

WEBVTT

NOTE duration:"01:30:53.0560000"

NOTE language:en-us

NOTE Confidence: 0.8680402

00:00:00.000 --> 00:00:01.296 Good morning everyone.

NOTE Confidence: 0.8680402

00:00:01.296 --> 00:00:04.728 It's great to see so many friendly faces

NOTE Confidence: 0.8680402

00:00:04.728 --> 00:00:07.725 in that bar on the right of my screen.

NOTE Confidence: 0.8680402

00:00:07.730 --> 00:00:10.593 I have the pleasure and honor of

NOTE Confidence: 0.8680402

00:00:10.593 --> 00:00:12.849 introducing Craig Brian this morning.

NOTE Confidence: 0.8680402

00:00:12.850 --> 00:00:15.090 I first actually got to know Craig

NOTE Confidence: 0.8680402

00:00:15.090 --> 00:00:17.723 in 2015 after reading a paper in

NOTE Confidence: 0.8680402

00:00:17.723 --> 00:00:19.723 the American Journal of Psychiatry,

NOTE Confidence: 0.8680402

00:00:19.730 --> 00:00:21.678 randomized controlled trial that

NOTE Confidence: 0.8680402

00:00:21.678 --> 00:00:24.600 he had done with David Rudd.

NOTE Confidence: 0.8680402

00:00:24.600 --> 00:00:26.530 That actually showed a 60%

NOTE Confidence: 0.8680402

00:00:26.530 --> 00:00:28.455 reduction in suicide attempts among

NOTE Confidence: 0.8680402

00:00:28.455 --> 00:00:29.995 active duty military personnel,

NOTE Confidence: 0.8680402

00:00:30.000 --> 00:00:31.930 which really caught my interest.

NOTE Confidence: 0.8680402

00:00:31.930 --> 00:00:34.786 So I reached out to Craig and David

NOTE Confidence: 0.8680402

00:00:34.786 --> 00:00:36.949 and started talking with them,

NOTE Confidence: 0.8680402

00:00:36.950 --> 00:00:39.250 learning more about their work

NOTE Confidence: 0.8680402

00:00:39.250 --> 00:00:41.550 and ultimately became a friend

NOTE Confidence: 0.8680402

00:00:41.629 --> 00:00:43.439 and admirer of his work.

NOTE Confidence: 0.8680402

00:00:43.440 --> 00:00:45.270 I looking very much looking forward

NOTE Confidence: 0.8680402

00:00:45.270 --> 00:00:47.376 to his talk today because I think

NOTE Confidence: 0.8680402

00:00:47.376 --> 00:00:49.540 there's data in it I'm not aware of.

NOTE Confidence: 0.8680402

00:00:49.540 --> 00:00:51.660 Craig is a clinical psychologist.

NOTE Confidence: 0.8680402

00:00:51.660 --> 00:00:54.270 He's the star professor of Psychiatry

NOTE Confidence: 0.8680402

00:00:54.270 --> 00:00:57.049 and Behavioral Health at the Ohio

NOTE Confidence: 0.8680402

00:00:57.049 --> 00:00:59.454 State University Wexner Medical Center.

NOTE Confidence: 0.8680402

00:00:59.460 --> 00:01:01.782 And is the division director for

NOTE Confidence: 0.8680402

00:01:01.782 --> 00:01:03.330 Recovery and resilience there.

NOTE Confidence: 0.8680402

00:01:03.330 --> 00:01:05.388 He did his doctorate in Clinical

NOTE Confidence: 0.8680402

00:01:05.388 --> 00:01:06.760 Psychiatry at Baylor University,
NOTE Confidence: 0.8680402

00:01:06.760 --> 00:01:08.132 completed clinical residency at
NOTE Confidence: 0.8680402

00:01:08.132 --> 00:01:09.847 the Wilford Hall Medical Center,
NOTE Confidence: 0.8680402

00:01:09.850 --> 00:01:11.262 Lackland Air Force Base,
NOTE Confidence: 0.8680402

00:01:11.262 --> 00:01:14.227 and was deployed in Iraq in 2009 and
NOTE Confidence: 0.8680402

00:01:14.227 --> 00:01:16.549 was the director of the traumatic
NOTE Confidence: 0.8680402

00:01:16.549 --> 00:01:18.991 Brain Injuries Clinic at the Air
NOTE Confidence: 0.8680402

00:01:18.991 --> 00:01:20.587 Force Theater Hospital there.
NOTE Confidence: 0.8680402

00:01:20.590 --> 00:01:23.005 He left active duty service and started
NOTE Confidence: 0.8680402

00:01:23.005 --> 00:01:24.929 researching post traumatic stress disorder,
NOTE Confidence: 0.8680402

00:01:24.930 --> 00:01:26.019 suicidal behaviors and
NOTE Confidence: 0.8680402

00:01:26.019 --> 00:01:27.108 suicide prevention strategies,
NOTE Confidence: 0.8680402

00:01:27.110 --> 00:01:28.915 as well as psychological health
NOTE Confidence: 0.8680402

00:01:28.915 --> 00:01:29.637 and resiliency.
NOTE Confidence: 0.8680402

00:01:29.640 --> 00:01:31.450 He's had faculty appointments at
NOTE Confidence: 0.8680402

00:01:31.450 --> 00:01:33.260 the University of Texas Health,

NOTE Confidence: 0.8680402

00:01:33.260 --> 00:01:35.426 same health system in San Antonio,

NOTE Confidence: 0.8680402

00:01:35.430 --> 00:01:36.706 the University of Utah,

NOTE Confidence: 0.8680402

00:01:36.706 --> 00:01:39.410 and now at the Ohio State University.

NOTE Confidence: 0.8680402

00:01:39.410 --> 00:01:41.902 He's had 10s of millions of dollars

NOTE Confidence: 0.8680402

00:01:41.902 --> 00:01:44.120 in grants focused on these topics.

NOTE Confidence: 0.8680402

00:01:44.120 --> 00:01:44.842 Suicide prevention,

NOTE Confidence: 0.8680402

00:01:44.842 --> 00:01:46.647 PTS di trauma and resilience.

NOTE Confidence: 0.8680402

00:01:46.650 --> 00:01:48.460 One has won many awards.

NOTE Confidence: 0.8680402

00:01:48.460 --> 00:01:51.246 I won't go into all of them.

NOTE Confidence: 0.8680402

00:01:51.250 --> 00:01:53.706 And I'll just let him dive in and

NOTE Confidence: 0.8680402

00:01:53.706 --> 00:01:54.830 get right to it.

NOTE Confidence: 0.8680402

00:01:54.830 --> 00:01:56.909 So Craig, thanks so much for coming.

NOTE Confidence: 0.8680402

00:01:56.910 --> 00:01:58.400 Thanks for everyone for attending.

NOTE Confidence: 0.8680402

00:01:58.400 --> 00:01:59.756 If you have questions,

NOTE Confidence: 0.8680402

00:01:59.756 --> 00:02:02.142 please enter them into the chat and

NOTE Confidence: 0.8680402

00:02:02.142 --> 00:02:04.406 when Craig is done we can go through
NOTE Confidence: 0.8680402

00:02:04.406 --> 00:02:06.446 them and try to get to them all.
NOTE Confidence: 0.8680402

00:02:06.450 --> 00:02:07.040 So thanks.
NOTE Confidence: 0.888687

00:02:09.200 --> 00:02:11.078 Alright well thanks for the introduction.
NOTE Confidence: 0.888687

00:02:11.080 --> 00:02:13.663 It's really great to be able to join all
NOTE Confidence: 0.888687

00:02:13.663 --> 00:02:16.401 of you this morning and seeing a little
NOTE Confidence: 0.888687

00:02:16.401 --> 00:02:18.896 bit of windows and in my boxes here,
NOTE Confidence: 0.888687

00:02:18.900 --> 00:02:23.170 it looks like you guys are having a nice day.
NOTE Confidence: 0.888687

00:02:23.170 --> 00:02:25.642 Up there in the Connecticut area and a
NOTE Confidence: 0.888687

00:02:25.642 --> 00:02:28.046 beautiful day here in central Ohio as well.
NOTE Confidence: 0.888687

00:02:28.050 --> 00:02:29.980 So today what I thought
NOTE Confidence: 0.888687

00:02:29.980 --> 00:02:31.910 I would talk about is.
NOTE Confidence: 0.888687

00:02:31.910 --> 00:02:34.580 More of some conceptual work around
NOTE Confidence: 0.888687

00:02:34.580 --> 00:02:37.234 suicide that we've really been focusing
NOTE Confidence: 0.888687

00:02:37.234 --> 00:02:40.013 on over the past several years now.
NOTE Confidence: 0.888687

00:02:40.020 --> 00:02:42.195 Certainly present some of the

NOTE Confidence: 0.888687

00:02:42.195 --> 00:02:44.870 empirical findings at our lab and

NOTE Confidence: 0.888687

00:02:44.870 --> 00:02:47.390 other labs have published in recent

NOTE Confidence: 0.888687

00:02:47.390 --> 00:02:49.839 years that really kind of backup.

NOTE Confidence: 0.888687

00:02:49.840 --> 00:02:52.402 This sort of approach to understanding

NOTE Confidence: 0.888687

00:02:52.402 --> 00:02:54.110 suicide and suicidal behavior.

NOTE Confidence: 0.888687

00:02:54.110 --> 00:02:57.398 And then, after we kind of start with

NOTE Confidence: 0.888687

00:02:57.398 --> 00:03:00.340 more kind of conceptual ideas about

NOTE Confidence: 0.888687

00:03:00.340 --> 00:03:03.382 thinking of suicide in new ways.

NOTE Confidence: 0.888687

00:03:03.390 --> 00:03:03.970 You know,

NOTE Confidence: 0.888687

00:03:03.970 --> 00:03:06.000 I'll conclude with some of the work

NOTE Confidence: 0.888687

00:03:06.000 --> 00:03:08.461 that we've done from an intervention

NOTE Confidence: 0.888687

00:03:08.461 --> 00:03:09.724 and prevention standpoint,

NOTE Confidence: 0.888687

00:03:09.730 --> 00:03:12.334 and how I think this alternative approach

NOTE Confidence: 0.888687

00:03:12.334 --> 00:03:14.194 to understanding the emergence of

NOTE Confidence: 0.888687

00:03:14.194 --> 00:03:16.588 suicidal behavior and might lead us to

NOTE Confidence: 0.888687

00:03:16.588 --> 00:03:18.640 think about a range of interventions
NOTE Confidence: 0.888687

00:03:18.640 --> 00:03:22.070 in a number of strategic ways.
NOTE Confidence: 0.888687

00:03:22.070 --> 00:03:24.233 So the you know the basis for
NOTE Confidence: 0.888687

00:03:24.233 --> 00:03:26.710 this line of research really was,
NOTE Confidence: 0.888687

00:03:26.710 --> 00:03:27.986 you know, founded in.
NOTE Confidence: 0.888687

00:03:27.986 --> 00:03:29.581 I think some traditional ideas
NOTE Confidence: 0.888687

00:03:29.581 --> 00:03:30.999 about suicide prevention.
NOTE Confidence: 0.888687

00:03:31.000 --> 00:03:32.794 I think some of the traditional
NOTE Confidence: 0.888687

00:03:32.794 --> 00:03:34.531 ways that we have approached
NOTE Confidence: 0.888687

00:03:34.531 --> 00:03:36.886 our understanding of suicide and
NOTE Confidence: 0.888687

00:03:36.886 --> 00:03:38.770 approached prevention efforts are
NOTE Confidence: 0.888687

00:03:38.834 --> 00:03:40.843 encapsulated in many ways by a lot
NOTE Confidence: 0.888687

00:03:40.843 --> 00:03:42.781 of the catch phrases and sayings
NOTE Confidence: 0.888687

00:03:42.781 --> 00:03:45.630 that I have on the screen right now,
NOTE Confidence: 0.888687

00:03:45.630 --> 00:03:48.843 that I'm sure many of you are familiar with.
NOTE Confidence: 0.888687

00:03:48.850 --> 00:03:51.616 You probably heard this plenty often.

NOTE Confidence: 0.888687

00:03:51.620 --> 00:03:54.100 I'm going to maybe you as well as

NOTE Confidence: 0.888687

00:03:54.100 --> 00:03:55.585 mental health professionals and

NOTE Confidence: 0.888687

00:03:55.585 --> 00:03:58.357 researchers have said one or more of

NOTE Confidence: 0.888687

00:03:58.357 --> 00:04:00.576 these things as well when talking

NOTE Confidence: 0.888687

00:04:00.576 --> 00:04:03.062 about suicide and I start here because

NOTE Confidence: 0.888687

00:04:03.062 --> 00:04:05.624 I kind of think that where we're

NOTE Confidence: 0.888687

00:04:05.624 --> 00:04:08.299 heading now in in our research on

NOTE Confidence: 0.888687

00:04:08.299 --> 00:04:10.496 suicide prevention is really a mini

NOTE Confidence: 0.888687

00:04:10.496 --> 00:04:13.032 wasted on the cusp of a paradigm shift.

NOTE Confidence: 0.888687

00:04:13.040 --> 00:04:15.854 And I think it's critical for us

NOTE Confidence: 0.888687

00:04:15.854 --> 00:04:18.190 to understand where we come from

NOTE Confidence: 0.888687

00:04:18.190 --> 00:04:20.626 as we talk about and think about

NOTE Confidence: 0.888687

00:04:20.710 --> 00:04:22.258 where we're heading.

NOTE Confidence: 0.888687

00:04:22.260 --> 00:04:25.018 So one of the challenges, of course,

NOTE Confidence: 0.888687

00:04:25.018 --> 00:04:26.988 when it comes to suicide,

NOTE Confidence: 0.888687

00:04:26.990 --> 00:04:29.748 is that despite decades of fairly consistent,
NOTE Confidence: 0.888687

00:04:29.750 --> 00:04:32.240 I would argue fairly uniform thinking
NOTE Confidence: 0.888687

00:04:32.240 --> 00:04:34.697 about suicide over the past two
NOTE Confidence: 0.888687

00:04:34.697 --> 00:04:37.224 decades since the turn of the century,
NOTE Confidence: 0.888687

00:04:37.230 --> 00:04:39.594 we've seen a steady rise in
NOTE Confidence: 0.888687

00:04:39.594 --> 00:04:41.170 suicides in the US,
NOTE Confidence: 0.888687

00:04:41.170 --> 00:04:43.468 and which is not really mirrored
NOTE Confidence: 0.888687

00:04:43.468 --> 00:04:45.510 anywhere else in the world.
NOTE Confidence: 0.888687

00:04:45.510 --> 00:04:47.814 About 3/4 of nations around the
NOTE Confidence: 0.888687

00:04:47.814 --> 00:04:50.229 world during the same time frame.
NOTE Confidence: 0.888687

00:04:50.230 --> 00:04:53.198 If you look at statistics reported too.
NOTE Confidence: 0.888687

00:04:53.200 --> 00:04:54.670 Mental Health Organization.
NOTE Confidence: 0.888687

00:04:54.670 --> 00:04:57.610 See that most nations are actually
NOTE Confidence: 0.888687

00:04:57.610 --> 00:04:59.481 experiencing a decline in suicide
NOTE Confidence: 0.888687

00:04:59.481 --> 00:05:02.229 rates in the United States is one of
NOTE Confidence: 0.888687

00:05:02.229 --> 00:05:04.383 the minority that is actually seeing

NOTE Confidence: 0.888687

00:05:04.383 --> 00:05:06.698 the reverse pattern occur ING in.

NOTE Confidence: 0.888687

00:05:06.698 --> 00:05:11.368 On top of that, if we were to rank order.

NOTE Confidence: 0.888687

00:05:11.370 --> 00:05:13.750 You know all the world's nations in

NOTE Confidence: 0.888687

00:05:13.750 --> 00:05:16.706 terms of change in suicide rates since 2000,

NOTE Confidence: 0.888687

00:05:16.710 --> 00:05:18.915 we see that the United States is

NOTE Confidence: 0.888687

00:05:18.915 --> 00:05:21.490 actually #3 in terms of the fastest

NOTE Confidence: 0.888687

00:05:21.490 --> 00:05:23.824 and the largest increase in suicides.

NOTE Confidence: 0.8680026

00:05:23.830 --> 00:05:26.374 And so there's something very unique I think

NOTE Confidence: 0.8680026

00:05:26.374 --> 00:05:28.553 about the United States that's different

NOTE Confidence: 0.8680026

00:05:28.553 --> 00:05:31.310 that Bing's very clearly are not working,

NOTE Confidence: 0.8680026

00:05:31.310 --> 00:05:34.870 at least not in the way that we would like,

NOTE Confidence: 0.8680026

00:05:34.870 --> 00:05:36.294 which has really stimulated

NOTE Confidence: 0.8680026

00:05:36.294 --> 00:05:38.430 me and others to second guess.

NOTE Confidence: 0.8680026

00:05:38.430 --> 00:05:40.572 A lot of those initial assumptions

NOTE Confidence: 0.8680026

00:05:40.572 --> 00:05:42.340 that I shared with you.

NOTE Confidence: 0.8680026

00:05:42.340 --> 00:05:44.590 Maybe there's something about the way
NOTE Confidence: 0.8680026

00:05:44.590 --> 00:05:46.370 that we've approached suicide and.
NOTE Confidence: 0.8680026

00:05:46.370 --> 00:05:47.513 Thought about it.
NOTE Confidence: 0.8680026

00:05:47.513 --> 00:05:49.037 That isn't really accurate.
NOTE Confidence: 0.8680026

00:05:49.040 --> 00:05:52.469 Or maybe we're missing the mark in some way.
NOTE Confidence: 0.8680026

00:05:52.470 --> 00:05:55.062 'cause if we were if we were correct
NOTE Confidence: 0.8680026

00:05:55.062 --> 00:05:57.560 about how we understand suicide in
NOTE Confidence: 0.8680026

00:05:57.560 --> 00:05:59.780 our interventions were as effective
NOTE Confidence: 0.8680026

00:05:59.780 --> 00:06:01.988 as we think they should be,
NOTE Confidence: 0.8680026

00:06:01.990 --> 00:06:04.636 then probably we would not be seeing
NOTE Confidence: 0.8680026

00:06:04.636 --> 00:06:06.938 this upward steady rise in suicide.
NOTE Confidence: 0.8680026

00:06:06.940 --> 00:06:09.952 We should be seeing either things
NOTE Confidence: 0.8680026

00:06:09.952 --> 00:06:13.039 holding steady or even a decrease.
NOTE Confidence: 0.8680026

00:06:13.040 --> 00:06:15.800 So as I think about what are some of those
NOTE Confidence: 0.8680026

00:06:15.870 --> 00:06:18.696 classic ways that we conceptualize suicide,
NOTE Confidence: 0.8680026

00:06:18.700 --> 00:06:21.492 I really think that many of the theories

NOTE Confidence: 0.8680026

00:06:21.492 --> 00:06:24.256 that have been proposed and there are

NOTE Confidence: 0.8680026

00:06:24.256 --> 00:06:26.880 a multitude of theories about suicide.

NOTE Confidence: 0.8680026

00:06:26.880 --> 00:06:28.176 In many ways,

NOTE Confidence: 0.8680026

00:06:28.176 --> 00:06:30.336 conform to this general framework.

NOTE Confidence: 0.8680026

00:06:30.340 --> 00:06:32.350 We could certainly probably quibble

NOTE Confidence: 0.8680026

00:06:32.350 --> 00:06:34.360 and argue about differences and

NOTE Confidence: 0.8680026

00:06:34.427 --> 00:06:36.407 the different theoretical models,

NOTE Confidence: 0.8680026

00:06:36.410 --> 00:06:39.650 but I think that this this sort of

NOTE Confidence: 0.8680026

00:06:39.650 --> 00:06:42.187 sequence of events, so to speak,

NOTE Confidence: 0.8680026

00:06:42.187 --> 00:06:45.137 kind of serves as a sort of a

NOTE Confidence: 0.8680026

00:06:45.137 --> 00:06:47.557 foundational way of capturing how

NOTE Confidence: 0.8680026

00:06:47.557 --> 00:06:50.260 we have thought about suicide.

NOTE Confidence: 0.8680026

00:06:50.260 --> 00:06:52.430 Where you know someone experiences

NOTE Confidence: 0.8680026

00:06:52.430 --> 00:06:54.600 an intensification or elevation of

NOTE Confidence: 0.8680026

00:06:54.663 --> 00:06:57.195 emotional distress and then some things

NOTE Confidence: 0.8680026

00:06:57.195 --> 00:06:59.069 happen, certain mechanisms occur.
NOTE Confidence: 0.8680026

00:06:59.069 --> 00:07:01.001 Different theories would posit
NOTE Confidence: 0.8680026

00:07:01.001 --> 00:07:01.967 different mechanisms,
NOTE Confidence: 0.8680026

00:07:01.970 --> 00:07:04.480 but something is happening whereby
NOTE Confidence: 0.8680026

00:07:04.480 --> 00:07:06.488 emotional distress evolves into
NOTE Confidence: 0.8680026

00:07:06.488 --> 00:07:09.209 suicidal ideations and then at that
NOTE Confidence: 0.8680026

00:07:09.209 --> 00:07:10.925 point individuals were thinking
NOTE Confidence: 0.8680026

00:07:10.925 --> 00:07:12.360 about suicide again.
NOTE Confidence: 0.8680026

00:07:12.360 --> 00:07:15.657 Some kind of mechanisms or processes occur.
NOTE Confidence: 0.8680026

00:07:15.660 --> 00:07:17.073 Different theories, again,
NOTE Confidence: 0.8680026

00:07:17.073 --> 00:07:18.957 are proposing different mechanisms,
NOTE Confidence: 0.8680026

00:07:18.960 --> 00:07:20.848 and then individuals transition
NOTE Confidence: 0.8680026

00:07:20.848 --> 00:07:22.264 to suicidal behaviors.
NOTE Confidence: 0.8680026

00:07:22.270 --> 00:07:23.662 So in essence,
NOTE Confidence: 0.8680026

00:07:23.662 --> 00:07:26.446 they act upon the suicidal thoughts
NOTE Confidence: 0.8680026

00:07:26.446 --> 00:07:29.827 and then another sort of typical

NOTE Confidence: 0.8680026

00:07:29.827 --> 00:07:30.957 assumption about.

NOTE Confidence: 0.8680026

00:07:30.960 --> 00:07:33.648 The sort of progression from ideations

NOTE Confidence: 0.8680026

00:07:33.648 --> 00:07:36.616 to action is that relatively soon

NOTE Confidence: 0.8680026

00:07:36.616 --> 00:07:39.356 before a suicide attempt occurs,

NOTE Confidence: 0.8680026

00:07:39.360 --> 00:07:42.235 there are theoretically some observable

NOTE Confidence: 0.8680026

00:07:42.235 --> 00:07:45.110 changes are observable variables that

NOTE Confidence: 0.8680026

00:07:45.187 --> 00:07:48.243 we refer to as warning signs that should,

NOTE Confidence: 0.8680026

00:07:48.250 --> 00:07:51.112 in theory signal that a suicide

NOTE Confidence: 0.8680026

00:07:51.112 --> 00:07:53.680 attempt is about to occur.

NOTE Confidence: 0.8680026

00:07:53.680 --> 00:07:57.864 So I would say despite in many ways

NOTE Confidence: 0.8680026

00:07:57.864 --> 00:08:01.859 this serving is kind of a foundational.

NOTE Confidence: 0.8680026

00:08:01.860 --> 00:08:04.709 Assumption about how we think about suicide.

NOTE Confidence: 0.8680026

00:08:04.710 --> 00:08:07.559 As I noted on the previous slide,

NOTE Confidence: 0.8680026

00:08:07.560 --> 00:08:10.409 we're not really good at preventing suicide,

NOTE Confidence: 0.8680026

00:08:10.410 --> 00:08:13.259 at least not in the United States,

NOTE Confidence: 0.8680026

00:08:13.260 --> 00:08:15.480 and so it's really prompted myself
NOTE Confidence: 0.8680026

00:08:15.480 --> 00:08:17.802 and a number of other researchers
NOTE Confidence: 0.8680026

00:08:17.802 --> 00:08:20.874 to question a lot of our long held
NOTE Confidence: 0.8680026

00:08:20.956 --> 00:08:23.662 assumptions about suicide and to start
NOTE Confidence: 0.8680026

00:08:23.662 --> 00:08:26.276 thinking about this in different ways.
NOTE Confidence: 0.8680026

00:08:26.276 --> 00:08:29.500 And so I just want to kind of
NOTE Confidence: 0.8680026

00:08:29.592 --> 00:08:32.455 talk today about some of my own.
NOTE Confidence: 0.8680026

00:08:32.460 --> 00:08:34.752 Halfway my own thinking over the
NOTE Confidence: 0.8680026

00:08:34.752 --> 00:08:37.756 past several years and kind of talk
NOTE Confidence: 0.8680026

00:08:37.756 --> 00:08:39.620 about how different experiences
NOTE Confidence: 0.8680026

00:08:39.620 --> 00:08:42.591 different studies have led us to to
NOTE Confidence: 0.8680026

00:08:42.591 --> 00:08:44.091 really approach our understanding
NOTE Confidence: 0.8680026

00:08:44.091 --> 00:08:46.446 of this emergent process of moving
NOTE Confidence: 0.8680026

00:08:46.446 --> 00:08:48.441 towards suicidal behavior that we
NOTE Confidence: 0.8680026

00:08:48.441 --> 00:08:50.591 think can potentially advance our
NOTE Confidence: 0.8680026

00:08:50.591 --> 00:08:52.279 ability to prevent suicide.

NOTE Confidence: 0.8680026

00:08:52.280 --> 00:08:53.932 And in many ways,

NOTE Confidence: 0.8680026

00:08:53.932 --> 00:08:54.758 sort of.

NOTE Confidence: 0.8680026

00:08:54.760 --> 00:08:57.040 I would kind of tie the

NOTE Confidence: 0.8680026

00:08:57.040 --> 00:08:58.560 origins of my thinking

NOTE Confidence: 0.8329907

00:08:58.650 --> 00:09:00.715 about this to some conversations

NOTE Confidence: 0.8329907

00:09:00.715 --> 00:09:04.358 that I had with a colleague of mine.

NOTE Confidence: 0.8329907

00:09:04.360 --> 00:09:08.294 In Utah. You know the first arrived.

NOTE Confidence: 0.8329907

00:09:08.300 --> 00:09:10.040 There's faculty, especially the

NOTE Confidence: 0.8329907

00:09:10.040 --> 00:09:12.650 conversations I had with John Buckner,

NOTE Confidence: 0.8329907

00:09:12.650 --> 00:09:14.825 whose social quantitative psychologist his

NOTE Confidence: 0.8329907

00:09:14.825 --> 00:09:17.000 expertise in complex dynamical systems.

NOTE Confidence: 0.8329907

00:09:17.000 --> 00:09:20.906 And we were having coffee one day on campus,

NOTE Confidence: 0.8329907

00:09:20.910 --> 00:09:23.955 just kind of chatting about our respective

NOTE Confidence: 0.8329907

00:09:23.955 --> 00:09:26.570 programs, getting to know each other,

NOTE Confidence: 0.8329907

00:09:26.570 --> 00:09:30.377 and it so happened that each of us had

NOTE Confidence: 0.8329907

00:09:30.377 --> 00:09:33.957 been funded by NASA to do some work,

NOTE Confidence: 0.8329907

00:09:33.960 --> 00:09:37.117 and in his project in his NASA.

NOTE Confidence: 0.8329907

00:09:37.120 --> 00:09:39.780 On the project is kind of interesting.

NOTE Confidence: 0.8329907

00:09:39.780 --> 00:09:42.272 He was being asked to model budget

NOTE Confidence: 0.8329907

00:09:42.272 --> 00:09:44.718 overages and what NASA's concern was,

NOTE Confidence: 0.8329907

00:09:44.720 --> 00:09:47.760 hey, you know we have all these grants.

NOTE Confidence: 0.8329907

00:09:47.760 --> 00:09:49.660 We've all these contracts and

NOTE Confidence: 0.8329907

00:09:49.660 --> 00:09:51.180 projects that we're funding.

NOTE Confidence: 0.8329907

00:09:51.180 --> 00:09:53.840 You know, the vast majority of them.

NOTE Confidence: 0.8329907

00:09:53.840 --> 00:09:55.740 They spend money as expected.

NOTE Confidence: 0.8329907

00:09:55.740 --> 00:09:57.368 They perform on track,

NOTE Confidence: 0.8329907

00:09:57.368 --> 00:10:00.110 so they're not really issues for us.

NOTE Confidence: 0.8329907

00:10:00.110 --> 00:10:02.370 We obviously don't worry about

NOTE Confidence: 0.8329907

00:10:02.370 --> 00:10:04.178 projects that achieve their

NOTE Confidence: 0.8329907

00:10:04.178 --> 00:10:06.138 objectives on time and on budget.

NOTE Confidence: 0.8329907

00:10:06.140 --> 00:10:08.378 And then there's another pool of

NOTE Confidence: 0.8329907

00:10:08.378 --> 00:10:10.379 projects where the projects are

NOTE Confidence: 0.8329907

00:10:10.379 --> 00:10:12.167 fairly consistently over budget.

NOTE Confidence: 0.8329907

00:10:12.170 --> 00:10:14.180 They're not dramatically over budget,

NOTE Confidence: 0.8329907

00:10:14.180 --> 00:10:16.400 but they are always spending more

NOTE Confidence: 0.8329907

00:10:16.400 --> 00:10:18.600 than what was initially projected,

NOTE Confidence: 0.8329907

00:10:18.600 --> 00:10:20.645 but there still achieving their

NOTE Confidence: 0.8329907

00:10:20.645 --> 00:10:23.020 milestones and an absolute told him,

NOTE Confidence: 0.8329907

00:10:23.020 --> 00:10:23.824 you know,

NOTE Confidence: 0.8329907

00:10:23.824 --> 00:10:25.432 we're not really worried

NOTE Confidence: 0.8329907

00:10:25.432 --> 00:10:27.040 about those projects either,

NOTE Confidence: 0.8329907

00:10:27.040 --> 00:10:29.050 because they're predictably over budget.

NOTE Confidence: 0.8329907

00:10:29.050 --> 00:10:31.130 We know exactly how much

NOTE Confidence: 0.8329907

00:10:31.130 --> 00:10:32.794 they're going to spend.

NOTE Confidence: 0.8329907

00:10:32.800 --> 00:10:34.816 And probably it's just we we

NOTE Confidence: 0.8329907

00:10:34.816 --> 00:10:36.607 probably just under estimated the

NOTE Confidence: 0.8329907

00:10:36.607 --> 00:10:38.537 resources needed for those projects,
NOTE Confidence: 0.8329907

00:10:38.540 --> 00:10:40.096 but they're doing OK,
NOTE Confidence: 0.8329907

00:10:40.096 --> 00:10:43.170 But there's this third group of projects.
NOTE Confidence: 0.8329907

00:10:43.170 --> 00:10:46.586 That are really, really problematic for NASA,
NOTE Confidence: 0.8329907

00:10:46.590 --> 00:10:48.105 and it's because.
NOTE Confidence: 0.8329907

00:10:48.105 --> 00:10:51.135 They initially start on track there,
NOTE Confidence: 0.8329907

00:10:51.140 --> 00:10:53.576 performing well they're spending as expected,
NOTE Confidence: 0.8329907

00:10:53.580 --> 00:10:56.022 and then all of a sudden
NOTE Confidence: 0.8329907

00:10:56.022 --> 00:10:57.650 they're massively over budget,
NOTE Confidence: 0.8329907

00:10:57.650 --> 00:10:59.984 and then once they seem to
NOTE Confidence: 0.8329907

00:10:59.984 --> 00:11:02.130 depart from being on track,
NOTE Confidence: 0.8329907

00:11:02.130 --> 00:11:05.126 they have one period where their massively
NOTE Confidence: 0.8329907

00:11:05.126 --> 00:11:08.239 over budget things just get worse and worse.
NOTE Confidence: 0.8329907

00:11:08.240 --> 00:11:10.676 They keep coming up over budget,
NOTE Confidence: 0.8329907

00:11:10.680 --> 00:11:12.710 over budget over budget dramatically,
NOTE Confidence: 0.8329907

00:11:12.710 --> 00:11:15.182 and so this creates this massive

NOTE Confidence: 0.8329907

00:11:15.182 --> 00:11:17.708 problem for the organization because it

NOTE Confidence: 0.8329907

00:11:17.708 --> 00:11:20.138 shuts down other projects it creates.

NOTE Confidence: 0.8329907

00:11:20.140 --> 00:11:21.910 Budget strain for everybody else.

NOTE Confidence: 0.8329907

00:11:21.910 --> 00:11:23.675 All of the projects depending

NOTE Confidence: 0.8329907

00:11:23.675 --> 00:11:25.440 on that one particular project,

NOTE Confidence: 0.8329907

00:11:25.440 --> 00:11:27.600 it slowed down and so NASA

NOTE Confidence: 0.8329907

00:11:27.600 --> 00:11:29.670 had actually a term for it.

NOTE Confidence: 0.8329907

00:11:29.670 --> 00:11:30.732 They called it,

NOTE Confidence: 0.8329907

00:11:30.732 --> 00:11:31.440 performance escapes,

NOTE Confidence: 0.8329907

00:11:31.440 --> 00:11:33.806 and so they wanted John to help

NOTE Confidence: 0.8329907

00:11:33.806 --> 00:11:36.551 figure out how do we know which of

NOTE Confidence: 0.8329907

00:11:36.551 --> 00:11:38.654 our seemingly on track OK projects

NOTE Confidence: 0.8329907

00:11:38.654 --> 00:11:41.654 are going to suddenly out of the blue

NOTE Confidence: 0.8329907

00:11:41.654 --> 00:11:43.824 turn into project escapes and and so

NOTE Confidence: 0.8329907

00:11:43.824 --> 00:11:45.910 John was modeling this mathematically.

NOTE Confidence: 0.8329907

00:11:45.910 --> 00:11:48.076 This is one of the simulations
NOTE Confidence: 0.8329907

00:11:48.076 --> 00:11:50.657 that he ran using their data and
NOTE Confidence: 0.8329907

00:11:50.657 --> 00:11:53.128 you see here there's just like 1
NOTE Confidence: 0.8329907

00:11:53.211 --> 00:11:55.617 project that sort of taking off.
NOTE Confidence: 0.8329907

00:11:55.620 --> 00:11:57.531 This is a performance escape as compared
NOTE Confidence: 0.8329907

00:11:57.531 --> 00:11:59.985 to all the other projects that are sort
NOTE Confidence: 0.8329907

00:11:59.985 --> 00:12:01.940 of clustered on their spending there.
NOTE Confidence: 0.8329907

00:12:01.940 --> 00:12:03.450 They're kind of on track,
NOTE Confidence: 0.8329907

00:12:03.450 --> 00:12:05.380 and as we're talking about
NOTE Confidence: 0.8329907

00:12:05.380 --> 00:12:06.538 these performance escapes.
NOTE Confidence: 0.8329907

00:12:06.540 --> 00:12:07.320 He said,
NOTE Confidence: 0.8329907

00:12:07.320 --> 00:12:08.100 you know,
NOTE Confidence: 0.8329907

00:12:08.100 --> 00:12:10.050 that's interesting that what you're
NOTE Confidence: 0.8329907

00:12:10.050 --> 00:12:12.647 doing there because you know I'm a
NOTE Confidence: 0.8329907

00:12:12.647 --> 00:12:14.737 suicide researcher and one of our
NOTE Confidence: 0.8329907

00:12:14.737 --> 00:12:16.809 big problems that we run into him.

NOTE Confidence: 0.8657185

00:12:16.810 --> 00:12:18.928 Clinicians. We have some family members,

NOTE Confidence: 0.8657185

00:12:18.930 --> 00:12:20.695 lots of people is that

NOTE Confidence: 0.8657185

00:12:20.695 --> 00:12:21.754 suicide seems unpredictable.

NOTE Confidence: 0.8657185

00:12:21.760 --> 00:12:24.296 Patients will seem to be doing OK in

NOTE Confidence: 0.8657185

00:12:24.296 --> 00:12:26.719 treatment and then suddenly they're dead.

NOTE Confidence: 0.8657185

00:12:26.720 --> 00:12:28.132 Family members say everything

NOTE Confidence: 0.8657185

00:12:28.132 --> 00:12:29.544 seemed to be OK.

NOTE Confidence: 0.8657185

00:12:29.550 --> 00:12:31.320 They seem to be fine.

NOTE Confidence: 0.8657185

00:12:31.320 --> 00:12:33.444 And then all of a sudden

NOTE Confidence: 0.8657185

00:12:33.444 --> 00:12:34.860 they had attempted suicide,

NOTE Confidence: 0.8657185

00:12:34.860 --> 00:12:37.908 and so there is this sort of subgroup.

NOTE Confidence: 0.8657185

00:12:37.910 --> 00:12:40.934 Of suicide cases that seem to align with

NOTE Confidence: 0.8657185

00:12:40.934 --> 00:12:43.509 this notion of a performance escape,

NOTE Confidence: 0.8657185

00:12:43.510 --> 00:12:46.006 and we also have known for

NOTE Confidence: 0.8657185

00:12:46.006 --> 00:12:47.910 several decades if there's a,

NOTE Confidence: 0.8657185

00:12:47.910 --> 00:12:50.226 there's a significant percentage in some
NOTE Confidence: 0.8657185

00:12:50.226 --> 00:12:53.469 studies up to half of those who attempt
NOTE Confidence: 0.8657185

00:12:53.469 --> 00:12:55.504 suicide who deny suicidal planning.
NOTE Confidence: 0.8657185

00:12:55.510 --> 00:12:56.704 Severe suicidal ideations,
NOTE Confidence: 0.8657185

00:12:56.704 --> 00:12:59.490 where they seem to like skip these
NOTE Confidence: 0.8657185

00:12:59.559 --> 00:13:01.799 intermediate steps that we have long held
NOTE Confidence: 0.8657185

00:13:01.799 --> 00:13:05.108 to be a necessary precondition for suicide.
NOTE Confidence: 0.8657185

00:13:05.110 --> 00:13:07.966 The assumption that many of us have.
NOTE Confidence: 0.8657185

00:13:07.970 --> 00:13:10.035 Worked on for many years is that
NOTE Confidence: 0.8657185

00:13:10.035 --> 00:13:12.076 will you have to think about
NOTE Confidence: 0.8657185

00:13:12.076 --> 00:13:14.254 suicide in order to attempt suicide.
NOTE Confidence: 0.8657185

00:13:14.260 --> 00:13:15.632 But for whatever reason,
NOTE Confidence: 0.8657185

00:13:15.632 --> 00:13:17.690 there's a significant percentage of suicide
NOTE Confidence: 0.8657185

00:13:17.743 --> 00:13:19.555 attempt survivors who are saying no.
NOTE Confidence: 0.8657185

00:13:19.560 --> 00:13:19.890 Actually,
NOTE Confidence: 0.8657185

00:13:19.890 --> 00:13:21.210 I didn't do that.

NOTE Confidence: 0.8657185

00:13:21.210 --> 00:13:22.865 I skipped that step and

NOTE Confidence: 0.8657185

00:13:22.865 --> 00:13:24.520 so we were really there.

NOTE Confidence: 0.8657185

00:13:24.520 --> 00:13:26.991 Seems to be a lot of parallels

NOTE Confidence: 0.8657185

00:13:26.991 --> 00:13:29.500 between these sort of budget overages.

NOTE Confidence: 0.8657185

00:13:29.500 --> 00:13:30.208 And suicide.

NOTE Confidence: 0.8657185

00:13:30.208 --> 00:13:33.040 And so this is in many ways that

NOTE Confidence: 0.8657185

00:13:33.127 --> 00:13:35.890 sort of the pre genitor of a lot of

NOTE Confidence: 0.8657185

00:13:35.890 --> 00:13:38.485 our collaboration together to start

NOTE Confidence: 0.8657185

00:13:38.485 --> 00:13:41.791 thinking about suicide in unique ways.

NOTE Confidence: 0.8657185

00:13:41.800 --> 00:13:44.640 And this is where I started to become

NOTE Confidence: 0.8657185

00:13:44.640 --> 00:13:46.659 familiar with dynamical systems theory

NOTE Confidence: 0.8657185

00:13:46.659 --> 00:13:49.536 and one of the key concepts within

NOTE Confidence: 0.8657185

00:13:49.610 --> 00:13:52.050 that mathematical sort of branches.

NOTE Confidence: 0.8657185

00:13:52.050 --> 00:13:54.792 This notion of emergence and emergence

NOTE Confidence: 0.8657185

00:13:54.792 --> 00:13:58.059 just in general kind of refers to the

NOTE Confidence: 0.8657185

00:13:58.059 --> 00:14:00.960 process of coming to be how something.

NOTE Confidence: 0.8657185

00:14:00.960 --> 00:14:02.870 That was not there before

NOTE Confidence: 0.8657185

00:14:02.870 --> 00:14:04.398 eventually comes into being,

NOTE Confidence: 0.8657185

00:14:04.400 --> 00:14:06.220 and this sort of mathematical

NOTE Confidence: 0.8657185

00:14:06.220 --> 00:14:08.040 concept of emergence is largely

NOTE Confidence: 0.8657185

00:14:08.101 --> 00:14:10.126 founded upon four key assumptions,

NOTE Confidence: 0.8657185

00:14:10.130 --> 00:14:12.664 the first of which is that change

NOTE Confidence: 0.8657185

00:14:12.664 --> 00:14:14.710 within a system is constant.

NOTE Confidence: 0.8657185

00:14:14.710 --> 00:14:17.433 The second is that the whole is

NOTE Confidence: 0.8657185

00:14:17.433 --> 00:14:20.058 greater than the sum of its parts.

NOTE Confidence: 0.8657185

00:14:20.060 --> 00:14:22.196 The third is that each component

NOTE Confidence: 0.8657185

00:14:22.196 --> 00:14:24.899 of a system depends upon the other

NOTE Confidence: 0.8657185

00:14:24.899 --> 00:14:27.317 components of that system to function,

NOTE Confidence: 0.8657185

00:14:27.320 --> 00:14:29.744 and then 4th that complex systems

NOTE Confidence: 0.8657185

00:14:29.744 --> 00:14:31.770 behave in non proportional ways.

NOTE Confidence: 0.8657185

00:14:31.770 --> 00:14:33.798 And as John and I started

NOTE Confidence: 0.8657185

00:14:33.798 --> 00:14:35.620 working together over the years,

NOTE Confidence: 0.8657185

00:14:35.620 --> 00:14:37.930 we started to apply these principles

NOTE Confidence: 0.8657185

00:14:37.930 --> 00:14:40.235 of emergence to our study of

NOTE Confidence: 0.8657185

00:14:40.235 --> 00:14:41.955 suicide and what we're finding

NOTE Confidence: 0.8657185

00:14:41.955 --> 00:14:44.366 is that it seems to be a very,

NOTE Confidence: 0.8657185

00:14:44.370 --> 00:14:46.476 very useful way to conceptualize and

NOTE Confidence: 0.8657185

00:14:46.476 --> 00:14:48.569 think about suicide risk in general.

NOTE Confidence: 0.8657185

00:14:48.570 --> 00:14:50.670 And as we'll talk about later

NOTE Confidence: 0.8657185

00:14:50.670 --> 00:14:52.070 on in the presentation,

NOTE Confidence: 0.8657185

00:14:52.070 --> 00:14:54.550 and I think it is a lot of patients for

NOTE Confidence: 0.8657185

00:14:54.615 --> 00:14:57.285 clinical practice as well as suicide

NOTE Confidence: 0.8657185

00:14:57.285 --> 00:14:59.065 prevention strategies in general.

NOTE Confidence: 0.8657185

00:14:59.070 --> 00:15:01.974 And so I'd like to do is just.

NOTE Confidence: 0.8657185

00:15:01.980 --> 00:15:04.680 Spent some time talking about how

NOTE Confidence: 0.8657185

00:15:04.680 --> 00:15:07.748 these four concepts seem to apply to

NOTE Confidence: 0.8657185

00:15:07.748 --> 00:15:10.124 suicide and how this might change,
NOTE Confidence: 0.8657185

00:15:10.130 --> 00:15:13.000 or at least advance or upgrade our
NOTE Confidence: 0.8657185

00:15:13.000 --> 00:15:14.850 thinking about preventing suicide.
NOTE Confidence: 0.8657185

00:15:14.850 --> 00:15:16.083 And so first,
NOTE Confidence: 0.8657185

00:15:16.083 --> 00:15:18.138 let's talk about the first
NOTE Confidence: 0.8657185

00:15:18.138 --> 00:15:20.430 assumption that change is constant.
NOTE Confidence: 0.8657185

00:15:20.430 --> 00:15:22.494 So this is this notion that
NOTE Confidence: 0.8657185

00:15:22.494 --> 00:15:25.030 suicide risk is a dynamic concept
NOTE Confidence: 0.8657185

00:15:25.030 --> 00:15:27.740 that it's always ever changing
NOTE Confidence: 0.8657185

00:15:27.740 --> 00:15:29.366 really isn't necessarily
NOTE Confidence: 0.8881462

00:15:29.449 --> 00:15:31.562 a new idea. I mean this.
NOTE Confidence: 0.8881462

00:15:31.562 --> 00:15:33.682 This is certainly been written
NOTE Confidence: 0.8881462

00:15:33.682 --> 00:15:35.708 about for many, many decades.
NOTE Confidence: 0.8881462

00:15:35.708 --> 00:15:38.500 Anyone who's a clinician knows this to be
NOTE Confidence: 0.8881462

00:15:38.570 --> 00:15:41.237 true that patients are low risk sometimes,
NOTE Confidence: 0.8881462

00:15:41.240 --> 00:15:44.360 but then they in turn to a high risk state

NOTE Confidence: 0.8881462

00:15:44.438 --> 00:15:47.705 and then they return to a little risk stage.

NOTE Confidence: 0.8881462

00:15:47.710 --> 00:15:49.761 But it's only been within the past

NOTE Confidence: 0.8881462

00:15:49.761 --> 00:15:52.348 decade or so that I think technological

NOTE Confidence: 0.8881462

00:15:52.348 --> 00:15:54.814 advances and data analytic methods have

NOTE Confidence: 0.8881462

00:15:54.883 --> 00:15:57.323 gotten to a point where we're able to

NOTE Confidence: 0.8881462

00:15:57.323 --> 00:15:59.304 quantify it and describe these change

NOTE Confidence: 0.8881462

00:15:59.304 --> 00:16:00.668 processes with sufficient detail.

NOTE Confidence: 0.8881462

00:16:00.670 --> 00:16:03.057 And so, for instance, this is a.

NOTE Confidence: 0.8881462

00:16:03.060 --> 00:16:06.070 This is some of the results from.

NOTE Confidence: 0.8881462

00:16:06.070 --> 00:16:08.800 Study that Evan Kleiman at Ruckers did

NOTE Confidence: 0.8881462

00:16:08.800 --> 00:16:11.344 using ecological momentary assessment or MA

NOTE Confidence: 0.8881462

00:16:11.344 --> 00:16:13.972 where they were basically assessing suicidal

NOTE Confidence: 0.8881462

00:16:13.972 --> 00:16:16.030 individuals four to six times per day.

NOTE Confidence: 0.8881462

00:16:16.030 --> 00:16:17.940 They would assess multiple variables,

NOTE Confidence: 0.8881462

00:16:17.940 --> 00:16:21.004 but this one on the screen right now.

NOTE Confidence: 0.8881462

00:16:21.010 --> 00:16:23.677 Ask them about several aspects of suicidal

NOTE Confidence: 0.8881462

00:16:23.677 --> 00:16:26.831 ideations and so they were able to map

NOTE Confidence: 0.8881462

00:16:26.831 --> 00:16:28.771 out fluctuations in suicidal ideations

NOTE Confidence: 0.8881462

00:16:28.836 --> 00:16:30.966 over the course of several weeks,

NOTE Confidence: 0.8881462

00:16:30.970 --> 00:16:32.880 and what you see here.

NOTE Confidence: 0.8881462

00:16:32.880 --> 00:16:35.496 This is all of the participants

NOTE Confidence: 0.8881462

00:16:35.496 --> 00:16:36.804 in that study.

NOTE Confidence: 0.8881462

00:16:36.810 --> 00:16:39.400 Aggregated together in a few of the

NOTE Confidence: 0.8881462

00:16:39.400 --> 00:16:42.859 cases are kind of drawn out and put into

NOTE Confidence: 0.8881462

00:16:42.859 --> 00:16:45.410 color to help demonstrate the concepts.

NOTE Confidence: 0.8881462

00:16:45.410 --> 00:16:48.470 What you see is that variability.

NOTE Confidence: 0.8881462

00:16:48.470 --> 00:16:51.540 Is the rule not the exception an one of the

NOTE Confidence: 0.8881462

00:16:51.620 --> 00:16:54.770 more striking findings from climate studies,

NOTE Confidence: 0.8881462

00:16:54.770 --> 00:16:57.647 at about 90% of participants who were

NOTE Confidence: 0.8881462

00:16:57.647 --> 00:17:00.249 suicidal experience to 1 standard deviation

NOTE Confidence: 0.8881462

00:17:00.249 --> 00:17:03.273 or larger shift in their suicidal thinking

NOTE Confidence: 0.8881462

00:17:03.341 --> 00:17:05.805 within the span of just a few hours.

NOTE Confidence: 0.8881462

00:17:05.810 --> 00:17:08.627 And so you can see that here in some

NOTE Confidence: 0.8881462

00:17:08.627 --> 00:17:11.355 places where there are these sudden

NOTE Confidence: 0.8881462

00:17:11.355 --> 00:17:13.690 dramatic increases in suicide risk,

NOTE Confidence: 0.8881462

00:17:13.690 --> 00:17:16.048 and then sometimes it's the reverse.

NOTE Confidence: 0.8881462

00:17:16.050 --> 00:17:18.060 There's a sudden and dramatic

NOTE Confidence: 0.8881462

00:17:18.060 --> 00:17:19.668 drop in suicide risk.

NOTE Confidence: 0.8881462

00:17:19.670 --> 00:17:22.316 And every so often there's even these,

NOTE Confidence: 0.8881462

00:17:22.320 --> 00:17:24.714 like very brief peaks that seem to

NOTE Confidence: 0.8881462

00:17:24.714 --> 00:17:27.228 correspond with an acute suicidal crisis.

NOTE Confidence: 0.8881462

00:17:27.230 --> 00:17:29.432 And so this this we're seeing

NOTE Confidence: 0.8881462

00:17:29.432 --> 00:17:31.769 this pattern over and over again,

NOTE Confidence: 0.8881462

00:17:31.770 --> 00:17:34.650 not only with the MA studies with some of

NOTE Confidence: 0.8881462

00:17:34.650 --> 00:17:37.609 the work that I've done modeling change

NOTE Confidence: 0.8881462

00:17:37.609 --> 00:17:40.460 in suicidal ideations on a weekly basis.

NOTE Confidence: 0.8881462

00:17:40.460 --> 00:17:42.350 And now a daily basis.
NOTE Confidence: 0.8881462

00:17:42.350 --> 00:17:43.106 You know,
NOTE Confidence: 0.8881462

00:17:43.106 --> 00:17:44.618 an intensive outpatient programs,
NOTE Confidence: 0.8881462

00:17:44.620 --> 00:17:45.532 inpatient settings,
NOTE Confidence: 0.8881462

00:17:45.532 --> 00:17:47.356 or even outpatient therapy
NOTE Confidence: 0.8881462

00:17:47.356 --> 00:17:49.180 settings that these fluctuations
NOTE Confidence: 0.8881462

00:17:49.245 --> 00:17:50.979 and suicide risk are the rule.
NOTE Confidence: 0.8881462

00:17:50.980 --> 00:17:53.157 Now why this is sort of important
NOTE Confidence: 0.8881462

00:17:53.157 --> 00:17:56.300 for us to think about from a clinical
NOTE Confidence: 0.8881462

00:17:56.300 --> 00:17:58.965 perspective is that it provides an
NOTE Confidence: 0.8881462

00:17:58.965 --> 00:18:01.701 explanation for why suicide risk screening
NOTE Confidence: 0.8881462

00:18:01.701 --> 00:18:04.279 and assessment is so notoriously unreliable,
NOTE Confidence: 0.8881462

00:18:04.279 --> 00:18:06.697 and so here on the screen.
NOTE Confidence: 0.8881462

00:18:06.700 --> 00:18:09.118 Now I have two hypothetical patients,
NOTE Confidence: 0.8881462

00:18:09.120 --> 00:18:10.728 one depicted in Black,
NOTE Confidence: 0.8881462

00:18:10.728 --> 00:18:12.336 one depicted in red.

NOTE Confidence: 0.8881462

00:18:12.340 --> 00:18:15.088 You see that they are experiencing

NOTE Confidence: 0.8881462

00:18:15.088 --> 00:18:16.920 fluctuations in suicide risk

NOTE Confidence: 0.8881462

00:18:16.993 --> 00:18:19.171 that are comparable to what we

NOTE Confidence: 0.8881462

00:18:19.171 --> 00:18:21.210 saw in the previous screen.

NOTE Confidence: 0.8881462

00:18:21.210 --> 00:18:23.914 Now, if these two patients were to say,

NOTE Confidence: 0.8881462

00:18:23.920 --> 00:18:25.610 come into an emergency Department

NOTE Confidence: 0.8881462

00:18:25.610 --> 00:18:26.962 on the same day,

NOTE Confidence: 0.8881462

00:18:26.970 --> 00:18:29.343 and that day correspond to the arrow

NOTE Confidence: 0.8881462

00:18:29.343 --> 00:18:31.756 on the left, and we assess them,

NOTE Confidence: 0.8881462

00:18:31.756 --> 00:18:34.429 perhaps whatever scale that you use with pH,

NOTE Confidence: 0.8881462

00:18:34.430 --> 00:18:37.472 D 9, the ask the easy save the Columbia,

NOTE Confidence: 0.8881462

00:18:37.480 --> 00:18:38.485 whatever it is,

NOTE Confidence: 0.8881462

00:18:38.485 --> 00:18:40.830 what we would conclude on that day

NOTE Confidence: 0.846541

00:18:40.906 --> 00:18:42.754 is that the person in black

NOTE Confidence: 0.846541

00:18:42.754 --> 00:18:44.600 is higher risk for suicide.

NOTE Confidence: 0.846541

00:18:44.600 --> 00:18:47.668 Been the person in red, and so we might.

NOTE Confidence: 0.846541

00:18:47.668 --> 00:18:49.036 Perhaps we would consider

NOTE Confidence: 0.846541

00:18:49.036 --> 00:18:50.698 hospitalizing the person in black,

NOTE Confidence: 0.846541

00:18:50.700 --> 00:18:52.060 but may be discharged.

NOTE Confidence: 0.846541

00:18:52.060 --> 00:18:53.760 Person in red to home.

NOTE Confidence: 0.846541

00:18:53.760 --> 00:18:56.040 Now if we slide to the right of

NOTE Confidence: 0.846541

00:18:56.040 --> 00:18:58.107 this graph to that second arrow,

NOTE Confidence: 0.846541

00:18:58.110 --> 00:19:00.231 if those same two individuals had come

NOTE Confidence: 0.846541

00:19:00.231 --> 00:19:02.137 into the emergency Department at a

NOTE Confidence: 0.846541

00:19:02.137 --> 00:19:04.015 different point in their time series,

NOTE Confidence: 0.846541

00:19:04.020 --> 00:19:05.874 we would conclude the exact reverse

NOTE Confidence: 0.846541

00:19:05.874 --> 00:19:07.787 person in red is the higher

NOTE Confidence: 0.846541

00:19:07.787 --> 00:19:09.617 risk than the person in black.

NOTE Confidence: 0.846541

00:19:09.620 --> 00:19:11.964 And so maybe we would hospital as a

NOTE Confidence: 0.846541

00:19:11.964 --> 00:19:14.894 person in red instead of the person in black.

NOTE Confidence: 0.846541

00:19:14.900 --> 00:19:16.832 Now if we look at the entire

NOTE Confidence: 0.846541
00:19:16.832 --> 00:19:18.950 T of the time series, however,
NOTE Confidence: 0.846541
00:19:18.950 --> 00:19:20.810 what you would see is that
NOTE Confidence: 0.846541
00:19:20.810 --> 00:19:22.459 they actually do not really.
NOTE Confidence: 0.846541
00:19:22.460 --> 00:19:23.840 Differentiate from each other.
NOTE Confidence: 0.846541
00:19:23.840 --> 00:19:26.233 There's not a whole way a real
NOTE Confidence: 0.846541
00:19:26.233 --> 00:19:28.305 way to kind of say that one person
NOTE Confidence: 0.846541
00:19:28.305 --> 00:19:30.290 is higher risk than the other.
NOTE Confidence: 0.846541
00:19:30.290 --> 00:19:31.538 They're both experiencing these
NOTE Confidence: 0.846541
00:19:31.538 --> 00:19:33.098 Upson Downs and this is,
NOTE Confidence: 0.846541
00:19:33.100 --> 00:19:35.320 I think a critical new.
NOTE Confidence: 0.846541
00:19:35.320 --> 00:19:37.672 Idea that many of us are starting
NOTE Confidence: 0.846541
00:19:37.672 --> 00:19:40.384 to find in our studies over and
NOTE Confidence: 0.846541
00:19:40.384 --> 00:19:42.814 over again is that suicide risk,
NOTE Confidence: 0.846541
00:19:42.820 --> 00:19:44.071 especially suicidal ideations,
NOTE Confidence: 0.846541
00:19:44.071 --> 00:19:46.573 isn't really all that useful for
NOTE Confidence: 0.846541

00:19:46.573 --> 00:19:47.680 distinguishing between patients
NOTE Confidence: 0.846541

00:19:47.680 --> 00:19:49.564 who are higher and lower risk.
NOTE Confidence: 0.846541

00:19:49.570 --> 00:19:50.950 And that's largely because
NOTE Confidence: 0.846541

00:19:50.950 --> 00:19:52.330 suicidal ideations suicide risk
NOTE Confidence: 0.846541

00:19:52.330 --> 00:19:54.450 is a within person phenomenon.
NOTE Confidence: 0.846541

00:19:54.450 --> 00:19:57.068 People have good days and bad days,
NOTE Confidence: 0.846541

00:19:57.070 --> 00:20:00.230 and so we perhaps need to start shifting.
NOTE Confidence: 0.846541

00:20:00.230 --> 00:20:02.366 I'm thinking away from some of
NOTE Confidence: 0.846541

00:20:02.366 --> 00:20:04.336 our research models of clinical
NOTE Confidence: 0.846541

00:20:04.336 --> 00:20:06.721 decision rubrics that are trying
NOTE Confidence: 0.846541

00:20:06.721 --> 00:20:09.026 to distinguish which patients are
NOTE Confidence: 0.846541

00:20:09.026 --> 00:20:11.000 going to attempt suicide in which
NOTE Confidence: 0.846541

00:20:11.000 --> 00:20:13.490 are not and move towards a thinking
NOTE Confidence: 0.846541

00:20:13.490 --> 00:20:15.740 of when is a given individual
NOTE Confidence: 0.846541

00:20:15.816 --> 00:20:17.976 vulnerable or in high probability
NOTE Confidence: 0.846541

00:20:17.976 --> 00:20:20.562 state to engage in suicidal behaviors

NOTE Confidence: 0.846541
00:20:20.562 --> 00:20:23.394 and so along this line of sort of
NOTE Confidence: 0.846541
00:20:23.394 --> 00:20:25.172 within person change processes.
NOTE Confidence: 0.846541
00:20:25.172 --> 00:20:28.016 We started to now conduct several
NOTE Confidence: 0.846541
00:20:28.016 --> 00:20:30.871 studies to really map out and
NOTE Confidence: 0.846541
00:20:30.871 --> 00:20:32.251 mathematically model these
NOTE Confidence: 0.846541
00:20:32.251 --> 00:20:34.828 fluctuations in suicide risk overtime,
NOTE Confidence: 0.846541
00:20:34.830 --> 00:20:37.095 under the assumption that maybe
NOTE Confidence: 0.846541
00:20:37.095 --> 00:20:39.932 there are certain patterns of change
NOTE Confidence: 0.846541
00:20:39.932 --> 00:20:42.417 within individuals that might signal
NOTE Confidence: 0.846541
00:20:42.417 --> 00:20:45.301 the near term emergence of suicidal
NOTE Confidence: 0.846541
00:20:45.301 --> 00:20:47.341 behavior such that the concept
NOTE Confidence: 0.846541
00:20:47.341 --> 00:20:50.223 of a warning sign, for instance,
NOTE Confidence: 0.846541
00:20:50.223 --> 00:20:52.978 isn't necessarily the occurrence or
NOTE Confidence: 0.846541
00:20:52.978 --> 00:20:56.634 the existence of a given variable or a given.
NOTE Confidence: 0.846541
00:20:56.640 --> 00:20:56.996 Behavior,
NOTE Confidence: 0.846541

00:20:56.996 --> 00:20:59.488 but perhaps the warning sign is a
NOTE Confidence: 0.846541

00:20:59.488 --> 00:21:02.038 change process that departs from in
NOTE Confidence: 0.846541

00:21:02.038 --> 00:21:04.253 individual standard baseline change process.
NOTE Confidence: 0.846541

00:21:04.260 --> 00:21:05.864 So on the screen.
NOTE Confidence: 0.846541

00:21:05.864 --> 00:21:07.869 Here I give an example.
NOTE Confidence: 0.846541

00:21:07.870 --> 00:21:11.029 This on the left hand side of this time
NOTE Confidence: 0.846541

00:21:11.029 --> 00:21:14.277 series we see fluctuations and suicide risk.
NOTE Confidence: 0.846541

00:21:14.280 --> 00:21:16.285 Then at about the midpoint
NOTE Confidence: 0.846541

00:21:16.285 --> 00:21:17.889 of the time series,
NOTE Confidence: 0.846541

00:21:17.890 --> 00:21:20.620 what you see is those fluctuations in
NOTE Confidence: 0.846541

00:21:20.620 --> 00:21:23.509 suicide risk become more and more prominent.
NOTE Confidence: 0.846541

00:21:23.510 --> 00:21:26.688 The amplitude of the Upson Downs increase.
NOTE Confidence: 0.846541

00:21:26.690 --> 00:21:27.474 In magnitude,
NOTE Confidence: 0.846541

00:21:27.474 --> 00:21:29.826 this is actually a pattern that
NOTE Confidence: 0.846541

00:21:29.826 --> 00:21:31.991 we've seen down to separate
NOTE Confidence: 0.846541

00:21:31.991 --> 00:21:34.176 studies that have been published,

NOTE Confidence: 0.846541
00:21:34.180 --> 00:21:36.994 that it serves as an indicator that
NOTE Confidence: 0.846541
00:21:36.994 --> 00:21:40.000 suicidal behavior is coming where in essence,
NOTE Confidence: 0.846541
00:21:40.000 --> 00:21:41.620 from a mathematical perspective.
NOTE Confidence: 0.846541
00:21:41.620 --> 00:21:44.050 What this signals is a loss
NOTE Confidence: 0.846541
00:21:44.125 --> 00:21:45.409 of self regulation.
NOTE Confidence: 0.846541
00:21:45.410 --> 00:21:47.811 The system is breaking down in the
NOTE Confidence: 0.846541
00:21:47.811 --> 00:21:50.869 system is no longer able to contain
NOTE Confidence: 0.846541
00:21:50.869 --> 00:21:53.304 and preserve its homeostatic balance,
NOTE Confidence: 0.8598196
00:21:53.310 --> 00:21:55.010 and so it's getting
NOTE Confidence: 0.8598196
00:21:55.010 --> 00:21:56.710 agitated which signals and.
NOTE Confidence: 0.8598196
00:21:56.710 --> 00:21:59.008 Upcoming emergent shift in states we've
NOTE Confidence: 0.8598196
00:21:59.008 --> 00:22:01.799 also found in some of our research
NOTE Confidence: 0.8598196
00:22:01.799 --> 00:22:04.175 that a different but related pattern
NOTE Confidence: 0.8598196
00:22:04.175 --> 00:22:06.759 relates to the frequency of fluctuation.
NOTE Confidence: 0.8598196
00:22:06.760 --> 00:22:09.488 So again, here on the left hand side
NOTE Confidence: 0.8598196

00:22:09.488 --> 00:22:12.391 of the time series we see these
NOTE Confidence: 0.8598196

00:22:12.391 --> 00:22:15.035 periodic spikes that occur in suicide
NOTE Confidence: 0.8598196

00:22:15.035 --> 00:22:17.975 risk and then at the midpoint those
NOTE Confidence: 0.8598196

00:22:17.975 --> 00:22:20.424 spikes in suicide risk occur much,
NOTE Confidence: 0.8598196

00:22:20.424 --> 00:22:21.627 much more often.
NOTE Confidence: 0.8598196

00:22:21.630 --> 00:22:24.174 This is a second dimension of
NOTE Confidence: 0.8598196

00:22:24.174 --> 00:22:25.870 dysregulation such that perhaps
NOTE Confidence: 0.8598196

00:22:25.944 --> 00:22:28.170 sometimes we see an increase in.
NOTE Confidence: 0.8598196

00:22:28.170 --> 00:22:29.418 Amplitude of fluctuations.
NOTE Confidence: 0.8598196

00:22:29.418 --> 00:22:31.498 Sometimes we'll see an increasing
NOTE Confidence: 0.8598196

00:22:31.498 --> 00:22:33.020 frequency of amplitudes,
NOTE Confidence: 0.8598196

00:22:33.020 --> 00:22:36.107 and we might also see a combination
NOTE Confidence: 0.8598196

00:22:36.107 --> 00:22:37.430 of the two.
NOTE Confidence: 0.8598196

00:22:37.430 --> 00:22:40.195 So if we were to then apply
NOTE Confidence: 0.8598196

00:22:40.195 --> 00:22:42.280 this to clinical practice,
NOTE Confidence: 0.8598196

00:22:42.280 --> 00:22:44.440 what this would indicate is

NOTE Confidence: 0.8598196
00:22:44.440 --> 00:22:46.168 that repeated assessments of
NOTE Confidence: 0.8598196
00:22:46.168 --> 00:22:48.019 suicide risk overtime state,
NOTE Confidence: 0.8598196
00:22:48.020 --> 00:22:50.220 like every single therapy session,
NOTE Confidence: 0.8598196
00:22:50.220 --> 00:22:51.820 every single Med monitoring
NOTE Confidence: 0.8598196
00:22:51.820 --> 00:22:54.220 session might be able to detect
NOTE Confidence: 0.8598196
00:22:54.288 --> 00:22:56.388 within person change processes,
NOTE Confidence: 0.8598196
00:22:56.390 --> 00:22:58.600 which could then signal hey,
NOTE Confidence: 0.8598196
00:22:58.600 --> 00:23:01.918 this is a departure from the norm.
NOTE Confidence: 0.8598196
00:23:01.920 --> 00:23:04.391 This is not a typical change pattern
NOTE Confidence: 0.8598196
00:23:04.391 --> 00:23:06.210 for this particular individual.
NOTE Confidence: 0.8598196
00:23:06.210 --> 00:23:08.448 They're becoming more dysregulated and so
NOTE Confidence: 0.8598196
00:23:08.448 --> 00:23:10.889 perhaps that would prompt an intervention.
NOTE Confidence: 0.8598196
00:23:10.890 --> 00:23:12.450 We're actually working now.
NOTE Confidence: 0.8598196
00:23:12.450 --> 00:23:14.400 We have a narrow one.
NOTE Confidence: 0.8598196
00:23:14.400 --> 00:23:17.320 This is kind of the key idea behind
NOTE Confidence: 0.8598196

00:23:17.320 --> 00:23:19.352 the work that we're currently
NOTE Confidence: 0.8598196

00:23:19.352 --> 00:23:22.194 doing on a grant to look at.
NOTE Confidence: 0.8598196

00:23:22.200 --> 00:23:24.190 Could you potentially develop novel
NOTE Confidence: 0.8598196

00:23:24.190 --> 00:23:26.180 detection and alert systems that
NOTE Confidence: 0.8598196

00:23:26.244 --> 00:23:28.029 could be implemented in clinical
NOTE Confidence: 0.8598196

00:23:28.029 --> 00:23:29.814 practice that now takes into
NOTE Confidence: 0.8598196

00:23:29.879 --> 00:23:31.959 account multiple time points in
NOTE Confidence: 0.8598196

00:23:31.959 --> 00:23:33.623 applies new mathematical models?
NOTE Confidence: 0.8598196

00:23:33.630 --> 00:23:36.148 To look at within person, change to signal.
NOTE Confidence: 0.8598196

00:23:36.148 --> 00:23:36.474 Hey,
NOTE Confidence: 0.8598196

00:23:36.474 --> 00:23:38.971 this patient is now at a higher
NOTE Confidence: 0.8598196

00:23:38.971 --> 00:23:41.296 probability risk state and we
NOTE Confidence: 0.8598196

00:23:41.296 --> 00:23:43.580 should probably intervene with them.
NOTE Confidence: 0.8598196

00:23:43.580 --> 00:23:45.897 Now the 2nd two concepts of emergency.
NOTE Confidence: 0.8598196

00:23:45.900 --> 00:23:48.252 I want to talk about here is the
NOTE Confidence: 0.8598196

00:23:48.252 --> 00:23:51.111 whole is greater than the sum of its

NOTE Confidence: 0.8598196

00:23:51.111 --> 00:23:53.509 parts in each component of a system.

NOTE Confidence: 0.8598196

00:23:53.510 --> 00:23:55.827 Depends on the other components to function,

NOTE Confidence: 0.8598196

00:23:55.830 --> 00:23:56.982 and so this is.

NOTE Confidence: 0.8598196

00:23:56.982 --> 00:23:59.088 These are sort of two related ideas

NOTE Confidence: 0.8598196

00:23:59.088 --> 00:24:01.279 that I think is also highly relevant

NOTE Confidence: 0.8598196

00:24:01.279 --> 00:24:03.769 to our work and suicide prevention.

NOTE Confidence: 0.8598196

00:24:03.770 --> 00:24:05.756 And to demonstrate these two concepts,

NOTE Confidence: 0.8598196

00:24:05.760 --> 00:24:07.909 I'm actually going to share with you

NOTE Confidence: 0.8598196

00:24:07.909 --> 00:24:10.501 a video that I found very sort of

NOTE Confidence: 0.8598196

00:24:10.501 --> 00:24:12.618 informative in my own thinking about

NOTE Confidence: 0.8598196

00:24:12.618 --> 00:24:14.868 systems theory and dynamical systems.

NOTE Confidence: 0.8598196

00:24:14.870 --> 00:24:18.083 So in this video I want to say maybe

NOTE Confidence: 0.8598196

00:24:18.083 --> 00:24:20.709 like a minute and a half long.

NOTE Confidence: 0.8598196

00:24:20.710 --> 00:24:22.852 It's sort of outlines the process

NOTE Confidence: 0.8598196

00:24:22.852 --> 00:24:25.079 of emergence for hurricane and so

NOTE Confidence: 0.8598196

00:24:25.079 --> 00:24:26.547 hurricanes go through several.
NOTE Confidence: 0.8598196

00:24:26.550 --> 00:24:28.740 We've sort of classified different stages,
NOTE Confidence: 0.8598196

00:24:28.740 --> 00:24:30.470 whether that's tropical depression to
NOTE Confidence: 0.8598196

00:24:30.470 --> 00:24:33.489 a tropical storm to a full blown hurricane,
NOTE Confidence: 0.8598196

00:24:33.490 --> 00:24:35.315 and then we have different
NOTE Confidence: 0.8598196

00:24:35.315 --> 00:24:36.410 categories of hurricanes.
NOTE Confidence: 0.8598196

00:24:36.410 --> 00:24:39.021 But even though there are these unique
NOTE Confidence: 0.8598196

00:24:39.021 --> 00:24:41.973 sort of stages that we have just sort
NOTE Confidence: 0.8598196

00:24:41.973 --> 00:24:44.510 of arbitrarily come up with as humans.
NOTE Confidence: 0.8598196

00:24:44.510 --> 00:24:46.676 There are these sort of continuous
NOTE Confidence: 0.8598196

00:24:46.676 --> 00:24:48.829 change processes that lead you know
NOTE Confidence: 0.8598196

00:24:48.829 --> 00:24:51.104 weather patterns to kind of move through
NOTE Confidence: 0.8598196

00:24:51.104 --> 00:24:53.088 these different arbitrary stages.
NOTE Confidence: 0.8598196

00:24:53.090 --> 00:24:55.328 So as we watch this video,
NOTE Confidence: 0.8598196

00:24:55.330 --> 00:24:57.930 the thing I wanted to just pay attention
NOTE Confidence: 0.8598196

00:24:57.930 --> 00:25:00.916 to is again this notion of complexity.

NOTE Confidence: 0.8598196

00:25:00.920 --> 00:25:02.440 How different variables are

NOTE Confidence: 0.8598196

00:25:02.440 --> 00:25:04.340 interacting with each other and

NOTE Confidence: 0.8598196

00:25:04.340 --> 00:25:06.439 also pay attention to it will

NOTE Confidence: 0.8598196

00:25:06.439 --> 00:25:08.099 show different arrows moving in

NOTE Confidence: 0.8720984

00:25:08.164 --> 00:25:09.764 different directions to to

NOTE Confidence: 0.8720984

00:25:09.764 --> 00:25:11.364 convey some these concepts.

NOTE Confidence: 0.85696006

00:25:14.380 --> 00:25:16.616 Depends upon the following conditions

NOTE Confidence: 0.85696006

00:25:16.616 --> 00:25:19.310 coinciding A large still and warm ocean

NOTE Confidence: 0.85696006

00:25:19.380 --> 00:25:21.590 area with the surface temperature

NOTE Confidence: 0.85696006

00:25:21.590 --> 00:25:23.358 that exceeds 26.5 degrees

NOTE Confidence: 0.85696006

00:25:23.358 --> 00:25:25.458 Celsius over an extended period.

NOTE Confidence: 0.85696006

00:25:25.460 --> 00:25:29.588 This allows a body of warm air to

NOTE Confidence: 0.85696006

00:25:29.588 --> 00:25:32.710 develop above the ocean surface.

NOTE Confidence: 0.85696006

00:25:32.710 --> 00:25:35.045 Low altitude winds are also

NOTE Confidence: 0.85696006

00:25:35.045 --> 00:25:38.180 needed to form a tropical cyclone.

NOTE Confidence: 0.85696006

00:25:38.180 --> 00:25:40.406 As air warms over the ocean,
NOTE Confidence: 0.85696006

00:25:40.410 --> 00:25:42.630 it expands, becomes lighter and rises.
NOTE Confidence: 0.85696006

00:25:42.630 --> 00:25:44.808 Other local winds blow in to
NOTE Confidence: 0.85696006

00:25:44.808 --> 00:25:47.080 replace the air that has risen.
NOTE Confidence: 0.85696006

00:25:47.080 --> 00:25:51.656 Then this air is also warmed and rises.
NOTE Confidence: 0.85696006

00:25:51.660 --> 00:25:54.467 The rising air contains huge amounts of
NOTE Confidence: 0.85696006

00:25:54.467 --> 00:25:56.860 moisture evaporated from the ocean surface.
NOTE Confidence: 0.85696006

00:25:56.860 --> 00:25:58.860 As it rises, it cools,
NOTE Confidence: 0.85696006

00:25:58.860 --> 00:26:01.500 condensing to form huge clouds about
NOTE Confidence: 0.85696006

00:26:01.500 --> 00:26:04.600 10 kilometers up in the troposphere.
NOTE Confidence: 0.85696006

00:26:04.600 --> 00:26:07.300 More warm air rushes in and
NOTE Confidence: 0.85696006

00:26:07.300 --> 00:26:10.380 rises drawn by the draft above.
NOTE Confidence: 0.85696006

00:26:10.380 --> 00:26:12.912 The amazing drafts are there carrying
NOTE Confidence: 0.85696006

00:26:12.912 --> 00:26:15.123 moisture high into the atmosphere
NOTE Confidence: 0.85696006

00:26:15.123 --> 00:26:17.373 so that these clouds eventually
NOTE Confidence: 0.85696006

00:26:17.373 --> 00:26:19.670 become very thick and heavy.

NOTE Confidence: 0.85696006

00:26:19.670 --> 00:26:21.710 Condensation then releases the latent

NOTE Confidence: 0.85696006

00:26:21.710 --> 00:26:24.600 heat energy stored in the water vapor,

NOTE Confidence: 0.85696006

00:26:24.600 --> 00:26:27.066 providing the cyclone with more power.

NOTE Confidence: 0.85696006

00:26:27.070 --> 00:26:31.235 This creates a self sustaining heat cycle.

NOTE Confidence: 0.85696006

00:26:31.240 --> 00:26:33.150 Drawn further upwards by the

NOTE Confidence: 0.85696006

00:26:33.150 --> 00:26:34.678 new release of Energy,

NOTE Confidence: 0.85696006

00:26:34.680 --> 00:26:37.866 the clouds can grow to 12

NOTE Confidence: 0.85696006

00:26:37.866 --> 00:26:39.990 to 15 kilometers high.

NOTE Confidence: 0.85696006

00:26:39.990 --> 00:26:42.330 The force created by the Earth's

NOTE Confidence: 0.85696006

00:26:42.330 --> 00:26:44.340 rotation on a tilted axis,

NOTE Confidence: 0.85696006

00:26:44.340 --> 00:26:45.690 the Coriolis effect,

NOTE Confidence: 0.85696006

00:26:45.690 --> 00:26:48.840 causes rising currents of air to spiral

NOTE Confidence: 0.85696006

00:26:48.924 --> 00:26:52.074 around the center of the tropical cyclone.

NOTE Confidence: 0.85696006

00:26:52.080 --> 00:26:55.248 It is at this stage that the cyclone matures

NOTE Confidence: 0.85696006

00:26:55.248 --> 00:26:58.024 and the eye of the storm is created.

NOTE Confidence: 0.85696006

00:26:58.030 --> 00:27:00.130 As the air rises and cools.
NOTE Confidence: 0.85696006

00:27:00.130 --> 00:27:02.230 Some of this dense air descends
NOTE Confidence: 0.85696006

00:27:02.230 --> 00:27:03.630 to form the clear.
NOTE Confidence: 0.85696006

00:27:03.630 --> 00:27:03.980 Still,
NOTE Confidence: 0.85696006

00:27:03.980 --> 00:27:06.430 I as the cyclone rages around it.
NOTE Confidence: 0.8620242

00:27:10.110 --> 00:27:14.540 So a couple of key ideas in here is that
NOTE Confidence: 0.8620242

00:27:14.656 --> 00:27:18.870 as the hurricane is a cyclone emerges.
NOTE Confidence: 0.8620242

00:27:18.870 --> 00:27:21.432 It's not simply that you have to
NOTE Confidence: 0.8620242

00:27:21.432 --> 00:27:24.263 have wind speed at a certain level
NOTE Confidence: 0.8620242

00:27:24.263 --> 00:27:26.735 temperature at a certain level have
NOTE Confidence: 0.8620242

00:27:26.819 --> 00:27:29.563 to be over a suitable body of water.
NOTE Confidence: 0.8620242

00:27:29.570 --> 00:27:31.475 There's a lot of conditional
NOTE Confidence: 0.8620242

00:27:31.475 --> 00:27:32.999 interdependence amongst these variables.
NOTE Confidence: 0.8620242

00:27:33.000 --> 00:27:35.632 It's the right wind speed at the
NOTE Confidence: 0.8620242

00:27:35.632 --> 00:27:37.968 right temperature in the right place,
NOTE Confidence: 0.8620242

00:27:37.970 --> 00:27:39.658 under the right conditions,

NOTE Confidence: 0.8620242

00:27:39.658 --> 00:27:42.596 and if any of these variables shift

NOTE Confidence: 0.8620242

00:27:42.596 --> 00:27:45.228 or are they off just a little bit,

NOTE Confidence: 0.8620242

00:27:45.230 --> 00:27:47.175 it can actually dissolve the

NOTE Confidence: 0.8620242

00:27:47.175 --> 00:27:49.120 entire system when aspect about.

NOTE Confidence: 0.8620242

00:27:49.120 --> 00:27:50.985 Hurricane formation that I learned

NOTE Confidence: 0.8620242

00:27:50.985 --> 00:27:53.658 about in the past few years doing

NOTE Confidence: 0.8620242

00:27:53.658 --> 00:27:55.860 this work is that wind speeds

NOTE Confidence: 0.8620242

00:27:55.860 --> 00:27:57.928 Tradewinds at very high altitude.

NOTE Confidence: 0.8620242

00:27:57.930 --> 00:28:00.012 Have to actually be in this

NOTE Confidence: 0.8620242

00:28:00.012 --> 00:28:02.140 very narrow band of velocity.

NOTE Confidence: 0.8620242

00:28:02.140 --> 00:28:05.204 If the trade winds are not fast enough,

NOTE Confidence: 0.8620242

00:28:05.210 --> 00:28:07.466 it does not provide enough momentum

NOTE Confidence: 0.8620242

00:28:07.466 --> 00:28:10.189 for the hurricane to actually move in.

NOTE Confidence: 0.8620242

00:28:10.190 --> 00:28:11.336 Things break apart.

NOTE Confidence: 0.8620242

00:28:11.336 --> 00:28:12.864 Conversely, if the wind,

NOTE Confidence: 0.8620242

00:28:12.870 --> 00:28:15.168 the trade wind speeds are too
NOTE Confidence: 0.8620242

00:28:15.168 --> 00:28:16.700 high of a velocity,
NOTE Confidence: 0.8620242

00:28:16.700 --> 00:28:19.213 it doesn't allow enough time for all
NOTE Confidence: 0.8620242

00:28:19.213 --> 00:28:21.850 of these other processes to congeal.
NOTE Confidence: 0.8620242

00:28:21.850 --> 00:28:23.008 And for man,
NOTE Confidence: 0.8620242

00:28:23.008 --> 00:28:25.324 it basically breaks up the system
NOTE Confidence: 0.8620242

00:28:25.324 --> 00:28:27.795 and So what we have here then.
NOTE Confidence: 0.8620242

00:28:27.800 --> 00:28:30.628 Is a system where lots of variables
NOTE Confidence: 0.8620242

00:28:30.628 --> 00:28:32.699 are interacting with each other
NOTE Confidence: 0.8620242

00:28:32.699 --> 00:28:35.039 in those variables are changing in
NOTE Confidence: 0.8620242

00:28:35.039 --> 00:28:37.928 very key ways that we start to see
NOTE Confidence: 0.8620242

00:28:37.928 --> 00:28:39.970 feedback loops and if those feedback
NOTE Confidence: 0.8620242

00:28:39.970 --> 00:28:41.670 loops in those change processes
NOTE Confidence: 0.8620242

00:28:41.670 --> 00:28:43.890 aren't in the right configuration,
NOTE Confidence: 0.8620242

00:28:43.890 --> 00:28:46.212 then in essence the hurricane doesn't
NOTE Confidence: 0.8620242

00:28:46.212 --> 00:28:49.143 emerge and so this seems to be

NOTE Confidence: 0.8620242

00:28:49.143 --> 00:28:51.323 something comperable to suicide that

NOTE Confidence: 0.8620242

00:28:51.323 --> 00:28:53.198 the conceptual theoretical model that

NOTE Confidence: 0.8620242

00:28:53.198 --> 00:28:56.144 we use in a lot of our research is

NOTE Confidence: 0.8620242

00:28:56.144 --> 00:28:58.436 referred to as the suicidal mode,

NOTE Confidence: 0.8620242

00:28:58.440 --> 00:29:01.888 and this is a graphic depiction of that.

NOTE Confidence: 0.8620242

00:29:01.890 --> 00:29:04.277 And so a lot of people have

NOTE Confidence: 0.8620242

00:29:04.277 --> 00:29:05.660 sometimes commented clinicians like,

NOTE Confidence: 0.8620242

00:29:05.660 --> 00:29:05.970 well,

NOTE Confidence: 0.8620242

00:29:05.970 --> 00:29:07.830 they're like all these sort of

NOTE Confidence: 0.8620242

00:29:07.830 --> 00:29:09.779 arrows pointing to different pieces.

NOTE Confidence: 0.8620242

00:29:09.780 --> 00:29:10.358 You know,

NOTE Confidence: 0.8620242

00:29:10.358 --> 00:29:12.092 it's sort of like a complicated

NOTE Confidence: 0.8620242

00:29:12.092 --> 00:29:14.743 model is compared to some of the more

NOTE Confidence: 0.8620242

00:29:14.743 --> 00:29:16.590 classic like cognitive models or

NOTE Confidence: 0.8620242

00:29:16.590 --> 00:29:18.350 the biomedical biobehavioral model,

NOTE Confidence: 0.8620242

00:29:18.350 --> 00:29:19.256 so I've seen.
NOTE Confidence: 0.8620242

00:29:19.256 --> 00:29:21.068 But what this really captures in
NOTE Confidence: 0.8620242

00:29:21.068 --> 00:29:22.470 the suicidal motives,
NOTE Confidence: 0.8620242

00:29:22.470 --> 00:29:24.396 this notion of a network that
NOTE Confidence: 0.8620242

00:29:24.396 --> 00:29:26.126 lots of different variables are
NOTE Confidence: 0.8620242

00:29:26.126 --> 00:29:27.269 influencing each other,
NOTE Confidence: 0.8620242

00:29:27.270 --> 00:29:29.839 and they have to influence each other
NOTE Confidence: 0.8620242

00:29:29.839 --> 00:29:32.637 in the right way at the right time.
NOTE Confidence: 0.8620242

00:29:32.640 --> 00:29:35.335 In order for the conditions to be
NOTE Confidence: 0.8620242

00:29:35.335 --> 00:29:37.830 right for suicidal crisis to emerge,
NOTE Confidence: 0.8620242

00:29:37.830 --> 00:29:39.820 and then critically for suicidal
NOTE Confidence: 0.8620242

00:29:39.820 --> 00:29:41.014 behaviors to emerge,
NOTE Confidence: 0.8620242

00:29:41.020 --> 00:29:43.426 and some of the newer research
NOTE Confidence: 0.8620242

00:29:43.426 --> 00:29:45.410 that's being done right now,
NOTE Confidence: 0.8620242

00:29:45.410 --> 00:29:47.400 particularly IMA researchers that are
NOTE Confidence: 0.8620242

00:29:47.400 --> 00:29:48.992 using network computational models,

NOTE Confidence: 0.8620242

00:29:49.000 --> 00:29:51.394 is showing us that there actually

NOTE Confidence: 0.8620242

00:29:51.394 --> 00:29:52.990 are multiple pathways suicide.

NOTE Confidence: 0.8620242

00:29:52.990 --> 00:29:55.692 One of the limitations of a lot

NOTE Confidence: 0.8620242

00:29:55.692 --> 00:29:57.759 of our traditional thinking about

NOTE Confidence: 0.8620242

00:29:57.759 --> 00:30:00.249 suicide is that we focus on.

NOTE Confidence: 0.8620242

00:30:00.250 --> 00:30:03.330 One or two risk variables or factors.

NOTE Confidence: 0.8620242

00:30:03.330 --> 00:30:04.210 Hopelessness, perceived,

NOTE Confidence: 0.8620242

00:30:04.210 --> 00:30:05.530 burdensomeness thwarted belonging.

NOTE Confidence: 0.8620242

00:30:05.530 --> 00:30:07.730 This fearlessness about death or

NOTE Confidence: 0.8620242

00:30:07.730 --> 00:30:10.877 some of the ones that are more

NOTE Confidence: 0.8620242

00:30:10.877 --> 00:30:13.445 popular that are more well known.

NOTE Confidence: 0.8620242

00:30:13.450 --> 00:30:16.586 But what we're seeing now using these

NOTE Confidence: 0.8620242

00:30:16.586 --> 00:30:19.169 more complex dynamic models is that,

NOTE Confidence: 0.8620242

00:30:19.170 --> 00:30:20.010 you know,

NOTE Confidence: 0.8620242

00:30:20.010 --> 00:30:22.110 hopeless hopelessness is a primary

NOTE Confidence: 0.8620242

00:30:22.110 --> 00:30:24.889 factor in firmly some suicidal people.
NOTE Confidence: 0.8620242

00:30:24.890 --> 00:30:26.610 Perceived Burdensomeness is an
NOTE Confidence: 0.8620242

00:30:26.610 --> 00:30:29.190 important variable for a different group
NOTE Confidence: 0.8442645

00:30:29.260 --> 00:30:31.022 of individuals, but in essence.
NOTE Confidence: 0.8442645

00:30:31.022 --> 00:30:33.010 The reason may be that we haven't
NOTE Confidence: 0.8442645

00:30:33.072 --> 00:30:34.897 been better at preventing suicide
NOTE Confidence: 0.8442645

00:30:34.897 --> 00:30:36.722 as we create these monolithic
NOTE Confidence: 0.8442645

00:30:36.787 --> 00:30:38.817 models that don't have sufficient
NOTE Confidence: 0.8442645

00:30:38.817 --> 00:30:40.847 complexity and therefore don't allow
NOTE Confidence: 0.8442645

00:30:40.850 --> 00:30:43.130 us to fully understand the different
NOTE Confidence: 0.8442645

00:30:43.130 --> 00:30:45.333 processes by which suicide might be
NOTE Confidence: 0.8442645

00:30:45.333 --> 00:30:47.489 a common endpoint of another way of
NOTE Confidence: 0.8442645

00:30:47.489 --> 00:30:49.485 saying this is sort of like there.
NOTE Confidence: 0.8442645

00:30:49.490 --> 00:30:51.807 There might be multiple roads to Rome,
NOTE Confidence: 0.8442645

00:30:51.810 --> 00:30:53.470 but because we assume there's
NOTE Confidence: 0.8442645

00:30:53.470 --> 00:30:55.130 only one Rd to Rome,

NOTE Confidence: 0.8442645

00:30:55.130 --> 00:30:57.468 we're not doing a good job setting

NOTE Confidence: 0.8442645

00:30:57.468 --> 00:30:59.856 up the barriers on all of the

NOTE Confidence: 0.8442645

00:30:59.856 --> 00:31:01.496 many different roads to block

NOTE Confidence: 0.8442645

00:31:01.496 --> 00:31:03.430 their pathway to get to room.

NOTE Confidence: 0.85339206

00:31:05.830 --> 00:31:07.894 I'll say one other point about

NOTE Confidence: 0.85339206

00:31:07.894 --> 00:31:10.761 that that I didn't mention is that

NOTE Confidence: 0.85339206

00:31:10.761 --> 00:31:12.649 this notion of interdependence,

NOTE Confidence: 0.85339206

00:31:12.650 --> 00:31:15.492 where all of these many different factors

NOTE Confidence: 0.85339206

00:31:15.492 --> 00:31:17.459 and variables influence each other,

NOTE Confidence: 0.85339206

00:31:17.460 --> 00:31:19.460 and so you know depression.

NOTE Confidence: 0.85339206

00:31:19.460 --> 00:31:20.549 Hopelessness, for instance,

NOTE Confidence: 0.85339206

00:31:20.549 --> 00:31:22.364 if you experience an increase

NOTE Confidence: 0.85339206

00:31:22.364 --> 00:31:23.880 in your hopelessness,

NOTE Confidence: 0.85339206

00:31:23.880 --> 00:31:25.480 we might reasonably expect

NOTE Confidence: 0.85339206

00:31:25.480 --> 00:31:27.080 an increase in depression.

NOTE Confidence: 0.85339206

00:31:27.080 --> 00:31:28.935 Conversely, an increase in depression
NOTE Confidence: 0.85339206

00:31:28.935 --> 00:31:30.419 might reasonably be expected
NOTE Confidence: 0.85339206

00:31:30.419 --> 00:31:32.299 to increase once hopelessness,
NOTE Confidence: 0.85339206

00:31:32.300 --> 00:31:34.478 and so we really can't sort
NOTE Confidence: 0.85339206

00:31:34.478 --> 00:31:36.760 of parse out and separate.
NOTE Confidence: 0.85339206

00:31:36.760 --> 00:31:39.004 The notion of depression and hopelessness
NOTE Confidence: 0.85339206

00:31:39.004 --> 00:31:40.848 and other risk variables because
NOTE Confidence: 0.85339206

00:31:40.848 --> 00:31:42.871 they all depend upon each other and
NOTE Confidence: 0.85339206

00:31:42.871 --> 00:31:44.783 we have a study under review right
NOTE Confidence: 0.85339206

00:31:44.783 --> 00:31:47.300 now or what we did is we use the
NOTE Confidence: 0.85339206

00:31:47.300 --> 00:31:48.850 best scale for suicidal ideations.
NOTE Confidence: 0.85339206

00:31:48.850 --> 00:31:51.062 And instead of modeling the scale for
NOTE Confidence: 0.85339206

00:31:51.062 --> 00:31:53.189 suicidal ideations as a single total score,
NOTE Confidence: 0.85339206

00:31:53.190 --> 00:31:55.502 which is how most of us are traditionally
NOTE Confidence: 0.85339206

00:31:55.502 --> 00:31:58.146 used it in looking at that change process.
NOTE Confidence: 0.85339206

00:31:58.150 --> 00:31:58.466 Overtime,

NOTE Confidence: 0.85339206

00:31:58.466 --> 00:32:00.362 what we've done is we actually

NOTE Confidence: 0.85339206

00:32:00.362 --> 00:32:02.263 took each of the individual items

NOTE Confidence: 0.85339206

00:32:02.263 --> 00:32:04.349 and we said all of the items.

NOTE Confidence: 0.85339206

00:32:04.350 --> 00:32:06.270 In a sense they can change

NOTE Confidence: 0.85339206

00:32:06.270 --> 00:32:08.010 in any way they want.

NOTE Confidence: 0.85339206

00:32:08.010 --> 00:32:10.326 Independence of each other and let's

NOTE Confidence: 0.85339206

00:32:10.326 --> 00:32:12.982 see what happens in what we found

NOTE Confidence: 0.85339206

00:32:12.982 --> 00:32:15.397 was that can sort of consistent with

NOTE Confidence: 0.85339206

00:32:15.470 --> 00:32:17.680 the notion of emergency complexity

NOTE Confidence: 0.85339206

00:32:17.680 --> 00:32:20.359 be different asset aspects or facets

NOTE Confidence: 0.85339206

00:32:20.359 --> 00:32:22.704 of suicidal ideations under some

NOTE Confidence: 0.85339206

00:32:22.704 --> 00:32:24.580 conditions were tightly correlated

NOTE Confidence: 0.85339206

00:32:24.647 --> 00:32:26.817 with each other such that an increase

NOTE Confidence: 0.85339206

00:32:26.817 --> 00:32:29.394 in the wish to die corresponded with

NOTE Confidence: 0.85339206

00:32:29.394 --> 00:32:31.364 an increase in suicidal intent.

NOTE Confidence: 0.85339206

00:32:31.370 --> 00:32:33.554 But there are other cases in
NOTE Confidence: 0.85339206

00:32:33.554 --> 00:32:35.010 other circumstances where there
NOTE Confidence: 0.85339206

00:32:35.076 --> 00:32:37.316 was no relationship between these
NOTE Confidence: 0.85339206

00:32:37.316 --> 00:32:38.660 two otherwise supposedly.
NOTE Confidence: 0.85339206

00:32:38.660 --> 00:32:40.660 Correlated facets of suicidal ideations,
NOTE Confidence: 0.85339206

00:32:40.660 --> 00:32:43.446 and So what we're starting to see,
NOTE Confidence: 0.85339206

00:32:43.450 --> 00:32:43.813 then,
NOTE Confidence: 0.85339206

00:32:43.813 --> 00:32:46.354 is that there might be these sort
NOTE Confidence: 0.85339206

00:32:46.354 --> 00:32:48.476 of different networks and Inter
NOTE Confidence: 0.85339206

00:32:48.476 --> 00:32:51.116 related webs of risk variables and
NOTE Confidence: 0.85339206

00:32:51.116 --> 00:32:53.240 processes that have implications.
NOTE Confidence: 0.85339206

00:32:53.240 --> 00:32:56.089 For prevention is from a network perspective.
NOTE Confidence: 0.85339206

00:32:56.090 --> 00:32:58.407 We can identify some of the key
NOTE Confidence: 0.85339206

00:32:58.407 --> 00:33:00.384 variables that are most tightly
NOTE Confidence: 0.85339206

00:33:00.384 --> 00:33:01.755 influential and interconnected
NOTE Confidence: 0.85339206

00:33:01.755 --> 00:33:04.640 with other aspects of the network.

NOTE Confidence: 0.85339206

00:33:04.640 --> 00:33:07.825 What we could start doing, then is targeting.

NOTE Confidence: 0.85339206

00:33:07.825 --> 00:33:11.036 This is the one thing that if we

NOTE Confidence: 0.85339206

00:33:11.036 --> 00:33:13.176 can change this one variable,

NOTE Confidence: 0.85339206

00:33:13.180 --> 00:33:15.568 it has this downstream effect that

NOTE Confidence: 0.85339206

00:33:15.568 --> 00:33:18.052 ripples out and starts to impact

NOTE Confidence: 0.85339206

00:33:18.052 --> 00:33:20.097 other risk factors for suicide,

NOTE Confidence: 0.85339206

00:33:20.100 --> 00:33:22.335 leading to a more efficient

NOTE Confidence: 0.85339206

00:33:22.335 --> 00:33:24.123 reduction in suicidal crises.

NOTE Confidence: 0.85339206

00:33:24.130 --> 00:33:24.499 Conversely,

NOTE Confidence: 0.85339206

00:33:24.499 --> 00:33:26.344 if we're not targeting the

NOTE Confidence: 0.85339206

00:33:26.344 --> 00:33:28.410 right piece of the network,

NOTE Confidence: 0.85339206

00:33:28.410 --> 00:33:31.126 we might have interventions that are really,

NOTE Confidence: 0.85339206

00:33:31.130 --> 00:33:33.070 really good at changing a

NOTE Confidence: 0.85339206

00:33:33.070 --> 00:33:34.234 particular risk variable,

NOTE Confidence: 0.85339206

00:33:34.240 --> 00:33:36.180 but that change isn't sufficiently

NOTE Confidence: 0.85339206

00:33:36.180 --> 00:33:38.910 connected to other members of the network,

NOTE Confidence: 0.85339206

00:33:38.910 --> 00:33:42.648 and so we don't see that downstream

NOTE Confidence: 0.85339206

00:33:42.648 --> 00:33:45.908 effect in reduction in suicide risk.

NOTE Confidence: 0.85339206

00:33:45.910 --> 00:33:48.510 So the 4th concept that I wanted to

NOTE Confidence: 0.85339206

00:33:48.510 --> 00:33:50.901 talk about is that complex systems

NOTE Confidence: 0.85339206

00:33:50.901 --> 00:33:53.403 behave in non proportional ways and

NOTE Confidence: 0.85339206

00:33:53.475 --> 00:33:56.019 what this refers to is that you can.

NOTE Confidence: 0.85339206

00:33:56.020 --> 00:33:58.484 You can sometimes put a whole lot

NOTE Confidence: 0.85339206

00:33:58.484 --> 00:34:01.051 of stuff into a system to change

NOTE Confidence: 0.85339206

00:34:01.051 --> 00:34:03.639 that system and in the system just

NOTE Confidence: 0.85339206

00:34:03.639 --> 00:34:06.124 sort of ignores all of the input.

NOTE Confidence: 0.85339206

00:34:06.130 --> 00:34:08.650 It doesn't really change how it behaves.

NOTE Confidence: 0.85339206

00:34:08.650 --> 00:34:10.565 Conversely you see the opposite

NOTE Confidence: 0.85339206

00:34:10.565 --> 00:34:13.607 where we don't really do a whole lot

NOTE Confidence: 0.85339206

00:34:13.607 --> 00:34:15.707 in terms of input or intervention.

NOTE Confidence: 0.85339206

00:34:15.710 --> 00:34:18.158 And then the the system will

NOTE Confidence: 0.85339206

00:34:18.158 --> 00:34:19.790 dramatically change in how

NOTE Confidence: 0.87778085

00:34:19.864 --> 00:34:23.330 it behaves, and so a little bit

NOTE Confidence: 0.87778085

00:34:23.330 --> 00:34:25.980 and sometimes paying big dividends.

NOTE Confidence: 0.87778085

00:34:25.980 --> 00:34:27.856 Is a whole lot of input doesn't

NOTE Confidence: 0.87778085

00:34:27.856 --> 00:34:29.658 really seem to have any effect.

NOTE Confidence: 0.87778085

00:34:29.660 --> 00:34:31.571 This is like one of those really

NOTE Confidence: 0.87778085

00:34:31.571 --> 00:34:33.016 frustrating aspects of clinical practice

NOTE Confidence: 0.87778085

00:34:33.016 --> 00:34:35.320 where some of our patients that come in.

NOTE Confidence: 0.87778085

00:34:35.320 --> 00:34:37.867 We just really hit them with a lot of

NOTE Confidence: 0.87778085

00:34:37.867 --> 00:34:39.282 interventions. We really are group,

NOTE Confidence: 0.87778085

00:34:39.282 --> 00:34:40.697 you know they do therapy.

NOTE Confidence: 0.87778085

00:34:40.700 --> 00:34:41.501 They do meds.

NOTE Confidence: 0.87778085

00:34:41.501 --> 00:34:43.370 Did you all sorts of stuff and

NOTE Confidence: 0.87778085

00:34:43.440 --> 00:34:45.505 then we don't really see a change,

NOTE Confidence: 0.87778085

00:34:45.510 --> 00:34:46.638 whereas other patients it

NOTE Confidence: 0.87778085

00:34:46.638 --> 00:34:48.048 seems like they come in.
NOTE Confidence: 0.87778085

00:34:48.050 --> 00:34:49.765 We have clinicians or like I didn't
NOTE Confidence: 0.87778085

00:34:49.765 --> 00:34:51.973 really even do anything and now all of
NOTE Confidence: 0.87778085

00:34:51.973 --> 00:34:53.757 a sudden there dramatically better and
NOTE Confidence: 0.87778085

00:34:53.757 --> 00:34:55.611 we really don't understand why there
NOTE Confidence: 0.87778085

00:34:55.611 --> 00:34:57.290 are these differential response patterns.
NOTE Confidence: 0.87778085

00:34:57.290 --> 00:35:00.290 In one of the possibilities of that well,
NOTE Confidence: 0.87778085

00:35:00.290 --> 00:35:01.334 complex systems behave
NOTE Confidence: 0.87778085

00:35:01.334 --> 00:35:02.726 in non proportional ways.
NOTE Confidence: 0.87778085

00:35:02.730 --> 00:35:04.928 There isn't any guarantee that what you
NOTE Confidence: 0.87778085

00:35:04.928 --> 00:35:07.600 put in will have a proportional output,
NOTE Confidence: 0.87778085

00:35:07.600 --> 00:35:10.516 and so I have another video to kind of
NOTE Confidence: 0.87778085

00:35:10.516 --> 00:35:12.820 display and highlight some of this.
NOTE Confidence: 0.87778085

00:35:12.820 --> 00:35:14.555 This is a gymnastics example
NOTE Confidence: 0.87778085

00:35:14.555 --> 00:35:15.943 before I introduces further.
NOTE Confidence: 0.87778085

00:35:15.950 --> 00:35:18.470 I'll encourage you might want to adjust

NOTE Confidence: 0.87778085

00:35:18.470 --> 00:35:21.520 your volume a little bit down on this one.

NOTE Confidence: 0.87778085

00:35:21.520 --> 00:35:23.774 The volume on this video tends to

NOTE Confidence: 0.87778085

00:35:23.774 --> 00:35:26.736 be a lot louder than the last one,

NOTE Confidence: 0.87778085

00:35:26.740 --> 00:35:29.344 and so perhaps we can avert some

NOTE Confidence: 0.87778085

00:35:29.344 --> 00:35:30.979 panic attacks here if we.

NOTE Confidence: 0.87778085

00:35:30.980 --> 00:35:33.325 Give you a little bit of warning.

NOTE Confidence: 0.87778085

00:35:33.330 --> 00:35:35.346 This is a 30 second video.

NOTE Confidence: 0.87778085

00:35:35.350 --> 00:35:36.826 This is Simone Biles.

NOTE Confidence: 0.87778085

00:35:36.826 --> 00:35:38.671 I'm sure everybody recognizes her

NOTE Confidence: 0.87778085

00:35:38.671 --> 00:35:40.907 and she's doing one of her routines

NOTE Confidence: 0.87778085

00:35:40.907 --> 00:35:43.474 and I found that as I was really

NOTE Confidence: 0.87778085

00:35:43.474 --> 00:35:45.424 trying to understand the concepts of

NOTE Confidence: 0.87778085

00:35:45.430 --> 00:35:46.770 non proportionality that gymnastics

NOTE Confidence: 0.87778085

00:35:46.770 --> 00:35:47.775 was like this.

NOTE Confidence: 0.87778085

00:35:47.780 --> 00:35:49.790 Really really great way of kind

NOTE Confidence: 0.87778085

00:35:49.790 --> 00:35:50.795 of capturing it.
NOTE Confidence: 0.87778085

00:35:50.800 --> 00:35:52.816 Embodying this notion of non proportionality.
NOTE Confidence: 0.87778085

00:35:52.820 --> 00:35:55.508 So let's let's watch your 32nd routine here.
NOTE Confidence: 0.8524369

00:36:18.570 --> 00:36:20.718 That's I warned a second Trisha
NOTE Confidence: 0.8524369

00:36:20.718 --> 00:36:22.691 that usually this video and
NOTE Confidence: 0.8524369

00:36:22.691 --> 00:36:24.567 practice runs works beautifully.
NOTE Confidence: 0.8524369

00:36:24.570 --> 00:36:26.570 And then during the live
NOTE Confidence: 0.8524369

00:36:26.570 --> 00:36:27.770 presentation this happens.
NOTE Confidence: 0.8524369

00:36:27.770 --> 00:36:30.170 Let me try an alternative approach.
NOTE Confidence: 0.8524369

00:36:30.170 --> 00:36:33.310 Going to switch to you.
NOTE Confidence: 0.8524369

00:36:33.310 --> 00:36:34.579 Another video here.
NOTE Confidence: 0.8524369

00:36:34.579 --> 00:36:37.117 Let's see if this works better.
NOTE Confidence: 0.7750368

00:36:44.830 --> 00:36:47.119 Share this instead.
NOTE Confidence: 0.8875589

00:36:49.280 --> 00:36:51.672 The same video I'm just going to use
NOTE Confidence: 0.8875589

00:36:51.672 --> 00:36:54.106 the raw video and maybe that will.
NOTE Confidence: 0.8875589

00:36:54.110 --> 00:36:56.217 Correct the problem, right? Let's try now.

NOTE Confidence: 0.875974060000001
00:37:32.480 --> 00:37:35.742 Right, so I shared that video because
NOTE Confidence: 0.875974060000001
00:37:35.742 --> 00:37:39.689 I think it really helps to capture
NOTE Confidence: 0.875974060000001
00:37:39.689 --> 00:37:43.361 that notion of that non proportionality
NOTE Confidence: 0.875974060000001
00:37:43.459 --> 00:37:46.855 where here we have this undisputed,
NOTE Confidence: 0.875974060000001
00:37:46.860 --> 00:37:47.934 very accomplished.
NOTE Confidence: 0.875974060000001
00:37:47.934 --> 00:37:52.230 Athlete who's very good at what she does.
NOTE Confidence: 0.875974060000001
00:37:52.230 --> 00:37:55.810 Ann is 1 lots of medals and is very very
NOTE Confidence: 0.875974060000001
00:37:55.901 --> 00:37:59.837 accomplished and is doing quite well on her.
NOTE Confidence: 0.875974060000001
00:37:59.840 --> 00:38:02.388 Routine for the first 29 1/2 seconds
NOTE Confidence: 0.875974060000001
00:38:02.388 --> 00:38:05.392 and then she does a split an she lands
NOTE Confidence: 0.875974060000001
00:38:05.392 --> 00:38:08.289 on the beam and up until that moment is
NOTE Confidence: 0.875974060000001
00:38:08.289 --> 00:38:11.274 sort of like we had absolutely no way of
NOTE Confidence: 0.875974060000001
00:38:11.274 --> 00:38:13.909 knowing that she was actually going to fall.
NOTE Confidence: 0.875974060000001
00:38:13.910 --> 00:38:16.558 And from the time that we see her
NOTE Confidence: 0.875974060000001
00:38:16.558 --> 00:38:18.880 legs shooting up for her trying to
NOTE Confidence: 0.875974060000001

00:38:18.880 --> 00:38:21.225 touch her balance to her feet being
NOTE Confidence: 0.875974060000001

00:38:21.225 --> 00:38:23.283 on the ground with the fall,
NOTE Confidence: 0.875974060000001

00:38:23.290 --> 00:38:25.300 it's about half of a second
NOTE Confidence: 0.875974060000001

00:38:25.300 --> 00:38:26.640 so it's very dramatic.
NOTE Confidence: 0.875974060000001

00:38:26.640 --> 00:38:27.384 Very rapid,
NOTE Confidence: 0.875974060000001

00:38:27.384 --> 00:38:30.360 seemed to come out of the blue despite.
NOTE Confidence: 0.875974060000001

00:38:30.360 --> 00:38:32.270 All of this good performance
NOTE Confidence: 0.875974060000001

00:38:32.270 --> 00:38:33.798 up until that point.
NOTE Confidence: 0.875974060000001

00:38:33.800 --> 00:38:36.418 And so this really sort of aligns
NOTE Confidence: 0.875974060000001

00:38:36.418 --> 00:38:38.766 with that notion of the projects
NOTE Confidence: 0.875974060000001

00:38:38.766 --> 00:38:41.440 that John was working on with NASA,
NOTE Confidence: 0.875974060000001

00:38:41.440 --> 00:38:43.729 as well as some of what we
NOTE Confidence: 0.875974060000001

00:38:43.729 --> 00:38:46.399 know to be true with suicide.
NOTE Confidence: 0.875974060000001

00:38:46.400 --> 00:38:49.008 That it seems to sometimes come out of
NOTE Confidence: 0.875974060000001

00:38:49.008 --> 00:38:51.747 the blue without much advanced notice.
NOTE Confidence: 0.875974060000001

00:38:51.750 --> 00:38:54.288 Well that in essence this fall

NOTE Confidence: 0.875974060000001
00:38:54.288 --> 00:38:57.330 here that we saw in gymnastics.
NOTE Confidence: 0.875974060000001
00:38:57.330 --> 00:38:59.871 It's sort of like we don't really
NOTE Confidence: 0.875974060000001
00:38:59.871 --> 00:39:01.429 know what contributed to it.
NOTE Confidence: 0.875974060000001
00:39:01.430 --> 00:39:03.922 We can probably infer that maybe she
NOTE Confidence: 0.875974060000001
00:39:03.922 --> 00:39:06.804 just landed in a way where her center
NOTE Confidence: 0.875974060000001
00:39:06.804 --> 00:39:09.233 of gravity was perhaps just a little
NOTE Confidence: 0.875974060000001
00:39:09.233 --> 00:39:11.999 bit off from where she wanted it to be.
NOTE Confidence: 0.875974060000001
00:39:11.999 --> 00:39:12.617 Maybe her,
NOTE Confidence: 0.875974060000001
00:39:12.617 --> 00:39:15.587 maybe her foot was just twisted in a slightly
NOTE Confidence: 0.875974060000001
00:39:15.587 --> 00:39:18.184 different way than what she was expecting.
NOTE Confidence: 0.875974060000001
00:39:18.190 --> 00:39:20.584 We really don't know, but a very,
NOTE Confidence: 0.875974060000001
00:39:20.590 --> 00:39:22.788 very slight shift in the mechanics of
NOTE Confidence: 0.875974060000001
00:39:22.788 --> 00:39:25.370 the move led to this dramatic outcome,
NOTE Confidence: 0.875974060000001
00:39:25.370 --> 00:39:27.170 and suicide seems to function
NOTE Confidence: 0.875974060000001
00:39:27.170 --> 00:39:28.610 in the same way.
NOTE Confidence: 0.875974060000001

00:39:28.610 --> 00:39:29.498 So mathematically,
NOTE Confidence: 0.875974060000001

00:39:29.498 --> 00:39:32.606 this is referred to as a catastrophic
NOTE Confidence: 0.875974060000001

00:39:32.606 --> 00:39:34.781 change where the system suddenly
NOTE Confidence: 0.875974060000001

00:39:34.781 --> 00:39:37.942 shifts from its prior behavior to a
NOTE Confidence: 0.875974060000001

00:39:37.942 --> 00:39:40.310 completely different behavioral pattern,
NOTE Confidence: 0.875974060000001

00:39:40.310 --> 00:39:43.232 and we've started to think about
NOTE Confidence: 0.875974060000001

00:39:43.232 --> 00:39:45.692 catastrophic change processes and apply
NOTE Confidence: 0.875974060000001

00:39:45.692 --> 00:39:48.723 it to our work with suicidal individuals.
NOTE Confidence: 0.875974060000001

00:39:48.730 --> 00:39:51.070 And we're actually finding it.
NOTE Confidence: 0.875974060000001

00:39:51.070 --> 00:39:53.410 It's a very useful model,
NOTE Confidence: 0.875974060000001

00:39:53.410 --> 00:39:57.001 and the reason we think this is
NOTE Confidence: 0.875974060000001

00:39:57.001 --> 00:39:59.260 the case is that.
NOTE Confidence: 0.875974060000001

00:39:59.260 --> 00:40:00.322 Again, from assistance.
NOTE Confidence: 0.875974060000001

00:40:00.322 --> 00:40:02.446 Perspective to have these sort of
NOTE Confidence: 0.875974060000001

00:40:02.446 --> 00:40:04.020 sudden catastrophic changes,
NOTE Confidence: 0.875974060000001

00:40:04.020 --> 00:40:05.664 there's another inherent assumption

NOTE Confidence: 0.875974060000001

00:40:05.664 --> 00:40:07.308 embedded within non proportionality,

NOTE Confidence: 0.875974060000001

00:40:07.310 --> 00:40:09.830 which is the notion of a tipping

NOTE Confidence: 0.875974060000001

00:40:09.830 --> 00:40:12.349 point where there exists two distinct

NOTE Confidence: 0.875974060000001

00:40:12.349 --> 00:40:15.073 distinct and discrete States and in

NOTE Confidence: 0.875974060000001

00:40:15.073 --> 00:40:17.617 between these two separate states of

NOTE Confidence: 0.875974060000001

00:40:17.617 --> 00:40:20.422 being is this tipping point such that

NOTE Confidence: 0.875974060000001

00:40:20.422 --> 00:40:24.160 if you fall just shy of the tipping point,

NOTE Confidence: 0.875974060000001

00:40:24.160 --> 00:40:26.620 you stay in one particular state.

NOTE Confidence: 0.875974060000001

00:40:26.620 --> 00:40:28.918 If however you just barely move

NOTE Confidence: 0.875974060000001

00:40:28.918 --> 00:40:32.048 over the cusp of that tipping point.

NOTE Confidence: 0.875974060000001

00:40:32.050 --> 00:40:34.570 You can shift into a new state,

NOTE Confidence: 0.875974060000001

00:40:34.570 --> 00:40:36.832 and indeed there's now an accumulation

NOTE Confidence: 0.875974060000001

00:40:36.832 --> 00:40:39.054 of evidence indicating that this is

NOTE Confidence: 0.875974060000001

00:40:39.054 --> 00:40:40.684 actually how suicide risk works.

NOTE Confidence: 0.875974060000001

00:40:40.690 --> 00:40:43.930 So this is a study here, but Tracy Witty.

NOTE Confidence: 0.875974060000001

00:40:43.930 --> 00:40:44.650 They've done.
NOTE Confidence: 0.875974060000001

00:40:44.650 --> 00:40:45.037 Taxa,
NOTE Confidence: 0.875974060000001

00:40:45.037 --> 00:40:47.359 metric analysis with large sample of
NOTE Confidence: 0.875974060000001

00:40:47.359 --> 00:40:49.263 suicidal individuals and found that
NOTE Confidence: 0.875974060000001

00:40:49.263 --> 00:40:51.309 there was a subgroup of suicidal
NOTE Confidence: 0.875974060000001

00:40:51.309 --> 00:40:51.991 individuals who
NOTE Confidence: 0.8293058

00:40:52.050 --> 00:40:54.370 had very, very high risk for suicide,
NOTE Confidence: 0.8293058

00:40:54.370 --> 00:40:55.810 and they were categorically
NOTE Confidence: 0.8293058

00:40:55.810 --> 00:40:57.250 distinct from everybody else.
NOTE Confidence: 0.8293058

00:40:57.250 --> 00:40:59.338 These results were actually replicated by
NOTE Confidence: 0.8293058

00:40:59.338 --> 00:41:01.929 team down at Baylor College of Medicine,
NOTE Confidence: 0.8293058

00:41:01.930 --> 00:41:03.043 with psychiatric inpatients,
NOTE Confidence: 0.8293058

00:41:03.043 --> 00:41:04.156 and found that.
NOTE Confidence: 0.8293058

00:41:04.160 --> 00:41:05.072 Among psychiatric inpatients,
NOTE Confidence: 0.8293058

00:41:05.072 --> 00:41:07.200 there's a small group that was really,
NOTE Confidence: 0.8293058

00:41:07.200 --> 00:41:09.461 really high risk for suicide and then

NOTE Confidence: 0.8293058

00:41:09.461 --> 00:41:11.760 everybody else was in a lower risk state.

NOTE Confidence: 0.8293058

00:41:11.760 --> 00:41:13.280 We've seen this as well.

NOTE Confidence: 0.8293058

00:41:13.280 --> 00:41:14.483 An epidemiological study.

NOTE Confidence: 0.8293058

00:41:14.483 --> 00:41:16.704 This is a. Project done better.

NOTE Confidence: 0.8293058

00:41:16.704 --> 00:41:19.620 Army Stars research team led by Ron Kessler.

NOTE Confidence: 0.8293058

00:41:19.620 --> 00:41:22.086 What they did was they took a large sample

NOTE Confidence: 0.8293058

00:41:22.086 --> 00:41:24.635 of soldiers who had been discharged

NOTE Confidence: 0.8293058

00:41:24.635 --> 00:41:26.399 from psychiatric inpatient care,

NOTE Confidence: 0.8293058

00:41:26.400 --> 00:41:28.185 used machine learning to split

NOTE Confidence: 0.8293058

00:41:28.185 --> 00:41:29.970 them up into vent tiles.

NOTE Confidence: 0.8293058

00:41:29.970 --> 00:41:32.385 And then they looked at they rank

NOTE Confidence: 0.8293058

00:41:32.385 --> 00:41:34.930 ordered the vent tiles in terms of

NOTE Confidence: 0.8293058

00:41:34.930 --> 00:41:37.084 overall risk level and then mapped

NOTE Confidence: 0.8293058

00:41:37.156 --> 00:41:39.620 onto who and where are the suicide

NOTE Confidence: 0.8293058

00:41:39.620 --> 00:41:41.667 deaths occur and what they found

NOTE Confidence: 0.8293058

00:41:41.667 --> 00:41:43.970 was that over half of the suicide
NOTE Confidence: 0.8293058

00:41:44.039 --> 00:41:46.385 deaths occur in the first subgroup.
NOTE Confidence: 0.8293058

00:41:46.390 --> 00:41:47.706 The 1st event tile.
NOTE Confidence: 0.8293058

00:41:47.706 --> 00:41:50.071 This is on the left hand side
NOTE Confidence: 0.8293058

00:41:50.071 --> 00:41:52.269 of the screen and you see the
NOTE Confidence: 0.8293058

00:41:52.269 --> 00:41:54.317 rest of the 19 vent tiles.
NOTE Confidence: 0.8293058

00:41:54.320 --> 00:41:56.096 There's not as much difference between
NOTE Confidence: 0.8293058

00:41:56.096 --> 00:41:58.360 them is a little bit of variability.
NOTE Confidence: 0.8293058

00:41:58.360 --> 00:42:00.453 Groups two and three or a little
NOTE Confidence: 0.8293058

00:42:00.453 --> 00:42:02.409 bit higher risk than the others,
NOTE Confidence: 0.8293058

00:42:02.410 --> 00:42:03.674 but not dramatically so.
NOTE Confidence: 0.8293058

00:42:03.674 --> 00:42:05.570 So this also suggests that there's
NOTE Confidence: 0.8293058

00:42:05.624 --> 00:42:07.069 this sort of tipping point.
NOTE Confidence: 0.8293058

00:42:07.070 --> 00:42:08.948 There's one small subgroup that accounts
NOTE Confidence: 0.8293058

00:42:08.948 --> 00:42:11.108 for more than half of the suicides,
NOTE Confidence: 0.8293058

00:42:11.110 --> 00:42:12.700 and then there's everybody else

NOTE Confidence: 0.8293058

00:42:12.700 --> 00:42:15.160 but the rest of the 95% of the

NOTE Confidence: 0.8293058

00:42:15.160 --> 00:42:17.330 population now on the right hand side.

NOTE Confidence: 0.8293058

00:42:17.330 --> 00:42:18.954 This is not hypothetical.

NOTE Confidence: 0.8293058

00:42:18.954 --> 00:42:22.319 Model where if suicide risk was a continuum,

NOTE Confidence: 0.8293058

00:42:22.320 --> 00:42:24.714 this sort of unidimensional gradual change

NOTE Confidence: 0.8293058

00:42:24.714 --> 00:42:27.249 process moving from lower to higher risk.

NOTE Confidence: 0.8293058

00:42:27.250 --> 00:42:29.721 The graph on the right hand side

NOTE Confidence: 0.8293058

00:42:29.721 --> 00:42:32.179 is what Kessler should have found.

NOTE Confidence: 0.8293058

00:42:32.180 --> 00:42:34.609 There should have been the sort of

NOTE Confidence: 0.8293058

00:42:34.609 --> 00:42:36.534 incremental changes in the probability

NOTE Confidence: 0.8293058

00:42:36.534 --> 00:42:39.000 of suicide deaths within each ventile,

NOTE Confidence: 0.8293058

00:42:39.000 --> 00:42:42.960 but that's of course not what they found.

NOTE Confidence: 0.8293058

00:42:42.960 --> 00:42:44.492 We've since mathematically modeled

NOTE Confidence: 0.8293058

00:42:44.492 --> 00:42:46.790 suicidal Ideations on a session by

NOTE Confidence: 0.8293058

00:42:46.851 --> 00:42:49.007 session basis within psychiatric

NOTE Confidence: 0.8293058

00:42:49.007 --> 00:42:50.624 outpatient psychiatric outpatients,
NOTE Confidence: 0.8293058

00:42:50.630 --> 00:42:53.234 and what we found was that patients
NOTE Confidence: 0.8293058

00:42:53.234 --> 00:42:56.521 who had a history of multiple suicide
NOTE Confidence: 0.8293058

00:42:56.521 --> 00:42:59.647 attempts at the start of treatment,
NOTE Confidence: 0.8293058

00:42:59.650 --> 00:43:02.674 they had a unique change process that
NOTE Confidence: 0.8293058

00:43:02.674 --> 00:43:04.976 was characterized by sudden dramatic
NOTE Confidence: 0.8293058

00:43:04.976 --> 00:43:07.286 Upson Downs in suicidal ideations
NOTE Confidence: 0.8293058

00:43:07.286 --> 00:43:10.018 on a session to session basis.
NOTE Confidence: 0.8293058

00:43:10.020 --> 00:43:13.410 It was like a sawtooth pattern.
NOTE Confidence: 0.8293058

00:43:13.410 --> 00:43:15.080 In that that sawtooth pattern
NOTE Confidence: 0.8293058

00:43:15.080 --> 00:43:16.750 is consistent with the existence
NOTE Confidence: 0.8293058

00:43:16.808 --> 00:43:18.476 of two discrete states of risk,
NOTE Confidence: 0.8293058

00:43:18.480 --> 00:43:20.538 where in essence the patients are
NOTE Confidence: 0.8293058

00:43:20.538 --> 00:43:22.281 bouncing back and forth between
NOTE Confidence: 0.8293058

00:43:22.281 --> 00:43:24.123 low and high risk that they're
NOTE Confidence: 0.8293058

00:43:24.123 --> 00:43:26.087 not doing it in a gross, gradual,

NOTE Confidence: 0.8293058

00:43:26.087 --> 00:43:28.306 slow manner because there's a tipping point,

NOTE Confidence: 0.8293058

00:43:28.310 --> 00:43:29.890 and so they can be.

NOTE Confidence: 0.8293058

00:43:29.890 --> 00:43:32.088 It's sort of like a binary or

NOTE Confidence: 0.8293058

00:43:32.088 --> 00:43:33.700 a one or a zero.

NOTE Confidence: 0.8293058

00:43:33.700 --> 00:43:35.280 There is no in between,

NOTE Confidence: 0.8293058

00:43:35.280 --> 00:43:37.760 and there is a distinct subgroup of patients

NOTE Confidence: 0.8293058

00:43:37.760 --> 00:43:40.355 who seemed to conform to this change process,

NOTE Confidence: 0.8293058

00:43:40.360 --> 00:43:42.256 and So what that means is,

NOTE Confidence: 0.8293058

00:43:42.260 --> 00:43:43.052 I think.

NOTE Confidence: 0.8293058

00:43:43.052 --> 00:43:45.032 Our traditional ways of thinking

NOTE Confidence: 0.8293058

00:43:45.032 --> 00:43:47.505 about suicide risk in this sort

NOTE Confidence: 0.8293058

00:43:47.505 --> 00:43:49.125 of unit dimensional hierarchy,

NOTE Confidence: 0.8293058

00:43:49.130 --> 00:43:51.374 where at the bottom we have

NOTE Confidence: 0.8293058

00:43:51.374 --> 00:43:52.870 things like I don't

NOTE Confidence: 0.86382526

00:43:52.956 --> 00:43:54.628 want to live anymore.

NOTE Confidence: 0.86382526

00:43:54.630 --> 00:43:56.988 I don't want to be alive,
NOTE Confidence: 0.86382526

00:43:56.990 --> 00:43:58.950 moving to active suicidal ideations,
NOTE Confidence: 0.86382526

00:43:58.950 --> 00:44:00.126 moving to planning,
NOTE Confidence: 0.86382526

00:44:00.126 --> 00:44:01.694 moving to preparatory behavior,
NOTE Confidence: 0.86382526

00:44:01.700 --> 00:44:04.058 and then at the highest level,
NOTE Confidence: 0.86382526

00:44:04.060 --> 00:44:06.514 suicidal behavior where there's at least
NOTE Confidence: 0.86382526

00:44:06.514 --> 00:44:08.579 a significant subgroup of individuals
NOTE Confidence: 0.86382526

00:44:08.579 --> 00:44:11.127 who do not conform to this pathway.
NOTE Confidence: 0.86382526

00:44:11.130 --> 00:44:12.650 In this hierarchical model,
NOTE Confidence: 0.86382526

00:44:12.650 --> 00:44:14.930 some patients do seem to follow
NOTE Confidence: 0.86382526

00:44:14.996 --> 00:44:16.800 this gradual change process.
NOTE Confidence: 0.86382526

00:44:16.800 --> 00:44:18.720 But there's another substantial minority.
NOTE Confidence: 0.86382526

00:44:18.720 --> 00:44:20.252 At the very least,
NOTE Confidence: 0.86382526

00:44:20.252 --> 00:44:21.784 that don't follow this,
NOTE Confidence: 0.86382526

00:44:21.790 --> 00:44:24.016 and So what this means is we
NOTE Confidence: 0.86382526

00:44:24.016 --> 00:44:26.491 probably need to change how we

NOTE Confidence: 0.86382526

00:44:26.491 --> 00:44:27.940 conceptualize suicide risk.

NOTE Confidence: 0.86382526

00:44:27.940 --> 00:44:29.860 And so we've now informed

NOTE Confidence: 0.86382526

00:44:29.860 --> 00:44:31.780 by the notion of emergence,

NOTE Confidence: 0.86382526

00:44:31.780 --> 00:44:34.900 move towards a 3 dimensional model of suicide

NOTE Confidence: 0.86382526

00:44:34.900 --> 00:44:37.919 risk and and this figure on the screen.

NOTE Confidence: 0.86382526

00:44:37.920 --> 00:44:40.363 With this sort of curved claim of

NOTE Confidence: 0.86382526

00:44:40.363 --> 00:44:42.318 suicide risk is what's referred

NOTE Confidence: 0.86382526

00:44:42.318 --> 00:44:44.826 to as a cusp catastrophe model.

NOTE Confidence: 0.86382526

00:44:44.830 --> 00:44:46.850 So this provides us with.

NOTE Confidence: 0.86382526

00:44:46.850 --> 00:44:49.293 A way to understand why is it

NOTE Confidence: 0.86382526

00:44:49.293 --> 00:44:51.219 that some individuals seem to

NOTE Confidence: 0.86382526

00:44:51.219 --> 00:44:53.224 have this gradual change process.

NOTE Confidence: 0.86382526

00:44:53.230 --> 00:44:55.757 They sort of slowly move through these

NOTE Confidence: 0.86382526

00:44:55.757 --> 00:44:57.350 incremental stages towards suicide,

NOTE Confidence: 0.86382526

00:44:57.350 --> 00:44:59.435 whereas other individuals seem to

NOTE Confidence: 0.86382526

00:44:59.435 --> 00:45:01.908 very suddenly shift from a low
NOTE Confidence: 0.86382526

00:45:01.908 --> 00:45:04.099 risk state to a high risk state,
NOTE Confidence: 0.86382526

00:45:04.100 --> 00:45:06.557 and so let me demonstrate several of
NOTE Confidence: 0.86382526

00:45:06.557 --> 00:45:09.728 the kind of a key change processes here.
NOTE Confidence: 0.86382526

00:45:09.730 --> 00:45:11.600 This first pathways pathway a.
NOTE Confidence: 0.86382526

00:45:11.600 --> 00:45:13.688 This is sort of the classic
NOTE Confidence: 0.86382526

00:45:13.688 --> 00:45:15.730 way of thinking about suicide,
NOTE Confidence: 0.86382526

00:45:15.730 --> 00:45:16.348 it's unidimensional.
NOTE Confidence: 0.86382526

00:45:16.348 --> 00:45:18.820 As you move up the surface plane that
NOTE Confidence: 0.86382526

00:45:18.879 --> 00:45:20.959 corresponds to increasing suicide risk,
NOTE Confidence: 0.86382526

00:45:20.960 --> 00:45:23.137 and these individuals then follow back down.
NOTE Confidence: 0.86382526

00:45:23.140 --> 00:45:25.628 They kind of move up and down Hill,
NOTE Confidence: 0.86382526

00:45:25.630 --> 00:45:27.568 and the way that this typically
NOTE Confidence: 0.86382526

00:45:27.568 --> 00:45:29.203 manifests is those fluctuations in
NOTE Confidence: 0.86382526

00:45:29.203 --> 00:45:30.919 suicide rates that have inclined in,
NOTE Confidence: 0.86382526

00:45:30.920 --> 00:45:32.136 as noted in that,

NOTE Confidence: 0.86382526

00:45:32.136 --> 00:45:34.806 like very first one of the very first

NOTE Confidence: 0.86382526

00:45:34.806 --> 00:45:37.134 slides that I've showed you today.

NOTE Confidence: 0.86382526

00:45:37.140 --> 00:45:39.233 And so we do see that people

NOTE Confidence: 0.86382526

00:45:39.233 --> 00:45:41.841 have good days and bad days that

NOTE Confidence: 0.86382526

00:45:41.841 --> 00:45:43.477 they have these fluctuations,

NOTE Confidence: 0.86382526

00:45:43.480 --> 00:45:45.586 but they tend to be somewhat

NOTE Confidence: 0.86382526

00:45:45.586 --> 00:45:46.639 smooth and gradual.

NOTE Confidence: 0.86382526

00:45:46.640 --> 00:45:48.048 These individuals often come

NOTE Confidence: 0.86382526

00:45:48.048 --> 00:45:49.808 in to mental health care.

NOTE Confidence: 0.86382526

00:45:49.810 --> 00:45:51.620 We typically diagnosed him with

NOTE Confidence: 0.86382526

00:45:51.620 --> 00:45:53.680 like mood disorders and this is,

NOTE Confidence: 0.86382526

00:45:53.680 --> 00:45:55.927 I think the sort of preponderance of

NOTE Confidence: 0.86382526

00:45:55.927 --> 00:45:58.081 the people that we have traditionally

NOTE Confidence: 0.86382526

00:45:58.081 --> 00:46:00.713 thought about when it comes to suicide.

NOTE Confidence: 0.86382526

00:46:00.720 --> 00:46:03.170 We didn't have a different group of

NOTE Confidence: 0.86382526

00:46:03.170 --> 00:46:05.435 individuals who are located in a
NOTE Confidence: 0.86382526

00:46:05.435 --> 00:46:07.727 different place on this behavior surface.
NOTE Confidence: 0.86382526

00:46:07.730 --> 00:46:10.264 They also move up and down Hill,
NOTE Confidence: 0.86382526

00:46:10.270 --> 00:46:12.468 but because they are located in a
NOTE Confidence: 0.86382526

00:46:12.468 --> 00:46:15.117 place of the this curved plane that
NOTE Confidence: 0.86382526

00:46:15.117 --> 00:46:17.162 corresponds to a steeper slope,
NOTE Confidence: 0.86382526

00:46:17.170 --> 00:46:18.945 they experience much more rapid
NOTE Confidence: 0.86382526

00:46:18.945 --> 00:46:21.520 increases in rapid decreases in suicide risk.
NOTE Confidence: 0.86382526

00:46:21.520 --> 00:46:24.019 It's no different than if we were
NOTE Confidence: 0.86382526

00:46:24.019 --> 00:46:26.918 to kind of like roll a ball up
NOTE Confidence: 0.86382526

00:46:26.918 --> 00:46:29.150 and down a really steep Hill.
NOTE Confidence: 0.86382526

00:46:29.150 --> 00:46:32.408 The ball would start to roll up very quickly,
NOTE Confidence: 0.86382526

00:46:32.410 --> 00:46:35.314 stop, and then come back down very rapidly.
NOTE Confidence: 0.86382526

00:46:35.320 --> 00:46:37.130 In the steeper the slope,
NOTE Confidence: 0.86382526

00:46:37.130 --> 00:46:40.259 the faster that return process would be.
NOTE Confidence: 0.86382526

00:46:40.260 --> 00:46:42.892 Now this this sort of sub group of

NOTE Confidence: 0.86382526

00:46:42.892 --> 00:46:44.578 individuals seems to characterize

NOTE Confidence: 0.86382526

00:46:44.578 --> 00:46:46.983 those who are diagnosed with

NOTE Confidence: 0.86382526

00:46:46.983 --> 00:46:48.927 borderline personality disorder and

NOTE Confidence: 0.86382526

00:46:48.927 --> 00:46:51.107 have other related conditions that

NOTE Confidence: 0.86382526

00:46:51.107 --> 00:46:53.325 are characterized by deficient self

NOTE Confidence: 0.86382526

00:46:53.325 --> 00:46:55.185 regulatory processes where we're

NOTE Confidence: 0.86382526

00:46:55.185 --> 00:46:58.413 more likely to see a sawtooth pattern

NOTE Confidence: 0.86382526

00:46:58.413 --> 00:47:01.685 and then one of the key aspects of

NOTE Confidence: 0.8653134

00:47:01.768 --> 00:47:04.720 this is that that up and down that

NOTE Confidence: 0.8653134

00:47:04.720 --> 00:47:07.444 dramatic up and down actually increases

NOTE Confidence: 0.8653134

00:47:07.444 --> 00:47:09.428 their vulnerability for suddenly

NOTE Confidence: 0.8653134

00:47:09.428 --> 00:47:11.630 shifting from a low risk state.

NOTE Confidence: 0.8653134

00:47:11.630 --> 00:47:14.303 To a very high risk state from the bottom

NOTE Confidence: 0.8653134

00:47:14.303 --> 00:47:17.245 of the surface to the top of the surface,

NOTE Confidence: 0.8653134

00:47:17.250 --> 00:47:19.427 and that was actually what David wrote,

NOTE Confidence: 0.8653134

00:47:19.430 --> 00:47:21.670 and I found in some of our initial
NOTE Confidence: 0.8653134

00:47:21.670 --> 00:47:22.881 research with multiple attempters
NOTE Confidence: 0.8653134

00:47:22.881 --> 00:47:25.631 and we now have a new study we just
NOTE Confidence: 0.8653134

00:47:25.631 --> 00:47:27.386 published in behaviour research and
NOTE Confidence: 0.8653134

00:47:27.386 --> 00:47:29.735 therapy in the past year where we
NOTE Confidence: 0.8653134

00:47:29.735 --> 00:47:31.310 took patient psychiatric out patients
NOTE Confidence: 0.8653134

00:47:31.310 --> 00:47:33.475 who had attempted 1 one time in their
NOTE Confidence: 0.8653134

00:47:33.475 --> 00:47:35.602 life and then we mapped out their
NOTE Confidence: 0.8653134

00:47:35.602 --> 00:47:37.417 fluctuations in suicidal ideations over
NOTE Confidence: 0.8653134

00:47:37.417 --> 00:47:39.878 therapy and what we found was that the
NOTE Confidence: 0.8653134

00:47:39.878 --> 00:47:41.450 patients who had larger fluctuations
NOTE Confidence: 0.8653134

00:47:41.450 --> 00:47:43.574 on a session by session basis.
NOTE Confidence: 0.8653134

00:47:43.580 --> 00:47:46.180 Or significantly more likely to
NOTE Confidence: 0.8653134

00:47:46.180 --> 00:47:48.260 attempt suicide during treatment
NOTE Confidence: 0.8653134

00:47:48.260 --> 00:47:50.489 or soon after treatment.
NOTE Confidence: 0.8653134

00:47:50.490 --> 00:47:52.380 And so these individuals also,

NOTE Confidence: 0.8653134

00:47:52.380 --> 00:47:53.028 I think,

NOTE Confidence: 0.8653134

00:47:53.028 --> 00:47:55.296 are more likely to come in for

NOTE Confidence: 0.8653134

00:47:55.296 --> 00:47:56.899 mental health treatment.

NOTE Confidence: 0.8653134

00:47:56.900 --> 00:47:59.105 And so this is where a lot of our

NOTE Confidence: 0.8653134

00:47:59.105 --> 00:48:01.718 work that Seth mentioned in his

NOTE Confidence: 0.8653134

00:48:01.718 --> 00:48:03.554 introduction on cognitive behavioral

NOTE Confidence: 0.8653134

00:48:03.554 --> 00:48:05.570 therapy for suicide prevention,

NOTE Confidence: 0.8653134

00:48:05.570 --> 00:48:07.826 I think has been really impactful.

NOTE Confidence: 0.8653134

00:48:07.830 --> 00:48:09.804 I think other treatments in addition

NOTE Confidence: 0.8653134

00:48:09.804 --> 00:48:12.039 to BTI but also dialectical behavior

NOTE Confidence: 0.8653134

00:48:12.039 --> 00:48:15.000 therapy has a lot of implications here.

NOTE Confidence: 0.8653134

00:48:15.000 --> 00:48:17.436 What we were finding is that these

NOTE Confidence: 0.8653134

00:48:17.436 --> 00:48:20.415 treatments seem to sort of calm the storm

NOTE Confidence: 0.8653134

00:48:20.415 --> 00:48:23.010 where the fluctuations in suicidal ideations.

NOTE Confidence: 0.8653134

00:48:23.010 --> 00:48:24.930 Over the course of treatment tend

NOTE Confidence: 0.8653134

00:48:24.930 --> 00:48:27.687 to settle down so that there is a
NOTE Confidence: 0.8653134

00:48:27.687 --> 00:48:29.447 decreased probability that a person
NOTE Confidence: 0.8653134

00:48:29.447 --> 00:48:32.081 will suddenly shift to a high risk
NOTE Confidence: 0.8653134

00:48:32.081 --> 00:48:33.561 state where suicidal behavior
NOTE Confidence: 0.8653134

00:48:33.570 --> 00:48:35.330 is more likely to occur.
NOTE Confidence: 0.8653134

00:48:35.330 --> 00:48:37.612 The key aspect about some of our
NOTE Confidence: 0.8653134

00:48:37.612 --> 00:48:40.163 findings with BTI is that we see
NOTE Confidence: 0.8653134

00:48:40.163 --> 00:48:41.663 treatment effects very quickly,
NOTE Confidence: 0.8653134

00:48:41.670 --> 00:48:43.074 typically within three months
NOTE Confidence: 0.8653134

00:48:43.074 --> 00:48:44.127 of starting treatment,
NOTE Confidence: 0.8653134

00:48:44.130 --> 00:48:47.073 and so not only is it a long lasting
NOTE Confidence: 0.8653134

00:48:47.073 --> 00:48:49.758 effect up to two years post baseline,
NOTE Confidence: 0.8653134

00:48:49.760 --> 00:48:52.994 but we tend to see pretty early
NOTE Confidence: 0.8653134

00:48:52.994 --> 00:48:55.000 separation between treatment groups.
NOTE Confidence: 0.8653134

00:48:55.000 --> 00:48:56.077 Another related intervention
NOTE Confidence: 0.8653134

00:48:56.077 --> 00:48:58.590 that that we've worked on a lot

NOTE Confidence: 0.8653134

00:48:58.653 --> 00:49:00.329 as crisis response planning,

NOTE Confidence: 0.8653134

00:49:00.330 --> 00:49:02.818 which serves as sort of like the kind

NOTE Confidence: 0.8653134

00:49:02.818 --> 00:49:05.667 of a precursor to safety planning,

NOTE Confidence: 0.8653134

00:49:05.670 --> 00:49:08.718 which a lot of people are familiar with.

NOTE Confidence: 0.8653134

00:49:08.720 --> 00:49:10.240 Crisis response planning was,

NOTE Confidence: 0.8653134

00:49:10.240 --> 00:49:11.380 apart of BTE,

NOTE Confidence: 0.8653134

00:49:11.380 --> 00:49:13.205 and then we subsequently extracted

NOTE Confidence: 0.8653134

00:49:13.205 --> 00:49:15.855 this procedure and tested it as a

NOTE Confidence: 0.8653134

00:49:15.855 --> 00:49:17.383 standalone intervention and emergency

NOTE Confidence: 0.8653134

00:49:17.383 --> 00:49:20.129 department's as well as walk in clinics

NOTE Confidence: 0.8653134

00:49:20.129 --> 00:49:22.049 for UNE scheduled crisis evaluations.

NOTE Confidence: 0.8653134

00:49:22.050 --> 00:49:24.640 Whereas what we do is we hand

NOTE Confidence: 0.8653134

00:49:24.640 --> 00:49:27.290 write on an index card what?

NOTE Confidence: 0.8653134

00:49:27.290 --> 00:49:27.645 Ultimately,

NOTE Confidence: 0.8653134

00:49:27.645 --> 00:49:30.485 amounts to sort of a self regulation plan.

NOTE Confidence: 0.8653134

00:49:30.490 --> 00:49:32.968 How to know when you're getting upset,
NOTE Confidence: 0.8653134

00:49:32.970 --> 00:49:35.455 how to know when you're heading uphill.
NOTE Confidence: 0.8653134

00:49:35.460 --> 00:49:36.080 And then.
NOTE Confidence: 0.8653134

00:49:36.080 --> 00:49:38.560 Here's a list of things that you can
NOTE Confidence: 0.8653134

00:49:38.628 --> 00:49:40.890 do to stop yourself from progressing
NOTE Confidence: 0.8653134

00:49:40.890 --> 00:49:43.562 towards a high risk state into self
NOTE Confidence: 0.8653134

00:49:43.562 --> 00:49:46.481 regulate to kind of calm yourself back down.
NOTE Confidence: 0.8653134

00:49:46.481 --> 00:49:48.336 We completed a randomized controlled
NOTE Confidence: 0.8653134

00:49:48.336 --> 00:49:50.600 trial that we published in 2017
NOTE Confidence: 0.8653134

00:49:50.600 --> 00:49:52.040 comparing crisis response planning
NOTE Confidence: 0.8653134

00:49:52.040 --> 00:49:54.270 to treatment as usual and found 76%
NOTE Confidence: 0.8653134

00:49:54.270 --> 00:49:55.985 reduction in suicide attempts over
NOTE Confidence: 0.8653134

00:49:55.985 --> 00:49:58.180 the six month follow up period.
NOTE Confidence: 0.8653134

00:49:58.180 --> 00:49:59.506 And so this.
NOTE Confidence: 0.8653134

00:49:59.506 --> 00:50:00.390 Very simple.
NOTE Confidence: 0.8653134

00:50:00.390 --> 00:50:03.638 Ateji that definitely takes 30 or 60 minutes.

NOTE Confidence: 0.8653134

00:50:03.640 --> 00:50:06.430 We found this actually quite potent

NOTE Confidence: 0.8653134

00:50:06.430 --> 00:50:08.290 for averting suicidal behaviors.

NOTE Confidence: 0.88343674

00:50:08.290 --> 00:50:10.930 But then there's one last group that my

NOTE Confidence: 0.88343674

00:50:10.930 --> 00:50:13.039 research programs increasingly focused on.

NOTE Confidence: 0.88343674

00:50:13.040 --> 00:50:14.496 This is this pathway.

NOTE Confidence: 0.88343674

00:50:14.496 --> 00:50:15.955 See, this is the.

NOTE Confidence: 0.88343674

00:50:15.955 --> 00:50:17.780 This is the performance escape,

NOTE Confidence: 0.88343674

00:50:17.780 --> 00:50:19.436 the catastrophic change group,

NOTE Confidence: 0.88343674

00:50:19.436 --> 00:50:21.092 for whom suicidal behaviors

NOTE Confidence: 0.88343674

00:50:21.092 --> 00:50:23.256 seemed to come out of the blue.

NOTE Confidence: 0.88343674

00:50:23.260 --> 00:50:25.420 And you can see their position

NOTE Confidence: 0.88343674

00:50:25.420 --> 00:50:27.270 on the behavior surface here.

NOTE Confidence: 0.88343674

00:50:27.270 --> 00:50:30.046 What happens with this group is when they

NOTE Confidence: 0.88343674

00:50:30.046 --> 00:50:32.379 experience an increase in suicide risk.

NOTE Confidence: 0.88343674

00:50:32.380 --> 00:50:33.475 It's very gradual.

NOTE Confidence: 0.88343674

00:50:33.475 --> 00:50:34.935 It's not very pronounced,
NOTE Confidence: 0.88343674

00:50:34.940 --> 00:50:37.901 so maybe they only get to a point where
NOTE Confidence: 0.88343674

00:50:37.901 --> 00:50:40.130 they're wishing that they weren't.
NOTE Confidence: 0.88343674

00:50:40.130 --> 00:50:41.626 Around anymore they would.
NOTE Confidence: 0.88343674

00:50:41.626 --> 00:50:44.260 They think they'd be better off dead,
NOTE Confidence: 0.88343674

00:50:44.260 --> 00:50:46.300 but in some cases they're not
NOTE Confidence: 0.88343674

00:50:46.300 --> 00:50:48.158 manifesting active forms of suicidal
NOTE Confidence: 0.88343674

00:50:48.158 --> 00:50:49.878 ideations or even planning.
NOTE Confidence: 0.88343674

00:50:49.880 --> 00:50:52.330 But then what happens is they hit
NOTE Confidence: 0.88343674

00:50:52.330 --> 00:50:54.662 this curve in the behavior surface
NOTE Confidence: 0.88343674

00:50:54.662 --> 00:50:57.476 and they sort of like teleport up
NOTE Confidence: 0.88343674

00:50:57.554 --> 00:51:00.410 to the top where they see this very
NOTE Confidence: 0.88343674

00:51:00.410 --> 00:51:02.360 sudden shift in the probability
NOTE Confidence: 0.88343674

00:51:02.360 --> 00:51:04.410 for suicidal behavior in these
NOTE Confidence: 0.88343674

00:51:04.410 --> 00:51:06.281 individuals are much less likely
NOTE Confidence: 0.88343674

00:51:06.281 --> 00:51:08.255 to come to mental health care,

NOTE Confidence: 0.88343674

00:51:08.260 --> 00:51:11.067 and it's because for the most part

NOTE Confidence: 0.88343674

00:51:11.067 --> 00:51:13.607 they're existing in a low risk state.

NOTE Confidence: 0.88343674

00:51:13.610 --> 00:51:15.885 And so when we say get help,

NOTE Confidence: 0.88343674

00:51:15.890 --> 00:51:17.684 watch out for these warning signs

NOTE Confidence: 0.88343674

00:51:17.684 --> 00:51:19.308 of suicide that largely focus

NOTE Confidence: 0.88343674

00:51:19.308 --> 00:51:20.780 on active suicidal ideations.

NOTE Confidence: 0.88343674

00:51:20.780 --> 00:51:22.736 It doesn't apply to these individuals.

NOTE Confidence: 0.88343674

00:51:22.740 --> 00:51:24.696 This isn't the nature of their

NOTE Confidence: 0.88343674

00:51:24.696 --> 00:51:26.320 subjective experience of suicide risk,

NOTE Confidence: 0.88343674

00:51:26.320 --> 00:51:28.928 and so we end up missing this group,

NOTE Confidence: 0.88343674

00:51:28.930 --> 00:51:30.262 and we keep encouraging.

NOTE Confidence: 0.88343674

00:51:30.262 --> 00:51:33.170 Go get help to get help to get help,

NOTE Confidence: 0.88343674

00:51:33.170 --> 00:51:35.573 but this is a group for whom that is

NOTE Confidence: 0.88343674

00:51:35.573 --> 00:51:38.156 a message that just isn't hitting the

NOTE Confidence: 0.88343674

00:51:38.156 --> 00:51:40.990 target in the way that we needed to.

NOTE Confidence: 0.88343674

00:51:40.990 --> 00:51:44.334 So we know that about 40 to 50% of those
NOTE Confidence: 0.88343674

00:51:44.334 --> 00:51:46.536 who attempt suicide sort of skipped.
NOTE Confidence: 0.88343674

00:51:46.540 --> 00:51:48.832 The planning stage and we have
NOTE Confidence: 0.88343674

00:51:48.832 --> 00:51:50.730 some newer data coming out.
NOTE Confidence: 0.88343674

00:51:50.730 --> 00:51:53.065 Showing that manifestations of suicide
NOTE Confidence: 0.88343674

00:51:53.065 --> 00:51:55.827 risk do not necessarily involve active
NOTE Confidence: 0.88343674

00:51:55.827 --> 00:51:57.987 thinking about suicide where we are
NOTE Confidence: 0.88343674

00:51:57.987 --> 00:52:00.825 now able to capture using a scale
NOTE Confidence: 0.88343674

00:52:00.825 --> 00:52:02.935 called the Suicide cognition scale.
NOTE Confidence: 0.88343674

00:52:02.940 --> 00:52:05.887 Things like I can't take this anymore.
NOTE Confidence: 0.88343674

00:52:05.890 --> 00:52:07.430 I deserve to die.
NOTE Confidence: 0.88343674

00:52:07.430 --> 00:52:10.940 No one can help me solve my problems.
NOTE Confidence: 0.88343674

00:52:10.940 --> 00:52:13.080 These are perhaps thought processes
NOTE Confidence: 0.88343674

00:52:13.080 --> 00:52:15.687 that signal this is someone who's
NOTE Confidence: 0.88343674

00:52:15.687 --> 00:52:17.667 at elevated risk for suicide,
NOTE Confidence: 0.88343674

00:52:17.670 --> 00:52:19.920 but they aren't necessarily experiencing

NOTE Confidence: 0.88343674

00:52:19.920 --> 00:52:23.255 suicidal thoughts in the way that we

NOTE Confidence: 0.88343674

00:52:23.255 --> 00:52:25.295 have traditionally conceptualized them.

NOTE Confidence: 0.88343674

00:52:25.300 --> 00:52:27.492 Traditionally asked about that,

NOTE Confidence: 0.88343674

00:52:27.492 --> 00:52:30.232 and so we're effectively missing

NOTE Confidence: 0.88343674

00:52:30.232 --> 00:52:32.687 a large group of people.

NOTE Confidence: 0.88343674

00:52:32.690 --> 00:52:35.390 And so this brings me into the kind of

NOTE Confidence: 0.88343674

00:52:35.390 --> 00:52:38.265 the last idea of what we're working on,

NOTE Confidence: 0.88343674

00:52:38.270 --> 00:52:40.559 which is the importance of means restriction,

NOTE Confidence: 0.88343674

00:52:40.560 --> 00:52:41.884 especially with firearm owners.

NOTE Confidence: 0.88343674

00:52:41.884 --> 00:52:44.744 So now a big portion of my research

NOTE Confidence: 0.88343674

00:52:44.744 --> 00:52:46.764 is really focused on understanding.

NOTE Confidence: 0.88343674

00:52:46.770 --> 00:52:48.935 Suicide risk amongst firearm owners

NOTE Confidence: 0.88343674

00:52:48.935 --> 00:52:51.962 and what we're finding is that there

NOTE Confidence: 0.88343674

00:52:51.962 --> 00:52:54.308 are really high risk subgroups of

NOTE Confidence: 0.88343674

00:52:54.308 --> 00:52:56.800 gun owners who they typically own.

NOTE Confidence: 0.88343674

00:52:56.800 --> 00:52:58.890 Guns for self protection purposes,
NOTE Confidence: 0.88343674

00:52:58.890 --> 00:53:00.234 but they are much,
NOTE Confidence: 0.88343674

00:53:00.234 --> 00:53:02.743 much more likely to engage in suicidal
NOTE Confidence: 0.88343674

00:53:02.743 --> 00:53:04.843 behaviors because we're starting to
NOTE Confidence: 0.88343674

00:53:04.843 --> 00:53:09.046 see now is that they have a number of
NOTE Confidence: 0.88343674

00:53:09.046 --> 00:53:11.006 biobehavioral vulnerabilities to suicide.
NOTE Confidence: 0.88343674

00:53:11.010 --> 00:53:11.846 They view.
NOTE Confidence: 0.88343674

00:53:11.846 --> 00:53:14.354 The world is a dangerous place.
NOTE Confidence: 0.88343674

00:53:14.360 --> 00:53:16.550 They perceive hostility and others
NOTE Confidence: 0.88343674

00:53:16.550 --> 00:53:18.740 actions even with no hostility.
NOTE Confidence: 0.88343674

00:53:18.740 --> 00:53:20.768 Exists in this seems to degrade
NOTE Confidence: 0.88343674

00:53:20.768 --> 00:53:21.782 cognitive control processes,
NOTE Confidence: 0.8589673

00:53:21.790 --> 00:53:23.799 which increases the propensity for them to
NOTE Confidence: 0.8589673

00:53:23.799 --> 00:53:25.860 engage in these dysregulated behaviors,
NOTE Confidence: 0.8589673

00:53:25.860 --> 00:53:28.276 and if they have a loaded weapon during
NOTE Confidence: 0.8589673

00:53:28.276 --> 00:53:30.784 moments of acute distress when they suddenly

NOTE Confidence: 0.8589673

00:53:30.784 --> 00:53:33.659 shift to a high probability high risk state,

NOTE Confidence: 0.8589673

00:53:33.660 --> 00:53:35.645 it weaponizes their emotional States

NOTE Confidence: 0.8589673

00:53:35.645 --> 00:53:38.508 and they die very quickly and we do

NOTE Confidence: 0.8589673

00:53:38.508 --> 00:53:40.780 not have a way to intervene with them,

NOTE Confidence: 0.8589673

00:53:40.780 --> 00:53:43.822 and so we do have now a new study.

NOTE Confidence: 0.8589673

00:53:43.830 --> 00:53:45.520 It's impressed with the American

NOTE Confidence: 0.8589673

00:53:45.520 --> 00:53:46.872 Journal of Public Health,

NOTE Confidence: 0.8589673

00:53:46.880 --> 00:53:48.812 that's hopefully will be coming out

NOTE Confidence: 0.8589673

00:53:48.812 --> 00:53:51.494 in the next few months, showing that.

NOTE Confidence: 0.8589673

00:53:51.494 --> 00:53:55.030 And we brought gun owners into our lab

NOTE Confidence: 0.8589673

00:53:55.123 --> 00:53:58.570 and we sat down with them and we talked

NOTE Confidence: 0.8589673

00:53:58.570 --> 00:54:02.190 about safe gun storage and using gun safes,

NOTE Confidence: 0.8589673

00:54:02.190 --> 00:54:02.836 trigger locks,

NOTE Confidence: 0.8589673

00:54:02.836 --> 00:54:05.097 things like that and what we found

NOTE Confidence: 0.8589673

00:54:05.097 --> 00:54:07.703 was that very simple conversations

NOTE Confidence: 0.8589673

00:54:07.703 --> 00:54:09.923 guided by motivational interviewing
NOTE Confidence: 0.8589673

00:54:09.923 --> 00:54:11.497 principles significantly increased
NOTE Confidence: 0.8589673

00:54:11.497 --> 00:54:13.909 the likelihood of gun owners actually
NOTE Confidence: 0.8589673

00:54:13.909 --> 00:54:16.347 using safe storage methods which we
NOTE Confidence: 0.8589673

00:54:16.347 --> 00:54:18.392 know from epidemiological data are
NOTE Confidence: 0.8589673

00:54:18.392 --> 00:54:20.277 correlated with dramatic reductions
NOTE Confidence: 0.8589673

00:54:20.277 --> 00:54:21.780 in suicide mortality.
NOTE Confidence: 0.8589673

00:54:21.780 --> 00:54:24.068 We now have an R61 that we're about
NOTE Confidence: 0.8589673

00:54:24.068 --> 00:54:26.297 to start enrollment on to further
NOTE Confidence: 0.8589673

00:54:26.297 --> 00:54:28.679 understand a lot of these processes,
NOTE Confidence: 0.8589673

00:54:28.680 --> 00:54:31.440 but I think this is in many ways,
NOTE Confidence: 0.8589673

00:54:31.440 --> 00:54:33.939 one of the most important directions in
NOTE Confidence: 0.8589673

00:54:33.939 --> 00:54:36.077 suicide prevention is to move outside
NOTE Confidence: 0.8589673

00:54:36.077 --> 00:54:38.081 of the healthcare system because there
NOTE Confidence: 0.8589673

00:54:38.081 --> 00:54:40.407 is a subgroup who don't have access,
NOTE Confidence: 0.8589673

00:54:40.410 --> 00:54:42.825 are not going to seek out mental

NOTE Confidence: 0.8589673

00:54:42.825 --> 00:54:43.515 health treatment,

NOTE Confidence: 0.8589673

00:54:43.520 --> 00:54:45.452 and during those moments of a

NOTE Confidence: 0.8589673

00:54:45.452 --> 00:54:47.310 sudden onset of acute despair,

NOTE Confidence: 0.8589673

00:54:47.310 --> 00:54:49.403 we just don't have time to find

NOTE Confidence: 0.8589673

00:54:49.403 --> 00:54:51.800 them in to intervene with them.

NOTE Confidence: 0.8589673

00:54:51.800 --> 00:54:54.768 So we need to change the environment.

NOTE Confidence: 0.8589673

00:54:54.770 --> 00:54:58.234 So that we suicide proof their lives in,

NOTE Confidence: 0.8589673

00:54:58.240 --> 00:55:02.965 decrease the probability of a fatal outcome.

NOTE Confidence: 0.8589673

00:55:02.970 --> 00:55:03.670 It's all,

NOTE Confidence: 0.8589673

00:55:03.670 --> 00:55:06.470 so that's that's kind of where we're at.

NOTE Confidence: 0.8589673

00:55:06.470 --> 00:55:08.570 With the research a lot more

NOTE Confidence: 0.8589673

00:55:08.570 --> 00:55:09.970 to be done understandably,

NOTE Confidence: 0.8589673

00:55:09.970 --> 00:55:12.714 but I'm happy to take any questions that

NOTE Confidence: 0.8589673

00:55:12.714 --> 00:55:15.220 anyone might have in the remaining time,

NOTE Confidence: 0.8589673

00:55:15.220 --> 00:55:15.920 and likewise,

NOTE Confidence: 0.8589673

00:55:15.920 --> 00:55:18.020 if you have to drop off,
NOTE Confidence: 0.8589673

00:55:18.020 --> 00:55:19.790 totally understandable and by all
NOTE Confidence: 0.8589673

00:55:19.790 --> 00:55:22.620 means feel free to shoot me an email
NOTE Confidence: 0.8589673

00:55:22.620 --> 00:55:24.270 afterwards with any questions or
NOTE Confidence: 0.8589673

00:55:24.270 --> 00:55:26.766 follow up thoughts that you might have.
NOTE Confidence: 0.8589673

00:55:26.770 --> 00:55:27.820 So thank you.
NOTE Confidence: 0.8496347

00:55:29.890 --> 00:55:32.518 Thanks Greg, if there any questions
NOTE Confidence: 0.8496347

00:55:32.518 --> 00:55:35.500 folks wanna put them into the chat
NOTE Confidence: 0.8496347

00:55:35.500 --> 00:55:37.792 chat room that would be great.
NOTE Confidence: 0.8496347

00:55:37.800 --> 00:55:39.200 Two things I'd never say.
NOTE Confidence: 0.8496347

00:55:39.200 --> 00:55:40.682 Seeing you give this talk before
NOTE Confidence: 0.8496347

00:55:40.682 --> 00:55:42.683 Craig so you know two things I
NOTE Confidence: 0.8496347

00:55:42.683 --> 00:55:43.955 thought were really interesting.
NOTE Confidence: 0.8496347

00:55:43.960 --> 00:55:46.236 One was on tipping points. You know,
NOTE Confidence: 0.8496347

00:55:46.236 --> 00:55:49.740 when you think about the medical model of.
NOTE Confidence: 0.8496347

00:55:49.740 --> 00:55:52.204 Of of that, you presented around suicidality.

NOTE Confidence: 0.8496347

00:55:52.210 --> 00:55:53.980 This is true, I think,

NOTE Confidence: 0.8496347

00:55:53.980 --> 00:55:55.740 across many different medical diseases.

NOTE Confidence: 0.8496347

00:55:55.740 --> 00:55:56.802 So kidney function,

NOTE Confidence: 0.8496347

00:55:56.802 --> 00:55:57.810 for instance, right?

NOTE Confidence: 0.8496347

00:55:57.810 --> 00:55:59.610 We learn in medical school that

NOTE Confidence: 0.8496347

00:55:59.610 --> 00:56:01.009 your kidney function declines

NOTE Confidence: 0.8496347

00:56:01.009 --> 00:56:02.797 gradually throughout your lifetime,

NOTE Confidence: 0.8496347

00:56:02.800 --> 00:56:03.844 and then boom,

NOTE Confidence: 0.8496347

00:56:03.844 --> 00:56:05.932 all of a sudden something happens

NOTE Confidence: 0.8496347

00:56:05.932 --> 00:56:08.096 and you cross a tipping point,

NOTE Confidence: 0.8496347

00:56:08.100 --> 00:56:10.620 and then all of a sudden you're

NOTE Confidence: 0.8496347

00:56:10.620 --> 00:56:11.980 creating starts going up.

NOTE Confidence: 0.8496347

00:56:11.980 --> 00:56:13.746 You know you're you're essentially

NOTE Confidence: 0.8496347

00:56:13.746 --> 00:56:15.156 entering kidney failure even

NOTE Confidence: 0.8496347

00:56:15.156 --> 00:56:16.916 though you've been in decline.

NOTE Confidence: 0.8496347

00:56:16.920 --> 00:56:19.038 There's been these issues all along.
NOTE Confidence: 0.8496347

00:56:19.040 --> 00:56:20.408 There's a tipping point.
NOTE Confidence: 0.8496347

00:56:20.408 --> 00:56:22.460 And same with coronary artery disease
NOTE Confidence: 0.8496347

00:56:22.517 --> 00:56:24.805 where your things are going on in the
NOTE Confidence: 0.8496347

00:56:24.805 --> 00:56:26.488 background for an extended period,
NOTE Confidence: 0.8496347

00:56:26.490 --> 00:56:27.990 sometimes something can happen early.
NOTE Confidence: 0.8496347

00:56:27.990 --> 00:56:29.790 Maybe you're taking a drug abuse.
NOTE Confidence: 0.8496347

00:56:29.790 --> 00:56:30.990 Maybe there's another disease
NOTE Confidence: 0.8496347

00:56:30.990 --> 00:56:31.890 process going on,
NOTE Confidence: 0.8496347

00:56:31.890 --> 00:56:32.700 but then boom,
NOTE Confidence: 0.8496347

00:56:32.700 --> 00:56:34.590 all of a sudden there's a myocardial
NOTE Confidence: 0.8496347

00:56:34.643 --> 00:56:35.657 infarction because something
NOTE Confidence: 0.8496347

00:56:35.657 --> 00:56:37.685 is occurring in the vessel that
NOTE Confidence: 0.8496347

00:56:37.685 --> 00:56:39.484 was either an it's similar to
NOTE Confidence: 0.8496347

00:56:39.484 --> 00:56:40.884 the 3D model you presented,
NOTE Confidence: 0.8496347

00:56:40.890 --> 00:56:42.780 where it can be gradual or all

NOTE Confidence: 0.8496347

00:56:42.780 --> 00:56:44.641 of a sudden something can happen

NOTE Confidence: 0.8496347

00:56:44.641 --> 00:56:46.890 and you just jump up the curve.

NOTE Confidence: 0.8496347

00:56:46.890 --> 00:56:48.390 So I really like that,

NOTE Confidence: 0.8496347

00:56:48.390 --> 00:56:49.720 right?

NOTE Confidence: 0.87261045

00:56:49.720 --> 00:56:52.408 Yeah, it's the notion of tipping

NOTE Confidence: 0.87261045

00:56:52.408 --> 00:56:55.104 points is yeah, it's widely used.

NOTE Confidence: 0.87261045

00:56:55.104 --> 00:56:57.792 In other words not widely used,

NOTE Confidence: 0.87261045

00:56:57.800 --> 00:57:00.040 but it's sort of applicable

NOTE Confidence: 0.87261045

00:57:00.040 --> 00:57:01.384 and well understood,

NOTE Confidence: 0.87261045

00:57:01.390 --> 00:57:03.970 and other branches of medicine but

NOTE Confidence: 0.87261045

00:57:03.970 --> 00:57:06.330 also other Sciences within biology,

NOTE Confidence: 0.87261045

00:57:06.330 --> 00:57:07.214 chemistry, physics.

NOTE Confidence: 0.87261045

00:57:07.214 --> 00:57:09.866 All of these processes are quite

NOTE Confidence: 0.87261045

00:57:09.866 --> 00:57:13.069 widely used in even the notion of

NOTE Confidence: 0.87261045

00:57:13.069 --> 00:57:14.416 catastrophic change processes.

NOTE Confidence: 0.87261045

00:57:14.420 --> 00:57:18.047 And so I think there's a lot of potential

NOTE Confidence: 0.87261045

00:57:18.047 --> 00:57:20.767 value and thinking about change.

NOTE Confidence: 0.87261045

00:57:20.770 --> 00:57:22.426 In these more complicated ways and

NOTE Confidence: 0.87261045

00:57:22.426 --> 00:57:24.668 the good news is that we do have a

NOTE Confidence: 0.87261045

00:57:24.668 --> 00:57:26.971 lot of precedent and a lot of examples

NOTE Confidence: 0.87261045

00:57:26.971 --> 00:57:28.519 from other scientific disciplines,

NOTE Confidence: 0.87261045

00:57:28.520 --> 00:57:30.504 and so it's really now just sort of

NOTE Confidence: 0.87261045

00:57:30.504 --> 00:57:32.413 a matter of applying the methods

NOTE Confidence: 0.87261045

00:57:32.413 --> 00:57:33.765 in the computational concepts

NOTE Confidence: 0.87261045

00:57:33.765 --> 00:57:35.410 to the work that we do.

NOTE Confidence: 0.83552086

00:57:36.690 --> 00:57:40.830 Then there's a question from Tammy.

NOTE Confidence: 0.83552086

00:57:40.830 --> 00:57:43.134 Say I'll skip over the very nice words

NOTE Confidence: 0.83552086

00:57:43.134 --> 00:57:45.439 at the beginning of the question,

NOTE Confidence: 0.83552086

00:57:45.440 --> 00:57:47.080 although everyone can read it,

NOTE Confidence: 0.83552086

00:57:47.080 --> 00:57:49.068 any data you're aware of Crag that's

NOTE Confidence: 0.83552086

00:57:49.068 --> 00:57:50.696 been collected with micro longitudinal

NOTE Confidence: 0.83552086

00:57:50.696 --> 00:57:52.496 methods like EMA or experience

NOTE Confidence: 0.83552086

00:57:52.496 --> 00:57:53.990 sampling with firearm owners.

NOTE Confidence: 0.85010266

00:57:55.580 --> 00:57:57.785 So not yet, but that's actually so.

NOTE Confidence: 0.85010266

00:57:57.790 --> 00:57:59.988 There are 61 that I just received.

NOTE Confidence: 0.85010266

00:57:59.990 --> 00:58:02.510 We are going to do that this year,

NOTE Confidence: 0.85010266

00:58:02.510 --> 00:58:04.085 so January is when we're

NOTE Confidence: 0.85010266

00:58:04.085 --> 00:58:05.345 hoping to start enrollment.

NOTE Confidence: 0.85010266

00:58:05.350 --> 00:58:08.240 What we'll do is the design of our study will

NOTE Confidence: 0.85010266

00:58:08.314 --> 00:58:11.018 be bringing gun owners and non gun owners.

NOTE Confidence: 0.85010266

00:58:11.020 --> 00:58:12.832 And then we're looking at two

NOTE Confidence: 0.85010266

00:58:12.832 --> 00:58:14.480 different subgroups of gun owners,

NOTE Confidence: 0.85010266

00:58:14.480 --> 00:58:16.720 those who carry a firearm on a

NOTE Confidence: 0.85010266

00:58:16.720 --> 00:58:18.890 regular basis and those who do not.

NOTE Confidence: 0.85010266

00:58:18.890 --> 00:58:21.410 Maybe they have a gun in their house,

NOTE Confidence: 0.85010266

00:58:21.410 --> 00:58:23.225 but they don't necessarily carry

NOTE Confidence: 0.85010266

00:58:23.225 --> 00:58:26.129 it with them on a regular basis.

NOTE Confidence: 0.85010266

00:58:26.130 --> 00:58:28.664 And yeah, we'll be hanging them six

NOTE Confidence: 0.85010266

00:58:28.664 --> 00:58:31.528 times a day for four weeks to see.

NOTE Confidence: 0.85010266

00:58:31.530 --> 00:58:33.330 Like what are they doing?

NOTE Confidence: 0.85010266

00:58:33.330 --> 00:58:36.210 Who are they with will be asked about.

NOTE Confidence: 0.85010266

00:58:36.210 --> 00:58:38.010 Mood will also be think

NOTE Confidence: 0.85010266

00:58:38.010 --> 00:58:39.090 about suicidal ideations.

NOTE Confidence: 0.85010266

00:58:39.090 --> 00:58:41.242 So Needless to say we have a pretty

NOTE Confidence: 0.85010266

00:58:41.242 --> 00:58:43.222 robust risk management protocol in

NOTE Confidence: 0.85010266

00:58:43.222 --> 00:58:45.058 place because consultation with

NOTE Confidence: 0.85010266

00:58:45.058 --> 00:58:47.009 other suicide researchers using MA.

NOTE Confidence: 0.85010266

00:58:47.010 --> 00:58:49.530 Some of the comments I've heard is,

NOTE Confidence: 0.85010266

00:58:49.530 --> 00:58:50.574 like you know,

NOTE Confidence: 0.85010266

00:58:50.574 --> 00:58:53.010 we all know intuitively that probably some

NOTE Confidence: 0.85010266

00:58:53.080 --> 00:58:55.649 of our participants are carrying a weapon,

NOTE Confidence: 0.85010266

00:58:55.650 --> 00:58:55.967 but.

NOTE Confidence: 0.85010266

00:58:55.967 --> 00:58:58.503 This is the first time that you actually

NOTE Confidence: 0.85010266

00:58:58.503 --> 00:59:01.131 know they'll be carrying a weapon when

NOTE Confidence: 0.85010266

00:59:01.131 --> 00:59:03.408 they're suicidal and that sort of

NOTE Confidence: 0.85010266

00:59:03.408 --> 00:59:05.550 changes the scariness of the project,

NOTE Confidence: 0.85010266

00:59:05.550 --> 00:59:08.462 so we have a pretty robust risk management

NOTE Confidence: 0.85010266

00:59:08.462 --> 00:59:11.489 protocol in one of the hypothesis we have it.

NOTE Confidence: 0.85010266

00:59:11.490 --> 00:59:14.186 We will be asking the mini may are

NOTE Confidence: 0.85010266

00:59:14.186 --> 00:59:16.367 you carrying a firearm right now,

NOTE Confidence: 0.85010266

00:59:16.370 --> 00:59:19.118 or is there a firearm within?

NOTE Confidence: 0.85010266

00:59:19.120 --> 00:59:20.840 I can't remember the wording.

NOTE Confidence: 0.85010266

00:59:20.840 --> 00:59:21.340 Basically,

NOTE Confidence: 0.85010266

00:59:21.340 --> 00:59:23.340 is there something firearm

NOTE Confidence: 0.85010266

00:59:23.340 --> 00:59:25.840 within reach something like that?

NOTE Confidence: 0.85010266

00:59:25.840 --> 00:59:27.958 And one of our hypothesis is

NOTE Confidence: 0.85010266

00:59:27.958 --> 00:59:30.316 that when someone is in physical

NOTE Confidence: 0.85010266

00:59:30.316 --> 00:59:32.048 possession of a firearm,
NOTE Confidence: 0.85010266

00:59:32.050 --> 00:59:34.510 that might increase their
NOTE Confidence: 0.85010266

00:59:34.510 --> 00:59:35.740 emotional liability.
NOTE Confidence: 0.85010266

00:59:35.740 --> 00:59:37.360 Their reactivity to stressful events,
NOTE Confidence: 0.85010266

00:59:37.360 --> 00:59:39.544 so my hope is that maybe maybe
NOTE Confidence: 0.85010266

00:59:39.544 --> 00:59:41.519 in a couple of years, yeah,
NOTE Confidence: 0.85010266

00:59:41.519 --> 00:59:43.542 we'll be able to have some of
NOTE Confidence: 0.85010266

00:59:43.542 --> 00:59:45.110 those those data available.
NOTE Confidence: 0.85789895

00:59:46.460 --> 00:59:48.056 You know on the group this
NOTE Confidence: 0.85789895

00:59:48.056 --> 00:59:49.599 is just a question for me.
NOTE Confidence: 0.85789895

00:59:49.600 --> 00:59:51.178 It's not in the chat box.
NOTE Confidence: 0.85789895

00:59:51.180 --> 00:59:52.746 And please if anyone has questions,
NOTE Confidence: 0.85789895

00:59:52.750 --> 00:59:55.108 feel free to jot them down in the box.
NOTE Confidence: 0.85789895

00:59:55.110 --> 00:59:56.745 But I'm thinking about that
NOTE Confidence: 0.85789895

00:59:56.745 --> 00:59:58.840 third group on your 3D model.
NOTE Confidence: 0.85789895

00:59:58.840 --> 01:00:00.466 I've done some work with health.

NOTE Confidence: 0.85789895

01:00:00.470 --> 01:00:01.982 And where they're looking for signals

NOTE Confidence: 0.85789895

01:00:01.982 --> 01:00:03.513 and in non behavioral health claims

NOTE Confidence: 0.85789895

01:00:03.513 --> 01:00:05.172 data so people are not feeling well,

NOTE Confidence: 0.85789895

01:00:05.180 --> 01:00:06.420 they're going to primary care.

NOTE Confidence: 0.85789895

01:00:06.420 --> 01:00:08.116 They are finding flags that seem to be

NOTE Confidence: 0.85789895

01:00:08.116 --> 01:00:09.649 predictive of eventual suicide attempts,

NOTE Confidence: 0.85789895

01:00:09.650 --> 01:00:11.072 even though the people are actually

NOTE Confidence: 0.85789895

01:00:11.072 --> 01:00:12.834 not in any sort of mental health

NOTE Confidence: 0.85789895

01:00:12.834 --> 01:00:14.352 care based on their claims data.

NOTE Confidence: 0.85789895

01:00:14.360 --> 01:00:16.192 Do you have any sense of whether or

NOTE Confidence: 0.85789895

01:00:16.192 --> 01:00:18.328 not I mean have you looked at that?

NOTE Confidence: 0.85789895

01:00:18.330 --> 01:00:19.800 Is that something that's come up

NOTE Confidence: 0.85789895

01:00:19.800 --> 01:00:21.816 as to are there going to be signals

NOTE Confidence: 0.85789895

01:00:21.816 --> 01:00:25.350 that we can acquire to reach out?

NOTE Confidence: 0.8573834

01:00:25.350 --> 01:00:28.230 The so the the one project we did

NOTE Confidence: 0.8573834

01:00:28.230 --> 01:00:31.320 that was not tide to like medical
NOTE Confidence: 0.8573834

01:00:31.320 --> 01:00:34.243 record data was social media project
NOTE Confidence: 0.8573834

01:00:34.243 --> 01:00:37.033 is actually funded by Department
NOTE Confidence: 0.8573834

01:00:37.033 --> 01:00:40.662 of Defense several years ago and we
NOTE Confidence: 0.8573834

01:00:40.662 --> 01:00:43.910 basically content coded a years worth of.
NOTE Confidence: 0.8573834

01:00:43.910 --> 01:00:46.910 It was mostly Facebook posts.
NOTE Confidence: 0.8573834

01:00:46.910 --> 01:00:49.082 Amongst users personnel who died by
NOTE Confidence: 0.8573834

01:00:49.082 --> 01:00:51.539 suicide and then a control group,
NOTE Confidence: 0.8573834

01:00:51.540 --> 01:00:54.235 they died of other non suicide causes
NOTE Confidence: 0.8573834

01:00:54.235 --> 01:00:57.246 and we looked at we kind of compared
NOTE Confidence: 0.8573834

01:00:57.246 --> 01:00:59.505 what was on their social media
NOTE Confidence: 0.8573834

01:00:59.505 --> 01:01:02.347 accounts and one of the findings was,
NOTE Confidence: 0.8573834

01:01:02.350 --> 01:01:05.136 you know we did find a statistically
NOTE Confidence: 0.8573834

01:01:05.136 --> 01:01:06.600 significant higher rate of,
NOTE Confidence: 0.8573834

01:01:06.600 --> 01:01:08.916 you know post that were hopeless
NOTE Confidence: 0.8573834

01:01:08.916 --> 01:01:10.460 and despondent and depressed.

NOTE Confidence: 0.8573834

01:01:10.460 --> 01:01:12.770 And had those types of themes.

NOTE Confidence: 0.8573834

01:01:12.770 --> 01:01:14.666 They were particularly huge

NOTE Confidence: 0.8573834

01:01:14.666 --> 01:01:17.036 effect sizes once we applied.

NOTE Confidence: 0.8573834

01:01:17.040 --> 01:01:18.895 These sort of dynamical systems

NOTE Confidence: 0.8573834

01:01:18.895 --> 01:01:21.490 models what we found was that yeah,

NOTE Confidence: 0.8573834

01:01:21.490 --> 01:01:24.235 that was like a game changer in one of

NOTE Confidence: 0.8573834

01:01:24.235 --> 01:01:27.159 the key findings was that we that was

NOTE Confidence: 0.8573834

01:01:27.159 --> 01:01:30.044 where we started to see the increase

NOTE Confidence: 0.8573834

01:01:30.044 --> 01:01:32.189 in instability in certain variables

NOTE Confidence: 0.8573834

01:01:32.189 --> 01:01:34.480 was a very very clear indicator.

NOTE Confidence: 0.8573834

01:01:34.480 --> 01:01:37.432 And what was interesting is as we got

NOTE Confidence: 0.8573834

01:01:37.432 --> 01:01:40.408 closer and closer to the date of death,

NOTE Confidence: 0.8573834

01:01:40.410 --> 01:01:41.894 those change processes got

NOTE Confidence: 0.8573834

01:01:41.894 --> 01:01:43.378 more and more pronounced.

NOTE Confidence: 0.8573834

01:01:43.380 --> 01:01:45.725 The second key finding was that we

NOTE Confidence: 0.8573834

01:01:45.725 --> 01:01:48.339 found that it was certain sequences.
NOTE Confidence: 0.8573834

01:01:48.340 --> 01:01:50.638 Of variables, so if you had,
NOTE Confidence: 0.8573834

01:01:50.640 --> 01:01:52.160 say variable in variable,
NOTE Confidence: 0.8573834

01:01:52.160 --> 01:01:54.060 feed if variable a consistently
NOTE Confidence: 0.8573834

01:01:54.060 --> 01:01:55.634 happened right before variable
NOTE Confidence: 0.8573834

01:01:55.634 --> 01:01:57.146 B that signaled suicide.
NOTE Confidence: 0.8573834

01:01:57.150 --> 01:01:59.065 But if variable B came
NOTE Confidence: 0.8573834

01:01:59.065 --> 01:02:00.597 right before variable A,
NOTE Confidence: 0.8573834

01:02:00.600 --> 01:02:02.510 it did not signal suicide.
NOTE Confidence: 0.8573834

01:02:02.510 --> 01:02:04.688 So that sort of notion of
NOTE Confidence: 0.8573834

01:02:04.688 --> 01:02:06.720 sequencing ended up being really,
NOTE Confidence: 0.8573834

01:02:06.720 --> 01:02:08.640 really key and then an independent
NOTE Confidence: 0.8573834

01:02:08.640 --> 01:02:10.841 team led by Glenn Coppersmith and
NOTE Confidence: 0.8573834

01:02:10.841 --> 01:02:12.991 they actually used the technique
NOTE Confidence: 0.8573834

01:02:12.991 --> 01:02:15.150 faceoffs presented at a conference.
NOTE Confidence: 0.8573834

01:02:15.150 --> 01:02:18.597 They went back to use it on Twitter data,

NOTE Confidence: 0.8573834

01:02:18.600 --> 01:02:20.898 and they called it Micro patterns,

NOTE Confidence: 0.8573834

01:02:20.900 --> 01:02:22.332 and they found that.

NOTE Confidence: 0.8573834

01:02:22.332 --> 01:02:24.480 These micro patterns of sequencing in

NOTE Confidence: 0.8573834

01:02:24.547 --> 01:02:27.175 certain orders doubled the amount of

NOTE Confidence: 0.8573834

01:02:27.175 --> 01:02:28.927 information and predictive ability

NOTE Confidence: 0.8573834

01:02:28.997 --> 01:02:31.343 to identify not only suicide but

NOTE Confidence: 0.8573834

01:02:31.343 --> 01:02:32.916 also like schizophrenia, anxiety,

NOTE Confidence: 0.8573834

01:02:32.916 --> 01:02:33.312 depression.

NOTE Confidence: 0.8573834

01:02:33.312 --> 01:02:34.500 So we have

NOTE Confidence: 0.85422665

01:02:34.500 --> 01:02:35.691 two questions. Actually,

NOTE Confidence: 0.85422665

01:02:35.691 --> 01:02:38.470 I think related to your EPI scenario,

NOTE Confidence: 0.85422665

01:02:38.470 --> 01:02:42.467 so I'll jump to those real quick.

NOTE Confidence: 0.85422665

01:02:42.470 --> 01:02:44.724 Alec was asking about the dependent variable.

NOTE Confidence: 0.85422665

01:02:44.730 --> 01:02:47.054 Do any of the conclusions you have

NOTE Confidence: 0.85422665

01:02:47.054 --> 01:02:48.429 presented applied differently according

NOTE Confidence: 0.85422665

01:02:48.429 --> 01:02:50.361 to whether we're looking at attempts
NOTE Confidence: 0.85422665

01:02:50.361 --> 01:02:52.158 that could have ended in death?
NOTE Confidence: 0.86789995

01:02:53.950 --> 01:02:56.164 Yeah, so we've not gotten to
NOTE Confidence: 0.86789995

01:02:56.164 --> 01:02:58.155 that point yet because our
NOTE Confidence: 0.86789995

01:02:58.155 --> 01:03:00.330 samples haven't been big enough.
NOTE Confidence: 0.86789995

01:03:00.330 --> 01:03:02.325 We do have some studies
NOTE Confidence: 0.86789995

01:03:02.325 --> 01:03:04.320 where death was the outcome.
NOTE Confidence: 0.86789995

01:03:04.320 --> 01:03:06.738 We have studies where attempts were
NOTE Confidence: 0.86789995

01:03:06.738 --> 01:03:09.199 the outcomes and so the general
NOTE Confidence: 0.86789995

01:03:09.199 --> 01:03:11.509 concept seemed to be the same,
NOTE Confidence: 0.86789995

01:03:11.510 --> 01:03:13.736 but I think the question is well
NOTE Confidence: 0.86789995

01:03:13.736 --> 01:03:16.295 placed in it is something that I've
NOTE Confidence: 0.86789995

01:03:16.295 --> 01:03:18.587 wondered about is are are there
NOTE Confidence: 0.86789995

01:03:18.661 --> 01:03:21.276 differences between highly lethal and
NOTE Confidence: 0.86789995

01:03:21.276 --> 01:03:23.891 less lethal suicidal behaviors that?
NOTE Confidence: 0.86789995

01:03:23.900 --> 01:03:25.668 Yeah, sort of those.

NOTE Confidence: 0.86789995
01:03:25.668 --> 01:03:28.320 Those sudden shifts to high risk
NOTE Confidence: 0.86789995
01:03:28.409 --> 01:03:31.209 states we see at least are thinking
NOTE Confidence: 0.86789995
01:03:31.209 --> 01:03:34.078 right now is perhaps more relevant
NOTE Confidence: 0.86789995
01:03:34.078 --> 01:03:36.708 for things like firearm suicide
NOTE Confidence: 0.86789995
01:03:36.708 --> 01:03:39.143 and other highly lethal methods.
NOTE Confidence: 0.86789995
01:03:39.143 --> 01:03:40.526 Whereas pathways A&B,
NOTE Confidence: 0.86789995
01:03:40.530 --> 01:03:43.512 those are individuals who tend to select
NOTE Confidence: 0.86789995
01:03:43.512 --> 01:03:46.080 less lethal methods like medications,
NOTE Confidence: 0.86789995
01:03:46.080 --> 01:03:48.684 and so there may actually be
NOTE Confidence: 0.86789995
01:03:48.684 --> 01:03:50.995 different change processes that signal
NOTE Confidence: 0.86789995
01:03:50.995 --> 01:03:53.470 lethal versus non lethal outcomes.
NOTE Confidence: 0.86789995
01:03:53.470 --> 01:03:55.010 I would love to.
NOTE Confidence: 0.86789995
01:03:55.010 --> 01:03:56.935 Hopefully get a data set
NOTE Confidence: 0.86789995
01:03:56.935 --> 01:03:58.970 large enough where we can
NOTE Confidence: 0.84199125
01:03:58.970 --> 01:04:00.346 test that out more.
NOTE Confidence: 0.84199125

01:04:00.346 --> 01:04:02.937 Yeah, one of the things I loved about
NOTE Confidence: 0.84199125

01:04:02.937 --> 01:04:05.508 your work is to focus on attempts,
NOTE Confidence: 0.84199125

01:04:05.510 --> 01:04:07.573 which is like heart attacks, right?
NOTE Confidence: 0.84199125

01:04:07.573 --> 01:04:08.602 It potentially lethal,
NOTE Confidence: 0.84199125

01:04:08.602 --> 01:04:10.317 and it relates to Alex,
NOTE Confidence: 0.84199125

01:04:10.320 --> 01:04:11.433 question around that.
NOTE Confidence: 0.84199125

01:04:11.433 --> 01:04:13.659 And then Sally asked about alcohol
NOTE Confidence: 0.84199125

01:04:13.659 --> 01:04:15.643 consumption and whether or not that
NOTE Confidence: 0.84199125

01:04:15.643 --> 01:04:17.198 teleports someone to severe risk.
NOTE Confidence: 0.86101437

01:04:19.200 --> 01:04:22.427 Yeah, yeah, that's that's a great question,
NOTE Confidence: 0.86101437

01:04:22.430 --> 01:04:24.274 and that's that's something
NOTE Confidence: 0.86101437

01:04:24.274 --> 01:04:27.040 that we wondered about as well.
NOTE Confidence: 0.86101437

01:04:27.040 --> 01:04:30.549 We don't know for sure, but you know,
NOTE Confidence: 0.86101437

01:04:30.549 --> 01:04:32.967 so there's some evidence outside of
NOTE Confidence: 0.86101437

01:04:32.967 --> 01:04:36.541 the suicide field that acute alcohol
NOTE Confidence: 0.86101437

01:04:36.541 --> 01:04:38.395 intoxication perhaps attenuates.

NOTE Confidence: 0.86101437

01:04:38.400 --> 01:04:40.086 Fluctuations in suicide risk owns a

NOTE Confidence: 0.86101437

01:04:40.086 --> 01:04:42.029 person down and oftentimes a sort of

NOTE Confidence: 0.86101437

01:04:42.029 --> 01:04:43.304 the motive for alcohol consumption.

NOTE Confidence: 0.86101437

01:04:43.310 --> 01:04:44.680 As I'm up and down,

NOTE Confidence: 0.86101437

01:04:44.680 --> 01:04:47.886 I kind of feel out of control.

NOTE Confidence: 0.86101437

01:04:47.890 --> 01:04:49.885 So I drink alcohol and it numbs

NOTE Confidence: 0.86101437

01:04:49.885 --> 01:04:52.027 and sort of pegs these Upson

NOTE Confidence: 0.86101437

01:04:52.027 --> 01:04:54.057 downs that they're less extreme.

NOTE Confidence: 0.86101437

01:04:54.060 --> 01:04:56.226 But then there are other individuals

NOTE Confidence: 0.86101437

01:04:56.226 --> 01:04:58.179 for whom alcohol consumption sort of.

NOTE Confidence: 0.86101437

01:04:58.180 --> 01:05:00.808 Yeah, sort of ramps them up and make some

NOTE Confidence: 0.86101437

01:05:00.808 --> 01:05:03.328 more vulnerable to these sudden shifts.

NOTE Confidence: 0.86101437

01:05:03.330 --> 01:05:05.040 So we will be we.

NOTE Confidence: 0.86101437

01:05:05.040 --> 01:05:07.104 That's one of the other things

NOTE Confidence: 0.86101437

01:05:07.104 --> 01:05:09.159 we are going to look at.

NOTE Confidence: 0.86101437

01:05:09.160 --> 01:05:11.184 Some of our PMA studies is how does
NOTE Confidence: 0.86101437

01:05:11.184 --> 01:05:12.709 acute alcohol consumption intoxication
NOTE Confidence: 0.86101437

01:05:12.709 --> 01:05:14.637 perhaps alter change processes?
NOTE Confidence: 0.86101437

01:05:14.640 --> 01:05:17.250 My suspicion what I really think
NOTE Confidence: 0.86101437

01:05:17.250 --> 01:05:19.387 we'll probably find is that
NOTE Confidence: 0.86101437

01:05:19.387 --> 01:05:21.915 there is going to be sort of a.
NOTE Confidence: 0.86101437

01:05:21.920 --> 01:05:24.495 A conditional finding where it
NOTE Confidence: 0.86101437

01:05:24.495 --> 01:05:27.870 will be some for some people.
NOTE Confidence: 0.86101437

01:05:27.870 --> 01:05:30.258 Alcohol consumption and those sort of
NOTE Confidence: 0.86101437

01:05:30.258 --> 01:05:33.327 calm them down and then for others
NOTE Confidence: 0.86101437

01:05:33.327 --> 01:05:35.195 it increases their reactivity,
NOTE Confidence: 0.86101437

01:05:35.200 --> 01:05:37.748 which I think would be really helpful
NOTE Confidence: 0.86101437

01:05:37.748 --> 01:05:40.603 because that might help us to more
NOTE Confidence: 0.86101437

01:05:40.603 --> 01:05:42.295 accurately target different subgroups
NOTE Confidence: 0.86101437

01:05:42.295 --> 01:05:45.204 of patients and individuals for alcohol
NOTE Confidence: 0.86101437

01:05:45.204 --> 01:05:47.699 consumption within their treatment plans.

NOTE Confidence: 0.87295824
01:05:49.780 --> 01:05:51.172 There's another question that
NOTE Confidence: 0.87295824
01:05:51.172 --> 01:05:52.912 came in between those two,
NOTE Confidence: 0.87295824
01:05:52.920 --> 01:05:55.363 but it wasn't as related to what
NOTE Confidence: 0.87295824
01:05:55.363 --> 01:05:58.160 you had said, so I hold it back,
NOTE Confidence: 0.87295824
01:05:58.160 --> 01:05:59.552 which is the international
NOTE Confidence: 0.87295824
01:05:59.552 --> 01:06:00.944 variability safe to countries.
NOTE Confidence: 0.87295824
01:06:00.950 --> 01:06:04.464 I think she meant the country Australia.
NOTE Confidence: 0.87295824
01:06:04.470 --> 01:06:06.210 Where they ban access to firearms
NOTE Confidence: 0.87295824
01:06:06.210 --> 01:06:07.650 in a more stringent way?
NOTE Confidence: 0.87295824
01:06:07.650 --> 01:06:09.090 Can you comment on that?
NOTE Confidence: 0.8247037
01:06:10.420 --> 01:06:13.460 Yeah, so there certainly are.
NOTE Confidence: 0.8247037
01:06:13.460 --> 01:06:17.078 You know, lower suicide rates and.
NOTE Confidence: 0.8247037
01:06:17.080 --> 01:06:18.408 In countries with more
NOTE Confidence: 0.8247037
01:06:18.408 --> 01:06:19.736 stringent access to firearms,
NOTE Confidence: 0.8247037
01:06:19.740 --> 01:06:21.756 what one of the things that related
NOTE Confidence: 0.8247037

01:06:21.756 --> 01:06:24.552 to this when we look at just sort of
NOTE Confidence: 0.8247037

01:06:24.552 --> 01:06:26.628 means restriction in general is that
NOTE Confidence: 0.8247037

01:06:26.628 --> 01:06:28.932 there are sort of international and
NOTE Confidence: 0.8247037

01:06:28.932 --> 01:06:30.368 cultural variability regarding this,
NOTE Confidence: 0.8247037

01:06:30.368 --> 01:06:33.040 and so one of the key assumptions about
NOTE Confidence: 0.8247037

01:06:33.101 --> 01:06:35.105 means restriction in general that we
NOTE Confidence: 0.8247037

01:06:35.105 --> 01:06:37.447 talk about is that the method that
NOTE Confidence: 0.8247037

01:06:37.447 --> 01:06:39.652 you're going to restrict needs to be
NOTE Confidence: 0.8247037

01:06:39.660 --> 01:06:41.646 sufficiently lethal to have an effect,
NOTE Confidence: 0.8247037

01:06:41.650 --> 01:06:43.855 so it has it has to kill people with
NOTE Confidence: 0.8247037

01:06:43.855 --> 01:06:46.141 a high enough rate that restricting
NOTE Confidence: 0.8247037

01:06:46.141 --> 01:06:48.890 access will actually make a difference.
NOTE Confidence: 0.8247037

01:06:48.890 --> 01:06:50.024 And then Secondly,
NOTE Confidence: 0.8247037

01:06:50.024 --> 01:06:52.670 the method has to be common enough
NOTE Confidence: 0.8247037

01:06:52.750 --> 01:06:55.320 within the population that again
NOTE Confidence: 0.8247037

01:06:55.320 --> 01:06:57.376 restricting it would potentially

NOTE Confidence: 0.8247037

01:06:57.376 --> 01:06:59.540 reduce an observable notable,

NOTE Confidence: 0.8247037

01:06:59.540 --> 01:07:01.850 meaningful proportion of the population.

NOTE Confidence: 0.8247037

01:07:01.850 --> 01:07:03.239 And so yeah,

NOTE Confidence: 0.8247037

01:07:03.239 --> 01:07:05.091 in many international spaces

NOTE Confidence: 0.8247037

01:07:05.091 --> 01:07:06.480 in other nations,

NOTE Confidence: 0.8247037

01:07:06.480 --> 01:07:09.258 firearms isn't really sort of initiative.

NOTE Confidence: 0.8247037

01:07:09.260 --> 01:07:11.495 Are no firearm suicides are

NOTE Confidence: 0.8247037

01:07:11.495 --> 01:07:13.730 very little because of their

NOTE Confidence: 0.8247037

01:07:13.813 --> 01:07:16.208 limited access to that method,

NOTE Confidence: 0.8247037

01:07:16.210 --> 01:07:19.986 but in those nations they typically look at.

NOTE Confidence: 0.8247037

01:07:19.990 --> 01:07:22.192 Other methods in from a means

NOTE Confidence: 0.8247037

01:07:22.192 --> 01:07:22.926 restriction perspective.

NOTE Confidence: 0.8247037

01:07:22.930 --> 01:07:25.708 They would target something else so.

NOTE Confidence: 0.8247037

01:07:25.710 --> 01:07:28.620 The most classic examples of this

NOTE Confidence: 0.8247037

01:07:28.620 --> 01:07:31.160 historically was in Sri Lanka,

NOTE Confidence: 0.8247037

01:07:31.160 --> 01:07:33.950 Indonesia or maybe it was Indonesia
NOTE Confidence: 0.8247037

01:07:33.950 --> 01:07:37.100 and some other Pacific island nations.
NOTE Confidence: 0.8247037

01:07:37.100 --> 01:07:39.570 It was poisoning with fertilizer.
NOTE Confidence: 0.8247037

01:07:39.570 --> 01:07:42.050 Someo farmers would drink there.
NOTE Confidence: 0.8247037

01:07:42.050 --> 01:07:45.020 Basically fertilizer to kill themselves in.
NOTE Confidence: 0.8247037

01:07:45.020 --> 01:07:47.960 So in these nations they restricted
NOTE Confidence: 0.8247037

01:07:47.960 --> 01:07:51.058 basically the sale of pesticides and
NOTE Confidence: 0.8247037

01:07:51.058 --> 01:07:54.202 fertilizers that that removed some of
NOTE Confidence: 0.8247037

01:07:54.202 --> 01:07:58.267 the most toxic chemicals and agents and so.
NOTE Confidence: 0.8247037

01:07:58.270 --> 01:08:01.378 In essence, former still had the tools
NOTE Confidence: 0.8247037

01:08:01.378 --> 01:08:04.227 that they need to do their jobs,
NOTE Confidence: 0.8247037

01:08:04.230 --> 01:08:06.848 but now they were less dangerous and
NOTE Confidence: 0.8247037

01:08:06.848 --> 01:08:10.199 so if they drink pesticide or whatnot,
NOTE Confidence: 0.8247037

01:08:10.200 --> 01:08:14.025 they were less likely to die as a result.
NOTE Confidence: 0.8247037

01:08:14.030 --> 01:08:16.562 In UK it was carbon monoxide
NOTE Confidence: 0.8247037

01:08:16.562 --> 01:08:19.569 being sent to homes to fuel ovens,

NOTE Confidence: 0.8247037

01:08:19.570 --> 01:08:20.872 things like that,

NOTE Confidence: 0.8247037

01:08:20.872 --> 01:08:23.042 and some of the Scandinavian

NOTE Confidence: 0.8247037

01:08:23.042 --> 01:08:25.819 nations is restricting paracetamol.

NOTE Confidence: 0.8247037

01:08:25.820 --> 01:08:26.562 And so,

NOTE Confidence: 0.8247037

01:08:26.562 --> 01:08:28.417 so in the United States,

NOTE Confidence: 0.8247037

01:08:28.420 --> 01:08:30.972 it's guns and I don't think will ever

NOTE Confidence: 0.8247037

01:08:30.972 --> 01:08:33.835 been the curve on suicide until we

NOTE Confidence: 0.8247037

01:08:33.835 --> 01:08:36.408 start really thinking about firearms as

NOTE Confidence: 0.8247037

01:08:36.408 --> 01:08:38.837 a key central aspect of a conference.

NOTE Confidence: 0.8247037

01:08:38.840 --> 01:08:40.328 Is suicide prevention plan.

NOTE Confidence: 0.8032915

01:08:42.580 --> 01:08:45.422 Um, we have a very long statement

NOTE Confidence: 0.8032915

01:08:45.422 --> 01:08:47.290 in question from Shelly.

NOTE Confidence: 0.8032915

01:08:47.290 --> 01:08:50.244 I don't know if she wants to

NOTE Confidence: 0.8032915

01:08:50.244 --> 01:08:53.279 actually go on audio and say it.

NOTE Confidence: 0.8032915

01:08:53.280 --> 01:08:55.480 I mean, I think.

NOTE Confidence: 0.8032915

01:08:55.480 --> 01:08:57.258 Well, that's thought about just
NOTE Confidence: 0.8032915

01:08:57.258 --> 01:08:59.100 sort of a question comment crag
NOTE Confidence: 0.8032915

01:08:59.158 --> 01:09:01.083 because when I think about some of
NOTE Confidence: 0.8032915

01:09:01.083 --> 01:09:02.979 the questions in the talking about
NOTE Confidence: 0.8032915

01:09:02.979 --> 01:09:05.013 because 'cause this shell is question
NOTE Confidence: 0.8032915

01:09:05.013 --> 01:09:06.645 comment was really around a bunch
NOTE Confidence: 0.8032915

01:09:06.645 --> 01:09:08.390 of linear variables and then some
NOTE Confidence: 0.8032915

01:09:08.390 --> 01:09:10.026 unpredictable variable or exponential.
NOTE Confidence: 0.8032915

01:09:10.030 --> 01:09:11.913 I think you know comes in from
NOTE Confidence: 0.8032915

01:09:11.913 --> 01:09:13.502 some direction and then pushes
NOTE Confidence: 0.8032915

01:09:13.502 --> 01:09:15.307 everything over the tipping point.
NOTE Confidence: 0.8032915

01:09:15.310 --> 01:09:17.487 But I think on the treatment side
NOTE Confidence: 0.8032915

01:09:17.487 --> 01:09:19.394 or intervention side one of the
NOTE Confidence: 0.8032915

01:09:19.394 --> 01:09:20.909 things that I find interesting.
NOTE Confidence: 0.8032915

01:09:20.910 --> 01:09:24.358 If you take time to really think about.
NOTE Confidence: 0.8032915

01:09:24.360 --> 01:09:25.734 Crisis response planning.

NOTE Confidence: 0.8032915

01:09:25.734 --> 01:09:27.566 CBT in your work.

NOTE Confidence: 0.8032915

01:09:27.570 --> 01:09:28.953 In some ways,

NOTE Confidence: 0.8032915

01:09:28.953 --> 01:09:31.258 it helps neutralize the unpredictability

NOTE Confidence: 0.8032915

01:09:31.258 --> 01:09:33.519 of what those things are.

NOTE Confidence: 0.8032915

01:09:33.520 --> 01:09:35.122 Because you're identifying

NOTE Confidence: 0.8032915

01:09:35.122 --> 01:09:37.792 specific things that will either

NOTE Confidence: 0.8032915

01:09:37.792 --> 01:09:40.218 distract or soothe the storm.

NOTE Confidence: 0.8032915

01:09:40.220 --> 01:09:42.237 You know that are not 100% likely,

NOTE Confidence: 0.8032915

01:09:42.237 --> 01:09:43.959 but at least are highly likely,

NOTE Confidence: 0.8032915

01:09:43.960 --> 01:09:46.336 and so some of that is in the crisis

NOTE Confidence: 0.8032915

01:09:46.336 --> 01:09:48.187 response plan some more of it is in

NOTE Confidence: 0.8032915

01:09:48.187 --> 01:09:50.421 the CBT in terms of better identifying

NOTE Confidence: 0.8032915

01:09:50.421 --> 01:09:52.316 when those storms are brewing.

NOTE Confidence: 0.8032915

01:09:52.320 --> 01:09:54.036 But can you comment on that?

NOTE Confidence: 0.8032915

01:09:54.040 --> 01:09:55.768 Like why is it so effective?

NOTE Confidence: 0.8474755

01:09:57.290 --> 01:10:00.530 Yeah, I think it's you.
NOTE Confidence: 0.8474755

01:10:00.530 --> 01:10:02.749 So it doesn't sort of like provides
NOTE Confidence: 0.8474755

01:10:02.749 --> 01:10:05.230 this sort of buffer zone between these
NOTE Confidence: 0.8474755

01:10:05.230 --> 01:10:08.010 two distinct States and so in essence,
NOTE Confidence: 0.8474755

01:10:08.010 --> 01:10:10.186 the first piece of it is how to
NOTE Confidence: 0.8474755

01:10:10.186 --> 01:10:11.888 know when you're heading towards
NOTE Confidence: 0.8474755

01:10:11.888 --> 01:10:14.436 a higher state and being able to
NOTE Confidence: 0.8474755

01:10:14.511 --> 01:10:16.596 recognize your own personal indicators
NOTE Confidence: 0.8474755

01:10:16.596 --> 01:10:19.045 or warning signs of that process,
NOTE Confidence: 0.8474755

01:10:19.045 --> 01:10:21.885 and then so now that you're aware of,
NOTE Confidence: 0.8474755

01:10:21.890 --> 01:10:24.026 like Now you know that you're
NOTE Confidence: 0.8474755

01:10:24.026 --> 01:10:25.450 heading towards that space,
NOTE Confidence: 0.8474755

01:10:25.450 --> 01:10:28.645 then the rest of the plan is all about.
NOTE Confidence: 0.8474755

01:10:28.650 --> 01:10:30.480 Here's a whole bunch of
NOTE Confidence: 0.8474755

01:10:30.480 --> 01:10:32.310 different things that you could.
NOTE Confidence: 0.8474755

01:10:32.310 --> 01:10:35.510 Do to report back up to reverse the

NOTE Confidence: 0.8474755

01:10:35.510 --> 01:10:38.399 process to take an offering up to.

NOTE Confidence: 0.8474755

01:10:38.400 --> 01:10:39.170 In essence,

NOTE Confidence: 0.8474755

01:10:39.170 --> 01:10:42.250 lots of lots of different ways to avert

NOTE Confidence: 0.8474755

01:10:42.330 --> 01:10:44.898 getting into that high risk space,

NOTE Confidence: 0.8474755

01:10:44.900 --> 01:10:46.930 and so in some cases,

NOTE Confidence: 0.8474755

01:10:46.930 --> 01:10:50.575 and it really is sort of riding the wave,

NOTE Confidence: 0.8474755

01:10:50.580 --> 01:10:51.642 but it does.

NOTE Confidence: 0.8474755

01:10:51.642 --> 01:10:54.120 It's something that I think really hits

NOTE Confidence: 0.8474755

01:10:54.196 --> 01:10:56.466 that notion of non proportionality

NOTE Confidence: 0.8474755

01:10:56.466 --> 01:10:58.282 is something very simple,

NOTE Confidence: 0.8474755

01:10:58.290 --> 01:11:01.482 like I was shocked to be perfectly

NOTE Confidence: 0.8474755

01:11:01.482 --> 01:11:04.717 honest when we did that CRP study.

NOTE Confidence: 0.8474755

01:11:04.720 --> 01:11:06.066 I was like, you know, this.

NOTE Confidence: 0.8474755

01:11:06.066 --> 01:11:07.662 We're writing a bunch of stuff

NOTE Confidence: 0.8474755

01:11:07.662 --> 01:11:09.139 done on an index card.

NOTE Confidence: 0.8474755

01:11:09.140 --> 01:11:10.344 In about 30 minutes,
NOTE Confidence: 0.8474755

01:11:10.344 --> 01:11:12.810 you know this is going to help in
NOTE Confidence: 0.8474755

01:11:12.810 --> 01:11:14.866 the next few weeks, but you know,
NOTE Confidence: 0.8474755

01:11:14.866 --> 01:11:16.910 we really need to get someone into
NOTE Confidence: 0.8474755

01:11:16.979 --> 01:11:18.917 like treatment like the CBT or
NOTE Confidence: 0.8474755

01:11:18.917 --> 01:11:21.114 something like that to have a longer
NOTE Confidence: 0.8474755

01:11:21.114 --> 01:11:23.074 term effect and what we ended up
NOTE Confidence: 0.8474755

01:11:23.080 --> 01:11:25.159 finding was that the effects tended to
NOTE Confidence: 0.8474755

01:11:25.159 --> 01:11:27.617 get bigger and bigger as more time passed,
NOTE Confidence: 0.8474755

01:11:27.620 --> 01:11:29.438 and so I was like wow,
NOTE Confidence: 0.8474755

01:11:29.440 --> 01:11:31.265 there's something happening here and
NOTE Confidence: 0.8474755

01:11:31.265 --> 01:11:33.439 it appears to help individuals to
NOTE Confidence: 0.8474755

01:11:33.439 --> 01:11:35.167 know where their tipping point is.
NOTE Confidence: 0.8474755

01:11:35.170 --> 01:11:36.520 Into in essence,
NOTE Confidence: 0.8474755

01:11:36.520 --> 01:11:38.770 a stay away from that,
NOTE Confidence: 0.8474755

01:11:38.770 --> 01:11:41.470 and it seems to work very,

NOTE Confidence: 0.8474755
01:11:41.470 --> 01:11:43.270 very effectively as result.
NOTE Confidence: 0.8588811
01:11:43.830 --> 01:11:47.110 So I think we're how we have 60 seconds left,
NOTE Confidence: 0.8588811
01:11:47.110 --> 01:11:49.078 so just given all this data,
NOTE Confidence: 0.8588811
01:11:49.080 --> 01:11:50.720 what do you think? Why?
NOTE Confidence: 0.8588811
01:11:50.720 --> 01:11:52.688 Why do we still have these
NOTE Confidence: 0.8588811
01:11:52.688 --> 01:11:54.000 issues in the military,
NOTE Confidence: 0.8588811
01:11:54.000 --> 01:11:55.968 the VA and in our country?
NOTE Confidence: 0.8588811
01:11:55.970 --> 01:11:57.610 What's preventing these interventions from?
NOTE Confidence: 0.84881026
01:11:59.130 --> 01:12:01.440 And be part of it is.
NOTE Confidence: 0.84881026
01:12:01.440 --> 01:12:04.149 I think we still buy and larger than the
NOTE Confidence: 0.84881026
01:12:04.149 --> 01:12:05.906 middle health disciplines conceptualize
NOTE Confidence: 0.84881026
01:12:05.906 --> 01:12:09.140 suicide as a symptom of mental illness.
NOTE Confidence: 0.84881026
01:12:09.140 --> 01:12:12.220 And so by and large treatment, as usual,
NOTE Confidence: 0.84881026
01:12:12.220 --> 01:12:14.145 is largely treat the depression.
NOTE Confidence: 0.84881026
01:12:14.150 --> 01:12:16.460 Treat the PTS di treat anxiety,
NOTE Confidence: 0.84881026

01:12:16.460 --> 01:12:18.000 whatever the you know,
NOTE Confidence: 0.84881026

01:12:18.000 --> 01:12:19.540 whatever the diagnosis is,
NOTE Confidence: 0.84881026

01:12:19.540 --> 01:12:21.076 and then theoretically suicide
NOTE Confidence: 0.84881026

01:12:21.076 --> 01:12:22.996 risk should resolve after that.
NOTE Confidence: 0.84881026

01:12:23.000 --> 01:12:25.562 But now I think we increasingly recognize
NOTE Confidence: 0.84881026

01:12:25.562 --> 01:12:27.128 that suicide is transdiagnostic
NOTE Confidence: 0.84881026

01:12:27.128 --> 01:12:29.546 that it's better to look at.
NOTE Confidence: 0.84881026

01:12:29.550 --> 01:12:31.296 Suicide risk is.
NOTE Confidence: 0.84881026

01:12:31.296 --> 01:12:33.624 Independent of psychiatric diagnosis
NOTE Confidence: 0.84881026

01:12:33.624 --> 01:12:37.038 and so treatments like bteen crisis
NOTE Confidence: 0.84881026

01:12:37.038 --> 01:12:40.206 response planning are going directly at.
NOTE Confidence: 0.84881026

01:12:40.210 --> 01:12:41.718 Several mechanisms that seem
NOTE Confidence: 0.84881026

01:12:41.718 --> 01:12:43.980 to give rise to suicide risk,
NOTE Confidence: 0.84881026

01:12:43.980 --> 01:12:46.381 and so it's a more direct targeting
NOTE Confidence: 0.84881026

01:12:46.381 --> 01:12:49.235 of the problem as opposed to an
NOTE Confidence: 0.84881026

01:12:49.235 --> 01:12:50.991 indirect targeting through these

NOTE Confidence: 0.84881026

01:12:50.991 --> 01:12:52.899 other reported mental health.

NOTE Confidence: 0.84881026

01:12:52.900 --> 01:12:55.364 Channels the last thing that I think

NOTE Confidence: 0.84881026

01:12:55.364 --> 01:12:58.041 is really key that another aspect of

NOTE Confidence: 0.84881026

01:12:58.041 --> 01:13:00.806 my thinking is really moving out of

NOTE Confidence: 0.84881026

01:13:00.806 --> 01:13:03.742 this sort of mental health model of suicide,

NOTE Confidence: 0.84881026

01:13:03.750 --> 01:13:05.964 and we're now looking more and

NOTE Confidence: 0.84881026

01:13:05.964 --> 01:13:08.600 more at more like environmental.

NOTE Confidence: 0.84881026

01:13:08.600 --> 01:13:09.968 Injury prevention models where

NOTE Confidence: 0.84881026

01:13:09.968 --> 01:13:12.020 you know we don't reduce traffic

NOTE Confidence: 0.84881026

01:13:12.080 --> 01:13:14.198 fatalities by saying everyone needs to.

NOTE Confidence: 0.84881026

01:13:14.200 --> 01:13:16.354 Lookout for the warning signs of

NOTE Confidence: 0.84881026

01:13:16.354 --> 01:13:19.246 a car accident and then if you see

NOTE Confidence: 0.84881026

01:13:19.246 --> 01:13:21.316 those warning signs you should go

NOTE Confidence: 0.84881026

01:13:21.391 --> 01:13:23.999 and get enroll in a drivers Ed class.

NOTE Confidence: 0.84881026

01:13:24.000 --> 01:13:24.714 I mean,

NOTE Confidence: 0.84881026

01:13:24.714 --> 01:13:26.499 that's basically how we approach
NOTE Confidence: 0.84881026

01:13:26.499 --> 01:13:27.850 suicide prevention right now.
NOTE Confidence: 0.84881026

01:13:27.850 --> 01:13:29.985 What we do is we build safer
NOTE Confidence: 0.84881026

01:13:29.985 --> 01:13:32.526 roads and we build safer cars and
NOTE Confidence: 0.84881026

01:13:32.526 --> 01:13:34.848 we require people to buckle up.
NOTE Confidence: 0.84881026

01:13:34.850 --> 01:13:36.650 And we criminalize conditions like
NOTE Confidence: 0.84881026

01:13:36.650 --> 01:13:38.450 drinking and driving that increase
NOTE Confidence: 0.84881026

01:13:38.512 --> 01:13:40.287 the probability of fatal outcomes.
NOTE Confidence: 0.84881026

01:13:40.290 --> 01:13:41.040 And so,
NOTE Confidence: 0.84881026

01:13:41.040 --> 01:13:43.665 how do we now take a similar
NOTE Confidence: 0.84881026

01:13:43.665 --> 01:13:45.920 thought process with suicide,
NOTE Confidence: 0.84881026

01:13:45.920 --> 01:13:49.154 where we change the environment in a
NOTE Confidence: 0.84881026

01:13:49.154 --> 01:13:52.239 way that reduces the likelihood of a
NOTE Confidence: 0.84881026

01:13:52.239 --> 01:13:56.310 person if they do shift to a high risk state,
NOTE Confidence: 0.84881026

01:13:56.310 --> 01:13:59.438 they have a seat belt now and they
NOTE Confidence: 0.84881026

01:13:59.438 --> 01:14:01.280 are significantly more likely

NOTE Confidence: 0.84881026

01:14:01.280 --> 01:14:03.236 to survive that unforeseen,

NOTE Confidence: 0.84881026

01:14:03.240 --> 01:14:04.106 unpredictable conditions.

NOTE Confidence: 0.84881026

01:14:04.106 --> 01:14:04.539 So

NOTE Confidence: 0.8744251

01:14:04.540 --> 01:14:07.438 can you one quick thing on that

NOTE Confidence: 0.8744251

01:14:07.438 --> 01:14:10.249 that issue of of the systemic?

NOTE Confidence: 0.8744251

01:14:10.250 --> 01:14:11.405 Approach and associating

NOTE Confidence: 0.8744251

01:14:11.405 --> 01:14:12.945 it with mental illness.

NOTE Confidence: 0.8744251

01:14:12.950 --> 01:14:14.735 There's varying degrees in different

NOTE Confidence: 0.8744251

01:14:14.735 --> 01:14:16.989 studies about how many people actually

NOTE Confidence: 0.8744251

01:14:16.989 --> 01:14:19.425 even have an independent mental health

NOTE Confidence: 0.8744251

01:14:19.425 --> 01:14:21.015 condition from suicidality, right?

NOTE Confidence: 0.8744251

01:14:21.015 --> 01:14:23.205 Just like heart attacks like some

NOTE Confidence: 0.8744251

01:14:23.205 --> 01:14:25.169 people just don't have another

NOTE Confidence: 0.8744251

01:14:25.169 --> 01:14:27.575 cardiac condition that we're aware of.

NOTE Confidence: 0.8744251

01:14:27.580 --> 01:14:30.284 So what is your best guestimate of the

NOTE Confidence: 0.8744251

01:14:30.284 --> 01:14:32.967 people who attempt suicide and actually
NOTE Confidence: 0.8744251

01:14:32.970 --> 01:14:34.889 don't have some other standalone
NOTE Confidence: 0.81706005

01:14:34.890 --> 01:14:35.660 health condition?
NOTE Confidence: 0.81706005

01:14:35.660 --> 01:14:37.585 Yeah, I would say so.
NOTE Confidence: 0.81706005

01:14:37.590 --> 01:14:40.530 It's a bigger percentage than we think.
NOTE Confidence: 0.81706005

01:14:40.530 --> 01:14:42.658 Or at least that we've traditionally assumed.
NOTE Confidence: 0.81706005

01:14:42.660 --> 01:14:44.788 So if you look at CDC data,
NOTE Confidence: 0.81706005

01:14:44.790 --> 01:14:46.743 55% of suicide decedents in the US
NOTE Confidence: 0.81706005

01:14:46.743 --> 01:14:49.040 do not have a known mental illness.
NOTE Confidence: 0.81706005

01:14:49.040 --> 01:14:51.464 Now the typical worst retort to that is,
NOTE Confidence: 0.81706005

01:14:51.470 --> 01:14:53.374 well, they didn't go in to meet
NOTE Confidence: 0.81706005

01:14:53.374 --> 01:14:55.120 with the therapist or psychiatrist,
NOTE Confidence: 0.81706005

01:14:55.120 --> 01:14:56.950 and so they were never diagnosed,
NOTE Confidence: 0.81706005

01:14:56.950 --> 01:14:59.382 so we just didn't know that they had
NOTE Confidence: 0.81706005

01:14:59.382 --> 01:15:01.506 the condition that we assume is there.
NOTE Confidence: 0.81706005

01:15:01.510 --> 01:15:03.280 But if you look at some

NOTE Confidence: 0.81706005
01:15:03.280 --> 01:15:05.150 other lines of data and ones,
NOTE Confidence: 0.81706005
01:15:05.150 --> 01:15:06.980 I think that is really informative.
NOTE Confidence: 0.81706005
01:15:06.980 --> 01:15:08.332 This Joe Franklin's meta
NOTE Confidence: 0.81706005
01:15:08.332 --> 01:15:10.360 analysis from a few years ago.
NOTE Confidence: 0.81706005
01:15:10.360 --> 01:15:11.950 Looking at 50 years of
NOTE Confidence: 0.81706005
01:15:11.950 --> 01:15:13.222 suicide risk factor research,
NOTE Confidence: 0.81706005
01:15:13.230 --> 01:15:15.590 if you kind of do some reverse engineering
NOTE Confidence: 0.81706005
01:15:15.590 --> 01:15:18.016 of some of the statistics he reported,
NOTE Confidence: 0.81706005
01:15:18.020 --> 01:15:18.786 in essence,
NOTE Confidence: 0.81706005
01:15:18.786 --> 01:15:21.467 what his data would suggest is that.
NOTE Confidence: 0.81706005
01:15:21.470 --> 01:15:23.560 Somewhere around 40% of those
NOTE Confidence: 0.81706005
01:15:23.560 --> 01:15:26.196 who attempt suicide or die by
NOTE Confidence: 0.81706005
01:15:26.196 --> 01:15:28.546 suicide have a mental health
NOTE Confidence: 0.81706005
01:15:28.546 --> 01:15:30.426 diagnosis or elevated symptoms.
NOTE Confidence: 0.81706005
01:15:30.430 --> 01:15:33.649 Things like that.
NOTE Confidence: 0.81706005

01:15:33.650 --> 01:15:35.848 I think the third line of evidence
NOTE Confidence: 0.81706005

01:15:35.848 --> 01:15:37.840 comes from psych autopsy studies,
NOTE Confidence: 0.81706005

01:15:37.840 --> 01:15:40.276 which are often used to support that.
NOTE Confidence: 0.81706005

01:15:40.280 --> 01:15:42.363 This is where the 90% status
NOTE Confidence: 0.81706005

01:15:42.363 --> 01:15:44.028 obtained from 90% of suicide
NOTE Confidence: 0.81706005

01:15:44.028 --> 01:15:45.870 decisions have a mental illness.
NOTE Confidence: 0.81706005

01:15:45.870 --> 01:15:49.536 It comes from cycle autopsy studies.
NOTE Confidence: 0.81706005

01:15:49.540 --> 01:15:51.755 The second party method is
NOTE Confidence: 0.81706005

01:15:51.755 --> 01:15:53.527 highly vulnerable to bias,
NOTE Confidence: 0.81706005

01:15:53.530 --> 01:15:56.386 and if you look at case controlled
NOTE Confidence: 0.81706005

01:15:56.386 --> 01:15:59.554 cycle top studies where you can see
NOTE Confidence: 0.81706005

01:15:59.554 --> 01:16:01.874 is that they generally overestimate
NOTE Confidence: 0.81706005

01:16:01.874 --> 01:16:04.176 rates of psychiatric illness in
NOTE Confidence: 0.81706005

01:16:04.176 --> 01:16:07.266 control cases by double and so you
NOTE Confidence: 0.81706005

01:16:07.266 --> 01:16:09.496 can reasonably infer that maybe
NOTE Confidence: 0.81706005

01:16:09.496 --> 01:16:11.817 psych autopsies are doubling their

NOTE Confidence: 0.81706005

01:16:11.817 --> 01:16:14.117 biased towards over diagnosing mental

NOTE Confidence: 0.81706005

01:16:14.117 --> 01:16:17.008 health conditions by a factor of two,

NOTE Confidence: 0.81706005

01:16:17.010 --> 01:16:19.510 in which case 90% of.

NOTE Confidence: 0.81706005

01:16:19.510 --> 01:16:22.282 Which is their finding would convert to

NOTE Confidence: 0.81706005

01:16:22.282 --> 01:16:25.050 about a 45% and estimate the correction,

NOTE Confidence: 0.81706005

01:16:25.050 --> 01:16:26.235 so to speak.

NOTE Confidence: 0.81706005

01:16:26.240 --> 01:16:29.304 So this is sort of like these several

NOTE Confidence: 0.81706005

01:16:29.304 --> 01:16:32.158 lines of evidence that I would say

NOTE Confidence: 0.81706005

01:16:32.158 --> 01:16:35.162 maybe around 40 to 50% of suicide.

NOTE Confidence: 0.81706005

01:16:35.162 --> 01:16:36.665 Decedents Oregon suicide

NOTE Confidence: 0.81706005

01:16:36.665 --> 01:16:39.170 attempters probably do not have.

NOTE Confidence: 0.81706005

01:16:39.170 --> 01:16:40.514 A diagnosable mental condition.

NOTE Confidence: 0.81706005

01:16:40.514 --> 01:16:42.530 They might be really stressed out.

NOTE Confidence: 0.81706005

01:16:42.530 --> 01:16:44.205 It might be really upset

NOTE Confidence: 0.81706005

01:16:44.205 --> 01:16:45.545 under pressure for sure,

NOTE Confidence: 0.81706005

01:16:45.550 --> 01:16:47.536 but come on like being upset
NOTE Confidence: 0.81706005

01:16:47.536 --> 01:16:49.593 when your partner tells you that
NOTE Confidence: 0.81706005

01:16:49.593 --> 01:16:51.597 they're going to leave you there.
NOTE Confidence: 0.81706005

01:16:51.600 --> 01:16:54.288 Having an affair is not a mental illness.
NOTE Confidence: 0.81706005

01:16:54.290 --> 01:16:55.970 That is a normative emotional
NOTE Confidence: 0.81706005

01:16:55.970 --> 01:16:57.650 reaction to a life stressor,
NOTE Confidence: 0.81706005

01:16:57.650 --> 01:17:00.116 and so I think we've blurred
NOTE Confidence: 0.81706005

01:17:00.116 --> 01:17:01.349 the lines between.
NOTE Confidence: 0.81706005

01:17:01.350 --> 01:17:03.807 Between these experiences and as a result,
NOTE Confidence: 0.81706005

01:17:03.810 --> 01:17:06.400 we put all of our eggs into
NOTE Confidence: 0.81706005

01:17:06.400 --> 01:17:08.220 the Git mental health.
NOTE Confidence: 0.81706005

01:17:08.220 --> 01:17:10.470 Basket mental health treatment basket
NOTE Confidence: 0.81706005

01:17:10.470 --> 01:17:14.474 and so we're ignoring a lot of other
NOTE Confidence: 0.81706005

01:17:14.474 --> 01:17:16.714 potentially useful and impactful
NOTE Confidence: 0.81706005

01:17:16.714 --> 01:17:18.394 suicide prevention strategies.
NOTE Confidence: 0.86512434

01:17:20.580 --> 01:17:22.379 Some very positive feedback in the chat.

NOTE Confidence: 0.86512434

01:17:22.380 --> 01:17:24.025 I'll take some screenshots so

NOTE Confidence: 0.86512434

01:17:24.025 --> 01:17:26.674 that you can show it to your loved

NOTE Confidence: 0.86512434

01:17:26.674 --> 01:17:28.844 ones and family so that they know

NOTE Confidence: 0.86512434

01:17:28.911 --> 01:17:30.885 what a great job you did crag.

NOTE Confidence: 0.86512434

01:17:30.890 --> 01:17:35.314 Any other questions or comments for Crag?

NOTE Confidence: 0.86512434

01:17:35.320 --> 01:17:36.640 Before we let him get on

NOTE Confidence: 0.86512434

01:17:36.640 --> 01:17:37.740 to his weekend I guess.

NOTE Confidence: 0.83398587

01:17:40.620 --> 01:17:42.636 Hi this is Shelly I guess I I apologize

NOTE Confidence: 0.83398587

01:17:42.636 --> 01:17:44.917 for the length the set up there so I've

NOTE Confidence: 0.83398587

01:17:44.917 --> 01:17:46.780 read Malcolm Gladwell's tipping point.

NOTE Confidence: 0.83398587

01:17:46.780 --> 01:17:48.931 Understand I've done a lot of work in the

NOTE Confidence: 0.83398587

01:17:48.931 --> 01:17:50.625 chemistry lab with pH buffering and it's

NOTE Confidence: 0.83398587

01:17:50.625 --> 01:17:52.283 very very simple to overshoot because

NOTE Confidence: 0.83398587

01:17:52.283 --> 01:17:54.287 you're on an exponential pathway right?

NOTE Confidence: 0.83398587

01:17:54.290 --> 01:17:56.405 So what I was thinking is it sounds like

NOTE Confidence: 0.83398587

01:17:56.405 --> 01:17:58.670 you have a lot of linear factors and then
NOTE Confidence: 0.83398587

01:17:58.670 --> 01:18:01.081 you have an exponential factor that may not
NOTE Confidence: 0.83398587

01:18:01.081 --> 01:18:03.065 be the same exponential factor every time.
NOTE Confidence: 0.83398587

01:18:03.065 --> 01:18:04.535 So very very quick to overshoot
NOTE Confidence: 0.83398587

01:18:04.535 --> 01:18:06.078 at that moment of suicidality.
NOTE Confidence: 0.83398587

01:18:06.080 --> 01:18:08.096 Most of the work I do is
NOTE Confidence: 0.83398587

01:18:08.096 --> 01:18:09.810 with veterans at this point.
NOTE Confidence: 0.83398587

01:18:09.810 --> 01:18:11.644 And most of the veterans are very,
NOTE Confidence: 0.83398587

01:18:11.650 --> 01:18:12.762 very familiar with weapons.
NOTE Confidence: 0.83398587

01:18:12.762 --> 01:18:14.716 The conversations I start out early I
NOTE Confidence: 0.83398587

01:18:14.716 --> 01:18:16.120 start out often talking about guns.
NOTE Confidence: 0.83398587

01:18:16.120 --> 01:18:17.435 I talked extensively about it
NOTE Confidence: 0.83398587

01:18:17.435 --> 01:18:18.224 in the interview,
NOTE Confidence: 0.83398587

01:18:18.230 --> 01:18:19.540 find out how they're stored,
NOTE Confidence: 0.83398587

01:18:19.540 --> 01:18:21.644 what they do with somehow they carry it.
NOTE Confidence: 0.83398587

01:18:21.650 --> 01:18:22.202 You know,

NOTE Confidence: 0.83398587

01:18:22.202 --> 01:18:23.582 there's a fairly lengthy conversation

NOTE Confidence: 0.83398587

01:18:23.582 --> 01:18:25.475 and a lot of times sometimes they

NOTE Confidence: 0.83398587

01:18:25.475 --> 01:18:27.429 back off and sometimes it it goes to.

NOTE Confidence: 0.83398587

01:18:27.430 --> 01:18:29.008 You know, I just say listen,

NOTE Confidence: 0.83398587

01:18:29.010 --> 01:18:30.062 you're probably not anything

NOTE Confidence: 0.83398587

01:18:30.062 --> 01:18:31.377 to worry about right now,

NOTE Confidence: 0.83398587

01:18:31.380 --> 01:18:33.738 but if the time ever comes in the future,

NOTE Confidence: 0.83398587

01:18:33.740 --> 01:18:35.060 I want to, you know,

NOTE Confidence: 0.83398587

01:18:35.060 --> 01:18:36.638 I have a comfort level talking

NOTE Confidence: 0.83398587

01:18:36.638 --> 01:18:37.690 with you about this,

NOTE Confidence: 0.83398587

01:18:37.690 --> 01:18:40.394 and we've laid out the groundwork for that.

NOTE Confidence: 0.83398587

01:18:40.400 --> 01:18:42.020 Now I don't have any data.

NOTE Confidence: 0.83398587

01:18:42.020 --> 01:18:43.910 I don't know if it helps us.

NOTE Confidence: 0.83398587

01:18:43.910 --> 01:18:45.260 Don't know if it doesn't,

NOTE Confidence: 0.83398587

01:18:45.260 --> 01:18:47.066 but one of the frustrations I have

NOTE Confidence: 0.83398587

01:18:47.066 --> 01:18:49.004 is with my fellow clinician who
NOTE Confidence: 0.83398587

01:18:49.004 --> 01:18:50.834 sometimes in all best efforts.
NOTE Confidence: 0.83398587

01:18:50.840 --> 01:18:52.360 Seem like that conversation
NOTE Confidence: 0.83398587

01:18:52.360 --> 01:18:53.500 is incredibly minimal,
NOTE Confidence: 0.83398587

01:18:53.500 --> 01:18:55.780 is sort of the richness that
NOTE Confidence: 0.83398587

01:18:55.780 --> 01:18:57.300 it could be done.
NOTE Confidence: 0.83398587

01:18:57.300 --> 01:18:57.647 Yeah,
NOTE Confidence: 0.83398587

01:18:57.647 --> 01:19:00.076 so I guess I'm wondering what we
NOTE Confidence: 0.83398587

01:19:00.076 --> 01:19:02.739 can do to train the clinician to
NOTE Confidence: 0.83398587

01:19:02.739 --> 01:19:05.113 inquire in a way that's useful
NOTE Confidence: 0.83398587

01:19:05.113 --> 01:19:07.555 to the patient in those times.
NOTE Confidence: 0.83398587

01:19:07.560 --> 01:19:08.574 So we yeah,
NOTE Confidence: 0.83398587

01:19:08.574 --> 01:19:10.264 so we trained clinicians pretty
NOTE Confidence: 0.83398587

01:19:10.264 --> 01:19:12.499 often in mean safety counseling,
NOTE Confidence: 0.83398587

01:19:12.500 --> 01:19:15.540 but now the training workshop that I do,
NOTE Confidence: 0.83398587

01:19:15.540 --> 01:19:17.820 I just call firearm safety counseling.

NOTE Confidence: 0.83398587

01:19:17.820 --> 01:19:18.900 I'm like, yeah,

NOTE Confidence: 0.83398587

01:19:18.900 --> 01:19:21.060 'cause I find clinicians are usually

NOTE Confidence: 0.83398587

01:19:21.060 --> 01:19:23.250 reasonably comfortable talking about like.

NOTE Confidence: 0.83398587

01:19:23.250 --> 01:19:24.814 Limiting access to medications

NOTE Confidence: 0.83398587

01:19:24.814 --> 01:19:26.378 and things like that,

NOTE Confidence: 0.83398587

01:19:26.380 --> 01:19:30.290 but it is a firearm issue that often is much,

NOTE Confidence: 0.83398587

01:19:30.290 --> 01:19:33.027 much more challenging, and so we do.

NOTE Confidence: 0.83398587

01:19:33.030 --> 01:19:34.980 So we do have data.

NOTE Confidence: 0.83398587

01:19:34.980 --> 01:19:37.717 Their forthcoming that if you do this,

NOTE Confidence: 0.83398587

01:19:37.720 --> 01:19:39.880 if you have these conversations in

NOTE Confidence: 0.83398587

01:19:39.880 --> 01:19:42.799 a very sort of non judgmental way.

NOTE Confidence: 0.83398587

01:19:42.800 --> 01:19:45.128 But again we used the motivational

NOTE Confidence: 0.83398587

01:19:45.128 --> 01:19:47.100 interviewing based approach we found.

NOTE Confidence: 0.83398587

01:19:47.100 --> 01:19:48.852 There was incredibly highly

NOTE Confidence: 0.83398587

01:19:48.852 --> 01:19:51.480 acceptable in our study with military

NOTE Confidence: 0.83398587

01:19:51.555 --> 01:19:53.844 personnel out of 200 year old 130.
NOTE Confidence: 0.83398587

01:19:53.850 --> 01:19:56.356 200% of them said I would recommend
NOTE Confidence: 0.83398587

01:19:56.356 --> 01:19:58.060 this conversation for a friend,
NOTE Confidence: 0.83398587

01:19:58.060 --> 01:20:00.636 which is sort of like OK then.
NOTE Confidence: 0.83398587

01:20:00.640 --> 01:20:02.400 That's some St cred there.
NOTE Confidence: 0.83398587

01:20:02.400 --> 01:20:04.160 This is evidence of acceptability.
NOTE Confidence: 0.8675714

01:20:06.340 --> 01:20:08.468 Reached their likelihood of locking up their
NOTE Confidence: 0.8675714

01:20:08.468 --> 01:20:11.010 guns and we found that the vast majority,
NOTE Confidence: 0.8675714

01:20:11.010 --> 01:20:12.560 even though there was there,
NOTE Confidence: 0.8675714

01:20:12.560 --> 01:20:15.359 was a small number who kind of still had,
NOTE Confidence: 0.8675714

01:20:15.360 --> 01:20:16.896 you know, screw you guys at
NOTE Confidence: 0.8675714

01:20:16.896 --> 01:20:18.780 the end of the conversation,
NOTE Confidence: 0.8675714

01:20:18.780 --> 01:20:20.957 all of those during the follow up.
NOTE Confidence: 0.8675714

01:20:20.960 --> 01:20:22.324 They said, you know,
NOTE Confidence: 0.8675714

01:20:22.324 --> 01:20:24.935 I felt respected and listened to you guys
NOTE Confidence: 0.8675714

01:20:24.935 --> 01:20:27.664 didn't push me and so we had a few who

NOTE Confidence: 0.8675714

01:20:27.664 --> 01:20:30.288 at least we're left with a good impression,

NOTE Confidence: 0.8675714

01:20:30.290 --> 01:20:32.460 even though perhaps we hadn't yet convinced

NOTE Confidence: 0.8675714

01:20:32.460 --> 01:20:34.947 them that it was in their best interest.

NOTE Confidence: 0.8675714

01:20:34.950 --> 01:20:36.966 But one of those things that we

NOTE Confidence: 0.8675714

01:20:36.966 --> 01:20:38.829 have found really helpful working.

NOTE Confidence: 0.8675714

01:20:38.830 --> 01:20:39.954 Gun owners in general.

NOTE Confidence: 0.8675714

01:20:39.954 --> 01:20:42.027 Is using the metaphor of a designated

NOTE Confidence: 0.8675714

01:20:42.027 --> 01:20:43.662 drivers in wearing seatbelts and

NOTE Confidence: 0.8675714

01:20:43.662 --> 01:20:45.890 we say do you when you drive?

NOTE Confidence: 0.8675714

01:20:45.890 --> 01:20:48.510 Do you only wear seat belt on the day that

NOTE Confidence: 0.8675714

01:20:48.576 --> 01:20:50.944 you expect to get into a car accident?

NOTE Confidence: 0.8675714

01:20:50.950 --> 01:20:52.350 And they're like, well, no,

NOTE Confidence: 0.8675714

01:20:52.350 --> 01:20:54.317 you can't predict it is like right?

NOTE Confidence: 0.8675714

01:20:54.320 --> 01:20:56.432 And we never know when we're going to

NOTE Confidence: 0.8675714

01:20:56.432 --> 01:20:58.229 have those really, really bad days.

NOTE Confidence: 0.8675714

01:20:58.229 --> 01:21:00.140 And so that's why we wear a
NOTE Confidence: 0.8675714

01:21:00.203 --> 01:21:01.628 seat belt just in case.
NOTE Confidence: 0.8675714

01:21:01.630 --> 01:21:03.268 And so what's going to be
NOTE Confidence: 0.8675714

01:21:03.268 --> 01:21:05.000 the seat belt for your gun?
NOTE Confidence: 0.8675714

01:21:05.000 --> 01:21:07.044 And they find that we were finding
NOTE Confidence: 0.8675714

01:21:07.044 --> 01:21:08.650 that oftentimes helps him to think.
NOTE Confidence: 0.8675714

01:21:08.650 --> 01:21:08.966 OK,
NOTE Confidence: 0.8675714

01:21:08.966 --> 01:21:11.178 maybe a gun safe and unlock something
NOTE Confidence: 0.8675714

01:21:11.178 --> 01:21:13.617 like that is sort of like a seat belt.
NOTE Confidence: 0.8675714

01:21:13.620 --> 01:21:15.414 And that might be the difference
NOTE Confidence: 0.8675714

01:21:15.414 --> 01:21:17.686 between life and death in the same way
NOTE Confidence: 0.8675714

01:21:17.686 --> 01:21:19.440 that wearing your seat belt can be.
NOTE Confidence: 0.8675714

01:21:19.440 --> 01:21:21.078 Those difference between life and death
NOTE Confidence: 0.8675714

01:21:21.078 --> 01:21:23.337 in a car accident and then the designated
NOTE Confidence: 0.8675714

01:21:23.337 --> 01:21:25.250 driver model is really resonated a lot.
NOTE Confidence: 0.8675714

01:21:25.250 --> 01:21:25.527 Where,

NOTE Confidence: 0.8675714

01:21:25.527 --> 01:21:26.358 like you know,

NOTE Confidence: 0.8675714

01:21:26.358 --> 01:21:28.020 if you're worried about a friend,

NOTE Confidence: 0.8675714

01:21:28.020 --> 01:21:30.156 we we target this sort of community rather

NOTE Confidence: 0.8675714

01:21:30.156 --> 01:21:32.177 than this like a high risk individual,

NOTE Confidence: 0.8675714

01:21:32.180 --> 01:21:33.686 but will say you know when

NOTE Confidence: 0.8675714

01:21:33.686 --> 01:21:35.230 your friend has been drinking,

NOTE Confidence: 0.8675714

01:21:35.230 --> 01:21:36.958 you take away their parties because

NOTE Confidence: 0.8675714

01:21:36.958 --> 01:21:38.931 it's dangerous and it doesn't mean they

NOTE Confidence: 0.8675714

01:21:38.931 --> 01:21:41.040 never get to drive again in their life.

NOTE Confidence: 0.8675714

01:21:41.040 --> 01:21:43.245 It's just that you have to wait

NOTE Confidence: 0.8675714

01:21:43.245 --> 01:21:44.825 until they're sober so it's

NOTE Confidence: 0.8675714

01:21:44.825 --> 01:21:46.240 safer and then they can.

NOTE Confidence: 0.8675714

01:21:46.240 --> 01:21:46.814 You know,

NOTE Confidence: 0.8675714

01:21:46.814 --> 01:21:49.110 have a car keys back again and so

NOTE Confidence: 0.8675714

01:21:49.185 --> 01:21:51.257 it works the same with the gun,

NOTE Confidence: 0.8675714

01:21:51.260 --> 01:21:52.976 shouldn't it will ask you should
NOTE Confidence: 0.8675714

01:21:52.976 --> 01:21:54.470 suicidal people have access to
NOTE Confidence: 0.8675714

01:21:54.470 --> 01:21:55.980 loaded weapons and everyone's like,
NOTE Confidence: 0.8675714

01:21:55.980 --> 01:21:57.450 no, that's a terrible idea,
NOTE Confidence: 0.8675714

01:21:57.450 --> 01:21:57.998 like right,
NOTE Confidence: 0.8675714

01:21:57.998 --> 01:22:01.162 and so if you're if you know we have a friend
NOTE Confidence: 0.8675714

01:22:01.162 --> 01:22:03.650 is going through a hard time like that.
NOTE Confidence: 0.8675714

01:22:03.650 --> 01:22:05.330 Let's think about this like a
NOTE Confidence: 0.8675714

01:22:05.330 --> 01:22:06.816 designated driver and let's maybe
NOTE Confidence: 0.8675714

01:22:06.816 --> 01:22:08.386 offer to temporarily hold onto
NOTE Confidence: 0.8675714

01:22:08.386 --> 01:22:09.968 their weapons until they're in
NOTE Confidence: 0.8675714

01:22:09.968 --> 01:22:11.318 a different state of mountain.
NOTE Confidence: 0.8675714

01:22:11.320 --> 01:22:12.976 And then perhaps it would be
NOTE Confidence: 0.8675714

01:22:12.976 --> 01:22:14.860 safer for them to have access.
NOTE Confidence: 0.8675714

01:22:14.860 --> 01:22:16.600 And we're finding those messages
NOTE Confidence: 0.8675714

01:22:16.600 --> 01:22:17.992 are very positively received.

NOTE Confidence: 0.8675714

01:22:18.000 --> 01:22:20.170 But the hard part is,

NOTE Confidence: 0.8675714

01:22:20.170 --> 01:22:20.611 yeah,

NOTE Confidence: 0.8675714

01:22:20.611 --> 01:22:21.493 training clinicians.

NOTE Confidence: 0.8675714

01:22:21.493 --> 01:22:24.580 My sense is that clinicians are often

NOTE Confidence: 0.8675714

01:22:24.653 --> 01:22:26.857 biased towards complete removal.

NOTE Confidence: 0.8675714

01:22:26.860 --> 01:22:28.308 Of the fire room.

NOTE Confidence: 0.8675714

01:22:28.308 --> 01:22:30.118 From the households which makes

NOTE Confidence: 0.8675714

01:22:30.118 --> 01:22:31.480 a lot of sense,

NOTE Confidence: 0.8675714

01:22:31.480 --> 01:22:33.255 that is definitely a probably

NOTE Confidence: 0.8675714

01:22:33.255 --> 01:22:34.320 the safest option,

NOTE Confidence: 0.8675714

01:22:34.320 --> 01:22:36.777 but we're really taking more of a

NOTE Confidence: 0.8675714

01:22:36.777 --> 01:22:38.579 harm reduction approach and saying,

NOTE Confidence: 0.8675714

01:22:38.580 --> 01:22:40.220 all things being equal,

NOTE Confidence: 0.8675714

01:22:40.220 --> 01:22:42.680 if someone has multiple loaded weapons

NOTE Confidence: 0.88456506

01:22:42.747 --> 01:22:45.057 that are readily available in the home

NOTE Confidence: 0.88456506

01:22:45.057 --> 01:22:47.981 and we move them to a state where now
NOTE Confidence: 0.88456506

01:22:47.981 --> 01:22:50.582 those weapons are all in a gun safe,
NOTE Confidence: 0.88456506

01:22:50.582 --> 01:22:53.840 or they're all locked up with a trigger lock,
NOTE Confidence: 0.88456506

01:22:53.840 --> 01:22:57.739 even though they're still in the home.
NOTE Confidence: 0.88456506

01:22:57.740 --> 01:23:00.218 They are in a safer space,
NOTE Confidence: 0.88456506

01:23:00.220 --> 01:23:01.456 relatively relatively speaking
NOTE Confidence: 0.88456506

01:23:01.456 --> 01:23:03.104 than they were before,
NOTE Confidence: 0.88456506

01:23:03.110 --> 01:23:05.952 and I see that as a valuable
NOTE Confidence: 0.88456506

01:23:05.952 --> 01:23:08.069 movement that's worth us talking
NOTE Confidence: 0.83615094

01:23:08.070 --> 01:23:09.306 with this clinicians.
NOTE Confidence: 0.83615094

01:23:09.306 --> 01:23:13.020 While I see Mike and Alec and Howard here,
NOTE Confidence: 0.83615094

01:23:13.020 --> 01:23:15.090 you have three, you know,
NOTE Confidence: 0.83615094

01:23:15.090 --> 01:23:16.380 preeminent forensic psychiatrists.
NOTE Confidence: 0.83615094

01:23:16.380 --> 01:23:19.390 And I heard what you said about
NOTE Confidence: 0.83615094

01:23:19.456 --> 01:23:21.276 absolute removal of the gun,
NOTE Confidence: 0.83615094

01:23:21.280 --> 01:23:25.132 which my suspicion is done out of fear of

NOTE Confidence: 0.83615094

01:23:25.132 --> 01:23:28.257 liability for not insisting on it versus.

NOTE Confidence: 0.83615094

01:23:28.260 --> 01:23:29.696 Google clinical evidence 'cause

NOTE Confidence: 0.83615094

01:23:29.696 --> 01:23:31.491 your middle ground is so

NOTE Confidence: 0.83615094

01:23:31.491 --> 01:23:33.217 intuitive and makes so much sense.

NOTE Confidence: 0.83615094

01:23:33.220 --> 01:23:34.104 You know my suspicion,

NOTE Confidence: 0.83615094

01:23:34.104 --> 01:23:35.793 and I am always have a little

NOTE Confidence: 0.83615094

01:23:35.793 --> 01:23:37.049 little touch of cynicism,

NOTE Confidence: 0.83615094

01:23:37.050 --> 01:23:38.681 and I guess my perspective on things

NOTE Confidence: 0.83615094

01:23:38.681 --> 01:23:40.788 is that it's because we don't go for

NOTE Confidence: 0.83615094

01:23:40.788 --> 01:23:42.143 the absolute removal were afraid.

NOTE Confidence: 0.83615094

01:23:42.150 --> 01:23:42.912 If something happens,

NOTE Confidence: 0.83615094

01:23:42.912 --> 01:23:43.928 there's a liability risk.

NOTE Confidence: 0.83615094

01:23:43.930 --> 01:23:45.510 It's black or white.

NOTE Confidence: 0.83615094

01:23:45.510 --> 01:23:47.880 And I remember the first time

NOTE Confidence: 0.83615094

01:23:47.969 --> 01:23:49.787 I I saw you speak live,

NOTE Confidence: 0.83615094

01:23:49.790 --> 01:23:53.300 you put up a little table of like the disk,
NOTE Confidence: 0.83615094

01:23:53.300 --> 01:23:54.792 disjoint between the misalignment
NOTE Confidence: 0.83615094

01:23:54.792 --> 01:23:57.030 between what does the clinician want
NOTE Confidence: 0.83615094

01:23:57.085 --> 01:23:59.269 when they meet with the suicidal patient?
NOTE Confidence: 0.83615094

01:23:59.270 --> 01:24:01.376 And what does the patient want?
NOTE Confidence: 0.83615094

01:24:01.380 --> 01:24:03.130 Do you remember that slide?
NOTE Confidence: 0.83615094

01:24:03.130 --> 01:24:04.890 That was quite awhile ago?
NOTE Confidence: 0.83615094

01:24:04.890 --> 01:24:07.228 Comment on that because I thought it
NOTE Confidence: 0.83615094

01:24:07.228 --> 01:24:10.910 was really incredibly elegant, yeah?
NOTE Confidence: 0.85294086

01:24:10.910 --> 01:24:13.169 Yeah, it's sort of a key point in a
NOTE Confidence: 0.85294086

01:24:13.169 --> 01:24:15.427 lot of the trainings I do is yeah
NOTE Confidence: 0.85294086

01:24:15.427 --> 01:24:17.504 this that the clinicians goals are
NOTE Confidence: 0.85294086

01:24:17.504 --> 01:24:19.862 to prevent the patient from dying,
NOTE Confidence: 0.85294086

01:24:19.870 --> 01:24:22.026 and then I also tongue in cheek,
NOTE Confidence: 0.85294086

01:24:22.030 --> 01:24:23.890 say and to avoid getting sued.
NOTE Confidence: 0.85294086

01:24:23.890 --> 01:24:26.162 And then I like to say well in

NOTE Confidence: 0.85294086

01:24:26.162 --> 01:24:27.908 most cases let's be honest,

NOTE Confidence: 0.85294086

01:24:27.910 --> 01:24:30.475 we don't want to get sued and we know

NOTE Confidence: 0.85294086

01:24:30.475 --> 01:24:33.081 the way to not get sued is to not have

NOTE Confidence: 0.85294086

01:24:33.081 --> 01:24:35.629 a patient die something like that.

NOTE Confidence: 0.85294086

01:24:35.630 --> 01:24:37.140 Whereas the patient's goals are

NOTE Confidence: 0.85294086

01:24:37.140 --> 01:24:38.348 to alleviate their suffering

NOTE Confidence: 0.85294086

01:24:38.348 --> 01:24:39.649 and solve their problem,

NOTE Confidence: 0.85294086

01:24:39.650 --> 01:24:42.514 and So what ends up happening is we.

NOTE Confidence: 0.85294086

01:24:42.520 --> 01:24:44.980 Sometimes gets so focused on preventing

NOTE Confidence: 0.85294086

01:24:44.980 --> 01:24:48.002 death that we forget that in another

NOTE Confidence: 0.85294086

01:24:48.002 --> 01:24:50.624 important part of suicide prevention is

NOTE Confidence: 0.85294086

01:24:50.624 --> 01:24:53.050 creating lives that are worth living,

NOTE Confidence: 0.85294086

01:24:53.050 --> 01:24:56.060 and so we may succeed in the short term in

NOTE Confidence: 0.85294086

01:24:56.133 --> 01:24:59.358 keeping someone breathing biologically alive.

NOTE Confidence: 0.85294086

01:24:59.360 --> 01:25:01.886 But if we don't do something

NOTE Confidence: 0.85294086

01:25:01.886 --> 01:25:03.570 that changes their environment,
NOTE Confidence: 0.85294086

01:25:03.570 --> 01:25:04.414 their psychology,
NOTE Confidence: 0.85294086

01:25:04.414 --> 01:25:05.680 things like that,
NOTE Confidence: 0.85294086

01:25:05.680 --> 01:25:08.206 and probably they're going to get
NOTE Confidence: 0.85294086

01:25:08.206 --> 01:25:09.890 into the state again,
NOTE Confidence: 0.85294086

01:25:09.890 --> 01:25:13.306 and so we need to look at quality
NOTE Confidence: 0.85294086

01:25:13.306 --> 01:25:17.077 of life in addition to simply just.
NOTE Confidence: 0.85294086

01:25:17.080 --> 01:25:18.870 Like restraining people from dying,
NOTE Confidence: 0.85294086

01:25:18.870 --> 01:25:21.374 and so when it comes to the issues
NOTE Confidence: 0.85294086

01:25:21.374 --> 01:25:23.170 surrounding like means restriction,
NOTE Confidence: 0.85294086

01:25:23.170 --> 01:25:25.578 I think of you know I've written
NOTE Confidence: 0.85294086

01:25:25.578 --> 01:25:27.460 about this a few times.
NOTE Confidence: 0.85294086

01:25:27.460 --> 01:25:29.336 I think one of the downsides we
NOTE Confidence: 0.85294086

01:25:29.336 --> 01:25:31.251 recommended as a suicide prevention
NOTE Confidence: 0.85294086

01:25:31.251 --> 01:25:32.826 intervention for clinicians.
NOTE Confidence: 0.85294086

01:25:32.830 --> 01:25:34.290 But as was Shelley,

NOTE Confidence: 0.85294086

01:25:34.290 --> 01:25:36.480 was alluding to we don't really

NOTE Confidence: 0.85294086

01:25:36.554 --> 01:25:38.556 do any training at all on how

NOTE Confidence: 0.85294086

01:25:38.556 --> 01:25:40.350 to do this effectively,

NOTE Confidence: 0.85294086

01:25:40.350 --> 01:25:43.206 so we almost set ourselves up for failure,

NOTE Confidence: 0.85294086

01:25:43.210 --> 01:25:46.138 and we think I think in terms of

NOTE Confidence: 0.85294086

01:25:46.138 --> 01:25:48.580 these sort of binary extremes.

NOTE Confidence: 0.85294086

01:25:48.580 --> 01:25:49.892 Where I don't know.

NOTE Confidence: 0.85294086

01:25:49.892 --> 01:25:51.860 We'll see how things emerge overtime.

NOTE Confidence: 0.85294086

01:25:51.860 --> 01:25:53.876 You know I do some consulting on

NOTE Confidence: 0.85294086

01:25:53.876 --> 01:25:55.800 legal cases like negligence cases,

NOTE Confidence: 0.85294086

01:25:55.800 --> 01:25:58.096 things like this and it's a topic

NOTE Confidence: 0.85294086

01:25:58.096 --> 01:26:00.777 that is very key to a lot of those

NOTE Confidence: 0.85294086

01:26:00.777 --> 01:26:03.782 is at what point do you say that a

NOTE Confidence: 0.85294086

01:26:03.782 --> 01:26:05.632 clinician have been reasonable and

NOTE Confidence: 0.85294086

01:26:05.640 --> 01:26:08.094 done enough 'cause we can always

NOTE Confidence: 0.85294086

01:26:08.094 --> 01:26:10.742 find something more that a person
NOTE Confidence: 0.85294086

01:26:10.742 --> 01:26:12.610 could have theoretically done?
NOTE Confidence: 0.85294086

01:26:12.610 --> 01:26:16.230 And it I found it tough with the gun issue,
NOTE Confidence: 0.85294086

01:26:16.230 --> 01:26:18.402 but they give some cases now.
NOTE Confidence: 0.85294086

01:26:18.402 --> 01:26:19.850 Clinicians that actually did
NOTE Confidence: 0.85294086

01:26:19.850 --> 01:26:20.646 needs restriction.
NOTE Confidence: 0.85294086

01:26:20.646 --> 01:26:21.044 Yeah,
NOTE Confidence: 0.85294086

01:26:21.044 --> 01:26:23.034 they didn't need description and
NOTE Confidence: 0.85294086

01:26:23.034 --> 01:26:25.168 then the patient didn't tell them
NOTE Confidence: 0.85294086

01:26:25.168 --> 01:26:27.082 they still had a secret gun.
NOTE Confidence: 0.85294086

01:26:27.090 --> 01:26:28.900 I mean it's good news.
NOTE Confidence: 0.7872699

01:26:28.900 --> 01:26:31.378 Craig is that unlike drinking and driving
NOTE Confidence: 0.7872699

01:26:31.378 --> 01:26:33.968 gun ownership is not not all politicized.
NOTE Confidence: 0.7872699

01:26:33.970 --> 01:26:36.076 So since drinking and driving and
NOTE Confidence: 0.7872699

01:26:36.076 --> 01:26:37.950 designated driver that just simple,
NOTE Confidence: 0.7872699

01:26:37.950 --> 01:26:39.914 it's just simple problem.

NOTE Confidence: 0.7872699

01:26:39.914 --> 01:26:42.860 The gun issue I'm sure will

NOTE Confidence: 0.7872699

01:26:42.954 --> 01:26:45.269 be even easier to tackle.

NOTE Confidence: 0.7872699

01:26:45.270 --> 01:26:47.849 Yeah, well thank you, anything else?

NOTE Confidence: 0.7872699

01:26:47.849 --> 01:26:50.207 I just wonder what you think

NOTE Confidence: 0.7872699

01:26:50.207 --> 01:26:52.945 the APA is considering having

NOTE Confidence: 0.7872699

01:26:52.945 --> 01:26:54.920 suicidal behaviors, a diagnosis.

NOTE Confidence: 0.80266505

01:26:56.130 --> 01:26:58.706 And given the fact that yeah don't have,

NOTE Confidence: 0.80266505

01:26:58.710 --> 01:27:01.294 I just wonder what you think about that.

NOTE Confidence: 0.8976931

01:27:02.780 --> 01:27:06.364 Yeah, I'm sort of ambivalent about it.

NOTE Confidence: 0.8976931

01:27:06.370 --> 01:27:07.958 On the one hand.

NOTE Confidence: 0.8976931

01:27:07.958 --> 01:27:10.775 I think some of the arguments being

NOTE Confidence: 0.8976931

01:27:10.775 --> 01:27:13.535 made for why we want to do it,

NOTE Confidence: 0.8976931

01:27:13.540 --> 01:27:15.740 I think makes sense.

NOTE Confidence: 0.8976931

01:27:15.740 --> 01:27:19.004 You know to recognize it as being discrete

NOTE Confidence: 0.8976931

01:27:19.004 --> 01:27:22.449 from other psychiatric conditions diagnosis,

NOTE Confidence: 0.8976931

01:27:22.450 --> 01:27:26.930 I think probably there might be what?
NOTE Confidence: 0.8976931

01:27:26.930 --> 01:27:29.754 Joyner is called the closet with an acute
NOTE Confidence: 0.8976931

01:27:29.754 --> 01:27:31.899 suicidal syndrome or something like that,
NOTE Confidence: 0.8976931

01:27:31.900 --> 01:27:34.147 where maybe there is kind of a
NOTE Confidence: 0.8976931

01:27:34.147 --> 01:27:35.571 unique mental state associated
NOTE Confidence: 0.8976931

01:27:35.571 --> 01:27:37.935 with near term risk for suicide.
NOTE Confidence: 0.8976931

01:27:37.940 --> 01:27:40.803 Now the downside kind of my hesitation
NOTE Confidence: 0.8976931

01:27:40.803 --> 01:27:44.218 about it as I kind of feel like begin
NOTE Confidence: 0.8976931

01:27:44.218 --> 01:27:46.908 were now now with a diagnosis as
NOTE Confidence: 0.8976931

01:27:46.908 --> 01:27:49.666 opposed to a manner of death. And.
NOTE Confidence: 0.8976931

01:27:49.666 --> 01:27:52.870 You know, I don't know that we have like,
NOTE Confidence: 0.8976931

01:27:52.870 --> 01:27:53.830 yeah, Heart Attack syndrome.
NOTE Confidence: 0.8976931

01:27:53.830 --> 01:27:54.310 We don't.
NOTE Confidence: 0.8976931

01:27:54.310 --> 01:27:56.110 You know, it's sort of.
NOTE Confidence: 0.8976931

01:27:56.110 --> 01:27:58.846 I kind of feel like it's our continuing trend
NOTE Confidence: 0.8976931

01:27:58.846 --> 01:28:01.629 to conceptualize and think about suicide.

NOTE Confidence: 0.8976931

01:28:01.630 --> 01:28:03.098 From the nearly exclusive

NOTE Confidence: 0.8976931

01:28:03.098 --> 01:28:04.566 lens of psychiatric illness.

NOTE Confidence: 0.8976931

01:28:04.570 --> 01:28:07.034 And so I think that will slow

NOTE Confidence: 0.8976931

01:28:07.034 --> 01:28:09.360 us down from in my opinion.

NOTE Confidence: 0.8976931

01:28:09.360 --> 01:28:11.664 I think we need to be a little bit

NOTE Confidence: 0.8976931

01:28:11.664 --> 01:28:13.565 more divergent and are thinking

NOTE Confidence: 0.8976931

01:28:13.565 --> 01:28:15.929 about suicide to consider it from

NOTE Confidence: 0.8976931

01:28:15.997 --> 01:28:17.757 these different perspectives and

NOTE Confidence: 0.8976931

01:28:17.757 --> 01:28:20.397 angles as opposed to continuing to

NOTE Confidence: 0.8976931

01:28:20.400 --> 01:28:23.046 kind of narrow us down more and

NOTE Confidence: 0.8976931

01:28:23.046 --> 01:28:26.119 more into the DSM and the domain of.

NOTE Confidence: 0.8976931

01:28:26.120 --> 01:28:28.175 You know one particular health

NOTE Confidence: 0.8976931

01:28:28.175 --> 01:28:29.408 care discipline so.

NOTE Confidence: 0.8662479

01:28:31.640 --> 01:28:33.248 And no one is asking me,

NOTE Confidence: 0.8662479

01:28:33.250 --> 01:28:35.070 but I happen to the heart attack

NOTE Confidence: 0.8662479

01:28:35.070 --> 01:28:36.957 thing to me or an arrhythmia is

NOTE Confidence: 0.8662479

01:28:36.957 --> 01:28:38.880 in fact a parallel in my mind.

NOTE Confidence: 0.8662479

01:28:38.880 --> 01:28:39.855 Anyone can have.

NOTE Confidence: 0.8662479

01:28:39.855 --> 01:28:41.480 I honestly believe anyone can

NOTE Confidence: 0.8662479

01:28:41.480 --> 01:28:42.969 become suicidal with the right.

NOTE Confidence: 0.8662479

01:28:42.970 --> 01:28:43.656 External variables,

NOTE Confidence: 0.8662479

01:28:43.656 --> 01:28:45.371 and certainly if other conditions

NOTE Confidence: 0.8662479

01:28:45.371 --> 01:28:47.270 occur as they go through life,

NOTE Confidence: 0.8662479

01:28:47.270 --> 01:28:49.256 just like in a heart attack,

NOTE Confidence: 0.8662479

01:28:49.260 --> 01:28:50.584 anyone can get Melanoma.

NOTE Confidence: 0.8662479

01:28:50.584 --> 01:28:51.908 They are like important,

NOTE Confidence: 0.8662479

01:28:51.910 --> 01:28:52.903 they had outcomes,

NOTE Confidence: 0.8662479

01:28:52.903 --> 01:28:55.220 and I wouldn't worry about it, Craig.

NOTE Confidence: 0.8662479

01:28:55.220 --> 01:28:57.200 Yeah, well and I think yeah,

NOTE Confidence: 0.8398212

01:28:57.200 --> 01:28:59.433 I've thought about this a lot in

NOTE Confidence: 0.8398212

01:28:59.433 --> 01:29:01.658 the past year when they were getting

NOTE Confidence: 0.8398212

01:29:01.658 --> 01:29:04.150 close to a year of a pandemic.

NOTE Confidence: 0.8398212

01:29:04.150 --> 01:29:05.895 And so I'm constantly asked

NOTE Confidence: 0.8398212

01:29:05.895 --> 01:29:07.640 about how the pandemic influence

NOTE Confidence: 0.8398212

01:29:07.708 --> 01:29:09.787 suicide risk and how do we improve

NOTE Confidence: 0.8398212

01:29:09.787 --> 01:29:11.440 access to mental health care.

NOTE Confidence: 0.8398212

01:29:11.440 --> 01:29:13.756 And I think the point that.

NOTE Confidence: 0.8398212

01:29:13.760 --> 01:29:15.850 We often overlook is like, yeah,

NOTE Confidence: 0.8398212

01:29:15.850 --> 01:29:17.450 you know, therapy medications might

NOTE Confidence: 0.8398212

01:29:17.450 --> 01:29:19.780 help to reduce a person's distress,

NOTE Confidence: 0.8398212

01:29:19.780 --> 01:29:22.090 but it doesn't inherently change the

NOTE Confidence: 0.8398212

01:29:22.090 --> 01:29:24.641 fact that the environment right now is

NOTE Confidence: 0.8398212

01:29:24.641 --> 01:29:26.853 placing a lot of strain on individual,

NOTE Confidence: 0.8398212

01:29:26.860 --> 01:29:29.684 so you can't therapy your way out of

NOTE Confidence: 0.8398212

01:29:29.684 --> 01:29:31.850 COVID-19 you know you can't therapy

NOTE Confidence: 0.8398212

01:29:31.850 --> 01:29:34.649 your way out of a minimum wage job.

NOTE Confidence: 0.8398212

01:29:34.650 --> 01:29:37.827 You can't therapy your way out of an abusive,

NOTE Confidence: 0.8398212

01:29:37.830 --> 01:29:39.909 toxic work environment.

NOTE Confidence: 0.8398212

01:29:39.910 --> 01:29:42.717 And and so I think this is.

NOTE Confidence: 0.8398212

01:29:42.720 --> 01:29:45.760 This is one of the main reasons why

NOTE Confidence: 0.8398212

01:29:45.760 --> 01:29:49.086 I think we're so bad that suicide

NOTE Confidence: 0.8398212

01:29:49.086 --> 01:29:52.157 prevention as there are things in

NOTE Confidence: 0.8398212

01:29:52.157 --> 01:29:55.187 life that contribute to suicide risk.

NOTE Confidence: 0.8398212

01:29:55.190 --> 01:29:57.367 But we we largely think about suicide

NOTE Confidence: 0.8398212

01:29:57.367 --> 01:29:59.249 as being within the individual.

NOTE Confidence: 0.8398212

01:29:59.250 --> 01:30:00.482 The thing that we.

NOTE Confidence: 0.8398212

01:30:00.482 --> 01:30:03.862 Just to sort of root out and get rid of

NOTE Confidence: 0.8398212

01:30:03.862 --> 01:30:06.052 when in reality there are conditions

NOTE Confidence: 0.8398212

01:30:06.128 --> 01:30:08.844 all around us that contribute to that,

NOTE Confidence: 0.8398212

01:30:08.850 --> 01:30:11.065 and we would probably actually

NOTE Confidence: 0.8398212

01:30:11.065 --> 01:30:13.280 see way better results if.

NOTE Confidence: 0.8398212

01:30:13.280 --> 01:30:15.290 If we increase the minimum wage,

NOTE Confidence: 0.8398212

01:30:15.290 --> 01:30:17.635 if we expanded access to health care,

NOTE Confidence: 0.8398212

01:30:17.640 --> 01:30:19.644 if we targeted racism and discrimination

NOTE Confidence: 0.8398212

01:30:19.644 --> 01:30:20.646 against vulnerable populations,

NOTE Confidence: 0.8398212

01:30:20.650 --> 01:30:23.298 and there's not much that I'm going to

NOTE Confidence: 0.8398212

01:30:23.298 --> 01:30:26.344 be able to do as a health care provider.

NOTE Confidence: 0.8398212

01:30:26.350 --> 01:30:26.681 Yeah,

NOTE Confidence: 0.8398212

01:30:26.681 --> 01:30:28.336 to improve the financial stability

NOTE Confidence: 0.8398212

01:30:28.336 --> 01:30:30.383 of my patients that they're working

NOTE Confidence: 0.8398212

01:30:30.383 --> 01:30:31.707 3 minimum wage jobs.

NOTE Confidence: 0.8398212

01:30:31.710 --> 01:30:34.238 It's it would be way more impactful to

NOTE Confidence: 0.8398212

01:30:34.238 --> 01:30:36.398 just increase their salary in resolve.

NOTE Confidence: 0.8398212

01:30:36.400 --> 01:30:39.406 A lot of the stress that they're coming in.

NOTE Confidence: 0.8398212

01:30:39.410 --> 01:30:40.750 Complaining to me about.

NOTE Confidence: 0.8398212

01:30:40.750 --> 01:30:41.755 But of course,

NOTE Confidence: 0.8398212

01:30:41.760 --> 01:30:44.190 it's really not coming to complain.

NOTE Confidence: 0.8398212

01:30:44.190 --> 01:30:47.083 About that because I can't afford it, right?

NOTE Confidence: 0.8398212

01:30:47.083 --> 01:30:47.809 So anyway.

NOTE Confidence: 0.69182986

01:30:50.570 --> 01:30:53.054 Craig, thank you.