE Confidence: 0.952156729090909

00:25:44.084 --> 00:25:46.356 So particularly in the time of new mothers,

NOTE Confidence: 0.952156729090909

00:25:46.360 --> 00:25:48.478 new motherhood and transition to parenthood,

NOTE Confidence: 0.952156729090909

00:25:48.480 --> 00:25:50.400 fathers support the mother, right?

NOTE Confidence: 0.952156729090909

00:25:50.400 --> 00:25:51.520 They support her breastfeeding.

NOTE Confidence: 0.952156729090909

00:25:51.520 --> 00:25:53.680 If there's a supportive father in the house,

NOTE Confidence: 0.952156729090909

00:25:53.680 --> 00:25:55.395 there's much more likely to be longer,

NOTE Confidence: 0.952156729090909

00:25:55.400 --> 00:25:58.365 longer breastfeeding and just better

NOTE Confidence: 0.952156729090909

00:25:58.365 --> 00:26:00.592 overall the health of the mother if

NOTE Confidence: 0.952156729090909

00:26:00.592 --> 00:26:02.710 the father is able to be available
NOTE Confidence: 0.952156729090909

00:26:02.710 --> 00:26:03.994 and supportive to her.
NOTE Confidence: 0.952156729090909

00:26:04.000 --> 00:26:05.380 And also fathers have unique
NOTE Confidence: 0.952156729090909

00:26:05.380 --> 00:26:06.484 contributions to their children
NOTE Confidence: 0.952156729090909

00:26:06.484 --> 00:26:07.997 in terms of their development.
NOTE Confidence: 0.952156729090909

00:26:08.000 --> 00:26:09.680 Overall, we know having a,
NOTE Confidence: 0.952156729090909

00:26:09.680 --> 00:26:10.300 you know,
NOTE Confidence: 0.952156729090909

00:26:10.300 --> 00:26:12.160 one really good caregiver is important,
NOTE Confidence: 0.952156729090909

00:26:12.160 --> 00:26:14.176 but imagine the strength of having 2
NOTE Confidence: 0.952156729090909

00:26:14.176 --> 00:26:16.319 and so having your father involved.
NOTE Confidence: 0.952156729090909

00:26:16.320 --> 00:26:18.642 They have unique contributions in terms
NOTE Confidence: 0.952156729090909

00:26:18.642 --> 00:26:20.960 of child children's social development.
NOTE Confidence: 0.952156729090909

00:26:20.960 --> 00:26:22.424 The way the way they play with their
NOTE Confidence: 0.952156729090909

00:26:22.424 --> 00:26:23.776 children is different than the way
NOTE Confidence: 0.952156729090909

00:26:23.776 --> 00:26:25.192 mothers play with their children often,
NOTE Confidence: 0.952156729090909

00:26:25.200 --> 00:26:27.396 And that has unique contributions to

NOTE Confidence: 0.952156729090909
00:26:27.400 --> 00:26:28.980 children's social, emotional health.
NOTE Confidence: 0.952156729090909
00:26:28.980 --> 00:26:30.560 They're functioning in school.
NOTE Confidence: 0.952156729090909
00:26:30.560 --> 00:26:32.612 They do better academically in school
NOTE Confidence: 0.952156729090909
00:26:32.612 --> 00:26:34.958 when their fathers are also doing well.
NOTE Confidence: 0.952156729090909
00:26:34.960 --> 00:26:36.616 So when dads aren't getting the
NOTE Confidence: 0.952156729090909
00:26:36.616 --> 00:26:38.279 mental health care that they need,
NOTE Confidence: 0.952156729090909
00:26:38.280 --> 00:26:40.320 this can impact their kids.
NOTE Confidence: 0.952156729090909
00:26:40.320 --> 00:26:41.556 And so you may be wondering,
NOTE Confidence: 0.952156729090909
00:26:41.560 --> 00:26:42.343 well, what are,
NOTE Confidence: 0.952156729090909
00:26:42.343 --> 00:26:43.909 what are some of the things
NOTE Confidence: 0.952156729090909
00:26:43.909 --> 00:26:45.040 that that dads need?
NOTE Confidence: 0.952156729090909
00:26:45.040 --> 00:26:46.356 A couple of the things that are,
NOTE Confidence: 0.952156729090909
00:26:46.360 --> 00:26:47.962 I'll just mention two things that
NOTE Confidence: 0.952156729090909
00:26:47.962 --> 00:26:49.600 I think are really important.
NOTE Confidence: 0.952156729090909
00:26:49.600 --> 00:26:52.008 One is men need other support from
NOTE Confidence: 0.952156729090909

00:26:52.008 --> 00:26:54.171 other men and it just connections

NOTE Confidence: 0.952156729090909

00:26:54.171 --> 00:26:56.628 with other men and so we need

NOTE Confidence: 0.952156729090909

00:26:56.709 --> 00:26:58.359 to try to elevate that.

NOTE Confidence: 0.952156729090909

00:26:58.360 --> 00:26:59.720 As you know, making friends,

NOTE Confidence: 0.952156729090909

00:26:59.720 --> 00:27:01.940 spending time with friends is really

NOTE Confidence: 0.952156729090909

00:27:01.940 --> 00:27:04.399 important for men as well as women.

NOTE Confidence: 0.952156729090909

00:27:04.400 --> 00:27:07.010 And also when we do interventions

NOTE Confidence: 0.952156729090909

00:27:07.010 --> 00:27:08.315 and provide treatment,

NOTE Confidence: 0.952156729090909

00:27:08.320 --> 00:27:10.600 focusing on development of emotion,

NOTE Confidence: 0.952156729090909

00:27:10.600 --> 00:27:12.104 Healthy emotion regulation is

NOTE Confidence: 0.952156729090909

00:27:12.104 --> 00:27:14.360 something that men often have not

NOTE Confidence: 0.952156729090909

00:27:14.423 --> 00:27:16.436 been taught because in society men

NOTE Confidence: 0.952156729090909

00:27:16.436 --> 00:27:18.470 are taught to repress their emotions

NOTE Confidence: 0.952156729090909

00:27:18.532 --> 00:27:20.198 and to try to tamp them down.

NOTE Confidence: 0.952156729090909

00:27:20.200 --> 00:27:21.616 And so in treatment and intervention

NOTE Confidence: 0.952156729090909

00:27:21.616 --> 00:27:23.259 sort of helping to think about

NOTE Confidence: 0.952156729090909
00:27:23.259 --> 00:27:24.237 what's healthy regulation,
NOTE Confidence: 0.952156729090909
00:27:24.240 --> 00:27:25.638 what's healthy expression
NOTE Confidence: 0.952156729090909
00:27:25.638 --> 00:27:27.036 of different emotions,
NOTE Confidence: 0.952156729090909
00:27:27.040 --> 00:27:28.714 so that they can also then
NOTE Confidence: 0.952156729090909
00:27:28.714 --> 00:27:30.440 teach that to their children.
NOTE Confidence: 0.952156729090909
00:27:30.440 --> 00:27:32.756 So if fathers are able to
NOTE Confidence: 0.952156729090909
00:27:32.756 --> 00:27:33.914 express their emotions,
NOTE Confidence: 0.952156729090909
00:27:33.920 --> 00:27:35.000 they're going to be less irritable,
NOTE Confidence: 0.952156729090909
00:27:35.000 --> 00:27:37.478 less aggressive and able to provide that
NOTE Confidence: 0.952156729090909
00:27:37.478 --> 00:27:40.027 support to their children as well and
NOTE Confidence: 0.952156729090909
00:27:40.027 --> 00:27:42.151 particularly model it to their sons,
NOTE Confidence: 0.952156729090909
00:27:42.160 --> 00:27:45.560 which is key for this this problem to to end.
NOTE Confidence: 0.952156729090909
00:27:45.560 --> 00:27:46.184 So with that,
NOTE Confidence: 0.952156729090909
00:27:46.184 --> 00:27:47.640 I will turn it over to my
NOTE Confidence: 0.900585083076923
00:27:47.693 --> 00:27:49.456 colleague Gary Epstein, who's also
NOTE Confidence: 0.900585083076923

00:27:49.456 --> 00:27:50.796 going to talk about intervention.
NOTE Confidence: 0.917755558

00:27:52.360 --> 00:27:54.360 Thank you so much, Carla.
NOTE Confidence: 0.917755558

00:27:54.360 --> 00:27:55.942 I'm so pleased to be here with
NOTE Confidence: 0.917755558

00:27:55.942 --> 00:27:57.937 you all today and to be presenting
NOTE Confidence: 0.917755558

00:27:57.937 --> 00:27:59.197 with my talented colleagues.
NOTE Confidence: 0.917755558

00:27:59.200 --> 00:28:00.240 And as Carla just said,
NOTE Confidence: 0.917755558

00:28:00.240 --> 00:28:02.424 I'm going to be sort of continuing the
NOTE Confidence: 0.917755558

00:28:02.424 --> 00:28:04.559 theme about talking about interventions.
NOTE Confidence: 0.917755558

00:28:04.560 --> 00:28:07.136 So as we all know and as you've been
NOTE Confidence: 0.917755558

00:28:07.136 --> 00:28:08.156 hearing from my colleagues today,
NOTE Confidence: 0.917755558

00:28:08.160 --> 00:28:11.185 parents are really critical in
NOTE Confidence: 0.917755558

00:28:11.185 --> 00:28:13.372 central mediators throughout the
NOTE Confidence: 0.917755558

00:28:13.372 --> 00:28:15.316 course of children's development.
NOTE Confidence: 0.917755558

00:28:15.320 --> 00:28:17.000 And while raising healthy
NOTE Confidence: 0.917755558

00:28:17.000 --> 00:28:18.680 children is never easy,
NOTE Confidence: 0.917755558

00:28:18.680 --> 00:28:21.528 there can be a host of challenges that

NOTE Confidence: 0.917755558

00:28:21.528 --> 00:28:24.358 can really significantly interfere with

NOTE Confidence: 0.917755558

00:28:24.360 --> 00:28:26.130 the parents abilities or capacities

NOTE Confidence: 0.917755558

00:28:26.130 --> 00:28:28.920 to meet the needs of their children,

NOTE Confidence: 0.917755558

00:28:28.920 --> 00:28:30.558 the ways that they'd like to.

NOTE Confidence: 0.917755558

00:28:30.560 --> 00:28:33.620 And chief among these sources of

NOTE Confidence: 0.917755558

00:28:33.620 --> 00:28:35.728 interference are difficult personal

NOTE Confidence: 0.917755558

00:28:35.728 --> 00:28:38.448 histories and the more immediate

NOTE Confidence: 0.917755558

00:28:38.448 --> 00:28:40.856 impact of adverse and traumatic

NOTE Confidence: 0.917755558

00:28:40.856 --> 00:28:42.796 experiences in parents own lives.

NOTE Confidence: 0.917755558

00:28:42.800 --> 00:28:46.125 So research has shown that parents face

NOTE Confidence: 0.917755558

00:28:46.125 --> 00:28:49.016 multiple challenges as a result of

NOTE Confidence: 0.917755558

00:28:49.016 --> 00:28:51.316 recent and earlier traumatic events.

NOTE Confidence: 0.917755558

00:28:51.320 --> 00:28:54.288 And that in addition to the personal

NOTE Confidence: 0.917755558

00:28:54.288 --> 00:28:56.770 experience of PTSD or heightened

NOTE Confidence: 0.917755558

00:28:56.770 --> 00:28:59.795 vulnerability to anxiety and depression,

NOTE Confidence: 0.917755558

00:28:59.800 --> 00:29:00.608 they're functioning.
NOTE Confidence: 0.917755558

00:29:00.608 --> 00:29:03.032 And their views of themselves as
NOTE Confidence: 0.917755558

00:29:03.032 --> 00:29:04.959 parents may also be impacted,
NOTE Confidence: 0.917755558

00:29:04.960 --> 00:29:06.160 as my colleagues have pointed out,
NOTE Confidence: 0.917755558

00:29:06.160 --> 00:29:08.608 in ways that have potential consequences
NOTE Confidence: 0.917755558

00:29:08.608 --> 00:29:10.240 for their children's development.
NOTE Confidence: 0.917755558

00:29:10.240 --> 00:29:12.915 And so keeping these potential
NOTE Confidence: 0.917755558

00:29:12.915 --> 00:29:14.520 vulnerabilities in mind,
NOTE Confidence: 0.917755558

00:29:14.520 --> 00:29:17.676 trauma treatment that takes a more
NOTE Confidence: 0.917755558

00:29:17.680 --> 00:29:20.080 family focused approach in which parents,
NOTE Confidence: 0.917755558

00:29:20.080 --> 00:29:24.200 experiences and needs are assessed,
NOTE Confidence: 0.917755558

00:29:24.200 --> 00:29:26.385 addressed and supported is really
NOTE Confidence: 0.917755558

00:29:26.385 --> 00:29:28.133 essential to effective care
NOTE Confidence: 0.917755558

00:29:28.133 --> 00:29:30.080 of traumatized children.
NOTE Confidence: 0.917755558

00:29:30.080 --> 00:29:31.960 So as part of the work in our trauma center,
NOTE Confidence: 0.917755558

00:29:31.960 --> 00:29:33.865 we've had extensive opportunities to

NOTE Confidence: 0.917755558

00:29:33.865 --> 00:29:36.254 see the impact of traumatic experiences

NOTE Confidence: 0.917755558

00:29:36.254 --> 00:29:38.756 not only on children and adolescents,

NOTE Confidence: 0.917755558

00:29:38.760 --> 00:29:40.280 but on parents as well.

NOTE Confidence: 0.917755558

00:29:40.280 --> 00:29:41.400 And as a result,

NOTE Confidence: 0.917755558

00:29:41.400 --> 00:29:44.062 the work that we do and the treatment

NOTE Confidence: 0.917755558

00:29:44.062 --> 00:29:46.337 that we've developed focuses on

NOTE Confidence: 0.917755558

00:29:46.337 --> 00:29:49.078 helping both parent and child better

NOTE Confidence: 0.917755558

00:29:49.078 --> 00:29:51.248 recognize and more effectively respond

NOTE Confidence: 0.917755558

00:29:51.248 --> 00:29:53.521 to and decrease the symptomatic

NOTE Confidence: 0.917755558

00:29:53.521 --> 00:29:55.856 impact of traumatic experiences on

NOTE Confidence: 0.917755558

00:29:55.856 --> 00:29:58.344 their own individual functioning as

NOTE Confidence: 0.917755558

00:29:58.344 --> 00:30:01.308 well as on their communication and

NOTE Confidence: 0.917755558

00:30:01.308 --> 00:30:03.362 interactions with one another with

NOTE Confidence: 0.917755558

00:30:03.362 --> 00:30:05.594 the goal of increased mastery and

NOTE Confidence: 0.917755558

00:30:05.600 --> 00:30:08.265 recovery from trauma symptoms that

NOTE Confidence: 0.917755558

00:30:08.265 --> 00:30:10.397 impair functioning and well-being.
NOTE Confidence: 0.917755558

00:30:10.400 --> 00:30:12.404 So the novel mental health treatment
NOTE Confidence: 0.917755558

00:30:12.404 --> 00:30:14.519 that we've developed that called the
NOTE Confidence: 0.917755558

00:30:14.519 --> 00:30:16.314 Child and Family Traumatic Stress
NOTE Confidence: 0.917755558

00:30:16.314 --> 00:30:18.735 Intervention or CFTSI is a brief 5
NOTE Confidence: 0.917755558

00:30:18.735 --> 00:30:21.099 to 8 session evidence based mental
NOTE Confidence: 0.917755558

00:30:21.099 --> 00:30:22.279 health treatment,
NOTE Confidence: 0.917755558

00:30:22.280 --> 00:30:24.362 which is the only mental health
NOTE Confidence: 0.917755558

00:30:24.362 --> 00:30:25.750 treatment that was specifically
NOTE Confidence: 0.917755558

00:30:25.809 --> 00:30:27.747 developed to be implemented just after
NOTE Confidence: 0.917755558

00:30:27.747 --> 00:30:30.730 a recent exposure to a traumatic event
NOTE Confidence: 0.917755558

00:30:30.730 --> 00:30:33.535 or recent disclosure of physical or
NOTE Confidence: 0.917755558

00:30:33.535 --> 00:30:35.917 sexual abuse in a forensic setting
NOTE Confidence: 0.917755558

00:30:35.920 --> 00:30:39.076 such as a child advocacy center.
NOTE Confidence: 0.917755558

00:30:39.080 --> 00:30:40.836 So through CF TSI,
NOTE Confidence: 0.917755558

00:30:40.836 --> 00:30:43.031 the clinician learns about both

NOTE Confidence: 0.917755558

00:30:43.031 --> 00:30:45.788 the parent and the child in terms

NOTE Confidence: 0.917755558

00:30:45.788 --> 00:30:47.360 of not only how they're doing,

NOTE Confidence: 0.917755558

00:30:47.360 --> 00:30:49.950 but in the broader context of their

NOTE Confidence: 0.917755558

00:30:49.950 --> 00:30:51.635 own experiences and development

NOTE Confidence: 0.917755558

00:30:51.635 --> 00:30:54.160 in order to increase recognition,

NOTE Confidence: 0.917755558

00:30:54.160 --> 00:30:55.873 appreciation and communication

NOTE Confidence: 0.917755558

00:30:55.873 --> 00:30:58.157 that can support healing.

NOTE Confidence: 0.917755558

00:30:58.160 --> 00:31:02.612 So our mom focuses on helping children

NOTE Confidence: 0.917755558

00:31:02.612 --> 00:31:05.124 communicate more effectively with their

NOTE Confidence: 0.917755558

00:31:05.124 --> 00:31:06.634 parent about their trauma symptoms,

NOTE Confidence: 0.917755558

00:31:06.640 --> 00:31:08.008 identifying and teaching them

NOTE Confidence: 0.917755558

00:31:08.008 --> 00:31:10.060 coping strategies to turn the volume

NOTE Confidence: 0.917755558

00:31:10.118 --> 00:31:11.828 down on those symptoms and really

NOTE Confidence: 0.917755558

00:31:11.828 --> 00:31:13.440 helping them heal and recover.

NOTE Confidence: 0.917755558

00:31:13.440 --> 00:31:16.184 And by having a strong focus on

NOTE Confidence: 0.917755558

00:31:16.184 --> 00:31:17.360 increasing communication between
NOTE Confidence: 0.958971769473684

00:31:17.427 --> 00:31:19.297 the child and parent about
NOTE Confidence: 0.958971769473684

00:31:19.297 --> 00:31:20.793 the child's trauma symptoms,
NOTE Confidence: 0.958971769473684

00:31:20.800 --> 00:31:24.356 CFTSI can really increase our family support,
NOTE Confidence: 0.958971769473684

00:31:24.360 --> 00:31:27.055 which is really so necessary for recovery
NOTE Confidence: 0.958971769473684

00:31:27.055 --> 00:31:29.519 in children impacted by traumatic events.
NOTE Confidence: 0.958971769473684

00:31:29.520 --> 00:31:32.257 So in this way, CFTSI really capitalizes
NOTE Confidence: 0.958971769473684

00:31:32.257 --> 00:31:34.676 on the clinical recognition of the
NOTE Confidence: 0.958971769473684

00:31:34.676 --> 00:31:37.022 central role that parents can play
NOTE Confidence: 0.958971769473684

00:31:37.022 --> 00:31:39.942 in supporting children's healing and
NOTE Confidence: 0.958971769473684

00:31:39.942 --> 00:31:42.411 recovering from traumatic events.
NOTE Confidence: 0.958971769473684

00:31:42.411 --> 00:31:45.832 So while our brief early psychotherapeutic
NOTE Confidence: 0.958971769473684

00:31:45.832 --> 00:31:48.688 treatment really aims to reduce and
NOTE Confidence: 0.958971769473684

00:31:48.688 --> 00:31:51.118 interrupt PTSD and related disorders,
NOTE Confidence: 0.958971769473684

00:31:51.120 --> 00:31:53.622 think the fuller focus and approach
NOTE Confidence: 0.958971769473684

00:31:53.622 --> 00:31:56.905 to both the parent and child has

NOTE Confidence: 0.958971769473684

00:31:56.905 --> 00:31:58.945 really yielded significant positive

NOTE Confidence: 0.958971769473684

00:31:58.945 --> 00:32:02.356 results for both our studies of CFTSI

NOTE Confidence: 0.958971769473684

00:32:02.356 --> 00:32:04.701 including our our original randomized

NOTE Confidence: 0.958971769473684

00:32:04.701 --> 00:32:07.374 control trial and our ongoing open

NOTE Confidence: 0.958971769473684

00:32:07.374 --> 00:32:09.504 trial in community based clinical

NOTE Confidence: 0.958971769473684

00:32:09.582 --> 00:32:12.000 settings consistently demonstrates

NOTE Confidence: 0.958971769473684

00:32:12.000 --> 00:32:14.280 CFTSIS effectiveness in significantly

NOTE Confidence: 0.958971769473684

00:32:14.280 --> 00:32:16.560 decreasing children's trauma symptoms.

NOTE Confidence: 0.958971769473684

00:32:16.560 --> 00:32:18.546 I mean one recent study approximately

NOTE Confidence: 0.958971769473684

00:32:18.546 --> 00:32:21.096 80% of kids who attended 5 to 8 sessions

NOTE Confidence: 0.958971769473684

00:32:21.096 --> 00:32:23.549 of CFTSI experienced a reduction of

NOTE Confidence: 0.958971769473684

00:32:23.549 --> 00:32:25.834 trauma symptoms to below clinically

NOTE Confidence: 0.958971769473684

00:32:25.834 --> 00:32:28.233 significant levels and were not referred

NOTE Confidence: 0.958971769473684

00:32:28.233 --> 00:32:30.600 on for additional trauma focused therapy.

NOTE Confidence: 0.958971769473684

00:32:30.600 --> 00:32:33.480 And children are not alone in

NOTE Confidence: 0.958971769473684

00:32:33.480 --> 00:32:35.440 experiencing benefits from CFTSI.
NOTE Confidence: 0.958971769473684

00:32:35.440 --> 00:32:38.212 So the model has also consistently
NOTE Confidence: 0.958971769473684

00:32:38.212 --> 00:32:40.060 demonstrated a significant decrease
NOTE Confidence: 0.958971769473684

00:32:40.135 --> 00:32:41.887 in the participating parents
NOTE Confidence: 0.958971769473684

00:32:41.887 --> 00:32:43.639 trauma symptoms as well.
NOTE Confidence: 0.958971769473684

00:32:43.640 --> 00:32:46.592 So 62% of parents who participate
NOTE Confidence: 0.958971769473684

00:32:46.592 --> 00:32:48.560 in CFTSI experienced clinically
NOTE Confidence: 0.958971769473684

00:32:48.636 --> 00:32:51.056 meaningful improvements in their
NOTE Confidence: 0.958971769473684

00:32:51.056 --> 00:32:53.476 post traumatic stress symptoms.
NOTE Confidence: 0.958971769473684

00:32:53.480 --> 00:32:55.244 And I think it's so important to
NOTE Confidence: 0.958971769473684

00:32:55.244 --> 00:32:57.105 point out that this is particularly
NOTE Confidence: 0.958971769473684

00:32:57.105 --> 00:32:59.199 significant because we know and you've
NOTE Confidence: 0.958971769473684

00:32:59.199 --> 00:33:01.397 heard from my colleagues that parental
NOTE Confidence: 0.958971769473684

00:33:01.397 --> 00:33:03.192 relief from symptoms and suffering
NOTE Confidence: 0.958971769473684

00:33:03.200 --> 00:33:05.692 is really also a key predictor for
NOTE Confidence: 0.958971769473684

00:33:05.692 --> 00:33:07.481 improved outcomes for children

NOTE Confidence: 0.958971769473684

00:33:07.481 --> 00:33:09.437 following traumatic experiences.

NOTE Confidence: 0.958971769473684

00:33:09.440 --> 00:33:11.384 So I just think in closing I'd like

NOTE Confidence: 0.958971769473684

00:33:11.384 --> 00:33:13.265 to finish with the following thought

NOTE Confidence: 0.958971769473684

00:33:13.265 --> 00:33:15.847 that as we've all come to learn more

NOTE Confidence: 0.958971769473684

00:33:15.847 --> 00:33:17.760 about trauma and stress through

NOTE Confidence: 0.958971769473684

00:33:17.760 --> 00:33:19.960 our clinical work and research,

NOTE Confidence: 0.958971769473684

00:33:19.960 --> 00:33:21.500 we fully recognize that evidence

NOTE Confidence: 0.958971769473684

00:33:21.500 --> 00:33:23.040 based treatments such as CF,

NOTE Confidence: 0.958971769473684

00:33:23.040 --> 00:33:25.782 TSI and other evidence based mental

NOTE Confidence: 0.958971769473684

00:33:25.782 --> 00:33:27.610 health treatments and interventions

NOTE Confidence: 0.958971769473684

00:33:27.680 --> 00:33:29.770 really can offer opportunities for

NOTE Confidence: 0.958971769473684

00:33:29.770 --> 00:33:32.319 recovery and an alternative to a

NOTE Confidence: 0.958971769473684

00:33:32.319 --> 00:33:34.249 lifetime of suffering and symptomatology

NOTE Confidence: 0.958971769473684

00:33:34.249 --> 00:33:37.070 that too often is a consequence

NOTE Confidence: 0.958971769473684

00:33:37.070 --> 00:33:39.610 of unrecognized and untreated

NOTE Confidence: 0.958971769473684

00:33:39.610 --> 00:33:40.880 traumatic experience.
NOTE Confidence: 0.958971769473684

00:33:40.880 --> 00:33:42.420 So I'd like to thank the planning
NOTE Confidence: 0.958971769473684

00:33:42.420 --> 00:33:43.478 committee for inviting me to
NOTE Confidence: 0.958971769473684

00:33:43.478 --> 00:33:44.717 present on the panel and I really
NOTE Confidence: 0.958971769473684

00:33:44.717 --> 00:33:45.798 thank you all for listening.
NOTE Confidence: 0.772431492

00:33:46.680 --> 00:33:47.720 Thank you so much, Carrie,
NOTE Confidence: 0.772431492

00:33:47.720 --> 00:33:49.760 and thanks to everyone for presenting.
NOTE Confidence: 0.772431492

00:33:49.760 --> 00:33:51.302 So let let me kick it
NOTE Confidence: 0.772431492

00:33:51.302 --> 00:33:53.120 off with a few questions.
NOTE Confidence: 0.772431492

00:33:53.120 --> 00:33:54.734 I mean, please do submit your
NOTE Confidence: 0.772431492

00:33:54.734 --> 00:33:56.077 questions in the question and
NOTE Confidence: 0.772431492

00:33:56.077 --> 00:33:57.582 answer or if you want to just
NOTE Confidence: 0.772431492

00:33:57.582 --> 00:33:59.240 raise your hand and shout them out,
NOTE Confidence: 0.772431492

00:33:59.240 --> 00:34:02.360 that's fine as well.
NOTE Confidence: 0.772431492

00:34:02.360 --> 00:34:05.342 Maybe going back to to Helena,
NOTE Confidence: 0.772431492

00:34:05.342 --> 00:34:07.799 we've been going back and forth between

NOTE Confidence: 0.772431492

00:34:07.799 --> 00:34:09.495 mothers and fathers and Helena,

NOTE Confidence: 0.772431492

00:34:09.495 --> 00:34:12.120 could you talk a bit about the

NOTE Confidence: 0.772431492

00:34:12.120 --> 00:34:14.712 brain changes and dads and the

NOTE Confidence: 0.772431492

00:34:14.712 --> 00:34:16.480 intersection with mental health?

NOTE Confidence: 0.772431492

00:34:16.480 --> 00:34:16.760 Yeah,

NOTE Confidence: 0.7034034

00:34:16.760 --> 00:34:19.064 absolutely. So I think as Connor

NOTE Confidence: 0.7034034

00:34:19.064 --> 00:34:21.080 alluded to that we we are

NOTE Confidence: 0.7034034

00:34:21.080 --> 00:34:22.280 also learning lots about Mums.

NOTE Confidence: 0.7034034

00:34:22.280 --> 00:34:24.080 Our knowledge around ADS is still

NOTE Confidence: 0.7034034

00:34:24.080 --> 00:34:25.582 playing a significant catch up

NOTE Confidence: 0.7034034

00:34:25.582 --> 00:34:27.550 and so that's true not only in the

NOTE Confidence: 0.7034034

00:34:27.550 --> 00:34:29.204 neuroscience field but I feel more

NOTE Confidence: 0.7034034

00:34:29.204 --> 00:34:30.810 general more broadly generally as well.

NOTE Confidence: 0.7034034

00:34:30.810 --> 00:34:32.810 But what we do know when just in

NOTE Confidence: 0.7034034

00:34:32.810 --> 00:34:34.377 terms of normative paternal changes

NOTE Confidence: 0.7034034

00:34:34.377 --> 00:34:36.908 in the brain is that they they do
NOTE Confidence: 0.7034034

00:34:36.908 --> 00:34:38.684 happen that they tend to happen
NOTE Confidence: 0.7034034

00:34:38.684 --> 00:34:41.010 post natally more so than we see
NOTE Confidence: 0.7034034

00:34:41.010 --> 00:34:42.394 from pregnancy to postpartum.
NOTE Confidence: 0.7034034

00:34:42.400 --> 00:34:43.933 And so I think it was really
NOTE Confidence: 0.7034034

00:34:43.933 --> 00:34:45.272 poignant that where Carla was
NOTE Confidence: 0.7034034

00:34:45.272 --> 00:34:46.847 sharing about rates of depression
NOTE Confidence: 0.7034034

00:34:46.847 --> 00:34:48.312 symptoms onsetting within kind of
NOTE Confidence: 0.7034034

00:34:48.312 --> 00:34:49.716 three to six months post natally,
NOTE Confidence: 0.7034034

00:34:49.720 --> 00:34:51.253 that also reflects what we think a
NOTE Confidence: 0.7034034

00:34:51.253 --> 00:34:52.938 lot of the neuroimaging findings are
NOTE Confidence: 0.7034034

00:34:52.938 --> 00:34:54.894 coming out where we're seeing dad's
NOTE Confidence: 0.7034034

00:34:54.894 --> 00:34:56.484 brain changes occurring based on
NOTE Confidence: 0.7034034

00:34:56.484 --> 00:34:58.182 experience as it's more seems the
NOTE Confidence: 0.7034034

00:34:58.182 --> 00:34:59.274 brain change is happening in fathers,
NOTE Confidence: 0.7034034

00:34:59.280 --> 00:35:01.681 seems to be more around experience based

NOTE Confidence: 0.7034034

00:35:01.681 --> 00:35:03.359 plasticity having spent more child,

NOTE Confidence: 0.7034034

00:35:03.360 --> 00:35:05.380 more time with their children

NOTE Confidence: 0.7034034

00:35:05.380 --> 00:35:06.996 across the postpartum period.

NOTE Confidence: 0.7034034

00:35:07.000 --> 00:35:08.620 What's interesting is when we have

NOTE Confidence: 0.7034034

00:35:08.620 --> 00:35:10.698 looked at kind of neural markers of

NOTE Confidence: 0.7034034

00:35:10.698 --> 00:35:12.570 stress and reactivity to stressful cues

NOTE Confidence: 0.7034034

00:35:12.570 --> 00:35:14.920 in expected mothers and expected fathers,

NOTE Confidence: 0.7034034

00:35:14.920 --> 00:35:16.780 we see comparable brain responses

NOTE Confidence: 0.7034034

00:35:16.780 --> 00:35:18.640 and comparable impact by stress.

NOTE Confidence: 0.7034034

00:35:18.640 --> 00:35:19.640 So even though there are,

NOTE Confidence: 0.7034034

00:35:19.640 --> 00:35:21.482 there seem to be different trajectories

NOTE Confidence: 0.7034034

00:35:21.482 --> 00:35:23.025 of neurobiological changes that are

NOTE Confidence: 0.7034034

00:35:23.025 --> 00:35:24.360 happening in mothers and fathers,

NOTE Confidence: 0.7034034

00:35:24.360 --> 00:35:26.166 that stress reactivity and that stress

NOTE Confidence: 0.7034034

00:35:26.166 --> 00:35:27.695 approach appears comparable to what

NOTE Confidence: 0.7034034

00:35:27.695 --> 00:35:29.075 women and women are experiencing.
NOTE Confidence: 0.773537188571429

00:35:30.920 --> 00:35:32.278 Carla, do you have anything to add?
NOTE Confidence: 0.9286158

00:35:34.880 --> 00:35:36.608 Not specific to the brain changes,
NOTE Confidence: 0.9286158

00:35:36.608 --> 00:35:39.720 but I do think the, the,
NOTE Confidence: 0.88178267

00:35:39.720 --> 00:35:41.364 the focus on the stress response
NOTE Confidence: 0.88178267

00:35:41.364 --> 00:35:43.246 and the stress of the postpartum
NOTE Confidence: 0.88178267

00:35:43.246 --> 00:35:45.056 period is really important in
NOTE Confidence: 0.88178267

00:35:45.056 --> 00:35:47.081 helping teach parents like what is
NOTE Confidence: 0.88178267

00:35:47.081 --> 00:35:48.764 it that's happening in their bodies.
NOTE Confidence: 0.88178267

00:35:48.764 --> 00:35:49.836 Actually is very helpful.
NOTE Confidence: 0.88178267

00:35:49.840 --> 00:35:51.814 And particularly I think men are keen
NOTE Confidence: 0.88178267

00:35:51.814 --> 00:35:53.745 to understand that because it feels
NOTE Confidence: 0.88178267

00:35:53.745 --> 00:35:55.797 controllable and then we're normalized like,
NOTE Confidence: 0.88178267

00:35:55.800 --> 00:35:56.865 oh, this is something that's
NOTE Confidence: 0.88178267

00:35:56.865 --> 00:35:57.986 happening in my brain, oh,
NOTE Confidence: 0.88178267

00:35:57.986 --> 00:35:59.316 my body's stress response system

NOTE Confidence: 0.88178267

00:35:59.316 --> 00:36:00.913 is turning on because I'm really

NOTE Confidence: 0.88178267

00:36:00.913 --> 00:36:02.586 having a lot of stress and anxiety

NOTE Confidence: 0.88178267

00:36:02.586 --> 00:36:04.115 around around having this new baby

NOTE Confidence: 0.88178267

00:36:04.115 --> 00:36:05.872 or care providing for this new baby.

NOTE Confidence: 0.88178267

00:36:05.872 --> 00:36:07.920 And so those sorts of things I think

NOTE Confidence: 0.88178267

00:36:07.981 --> 00:36:09.760 are very helpful to forefathers.

NOTE Confidence: 0.8098303475

00:36:11.080 --> 00:36:11.710 You know, Karnam,

NOTE Confidence: 0.8098303475

00:36:11.710 --> 00:36:13.468 one of the things that, I mean,

NOTE Confidence: 0.8098303475

00:36:13.468 --> 00:36:15.238 you talk specifically about fathers,

NOTE Confidence: 0.8098303475

00:36:15.240 --> 00:36:18.438 but could you say something more

NOTE Confidence: 0.8098303475

00:36:18.438 --> 00:36:20.350 broadly about what interventions

NOTE Confidence: 0.8098303475

00:36:20.350 --> 00:36:22.740 are beneficial to parents generally

NOTE Confidence: 0.8098303475

00:36:22.811 --> 00:36:25.036 who are struggling with parenting?

NOTE Confidence: 0.8098303475

00:36:25.040 --> 00:36:25.560 Well, I think there's

NOTE Confidence: 0.963423708571428

00:36:25.560 --> 00:36:27.716 a lot of different choices out there.

NOTE Confidence: 0.963423708571428

00:36:27.720 --> 00:36:28.800 I mean, that's the good news.
NOTE Confidence: 0.963423708571428

00:36:28.800 --> 00:36:29.676 I think there's been, you know,
NOTE Confidence: 0.963423708571428

00:36:29.680 --> 00:36:31.090 we've developed a lot of interventions
NOTE Confidence: 0.963423708571428

00:36:31.090 --> 00:36:32.831 here at the Child Study Center and
NOTE Confidence: 0.963423708571428

00:36:32.831 --> 00:36:34.342 there's but there's lots, you know,
NOTE Confidence: 0.963423708571428

00:36:34.342 --> 00:36:35.346 nationally and internationally that
NOTE Confidence: 0.963423708571428

00:36:35.346 --> 00:36:36.824 are out there that are evidence
NOTE Confidence: 0.963423708571428

00:36:36.824 --> 00:36:38.120 based that we know are helpful.
NOTE Confidence: 0.963423708571428

00:36:38.120 --> 00:36:40.838 But a couple of the key things I think
NOTE Confidence: 0.963423708571428

00:36:40.838 --> 00:36:42.599 interventions that particularly target
NOTE Confidence: 0.923280768888889

00:36:44.680 --> 00:36:46.475 parents and children together that
NOTE Confidence: 0.923280768888889

00:36:46.475 --> 00:36:48.632 are dyadic that really help parents
NOTE Confidence: 0.923280768888889

00:36:48.632 --> 00:36:50.760 and support them like in in person
NOTE Confidence: 0.923280768888889

00:36:50.760 --> 00:36:52.470 developing attachment with their baby
NOTE Confidence: 0.923280768888889

00:36:52.470 --> 00:36:54.894 or their child and sort of developing
NOTE Confidence: 0.923280768888889

00:36:54.894 --> 00:36:56.519 their confidence and being able

NOTE Confidence: 0.923280768888889

00:36:56.519 --> 00:36:58.879 to to parent are some of the ones

NOTE Confidence: 0.923280768888889

00:36:58.879 --> 00:37:00.680 that are the most helpful. I think.

NOTE Confidence: 0.923197995882353

00:37:02.760 --> 00:37:04.622 I think long term in terms of

NOTE Confidence: 0.923197995882353

00:37:04.622 --> 00:37:06.215 long term benefit versus something

NOTE Confidence: 0.923197995882353

00:37:06.215 --> 00:37:08.040 that's more of an education.

NOTE Confidence: 0.923197995882353

00:37:08.040 --> 00:37:09.356 This is how you change a diaper.

NOTE Confidence: 0.923197995882353

00:37:09.360 --> 00:37:10.915 This is you know those

NOTE Confidence: 0.923197995882353

00:37:10.915 --> 00:37:12.159 those classes exist too.

NOTE Confidence: 0.923197995882353

00:37:12.160 --> 00:37:13.952 But I think the ones that have the

NOTE Confidence: 0.923197995882353

00:37:13.952 --> 00:37:15.663 longer term impact are those that

NOTE Confidence: 0.923197995882353

00:37:15.663 --> 00:37:17.173 really help parents develop that

NOTE Confidence: 0.923197995882353

00:37:17.173 --> 00:37:19.071 healthy connection with their baby and

NOTE Confidence: 0.923197995882353

00:37:19.071 --> 00:37:20.968 also support the the parent to manage

NOTE Confidence: 0.923197995882353

00:37:20.968 --> 00:37:22.999 their own mental health difficulties.

NOTE Confidence: 0.923197995882353

00:37:23.000 --> 00:37:25.834 I don't know if other of my colleagues

NOTE Confidence: 0.923197995882353

00:37:25.834 --> 00:37:27.237 have other things they want to add.

NOTE Confidence: 0.923197995882353

00:37:27.240 --> 00:37:29.076 I'm not the only one doing that work here.

NOTE Confidence: 0.922957321428571

00:37:30.280 --> 00:37:32.542 Anything else to add across the

NOTE Confidence: 0.922957321428571

00:37:32.542 --> 00:37:33.720 group? I think I would just

NOTE Confidence: 0.884957865

00:37:33.720 --> 00:37:35.687 add to the to build on Carla's

NOTE Confidence: 0.884957865

00:37:35.687 --> 00:37:37.201 point around focusing on the dyad

NOTE Confidence: 0.884957865

00:37:37.201 --> 00:37:38.992 or the triad that a lot of that

NOTE Confidence: 0.884957865

00:37:38.992 --> 00:37:40.477 can happen in pregnancy too,

NOTE Confidence: 0.884957865

00:37:40.480 --> 00:37:41.635 that we don't have to wait for

NOTE Confidence: 0.884957865

00:37:41.635 --> 00:37:43.033 baby to arrive in order to deliver

NOTE Confidence: 0.884957865

00:37:43.033 --> 00:37:44.664 intervention so that a lot can be

NOTE Confidence: 0.884957865

00:37:44.664 --> 00:37:46.517 done in pregnancy when there's less.

NOTE Confidence: 0.884957865

00:37:46.520 --> 00:37:47.764 You know some of these challenges

NOTE Confidence: 0.884957865

00:37:47.764 --> 00:37:49.405 and stresses we talk about are

NOTE Confidence: 0.884957865

00:37:49.405 --> 00:37:51.280 less than when baby arrives.

NOTE Confidence: 0.884957865

00:37:51.280 --> 00:37:53.128 And so I think you're that idea

NOTE Confidence: 0.884957865

00:37:53.128 --> 00:37:54.217 around moving interventions earlier

NOTE Confidence: 0.884957865

00:37:54.217 --> 00:37:55.967 and thinking about what we can do

NOTE Confidence: 0.884957865

00:37:55.967 --> 00:37:57.552 prenatally for men and for women is,

NOTE Confidence: 0.884957865

00:37:57.552 --> 00:37:58.640 is quite important here

NOTE Confidence: 0.857769388571429

00:37:59.280 --> 00:38:02.052 and engaging both parents together and

NOTE Confidence: 0.857769388571429

00:38:02.052 --> 00:38:03.580 talking proactively about Co parenting

NOTE Confidence: 0.857769388571429

00:38:03.580 --> 00:38:05.766 and how are you going to manage things

NOTE Confidence: 0.857769388571429

00:38:05.766 --> 00:38:07.410 together and thinking ahead of time

NOTE Confidence: 0.857769388571429

00:38:07.410 --> 00:38:09.160 I think is also really helpful. I

NOTE Confidence: 0.64920055

00:38:10.200 --> 00:38:12.520 think we just add to that then you know we

NOTE Confidence: 0.64920055

00:38:12.520 --> 00:38:14.396 we hear a lot about postpartum depression,

NOTE Confidence: 0.64920055

00:38:14.400 --> 00:38:15.840 but obviously symptoms of anxiety

NOTE Confidence: 0.64920055

00:38:15.840 --> 00:38:17.595 and depression are just as common

NOTE Confidence: 0.64920055

00:38:17.595 --> 00:38:19.197 if not more common in pregnancy.

NOTE Confidence: 0.64920055

00:38:19.200 --> 00:38:21.265 So really there's many windows of opportunity

NOTE Confidence: 0.64920055

00:38:21.265 --> 00:38:23.560 and I think going back to the issue of
NOTE Confidence: 0.64920055

00:38:23.560 --> 00:38:25.156 or to the point about interventions,
NOTE Confidence: 0.64920055

00:38:25.160 --> 00:38:27.490 the US Preventative Services Task
NOTE Confidence: 0.64920055

00:38:27.490 --> 00:38:29.640 Force has recommended two evidence
NOTE Confidence: 0.64920055

00:38:29.640 --> 00:38:31.320 based interventions that actually
NOTE Confidence: 0.64920055

00:38:31.320 --> 00:38:32.812 can prevent postpartum depression.
NOTE Confidence: 0.64920055

00:38:32.812 --> 00:38:35.094 So it's not inevitable that if you're
NOTE Confidence: 0.64920055

00:38:35.094 --> 00:38:36.772 struggling with symptoms of anxiety or
NOTE Confidence: 0.64920055

00:38:36.772 --> 00:38:38.661 depression that it's going to get worse
NOTE Confidence: 0.64920055

00:38:38.661 --> 00:38:40.516 and there are interventions that can help.
NOTE Confidence: 0.64920055

00:38:40.520 --> 00:38:41.948 And I think that's a key message
NOTE Confidence: 0.64920055

00:38:41.948 --> 00:38:43.279 for anyone who's who's listening.
NOTE Confidence: 0.646927743333333

00:38:45.600 --> 00:38:47.660 I just wanted to, oh, sorry,
NOTE Confidence: 0.646927743333333

00:38:47.660 --> 00:38:49.436 I was just going to sort of add
NOTE Confidence: 0.909855732857143

00:38:49.440 --> 00:38:51.040 on in two ways.
NOTE Confidence: 0.909855732857143

00:38:51.040 --> 00:38:53.576 One is that I think interventions for

NOTE Confidence: 0.909855732857143
00:38:53.576 --> 00:38:55.246 completely agree with what everything
NOTE Confidence: 0.909855732857143
00:38:55.246 --> 00:38:57.545 my colleagues are saying around the
NOTE Confidence: 0.909855732857143
00:38:57.545 --> 00:38:59.073 importance of dyadic interventions.
NOTE Confidence: 0.909855732857143
00:38:59.080 --> 00:39:00.900 And we know that there are other
NOTE Confidence: 0.909855732857143
00:39:00.900 --> 00:39:02.571 caregivers who are so important in
NOTE Confidence: 0.909855732857143
00:39:02.571 --> 00:39:04.239 the lives of children that we're,
NOTE Confidence: 0.909855732857143
00:39:04.240 --> 00:39:06.200 that we're working with and that we're
NOTE Confidence: 0.909855732857143
00:39:06.200 --> 00:39:08.316 seeing and that can be incredibly impactful.
NOTE Confidence: 0.909855732857143
00:39:08.320 --> 00:39:10.343 And I think you even opened up
NOTE Confidence: 0.909855732857143
00:39:10.343 --> 00:39:12.879 by saying that it's two and three
NOTE Confidence: 0.909855732857143
00:39:12.879 --> 00:39:14.520 generational work that we do here.
NOTE Confidence: 0.909855732857143
00:39:14.520 --> 00:39:17.040 And that is that is certainly true.
NOTE Confidence: 0.909855732857143
00:39:17.040 --> 00:39:18.921 And I know in our work in in mom's
NOTE Confidence: 0.909855732857143
00:39:18.921 --> 00:39:20.324 partnership and in other interventions that
NOTE Confidence: 0.909855732857143
00:39:20.324 --> 00:39:22.559 that we do here at the Child Study Center.
NOTE Confidence: 0.909855732857143

00:39:22.560 --> 00:39:24.760 Engaging those other other caregivers,
NOTE Confidence: 0.909855732857143

00:39:24.760 --> 00:39:25.528 grandparents, aunts,
NOTE Confidence: 0.909855732857143

00:39:25.528 --> 00:39:27.448 uncles across who may have
NOTE Confidence: 0.909855732857143

00:39:27.448 --> 00:39:28.978 involvement with children across
NOTE Confidence: 0.909855732857143

00:39:28.978 --> 00:39:30.558 the lifespan is is essential.
NOTE Confidence: 0.909855732857143

00:39:30.560 --> 00:39:32.258 And and helping them to understand
NOTE Confidence: 0.909855732857143

00:39:32.258 --> 00:39:34.371 their role and how they can support
NOTE Confidence: 0.909855732857143

00:39:34.371 --> 00:39:36.225 the health and well-being of children
NOTE Confidence: 0.909855732857143

00:39:36.225 --> 00:39:38.324 and also helping them to attend to
NOTE Confidence: 0.909855732857143

00:39:38.324 --> 00:39:40.335 their own mental health in the same
NOTE Confidence: 0.909855732857143

00:39:40.335 --> 00:39:42.045 way that we're talking about with
NOTE Confidence: 0.909855732857143

00:39:42.045 --> 00:39:43.600 children is incredibly valuable.
NOTE Confidence: 0.909855732857143

00:39:43.600 --> 00:39:45.320 The other point that I wanted to make,
NOTE Confidence: 0.909855732857143

00:39:45.320 --> 00:39:46.517 building on what you were just saying,
NOTE Confidence: 0.909855732857143

00:39:46.520 --> 00:39:46.902 Karen,
NOTE Confidence: 0.909855732857143

00:39:46.902 --> 00:39:49.194 is that depression in the prenatal

NOTE Confidence: 0.909855732857143

00:39:49.194 --> 00:39:51.639 period and the postpartum period,

NOTE Confidence: 0.909855732857143

00:39:51.640 --> 00:39:53.880 we should definitely draw attention to that.

NOTE Confidence: 0.909855732857143

00:39:53.880 --> 00:39:56.330 And we know that women may be

NOTE Confidence: 0.909855732857143

00:39:56.330 --> 00:39:58.080 likely to experience depression

NOTE Confidence: 0.909855732857143

00:39:58.080 --> 00:40:00.600 throughout their caregiving years.

NOTE Confidence: 0.909855732857143

00:40:00.600 --> 00:40:03.111 And so being able to find ways to have

NOTE Confidence: 0.909855732857143

00:40:03.111 --> 00:40:05.291 awareness of that and think about

NOTE Confidence: 0.909855732857143

00:40:05.291 --> 00:40:07.126 mental health and well-being throughout

NOTE Confidence: 0.909855732857143

00:40:07.187 --> 00:40:09.668 those caregiving years is is a valuable

NOTE Confidence: 0.909855732857143

00:40:09.668 --> 00:40:11.438 target for intervention as well.

NOTE Confidence: 0.820841160909091

00:40:13.600 --> 00:40:15.250 So there's a question and in

NOTE Confidence: 0.820841160909091

00:40:15.250 --> 00:40:16.720 our question and answer Karen,

NOTE Confidence: 0.820841160909091

00:40:16.720 --> 00:40:20.356 I know that you're typing an answer for it,

NOTE Confidence: 0.820841160909091

00:40:20.360 --> 00:40:22.076 but also want to just raise,

NOTE Confidence: 0.820841160909091

00:40:22.080 --> 00:40:24.740 I think it's a great question about

NOTE Confidence: 0.820841160909091

00:40:24.740 --> 00:40:27.069 raising the number of the evidence
NOTE Confidence: 0.820841160909091

00:40:27.069 --> 00:40:29.420 based treatments that we've talked
NOTE Confidence: 0.820841160909091

00:40:29.420 --> 00:40:32.020 about around stress reduction may also
NOTE Confidence: 0.820841160909091

00:40:32.020 --> 00:40:33.880 be quite relevant for non parents.
NOTE Confidence: 0.820841160909091

00:40:33.880 --> 00:40:36.712 And I think before I turn this open
NOTE Confidence: 0.820841160909091

00:40:36.712 --> 00:40:39.532 to the to all of you just to say that
NOTE Confidence: 0.820841160909091

00:40:39.532 --> 00:40:41.120 there and Hillary you touched on it,
NOTE Confidence: 0.820841160909091

00:40:41.120 --> 00:40:42.146 There are many,
NOTE Confidence: 0.820841160909091

00:40:42.146 --> 00:40:43.856 many people that are involved
NOTE Confidence: 0.820841160909091

00:40:43.856 --> 00:40:45.799 in the lives of children.
NOTE Confidence: 0.820841160909091

00:40:45.800 --> 00:40:48.159 And while we're talking a lot about
NOTE Confidence: 0.820841160909091

00:40:48.159 --> 00:40:49.920 parents and parent transition,
NOTE Confidence: 0.820841160909091

00:40:49.920 --> 00:40:51.180 transition to parenthood,
NOTE Confidence: 0.820841160909091

00:40:51.180 --> 00:40:54.120 anybody want to say more about these
NOTE Confidence: 0.820841160909091

00:40:54.193 --> 00:40:56.731 kinds of stress reduction for non
NOTE Confidence: 0.820841160909091

00:40:56.731 --> 00:41:00.157 parents or those more broadly involved.

NOTE Confidence: 0.97592634

00:41:08.720 --> 00:41:10.656 I mean I can say that certainly

NOTE Confidence: 0.97592634

00:41:10.656 --> 00:41:11.840 the stress reduction strategies

NOTE Confidence: 0.911089332666667

00:41:11.890 --> 00:41:13.170 like understanding your nervous

NOTE Confidence: 0.911089332666667

00:41:13.170 --> 00:41:15.090 system and how your nervous system

NOTE Confidence: 0.911089332666667

00:41:15.142 --> 00:41:16.667 responds to stress and different

NOTE Confidence: 0.911089332666667

00:41:16.667 --> 00:41:18.500 coping strategies that you can learn.

NOTE Confidence: 0.911089332666667

00:41:18.500 --> 00:41:20.000 Yes, that can help anyone.

NOTE Confidence: 0.911089332666667

00:41:20.000 --> 00:41:22.040 I mean, I tell when I train therapists,

NOTE Confidence: 0.911089332666667

00:41:22.040 --> 00:41:23.795 when I talk to other people in the community,

NOTE Confidence: 0.911089332666667

00:41:23.800 --> 00:41:25.599 I always talk about this and this.

NOTE Confidence: 0.911089332666667

00:41:25.600 --> 00:41:27.004 This can help anyone learning how

NOTE Confidence: 0.911089332666667

00:41:27.004 --> 00:41:28.480 to breathe properly can help anyway.

NOTE Confidence: 0.911089332666667

00:41:28.480 --> 00:41:30.230 You know, all these things are very

NOTE Confidence: 0.911089332666667

00:41:30.230 --> 00:41:31.894 helpful and some of them you know

NOTE Confidence: 0.911089332666667

00:41:31.894 --> 00:41:33.711 in terms of for parents that a lot

NOTE Confidence: 0.911089332666667

00:41:33.711 --> 00:41:35.115 of these programs you can assess.
NOTE Confidence: 0.911089332666667

00:41:35.120 --> 00:41:36.583 And here in the community that you
NOTE Confidence: 0.911089332666667

00:41:36.583 --> 00:41:38.370 know here at the Child Study Center
NOTE Confidence: 0.911089332666667

00:41:38.370 --> 00:41:39.755 we have specifically for parents,
NOTE Confidence: 0.911089332666667

00:41:39.760 --> 00:41:40.845 you have to be a parent for
NOTE Confidence: 0.911089332666667

00:41:40.845 --> 00:41:41.600 the Child Study Center.
NOTE Confidence: 0.911089332666667

00:41:41.600 --> 00:41:43.392 But you know, we have a lot of
NOTE Confidence: 0.911089332666667

00:41:43.392 --> 00:41:44.799 these sorts of programs here.
NOTE Confidence: 0.911089332666667

00:41:44.800 --> 00:41:47.140 But there are other agencies within
NOTE Confidence: 0.911089332666667

00:41:47.140 --> 00:41:49.220 the community that offer stress
NOTE Confidence: 0.911089332666667

00:41:49.220 --> 00:41:51.040 management kinds of support,
NOTE Confidence: 0.911089332666667

00:41:51.040 --> 00:41:52.400 and they're even, I mean,
NOTE Confidence: 0.911089332666667

00:41:52.400 --> 00:41:53.678 even just to learn the basics.
NOTE Confidence: 0.911089332666667

00:41:53.680 --> 00:41:55.330 There's even some online programs that
NOTE Confidence: 0.911089332666667

00:41:55.330 --> 00:41:57.623 you can access to just get some general
NOTE Confidence: 0.911089332666667

00:41:57.623 --> 00:41:59.680 information about about this sort of thing.

NOTE Confidence: 0.911089332666667

00:41:59.680 --> 00:42:01.324 I wouldn't suggest that in lieu

NOTE Confidence: 0.911089332666667

00:42:01.324 --> 00:42:03.064 of talking to someone or meeting

NOTE Confidence: 0.911089332666667

00:42:03.064 --> 00:42:04.236 with someone in person,

NOTE Confidence: 0.911089332666667

00:42:04.240 --> 00:42:06.495 but there's certainly ways of

NOTE Confidence: 0.911089332666667

00:42:06.495 --> 00:42:08.440 accessing those those resources,

NOTE Confidence: 0.707939224

00:42:12.400 --> 00:42:15.396 Hillary turning to you or maybe you

NOTE Confidence: 0.707939224

00:42:15.396 --> 00:42:17.919 and Carrie together, could you talk

NOTE Confidence: 0.707939224

00:42:17.919 --> 00:42:20.397 about the value of brief interventions?

NOTE Confidence: 0.9705006

00:42:23.000 --> 00:42:25.920 Yeah. Thank you, Linda, for that question.

NOTE Confidence: 0.955556258571429

00:42:25.920 --> 00:42:29.959 I think, I think what we've learned

NOTE Confidence: 0.955556258571429

00:42:29.960 --> 00:42:33.240 myself and and Carrie as well is that,

NOTE Confidence: 0.955556258571429

00:42:33.240 --> 00:42:36.876 is that even a brief intervention?

NOTE Confidence: 0.955556258571429

00:42:36.880 --> 00:42:39.932 And in our case we're doing an

NOTE Confidence: 0.955556258571429

00:42:39.932 --> 00:42:42.000 intervention that is I think

NOTE Confidence: 0.955556258571429

00:42:42.000 --> 00:42:43.520 we're talking about something

NOTE Confidence: 0.955556258571429

00:42:43.520 --> 00:42:45.435 here that's 890 minute sessions.
NOTE Confidence: 0.955556258571429

00:42:45.435 --> 00:42:48.130 So it's really it it's in some
NOTE Confidence: 0.955556258571429

00:42:48.206 --> 00:42:50.694 ways just an introduction to it
NOTE Confidence: 0.955556258571429

00:42:50.694 --> 00:42:52.564 could be greater introduction to
NOTE Confidence: 0.955556258571429

00:42:52.564 --> 00:42:54.560 longer term healthcare if needed,
NOTE Confidence: 0.955556258571429

00:42:54.560 --> 00:42:56.016 mental healthcare if needed.
NOTE Confidence: 0.955556258571429

00:42:56.016 --> 00:42:58.633 But what we're finding is that even
NOTE Confidence: 0.955556258571429

00:42:58.633 --> 00:43:00.853 that brief inter introduction can be
NOTE Confidence: 0.955556258571429

00:43:00.853 --> 00:43:03.200 impactful for many women and families.
NOTE Confidence: 0.955556258571429

00:43:03.200 --> 00:43:06.024 And you know at a time when we're
NOTE Confidence: 0.955556258571429

00:43:06.024 --> 00:43:08.397 experiencing such a mental health crisis,
NOTE Confidence: 0.955556258571429

00:43:08.400 --> 00:43:10.976 I think it's invaluable for us to
NOTE Confidence: 0.955556258571429

00:43:10.976 --> 00:43:14.120 find ways to to figure out where
NOTE Confidence: 0.955556258571429

00:43:14.120 --> 00:43:16.038 people can can get what they need.
NOTE Confidence: 0.955556258571429

00:43:16.040 --> 00:43:18.240 And some people who experience
NOTE Confidence: 0.955556258571429

00:43:18.240 --> 00:43:20.747 value in the brief treatment it,

NOTE Confidence: 0.955556258571429
00:43:20.747 --> 00:43:22.589 it's wonderful that that we can
NOTE Confidence: 0.955556258571429
00:43:22.589 --> 00:43:24.639 deliver that for those who need it.
NOTE Confidence: 0.955556258571429
00:43:24.640 --> 00:43:24.994 And Carrie,
NOTE Confidence: 0.955556258571429
00:43:24.994 --> 00:43:26.233 I'd love for you to to say
NOTE Confidence: 0.955556258571429
00:43:26.233 --> 00:43:27.240 more about that as well.
NOTE Confidence: 0.858198952
00:43:28.240 --> 00:43:28.880 Yeah, absolutely.
NOTE Confidence: 0.858198952
00:43:28.880 --> 00:43:31.440 You know I think you know research has
NOTE Confidence: 0.858198952
00:43:31.504 --> 00:43:33.679 really shown that brief interventions,
NOTE Confidence: 0.858198952
00:43:33.680 --> 00:43:35.484 targeted time limited treatments
NOTE Confidence: 0.858198952
00:43:35.484 --> 00:43:37.739 that improve symptoms and behavior
NOTE Confidence: 0.858198952
00:43:37.739 --> 00:43:40.198 at at critical moments can really
NOTE Confidence: 0.858198952
00:43:40.200 --> 00:43:41.493 have significant benefits.
NOTE Confidence: 0.858198952
00:43:41.493 --> 00:43:43.648 And we've definitely seen this
NOTE Confidence: 0.858198952
00:43:43.648 --> 00:43:45.699 in our Model C of TSI which
NOTE Confidence: 0.858198952
00:43:45.699 --> 00:43:48.308 is 5 to 8 sessions and I was.
NOTE Confidence: 0.858198952

00:43:48.308 --> 00:43:51.400 So I really echo what Hillary said.

NOTE Confidence: 0.858198952

00:43:51.400 --> 00:43:55.504 I think that that you see of TSI

NOTE Confidence: 0.858198952

00:43:55.504 --> 00:43:58.245 really acts as a as as a treatment

NOTE Confidence: 0.858198952

00:43:58.245 --> 00:44:00.612 unto itself with up to 80% of the

NOTE Confidence: 0.858198952

00:44:00.612 --> 00:44:02.844 kids at the end having symptoms

NOTE Confidence: 0.858198952

00:44:02.844 --> 00:44:03.990 below clinically significant

NOTE Confidence: 0.858198952

00:44:03.990 --> 00:44:05.518 levels and their caregiver,

NOTE Confidence: 0.858198952

00:44:05.520 --> 00:44:07.696 their participating caregiver or

NOTE Confidence: 0.858198952

00:44:07.696 --> 00:44:09.820 caregivers to drop you know having

NOTE Confidence: 0.858198952

00:44:09.820 --> 00:44:11.400 a significant drop in symptoms.

NOTE Confidence: 0.858198952

00:44:11.400 --> 00:44:13.584 And I think it's a really especially

NOTE Confidence: 0.858198952

00:44:13.584 --> 00:44:15.791 important to note that in the the

NOTE Confidence: 0.858198952

00:44:15.791 --> 00:44:17.597 current context where there there is

NOTE Confidence: 0.858198952

00:44:17.600 --> 00:44:19.490 not enough mental health therapist

NOTE Confidence: 0.858198952

00:44:19.490 --> 00:44:21.748 where they're more waiting lists that

NOTE Confidence: 0.858198952

00:44:21.748 --> 00:44:23.550 we've really seen from our perspective

NOTE Confidence: 0.858198952

00:44:23.550 --> 00:44:25.000 that the brevity and effectiveness

NOTE Confidence: 0.858198952

00:44:25.000 --> 00:44:26.719 of short term treatments like CF,

NOTE Confidence: 0.858198952

00:44:26.720 --> 00:44:28.680 TSI really help reduce the

NOTE Confidence: 0.858198952

00:44:28.680 --> 00:44:30.640 need for longer term care.

NOTE Confidence: 0.858198952

00:44:30.640 --> 00:44:33.356 They can alleviate a long wait list.

NOTE Confidence: 0.858198952

00:44:33.360 --> 00:44:36.144 It can create increase access and it can

NOTE Confidence: 0.858198952

00:44:36.144 --> 00:44:37.960 allow programs to serve more children.

NOTE Confidence: 0.708612043666667

00:44:41.520 --> 00:44:43.515 Just add to that, there's a really

NOTE Confidence: 0.708612043666667

00:44:43.515 --> 00:44:44.960 interesting study from colleagues in

NOTE Confidence: 0.708612043666667

00:44:44.960 --> 00:44:47.120 Canada and Brian then leash out that was

NOTE Confidence: 0.708612043666667

00:44:47.170 --> 00:44:48.820 published last year in JAMA Psychiatry

NOTE Confidence: 0.708612043666667

00:44:48.820 --> 00:44:51.438 looking at a one day CBT intervention

NOTE Confidence: 0.708612043666667

00:44:51.438 --> 00:44:53.968 for postpartum depression and actually

NOTE Confidence: 0.708612043666667

00:44:53.968 --> 00:44:57.120 showing benefits at 12 weeks follow up.

NOTE Confidence: 0.708612043666667

00:44:57.120 --> 00:44:59.216 I guess the question is whether or not

NOTE Confidence: 0.708612043666667

00:44:59.216 --> 00:45:01.037 that's sustained over time or whether or
NOTE Confidence: 0.708612043666667

00:45:01.037 --> 00:45:02.760 not top of interventions are required.
NOTE Confidence: 0.708612043666667

00:45:02.760 --> 00:45:04.636 And I think the other point that's
NOTE Confidence: 0.708612043666667

00:45:04.636 --> 00:45:06.517 important to note from a research
NOTE Confidence: 0.708612043666667

00:45:06.517 --> 00:45:08.557 perspective is thinking about the other
NOTE Confidence: 0.708612043666667

00:45:08.557 --> 00:45:10.378 contextual factors that might influence
NOTE Confidence: 0.708612043666667

00:45:10.378 --> 00:45:12.153 the efficacy of these treatments.
NOTE Confidence: 0.708612043666667

00:45:12.160 --> 00:45:14.272 And so trying to think about the place
NOTE Confidence: 0.708612043666667

00:45:14.272 --> 00:45:16.044 based stressors that can influence the
NOTE Confidence: 0.708612043666667

00:45:16.044 --> 00:45:17.832 efficacy and the treatment response to
NOTE Confidence: 0.708612043666667

00:45:17.887 --> 00:45:19.599 these evidence based interventions.
NOTE Confidence: 0.708612043666667

00:45:19.600 --> 00:45:21.077 And I think that's a really exciting
NOTE Confidence: 0.708612043666667

00:45:21.077 --> 00:45:22.240 area for us to explore.
NOTE Confidence: 0.708612043666667

00:45:22.240 --> 00:45:23.680 And from a research perspective,
NOTE Confidence: 0.43967809

00:45:26.960 --> 00:45:30.915 yeah, Karen, I think some of these
NOTE Confidence: 0.43967809

00:45:30.915 --> 00:45:34.006 things has been a kind of latent theme

NOTE Confidence: 0.43967809

00:45:34.006 --> 00:45:37.198 throughout is to think about how does

NOTE Confidence: 0.43967809

00:45:37.200 --> 00:45:39.620 stigma potentially associated with

NOTE Confidence: 0.43967809

00:45:39.620 --> 00:45:42.040 mental health interventions still?

NOTE Confidence: 0.43967809

00:45:42.040 --> 00:45:43.960 How not only does that impact your work,

NOTE Confidence: 0.43967809

00:45:43.960 --> 00:45:45.836 but how does it impact how we

NOTE Confidence: 0.43967809

00:45:45.836 --> 00:45:46.640 think about interventions?

NOTE Confidence: 0.93367211

00:45:48.120 --> 00:45:49.751 Yeah, I think it's one of the

NOTE Confidence: 0.93367211

00:45:49.751 --> 00:45:51.319 great ironies of my work is that,

NOTE Confidence: 0.93367211

00:45:51.320 --> 00:45:52.760 you know, I'm saying, you know,

NOTE Confidence: 0.93367211

00:45:52.760 --> 00:45:54.410 don't don't don't be stressed about

NOTE Confidence: 0.93367211

00:45:54.410 --> 00:45:55.680 being stressed. And you know,

NOTE Confidence: 0.93367211

00:45:55.680 --> 00:45:57.394 I'm trying to kind of while still

NOTE Confidence: 0.93367211

00:45:57.394 --> 00:45:58.679 highlighting the issues of stress

NOTE Confidence: 0.93367211

00:45:58.679 --> 00:46:00.199 during pregnancy and child development.

NOTE Confidence: 0.93367211

00:46:00.200 --> 00:46:03.525 So I'm acutely aware of how that

NOTE Confidence: 0.93367211

00:46:03.525 --> 00:46:05.701 can cause worry or anxiety.
NOTE Confidence: 0.93367211

00:46:05.701 --> 00:46:09.041 And I think the key thing is trying
NOTE Confidence: 0.93367211

00:46:09.041 --> 00:46:11.120 to remove the emphasis on individual
NOTE Confidence: 0.93367211

00:46:11.120 --> 00:46:12.800 level behaviour and thinking about
NOTE Confidence: 0.93367211

00:46:12.852 --> 00:46:14.282 what are system level changes
NOTE Confidence: 0.93367211

00:46:14.282 --> 00:46:16.075 and societal changes that we can
NOTE Confidence: 0.93367211

00:46:16.075 --> 00:46:17.600 implement that can reduce stigma,
NOTE Confidence: 0.93367211

00:46:17.600 --> 00:46:22.424 increase access to treatment so that the,
NOTE Confidence: 0.93367211

00:46:22.424 --> 00:46:24.648 you know, the blame doesn't lay
NOTE Confidence: 0.93367211

00:46:24.648 --> 00:46:25.434 with the individual.
NOTE Confidence: 0.93367211

00:46:25.440 --> 00:46:27.652 And that I think is 1 mechanism
NOTE Confidence: 0.93367211

00:46:27.652 --> 00:46:28.600 to reduce stigma.
NOTE Confidence: 0.93367211

00:46:28.600 --> 00:46:30.720 I think that what we've seen in some
NOTE Confidence: 0.93367211

00:46:30.720 --> 00:46:32.631 of the epidemiological studies is
NOTE Confidence: 0.93367211

00:46:32.631 --> 00:46:34.821 that there's been a generational
NOTE Confidence: 0.93367211

00:46:34.821 --> 00:46:36.895 increase in symptoms of anxiety

NOTE Confidence: 0.93367211

00:46:36.895 --> 00:46:39.157 and depression in many cohorts now.

NOTE Confidence: 0.93367211

00:46:39.160 --> 00:46:41.134 And I think that while that could

NOTE Confidence: 0.93367211

00:46:41.134 --> 00:46:42.680 be alarming and concerning,

NOTE Confidence: 0.93367211

00:46:42.680 --> 00:46:45.501 it might also have a silver lining

NOTE Confidence: 0.93367211

00:46:45.501 --> 00:46:48.320 that people are feeling more willing

NOTE Confidence: 0.93367211

00:46:48.320 --> 00:46:51.200 to discuss mental health and symptoms.

NOTE Confidence: 0.93367211

00:46:51.200 --> 00:46:53.320 So I think we,

NOTE Confidence: 0.93367211

00:46:53.320 --> 00:46:55.552 I think we need to do a lot more

NOTE Confidence: 0.93367211

00:46:55.552 --> 00:46:58.072 to address stigma and blame,

NOTE Confidence: 0.93367211

00:46:58.072 --> 00:46:59.776 particularly in marginalized

NOTE Confidence: 0.93367211

00:46:59.776 --> 00:47:01.480 and minoritized groups.

NOTE Confidence: 0.93367211

00:47:01.480 --> 00:47:02.110 You know,

NOTE Confidence: 0.93367211

00:47:02.110 --> 00:47:04.315 I think that where mental health symptoms,

NOTE Confidence: 0.93367211

00:47:04.320 --> 00:47:06.680 especially substance use disorder has

NOTE Confidence: 0.93367211

00:47:06.680 --> 00:47:09.040 been weaponized against certain groups.

NOTE Confidence: 0.93367211

00:47:09.040 --> 00:47:10.832 And so I think that there are real
NOTE Confidence: 0.93367211

00:47:10.832 --> 00:47:12.768 reasons why people might be concerned
NOTE Confidence: 0.93367211

00:47:12.768 --> 00:47:14.558 about disclosing mental health symptoms.
NOTE Confidence: 0.93367211

00:47:14.560 --> 00:47:16.156 And I think we as a society,
NOTE Confidence: 0.93367211

00:47:16.160 --> 00:47:16.970 we as researchers,
NOTE Confidence: 0.93367211

00:47:16.970 --> 00:47:18.860 we as clinicians need to think about
NOTE Confidence: 0.93367211

00:47:18.914 --> 00:47:20.522 what we can do in our everyday work
NOTE Confidence: 0.93367211

00:47:20.522 --> 00:47:22.160 to to reduce blame and stigma.
NOTE Confidence: 0.837557321538462

00:47:23.800 --> 00:47:25.306 Carly, you touched on some of
NOTE Confidence: 0.837557321538462

00:47:25.306 --> 00:47:27.239 that too in what you were saying.
NOTE Confidence: 0.837557321538462

00:47:27.240 --> 00:47:28.398 Do you have things to add?
NOTE Confidence: 0.90355101

00:47:30.200 --> 00:47:32.451 Well, I think, you know, yeah,
NOTE Confidence: 0.90355101

00:47:32.451 --> 00:47:34.197 stigma and blame is a really,
NOTE Confidence: 0.90355101

00:47:34.200 --> 00:47:35.958 really big one. And, you know,
NOTE Confidence: 0.90355101

00:47:35.960 --> 00:47:38.678 I think what happens with men is they don't
NOTE Confidence: 0.90355101

00:47:38.678 --> 00:47:40.900 tend to seek treatment unless they're

NOTE Confidence: 0.90355101

00:47:40.900 --> 00:47:43.460 being forced to by either, you know,

NOTE Confidence: 0.90355101

00:47:43.460 --> 00:47:45.560 that they've been arrested for something.

NOTE Confidence: 0.90355101

00:47:45.560 --> 00:47:47.000 So that by the criminal courts,

NOTE Confidence: 0.90355101

00:47:47.000 --> 00:47:48.445 child protection gets involved with

NOTE Confidence: 0.90355101

00:47:48.445 --> 00:47:50.838 their family in some way or some family

NOTE Confidence: 0.90355101

00:47:50.838 --> 00:47:52.632 member basically gives them an ultimatum.

NOTE Confidence: 0.90355101

00:47:52.640 --> 00:47:54.720 She says if you don't go to treatment,

NOTE Confidence: 0.90355101

00:47:54.720 --> 00:47:57.998 you know, you know this marriage is over.

NOTE Confidence: 0.90355101

00:47:58.000 --> 00:47:58.840 If you don't go to treatment,

NOTE Confidence: 0.90355101

00:47:58.840 --> 00:47:59.757 I don't know what's going to happen.

NOTE Confidence: 0.90355101

00:47:59.760 --> 00:48:01.180 You know, there's sort of

NOTE Confidence: 0.90355101

00:48:01.180 --> 00:48:02.316 an ultimatum that's given.

NOTE Confidence: 0.90355101

00:48:02.320 --> 00:48:03.040 Think that

NOTE Confidence: 0.93931944125

00:48:05.400 --> 00:48:07.448 that that creates a real problem in terms

NOTE Confidence: 0.93931944125

00:48:07.448 --> 00:48:09.795 of when people then show up for treatment,

NOTE Confidence: 0.93931944125

00:48:09.800 --> 00:48:11.256 are they motivated for it or are
NOTE Confidence: 0.93931944125

00:48:11.256 --> 00:48:12.433 they doing it because someone
NOTE Confidence: 0.93931944125

00:48:12.433 --> 00:48:13.957 is telling them they have to.
NOTE Confidence: 0.93931944125

00:48:13.960 --> 00:48:17.064 And so we we have to try to
NOTE Confidence: 0.93931944125

00:48:17.064 --> 00:48:18.557 elevate the change that narrative,
NOTE Confidence: 0.93931944125

00:48:18.557 --> 00:48:19.991 I think in our society around
NOTE Confidence: 0.93931944125

00:48:19.991 --> 00:48:21.119 like everyone needs care.
NOTE Confidence: 0.93931944125

00:48:21.120 --> 00:48:22.320 Everyone needs mental health care.
NOTE Confidence: 0.93931944125

00:48:22.320 --> 00:48:23.520 Taking care of yourself,
NOTE Confidence: 0.93931944125

00:48:23.520 --> 00:48:25.576 you know, you deserve to heal.
NOTE Confidence: 0.93931944125

00:48:25.576 --> 00:48:27.396 You deserve to get treatment.
NOTE Confidence: 0.93931944125

00:48:27.400 --> 00:48:30.354 You deserve to get standard health care.
NOTE Confidence: 0.93931944125

00:48:30.360 --> 00:48:31.436 We all deserve that.
NOTE Confidence: 0.93931944125

00:48:31.436 --> 00:48:33.680 And so if we can speak that way,
NOTE Confidence: 0.93931944125

00:48:33.680 --> 00:48:35.230 you know, not only for our, you know,
NOTE Confidence: 0.93931944125

00:48:35.230 --> 00:48:36.520 we should say that to ourselves,

NOTE Confidence: 0.93931944125

00:48:36.520 --> 00:48:38.480 but also for our for our loved ones.

NOTE Confidence: 0.93931944125

00:48:38.480 --> 00:48:39.440 I think that changes.

NOTE Confidence: 0.93931944125

00:48:39.440 --> 00:48:41.192 Then you know, people will say,

NOTE Confidence: 0.93931944125

00:48:41.192 --> 00:48:42.972 you know, they're worried about feeling,

NOTE Confidence: 0.93931944125

00:48:42.972 --> 00:48:44.745 you know, people think you're crazy or

NOTE Confidence: 0.93931944125

00:48:44.745 --> 00:48:46.479 they think I'm crazy and it's like,

NOTE Confidence: 0.93931944125

00:48:46.480 --> 00:48:47.596 no, I don't think you're crazy.

NOTE Confidence: 0.93931944125

00:48:47.600 --> 00:48:50.072 I think you deserve to get

NOTE Confidence: 0.93931944125

00:48:50.072 --> 00:48:51.720 healthcare for yourself including

NOTE Confidence: 0.93931944125

00:48:51.792 --> 00:48:53.572 mental healthcare so that you

NOTE Confidence: 0.93931944125

00:48:53.572 --> 00:48:55.000 can you know be at your best

NOTE Confidence: 0.873081138

00:48:57.440 --> 00:48:59.184 what do maybe this is a question for

NOTE Confidence: 0.873081138

00:48:59.184 --> 00:49:01.235 all of you what what do you think we

NOTE Confidence: 0.873081138

00:49:01.235 --> 00:49:03.015 can better how can we better advocate

NOTE Confidence: 0.873081138

00:49:03.015 --> 00:49:05.126 at both the state and federal level,

NOTE Confidence: 0.873081138

00:49:05.126 --> 00:49:08.533 especially for what parents need at
NOTE Confidence: 0.873081138

00:49:08.533 --> 00:49:11.400 this time. Anybody want to jump in?
NOTE Confidence: 0.94881904

00:49:16.640 --> 00:49:19.100 Well, I think access to universal
NOTE Confidence: 0.94881904

00:49:19.100 --> 00:49:21.160 health care that includes mental
NOTE Confidence: 0.815528125

00:49:21.236 --> 00:49:22.680 health care would be,
NOTE Confidence: 0.815528125

00:49:22.680 --> 00:49:25.572 you know, the the first task.
NOTE Confidence: 0.815528125

00:49:25.572 --> 00:49:26.834 I don't, you know,
NOTE Confidence: 0.815528125

00:49:26.834 --> 00:49:28.696 because if people can't access, you know,
NOTE Confidence: 0.815528125

00:49:28.696 --> 00:49:29.636 they don't have health insurance,
NOTE Confidence: 0.815528125

00:49:29.640 --> 00:49:30.918 they can't access mental health care
NOTE Confidence: 0.815528125

00:49:30.918 --> 00:49:32.385 or if their their health insurance
NOTE Confidence: 0.815528125

00:49:32.385 --> 00:49:33.800 doesn't cover mental health care,
NOTE Confidence: 0.815528125

00:49:33.800 --> 00:49:35.000 they're not likely to go.
NOTE Confidence: 0.8746719775

00:49:37.640 --> 00:49:39.758 And I think there's, there's some
NOTE Confidence: 0.8746719775

00:49:39.758 --> 00:49:41.170 really wonderful recommendations in
NOTE Confidence: 0.8746719775

00:49:41.221 --> 00:49:42.967 that task force report on maternal

NOTE Confidence: 0.8746719775

00:49:42.967 --> 00:49:45.032 mental health and part of it relates

NOTE Confidence: 0.8746719775

00:49:45.032 --> 00:49:46.437 to infrastructure in you know,

NOTE Confidence: 0.8746719775

00:49:46.440 --> 00:49:51.451 kind of increasing access to to expert

NOTE Confidence: 0.8746719775

00:49:51.451 --> 00:49:54.637 care for perinatal mental health issues.

NOTE Confidence: 0.8746719775

00:49:54.640 --> 00:49:56.824 And then also you know about

NOTE Confidence: 0.8746719775

00:49:56.824 --> 00:49:57.916 affordability and reimbursement.

NOTE Confidence: 0.8746719775

00:49:57.920 --> 00:49:59.918 So thinking about whether or not

NOTE Confidence: 0.8746719775

00:49:59.918 --> 00:50:01.250 insurers are actually covering

NOTE Confidence: 0.8746719775

00:50:01.307 --> 00:50:03.052 behavioral health and if they're

NOTE Confidence: 0.8746719775

00:50:03.052 --> 00:50:04.797 reimbursing at an adequate level,

NOTE Confidence: 0.8746719775

00:50:04.800 --> 00:50:06.944 which we know has been an issue and

NOTE Confidence: 0.8746719775

00:50:06.944 --> 00:50:09.339 that has been faced by many in the

NOTE Confidence: 0.8746719775

00:50:09.339 --> 00:50:11.146 child Study Center and then they

NOTE Confidence: 0.8746719775

00:50:11.146 --> 00:50:12.958 call for greater research as well.

NOTE Confidence: 0.8746719775

00:50:12.960 --> 00:50:14.430 You know, and I think that's the

NOTE Confidence: 0.8746719775

00:50:14.430 --> 00:50:15.949 point that I was mentioning about
NOTE Confidence: 0.8746719775

00:50:15.949 --> 00:50:17.349 trying to understand what can
NOTE Confidence: 0.8746719775

00:50:17.349 --> 00:50:19.078 limit the impact of interventions.
NOTE Confidence: 0.8746719775

00:50:19.080 --> 00:50:21.005 And one of the other recommendations is
NOTE Confidence: 0.8746719775

00:50:21.005 --> 00:50:23.242 something that we spent a lot of time
NOTE Confidence: 0.8746719775

00:50:23.242 --> 00:50:24.597 talking about today is incorporating
NOTE Confidence: 0.8746719775

00:50:24.645 --> 00:50:26.000 the partner as an important,
NOTE Confidence: 0.8746719775

00:50:26.000 --> 00:50:29.200 often ignored component of maternal
NOTE Confidence: 0.8746719775

00:50:29.200 --> 00:50:32.140 mental health and also listening to
NOTE Confidence: 0.8746719775

00:50:32.140 --> 00:50:33.800 individuals with lived experience.
NOTE Confidence: 0.8746719775

00:50:33.800 --> 00:50:35.879 So trying to learn from those individuals
NOTE Confidence: 0.8746719775

00:50:35.879 --> 00:50:37.200 that have experienced anxiety,
NOTE Confidence: 0.8746719775

00:50:37.200 --> 00:50:37.615 depression,
NOTE Confidence: 0.8746719775

00:50:37.615 --> 00:50:40.105 stress in the perinatal period and
NOTE Confidence: 0.8746719775

00:50:40.105 --> 00:50:42.940 to find out what are the barriers
NOTE Confidence: 0.8746719775

00:50:42.940 --> 00:50:45.288 to help seeking and to to Wellness.

NOTE Confidence: 0.8746719775

00:50:45.288 --> 00:50:47.521 So I think there's some really key

NOTE Confidence: 0.8746719775

00:50:47.521 --> 00:50:50.013 points made in that that report that

NOTE Confidence: 0.8746719775

00:50:50.013 --> 00:50:51.520 hopefully Congress will act on.

NOTE Confidence: 0.8746719775

00:50:51.520 --> 00:50:52.210 And you know,

NOTE Confidence: 0.8746719775

00:50:52.210 --> 00:50:53.590 something I chime on maybe too

NOTE Confidence: 0.8746719775

00:50:53.590 --> 00:50:55.239 much about is paid parental leave.

NOTE Confidence: 0.8746719775

00:50:55.240 --> 00:50:57.560 So I'm coming from Europe.

NOTE Confidence: 0.8746719775

00:50:57.560 --> 00:50:59.405 I think that having extended

NOTE Confidence: 0.8746719775

00:50:59.405 --> 00:51:01.250 parental leave and flexible parent

NOTE Confidence: 0.8746719775

00:51:01.313 --> 00:51:03.137 parental leave might also be one

NOTE Confidence: 0.8746719775

00:51:03.137 --> 00:51:05.708 thing that we could do as a society

NOTE Confidence: 0.8746719775

00:51:05.708 --> 00:51:06.996 that would support Wellness.

NOTE Confidence: 0.8746719775

00:51:07.000 --> 00:51:07.160 That's

NOTE Confidence: 0.91283992

00:51:08.800 --> 00:51:09.936 a very good point.

NOTE Confidence: 0.91283992

00:51:09.936 --> 00:51:12.567 I want to just be sure to emphasize

NOTE Confidence: 0.91283992

00:51:12.567 --> 00:51:15.960 and again anyone comment that
NOTE Confidence: 0.91283992

00:51:15.960 --> 00:51:18.263 we talk a lot about children and
NOTE Confidence: 0.91283992

00:51:18.263 --> 00:51:20.072 children's development and how we
NOTE Confidence: 0.91283992

00:51:20.072 --> 00:51:21.596 support children's development and
NOTE Confidence: 0.91283992

00:51:21.600 --> 00:51:23.478 and we do that through education.
NOTE Confidence: 0.91283992

00:51:23.480 --> 00:51:25.478 We do that through a whole range of means,
NOTE Confidence: 0.91283992

00:51:25.480 --> 00:51:27.480 but but what we're actually
NOTE Confidence: 0.91283992

00:51:27.480 --> 00:51:29.416 talking about is that adults,
NOTE Confidence: 0.91283992

00:51:29.416 --> 00:51:30.760 when they become parents,
NOTE Confidence: 0.91283992

00:51:30.760 --> 00:51:31.999 are also developing.
NOTE Confidence: 0.91283992

00:51:31.999 --> 00:51:34.477 They're changing in their brain level.
NOTE Confidence: 0.91283992

00:51:34.480 --> 00:51:36.610 They're changing and obviously what's
NOTE Confidence: 0.91283992

00:51:36.610 --> 00:51:39.200 important and what they need to do.
NOTE Confidence: 0.91283992

00:51:39.200 --> 00:51:41.592 And so we need also to think about
NOTE Confidence: 0.91283992

00:51:41.592 --> 00:51:43.769 how we support adult development
NOTE Confidence: 0.91283992

00:51:43.769 --> 00:51:46.274 in this critical life period.

NOTE Confidence: 0.91283992

00:51:46.280 --> 00:51:48.956 Anyone want to add to that?

NOTE Confidence: 0.91283992

00:51:48.960 --> 00:51:49.960 I think I would just

NOTE Confidence: 0.900020647272727

00:51:49.960 --> 00:51:51.712 add having that as a discussion point in

NOTE Confidence: 0.900020647272727

00:51:51.712 --> 00:51:53.480 and of itself is really important too.

NOTE Confidence: 0.900020647272727

00:51:53.480 --> 00:51:55.195 Because I think when we talk about

NOTE Confidence: 0.900020647272727

00:51:55.195 --> 00:51:56.528 development, we think about it

NOTE Confidence: 0.900020647272727

00:51:56.528 --> 00:51:58.160 stopping when you become an adult.

NOTE Confidence: 0.900020647272727

00:51:58.160 --> 00:51:59.650 But it's where we have to think about

NOTE Confidence: 0.900020647272727

00:51:59.650 --> 00:52:02.036 the baby or the child or the adolescent.

NOTE Confidence: 0.900020647272727

00:52:02.040 --> 00:52:04.357 And you know, it stops when you're

NOTE Confidence: 0.900020647272727

00:52:04.360 --> 00:52:06.136 in your 20s and the reality of

NOTE Confidence: 0.900020647272727

00:52:06.136 --> 00:52:07.280 it is that that's not the case.

NOTE Confidence: 0.900020647272727

00:52:07.280 --> 00:52:08.600 And we're increasingly seeing that.

NOTE Confidence: 0.900020647272727

00:52:08.600 --> 00:52:10.004 Your transition to parenthood I think

NOTE Confidence: 0.900020647272727

00:52:10.004 --> 00:52:11.675 is a great example of a period of

NOTE Confidence: 0.900020647272727

00:52:11.680 --> 00:52:13.040 neurodevelopment that's still, you know,
NOTE Confidence: 0.900020647272727

00:52:13.040 --> 00:52:15.080 that happens later on in adulthood.
NOTE Confidence: 0.900020647272727

00:52:15.080 --> 00:52:16.375 I think we're going to learn about
NOTE Confidence: 0.900020647272727

00:52:16.375 --> 00:52:17.360 other periods of development that
NOTE Confidence: 0.900020647272727

00:52:17.360 --> 00:52:19.115 are going to that are happening too
NOTE Confidence: 0.900020647272727

00:52:19.115 --> 00:52:20.470 that we've we've not necessarily
NOTE Confidence: 0.900020647272727

00:52:20.526 --> 00:52:21.880 taken seriously before either.
NOTE Confidence: 0.900020647272727

00:52:21.880 --> 00:52:23.950 So I think there needs to be a fundamental
NOTE Confidence: 0.900020647272727

00:52:23.950 --> 00:52:25.331 conversation about the transition to
NOTE Confidence: 0.900020647272727

00:52:25.331 --> 00:52:26.824 parenthood as a developmental period in
NOTE Confidence: 0.900020647272727

00:52:26.824 --> 00:52:28.625 its own right and what the demands and
NOTE Confidence: 0.900020647272727

00:52:28.625 --> 00:52:30.280 challenges are of that that we need.
NOTE Confidence: 0.900020647272727

00:52:30.280 --> 00:52:32.278 I think that there needs to be a movement
NOTE Confidence: 0.900020647272727

00:52:32.278 --> 00:52:34.280 away from the romanticization of becoming
NOTE Confidence: 0.900020647272727

00:52:34.280 --> 00:52:36.998 a parent that you got that there is some,
NOTE Confidence: 0.900020647272727

00:52:37.000 --> 00:52:37.833 you know, there is some joy

NOTE Confidence: 0.900020647272727
00:52:37.833 --> 00:52:38.517 and there's some excitement,
NOTE Confidence: 0.900020647272727
00:52:38.520 --> 00:52:39.270 happiness there,
NOTE Confidence: 0.900020647272727
00:52:39.270 --> 00:52:41.145 but it's also incredibly stressful
NOTE Confidence: 0.900020647272727
00:52:41.145 --> 00:52:43.040 independent of mental health symptoms.
NOTE Confidence: 0.900020647272727
00:52:43.040 --> 00:52:44.840 So I think normalizing that conversation
NOTE Confidence: 0.679883315
00:52:44.840 --> 00:52:46.436 is, is incredibly important as well.
NOTE Confidence: 0.679883315
00:52:46.440 --> 00:52:51.040 And go ahead, go ahead. I could
NOTE Confidence: 0.779342445
00:52:51.040 --> 00:52:53.215 just add what what also
NOTE Confidence: 0.779342445
00:52:53.215 --> 00:52:55.252 we need to advocate for,
NOTE Confidence: 0.779342445
00:52:55.252 --> 00:52:57.082 continue to advocate for and
NOTE Confidence: 0.779342445
00:52:57.082 --> 00:52:59.340 connect I think to is continue
NOTE Confidence: 0.779342445
00:52:59.340 --> 00:53:01.155 to build an educated workforce.
NOTE Confidence: 0.779342445
00:53:01.160 --> 00:53:03.701 So making sure that there's support and
NOTE Confidence: 0.779342445
00:53:03.701 --> 00:53:05.520 Congressional support for programming.
NOTE Confidence: 0.779342445
00:53:05.520 --> 00:53:07.710 That's about the continued research
NOTE Confidence: 0.779342445

00:53:07.710 --> 00:53:09.900 and development of models and
NOTE Confidence: 0.779342445

00:53:09.973 --> 00:53:11.912 adapting them for new communities,
NOTE Confidence: 0.779342445

00:53:11.912 --> 00:53:12.704 different communities,
NOTE Confidence: 0.779342445

00:53:12.704 --> 00:53:15.080 including not only sort of more
NOTE Confidence: 0.779342445

00:53:15.139 --> 00:53:16.582 Western focus, but indigenous
NOTE Confidence: 0.779342445

00:53:16.582 --> 00:53:18.237 communities and around the world,
NOTE Confidence: 0.779342445

00:53:18.240 --> 00:53:20.240 both in our country and around the world.
NOTE Confidence: 0.779342445

00:53:20.240 --> 00:53:21.836 And then also really, you know,
NOTE Confidence: 0.779342445

00:53:21.840 --> 00:53:24.143 making sure that there's ways to support
NOTE Confidence: 0.779342445

00:53:24.143 --> 00:53:25.506 the infrastructure for dissemination
NOTE Confidence: 0.779342445

00:53:25.506 --> 00:53:27.444 so that therapists can gain access
NOTE Confidence: 0.779342445

00:53:27.444 --> 00:53:29.161 to these very effective treatments
NOTE Confidence: 0.779342445

00:53:29.161 --> 00:53:31.225 so that the communities and families
NOTE Confidence: 0.779342445

00:53:31.225 --> 00:53:33.160 can gain access to them as well.
NOTE Confidence: 0.815359841428571

00:53:34.160 --> 00:53:35.357 No, thank you, Kerry. That's a very,
NOTE Confidence: 0.815359841428571

00:53:35.360 --> 00:53:38.796 very important point. Let me just,

NOTE Confidence: 0.815359841428571
00:53:38.796 --> 00:53:41.400 we have just a few minutes left.
NOTE Confidence: 0.815359841428571
00:53:41.400 --> 00:53:42.732 Any closing comments from
NOTE Confidence: 0.815359841428571
00:53:42.732 --> 00:53:44.397 any one of my colleagues
NOTE Confidence: 0.958150353333333
00:53:47.960 --> 00:53:48.776 or from the audience?
NOTE Confidence: 0.958150353333333
00:53:48.776 --> 00:53:50.000 We'd love to hear any more
NOTE Confidence: 0.958150353333333
00:53:50.044 --> 00:53:51.319 questions that you might have.
NOTE Confidence: 0.91034293
00:53:54.320 --> 00:53:56.120 I might just say that for
NOTE Confidence: 0.91034293
00:53:56.120 --> 00:53:57.800 the work that I presented,
NOTE Confidence: 0.757757925454545
00:53:57.800 --> 00:53:57.968 unfortunately,
NOTE Confidence: 0.757757925454545
00:53:57.968 --> 00:53:59.840 I did what a lot of us do in science.
NOTE Confidence: 0.757757925454545
00:53:59.840 --> 00:54:00.956 I framed it in the negative.
NOTE Confidence: 0.757757925454545
00:54:00.960 --> 00:54:02.625 There's almost crisis framing of
NOTE Confidence: 0.757757925454545
00:54:02.625 --> 00:54:04.290 there's increased risk and there's
NOTE Confidence: 0.757757925454545
00:54:04.339 --> 00:54:05.879 adverse mental health outcomes.
NOTE Confidence: 0.757757925454545
00:54:05.880 --> 00:54:07.215 But perhaps we can reframe
NOTE Confidence: 0.757757925454545

00:54:07.215 --> 00:54:08.939 that and think about how we
NOTE Confidence: 0.757757925454545

00:54:08.939 --> 00:54:10.279 can promote pregnancy health,
NOTE Confidence: 0.757757925454545

00:54:10.280 --> 00:54:11.828 promote Wellness during pregnancy.
NOTE Confidence: 0.757757925454545

00:54:11.828 --> 00:54:14.150 We can actually stand to reduce
NOTE Confidence: 0.757757925454545

00:54:14.217 --> 00:54:16.293 risk and improve Wellness for both
NOTE Confidence: 0.757757925454545

00:54:16.293 --> 00:54:18.094 mothers and children and their
NOTE Confidence: 0.757757925454545

00:54:18.094 --> 00:54:20.550 families And trying to end on an
NOTE Confidence: 0.757757925454545

00:54:20.550 --> 00:54:22.524 optimistic node Norm can do I think
NOTE Confidence: 0.757757925454545

00:54:22.524 --> 00:54:24.400 is a is a key important message
NOTE Confidence: 0.7831470425

00:54:25.080 --> 00:54:27.114 And I think promoting promoting parental
NOTE Confidence: 0.7831470425

00:54:27.114 --> 00:54:28.942 health like throughout their children's
NOTE Confidence: 0.7831470425

00:54:28.942 --> 00:54:30.256 lives, this was just mentioned.
NOTE Confidence: 0.7831470425

00:54:30.256 --> 00:54:32.661 It's like we do focus a lot on and it's
NOTE Confidence: 0.7831470425

00:54:32.661 --> 00:54:34.173 a very important period the transition
NOTE Confidence: 0.7831470425

00:54:34.226 --> 00:54:35.936 to parenthood and parents are often
NOTE Confidence: 0.7831470425

00:54:35.936 --> 00:54:37.728 more open to intervention at that time.

NOTE Confidence: 0.7831470425

00:54:37.728 --> 00:54:39.493 But you know if anybody had told me

NOTE Confidence: 0.7831470425

00:54:39.493 --> 00:54:41.109 how stressful it was going to be to

NOTE Confidence: 0.7831470425

00:54:41.109 --> 00:54:42.956 have adolescence or to launch children,

NOTE Confidence: 0.7831470425

00:54:42.960 --> 00:54:44.616 I, you know, it's like where's

NOTE Confidence: 0.7831470425

00:54:44.616 --> 00:54:46.273 the support group for that, right.

NOTE Confidence: 0.7831470425

00:54:46.273 --> 00:54:48.137 So just you know recommend that you know

NOTE Confidence: 0.7831470425

00:54:48.137 --> 00:54:49.672 that the health and Wellness throughout

NOTE Confidence: 0.7831470425

00:54:49.672 --> 00:54:51.674 your life as a parent is going to

NOTE Confidence: 0.7831470425

00:54:51.674 --> 00:54:53.078 kind of benefit your your children.

NOTE Confidence: 0.825771405

00:54:54.440 --> 00:54:56.368 Thank you both. I think one of the

NOTE Confidence: 0.825771405

00:54:56.368 --> 00:54:57.954 things we tried to emphasize about

NOTE Confidence: 0.825771405

00:54:57.954 --> 00:55:00.046 what we do in the Child Study Center

NOTE Confidence: 0.825771405

00:55:00.046 --> 00:55:02.896 is yes we do provide care for when

NOTE Confidence: 0.825771405

00:55:02.896 --> 00:55:05.800 families and children are in need,

NOTE Confidence: 0.825771405

00:55:05.800 --> 00:55:08.332 but our all complete goal is

NOTE Confidence: 0.825771405

00:55:08.332 --> 00:55:10.632 to help children flourish and
NOTE Confidence: 0.825771405
00:55:10.632 --> 00:55:12.756 reach their fullest potential.
NOTE Confidence: 0.825771405
00:55:12.760 --> 00:55:15.392 So we're always looking for ways to optimize
NOTE Confidence: 0.825771405
00:55:15.392 --> 00:55:17.560 all children and families development.
NOTE Confidence: 0.94081432
00:55:20.440 --> 00:55:21.355 So thanks everybody.
NOTE Confidence: 0.94081432
00:55:21.355 --> 00:55:22.880 Thanks so much for joining.
NOTE Confidence: 0.94081432
00:55:22.880 --> 00:55:25.099 We really appreciate all of you coming
NOTE Confidence: 0.94081432
00:55:25.099 --> 00:55:27.280 online and on this beautiful day.
NOTE Confidence: 0.94081432
00:55:27.280 --> 00:55:29.205 And we have one more in the
NOTE Confidence: 0.94081432
00:55:29.205 --> 00:55:31.080 series for next week and look
NOTE Confidence: 0.94081432
00:55:31.080 --> 00:55:32.720 forward to seeing you then.
NOTE Confidence: 0.94081432
00:55:32.720 --> 00:55:33.479 Thanks so much.