

1 1
2 00:00:00,000 --> 00:00:10,640
3 [Music]
4
5 2
6 00:00:10,640 --> 00:00:13,920
7 What does it mean to be called crazy in a
... crazy world?
8
9 3
10 00:00:13,920 --> 00:00:15,840
11 Listen to Madness Radio.
12
13 4
14 00:00:15,840 --> 00:00:18,080
15 Voices and visions from outside mental health.
16
17 5
18 00:00:18,080 --> 00:00:27,920
19 [Music]
20
21 6
22 00:00:27,920 --> 00:00:30,640
23 Welcome to Madness Radio. This is your host
... Will Hall.
24
25 7
26 00:00:30,640 --> 00:00:34,400
27 And I'm here with my co-host and dear friend
... and colleague,
28
29 8

30 00:00:34,400 --> 00:00:36,160

31 Oryx Cohen. Great to see you, Oryx.

32

33 9

34 00:00:36,160 --> 00:00:41,680

35 It's so great to see you, Will. It's been too
... long since we've done something like this.

36

37 10

38 00:00:41,680 --> 00:00:46,400

39 And I'm really excited to be co-hosting
... Madness Radio with you.

40

41 11

42 00:00:46,400 --> 00:00:49,360

43 Yeah, I feel the same way. It's been too long.

44

45 12

46 00:00:49,360 --> 00:00:54,400

47 And I want to remind folks that I think I
... interviewed you twice on Madness Radio.

48

49 13

50 00:00:54,400 --> 00:01:00,640

51 So people, today we're co-hosting, but if
... people are interested in your story and
... finding out more,

52

53 14

54 00:01:00,640 --> 00:01:05,360

55 they should check out a couple of the old
... Madness Radio shows that we did about you.

56

57 15

58 00:01:05,360 --> 00:01:10,640

59 And today I'm very interested because we have
... a guest that is a colleague and friend of
... yours.

60

61 16

62 00:01:10,640 --> 00:01:13,440

63 And I'm going to go ahead and introduce her.

64

65 17

66 00:01:13,440 --> 00:01:19,760

67 So today on Madness Radio, our guest is
... Felicity Terese Krueger.

68

69 18

70 00:01:19,760 --> 00:01:23,600

71 Felicity is a mental health survivor who works
... for youth,

72

73 19

74 00:01:23,600 --> 00:01:27,600

75 move Kentucky and is a trainer for emotional
... CPR.

76

77 20

78 00:01:27,600 --> 00:01:31,760

79 Felicity helped develop the youth curriculum
... for ECPR.

80

81 21

82 00:01:31,760 --> 00:01:36,560

83 She recently won the Alternatives Youth
... Leadership Award.

84

85 22

86 00:01:36,560 --> 00:01:39,760

87 So welcome to Madness Radio Felicity Terese
... Krueger.

88

89 23

90 00:01:39,760 --> 00:01:40,640

91 Hello, thank you.

92

93 24

94 00:01:40,640 --> 00:01:44,000

95 Yeah, it's great to have you. Maybe we should
... start by just,

96

97 25

98 00:01:44,000 --> 00:01:47,360

99 what is youth move Kentucky for people?

100

101 26

102 00:01:47,360 --> 00:01:50,160

103 Or youth move is an international
... organization?

104

105 27

106 00:01:51,200 --> 00:01:55,280

107 So move stands for motivating others through
... voices of experience.

108

109 28

110 00:01:55,280 --> 00:01:59,040

111 It's for young people to get involved with
... mental health,

112

113 29

114 00:01:59,040 --> 00:02:04,480

115 whether it be through their own story and
... create this way of adding stigma through each
... other

116

117 30

118 00:02:04,480 --> 00:02:05,920

119 and through leadership and empowerment.

120

121 31

122 00:02:05,920 --> 00:02:12,320

123 So is this a pharma front group or is this
... like legit youth voices?

124

125 32

126 00:02:12,320 --> 00:02:18,640

127 Legit youth voices, everybody is young people
... run by young people.

128

129 33

130 00:02:19,360 --> 00:02:21,120

131 Oh, it's pure run, it's run by the youth.

132

133 34

134 00:02:21,120 --> 00:02:22,400

135 Yes.

136

137 35

138 00:02:22,400 --> 00:02:24,000

139 And I can back that up.

140

141 36

142 00:02:24,000 --> 00:02:31,600

143 It's amazing organization that I've had the
... privilege of collaborating with for several
... years now.

144

145 37

146 00:02:31,600 --> 00:02:35,040

147 So yeah, youth move is the real deal.

148

149 38

150 00:02:35,040 --> 00:02:42,480

151 And I know that the kind of like the leading
... crisis tool out there is something called
... mental health

152

153 39

154 00:02:42,480 --> 00:02:50,720

155 first aid, which is pretty terrible from my
... perspective and ECPR, which is emotional CPR
... is sort of

156

157 40

158 00:02:50,720 --> 00:02:56,720

159 the alternative empowerment, I would say,
... oriented rather than just assess someone and
... then

160

161 41

162 00:02:56,720 --> 00:02:58,880

163 call 911. Is that?

164

165 42

166 00:02:58,880 --> 00:03:05,760

167 I had taken both of these trainings within
... like six months of each other and another one

168

169 43

170 00:03:05,760 --> 00:03:10,960

171 called QPR. I could not tell you what the for
... the anagram is for that.

172

173 44

174 00:03:10,960 --> 00:03:14,080

175 Yeah, question persuade respond.

176

177 45

178 00:03:14,080 --> 00:03:14,800

179 Yes.

180

181 46

182 00:03:14,800 --> 00:03:18,880

183 Yeah, look, that that sounds like an
... interrogation tool.

184

185 47

186 00:03:18,880 --> 00:03:22,240

187 It's not another not great one in my opinion.

188

189 48

190 00:03:22,240 --> 00:03:24,960

191 Yes, I agree to that.

192

193 49

194 00:03:24,960 --> 00:03:31,120

195 Where so I took them so close to each other so

... I could really evaluate them, which was on a

... complete

196

197 50

198 00:03:31,120 --> 00:03:40,560

199 accident. Emotional CPR was so human oriented,

... not this like well time to refer you or get

... you

200

201 51

202 00:03:40,560 --> 00:03:50,000

203 done and go to the next mental health hospital

... or get you on this new drug to quote unquote

... fix you.

204

205 52

206 00:03:50,000 --> 00:03:57,680

207 It was more of we're going to be with you

... through your decisions and this is all on you

... and we're

208

209 53

210 00:03:57,680 --> 00:04:00,080

211 just going to be here to support you and what

... you need to do.

212

213 54

214 00:04:00,080 --> 00:04:06,240

215 That was why I became an ECPR trainer. I think
... Dina Tyler's an ECPR trainer.

216

217 55

218 00:04:06,240 --> 00:04:13,760

219 So, but again, it has that that obstacle
... because it's peer controlled and really about
... empowerment.

220

221 56

222 00:04:13,760 --> 00:04:19,200

223 For some reason, some strange reason it
... doesn't get the money and support as something
... like

224

225 57

226 00:04:19,200 --> 00:04:24,880

227 mental health first aid. I wonder why that
... might might be. Is that is that still true
... orcs that

228

229 58

230 00:04:24,880 --> 00:04:32,800

231 ECPR is still kind of like a bit less. Oh
... yeah, yeah, it's it's very true and if folks
... don't know,

232

233 59

234 00:04:32,800 --> 00:04:40,640

235 I recently became the CEO of the National
... Empowerment Center. I was the CEO for several
... years and

236

237 60

238 00:04:40,640 --> 00:04:47,680

239 emotional CPR is the National Empowerment
... Center's core training. So, will you you're
... right. It's

240

241 61

242 00:04:47,680 --> 00:04:56,000

243 it's very difficult to get kind of mainstream
... support or political support for emotional CPR

244

245 62

246 00:04:56,560 --> 00:05:04,560

247 by and for alternatives of a lot of different
... kinds because we basically we're not in bed
... with

248

249 63

250 00:05:04,560 --> 00:05:13,440

251 the pharmaceutical industry or big hospital
... money or insurance companies. So, it's it's
... difficult

252

253 64

254 00:05:13,440 --> 00:05:19,520

255 and folks don't necessarily listen to those
... with lived experience. We're trying to make
... some

256

257 65

258 00:05:19,520 --> 00:05:25,440

259 inroads in that in those areas and there's
... some some good signs. Well, I think we're in a
... better

260

261 66

262 00:05:25,440 --> 00:05:32,000

263 place than we've ever been in terms of getting
... this out there more and more. But yeah, we
... haven't been

264

265 67

266 00:05:32,000 --> 00:05:39,920

267 able to like get emotional CPR put into
... legislation, for example, which is mental
... health first aid

268

269 68

270 00:05:39,920 --> 00:05:44,960

271 is all over the place in legislation like a
... bill passes that says we're spending millions
... of

272

273 69

274 00:05:44,960 --> 00:05:50,080

275 dollars on mental health first aid. That's
... somewhere where we're trying to go, but you're
... right. There's

276

277 70

278 00:05:50,080 --> 00:05:56,160

279 a lot of obstacles to get there. So, so
... Felicity, what is what is it about the youth
... curriculum that you

280

281 71

282 00:05:56,160 --> 00:06:03,360

283 helps develop that makes ECPR specifically
... useful for for youth? So, one of my favorite
... things that

284

285 72

286 00:06:03,360 --> 00:06:10,080

287 they did was it was created for youth by
... youth. So, we got to hear only youth
... perspectives with like

288

289 73

290 00:06:10,080 --> 00:06:16,800

291 maybe one or two adults, which was amazing
... first off. But we took all of their input of
... like

292

293 74

294 00:06:16,800 --> 00:06:24,560

295 things that they wanted, which included mine.
... And it was we want more breaks or we want less
... time. It's

296

297 75

298 00:06:24,560 --> 00:06:32,720

299 inconvenient for it to be a five hour class

299... two times a day when we have school every day
... and that we
300
301 76
302 00:06:32,720 --> 00:06:38,720
303 have to go to. And it's kind of annoying to do
... this on a weekend when we want to go out and
304
305 77
306 00:06:38,720 --> 00:06:46,400
307 be teenagers and do teenager things. And we
... incorporated more tactile things like a fully
... formed
308
309 78
310 00:06:46,400 --> 00:06:55,440
311 journal with coloring pages and prompts and
... just so that it was a bit more interactive,
... which was
312
313 79
314 00:06:55,440 --> 00:07:01,200
315 something that a lot of us really pushed
... forward because it's really we did not want it
... to feel like
316
317 80
318 00:07:01,200 --> 00:07:09,120
319 school. Like we're going from school to more
... school at night after these doing it all day.
... We want
320

321 81

322 00:07:09,120 --> 00:07:15,680

323 this to be kind of fun and interactive will
... also be enable to learn and fully form ideas
... and thoughts

324

325 82

326 00:07:15,680 --> 00:07:21,920

327 around it. I guess we forgot to mention your
... 19 is that right? Yes. And you've been
... training other

328

329 83

330 00:07:21,920 --> 00:07:28,560

331 teenagers and youth and ECPR? Yes. I think I
... became a trainer when I was an orcs correct me
... if I'm

332

333 84

334 00:07:28,560 --> 00:07:37,280

335 wrong 17 or 18 around that. Yeah, I think it
... was 17. Can you encapsulate what ECPR is like
... for someone

336

337 85

338 00:07:37,280 --> 00:07:44,080

339 who doesn't even know what it is? It's talking
... hard to heart person to person being there for

340

341 86

342 00:07:44,080 --> 00:07:50,720

343 another human being without judging, fixing or

343... healing, which is literally from the book, but
... I
344
345 87
346 00:07:50,720 --> 00:07:56,640
347 I think it represents it well. And just a way
... to better communicate with other people and
... other
348
349 88
350 00:07:56,640 --> 00:08:02,880
351 human beings. And so you've been involved in
... advocacy since you were even before you were a
... teenager.
352
353 89
354 00:08:02,880 --> 00:08:10,400
355 Since I think you were saying since you were
... 11, like how did tell us about that? Yes. So
... my older brother
356
357 90
358 00:08:10,400 --> 00:08:17,200
359 was diagnosed with autism, which my mom, if
... you know Miss Maggie Krueger, she is a
... powerful,
360
361 91
362 00:08:17,200 --> 00:08:24,960
363 undeniable, I do what I want type of woman. So
... she got involved and I was her homeschooled
... 11-year-old

364

365 92

366 00:08:24,960 --> 00:08:32,080

367 kid who followed her as she went to the
... capital with her signs and buttons saying we
... shouldn't

368

369 93

370 00:08:32,080 --> 00:08:38,400

371 criminalize young people with autism as much
... as we do. Criminalize in what sense?

372

373 94

374 00:08:39,120 --> 00:08:45,680

375 A lot of kids with autism, there is sort of a
... lack of knowledge. If they do something bad,

376

377 95

378 00:08:45,680 --> 00:08:51,280

379 they end up in the juvenile justice system
... just like every other kid does, but they
... aren't given

380

381 96

382 00:08:51,280 --> 00:08:59,600

383 adequate help or services. They just describe
... them as this is just a behavior that they do
... because

384

385 97

386 00:08:59,600 --> 00:09:05,760

387 they want to be bad instead of like let's get

387... them some help or therapy or coping skills.

... And it was

388

389 98

390 00:09:06,720 --> 00:09:14,880

391 very, it wasn't a law until recently to
... provide that in the state of Kentucky until
... around

392

393 99

394 00:09:14,880 --> 00:09:22,800

395 2016-ish I think. So was that when you became
... an advocate seeing your mom do this work for
... her son,

396

397 100

398 00:09:22,800 --> 00:09:31,120

399 your brother? Definitely was the light of the
... ignition that started that officially I
... started doing

400

401 101

402 00:09:31,120 --> 00:09:36,720

403 my work at 14 when they let me. What kind of
... advocacy stuff were you doing? Were you going
... with your

404

405 102

406 00:09:36,720 --> 00:09:42,640

407 mom to the capital? And that kind of thing?
... That yeah I started following her to the
... capital at 11 and

408

409 103

410 00:09:42,640 --> 00:09:51,440

411 then 14 was my first council that I was
... allowed to be on because age limits are weird.
... So I was on

412

413 104

414 00:09:51,440 --> 00:09:58,080

415 Kentucky Youth Move which is the one of the
... subsets of Youth Move National that was just
... like a bunch of

416

417 105

418 00:09:58,080 --> 00:10:04,560

419 young people getting together, discussing how
... to end mental health stigma in the state of
... Kentucky.

420

421 106

422 00:10:04,560 --> 00:10:09,200

423 This wasn't like your mom forcing you to do it
... or no allowance for you if you don't help me
... in this

424

425 107

426 00:10:09,200 --> 00:10:16,960

427 kind of thing. It was not an exploitation
... thing right? Definitely not. I found it so
... interesting and

428

429 108

430 00:10:16,960 --> 00:10:24,080

431 compelling of like yeah we help people that's
... what we do as human beings so why not do it
... all the time.

432

433 109

434 00:10:24,080 --> 00:10:29,440

435 I also have always been that kid who like let
... me go talk to this random child in the corner
... who

436

437 110

438 00:10:29,440 --> 00:10:33,920

439 doesn't have any friends. So it was just like
... I get to do that all the time. That's awesome.

440

441 111

442 00:10:33,920 --> 00:10:41,600

443 So it really came naturally to you? Yeah I was
... always just that kid and it always made sense
... for me.

444

445 112

446 00:10:41,600 --> 00:10:49,200

447 My mom says that we we raised girls with a lot
... of loud math in our genes which is funny
... because my

448

449 113

450 00:10:49,200 --> 00:10:53,840

451 father and brother were always the quiet type.
... So us girls were the ones that were making

451.. sure that

452

453 114

454 00:10:53,840 --> 00:11:04,000

455 they had friends. So you're you're adopted
... right? Yes. Yes. So did you want to talk about
... that experience

456

457 115

458 00:11:04,000 --> 00:11:11,600

459 at all of you know even maybe younger when you
... were younger before you were adopted and the
... experience

460

461 116

462 00:11:11,600 --> 00:11:21,840

463 of finding this new family? Yeah so I was
... adopted at age two. So there's a bit of like
... somewhat memory

464

465 117

466 00:11:21,840 --> 00:11:29,440

467 somewhat not sort of that they call it
... prenatal trauma I think because it happens
... while you're in

468

469 118

470 00:11:29,440 --> 00:11:34,400

471 utero and that kind of thing you can in fact
... you can experience trauma before you're even
... born.

472

473 119

474 00:11:34,400 --> 00:11:42,240

475 Quite interesting but I had contact with my
... biomom and was tossed around the system for
... two years

476

477 120

478 00:11:42,240 --> 00:11:50,400

479 before I was adopted and landed with my
... family. My mom my dad and had a visitation
... rights with my

480

481 121

482 00:11:50,400 --> 00:11:56,880

483 biomom until I was about 13 which never really
... was the best situation but it was everybody
... trying to

484

485 122

486 00:11:56,880 --> 00:12:04,640

487 provide what they thought was the best
... situation up until I was able to voice it and
... be listened to.

488

489 123

490 00:12:04,640 --> 00:12:10,160

491 I always had this discussion because I'm
... Hispanic and Native American. My mother is
... Irish and looks

492

493 124

494 00:12:10,160 --> 00:12:16,160

495 Irish. That was always the biggest struggle of
... like why don't you look like your mom? It also
... does

496

497 125

498 00:12:16,160 --> 00:12:22,400

499 not help she is 76 years old right now so
... always was like that's your grandma nope
... that's that's just my mom.

500

501 126

502 00:12:22,400 --> 00:12:29,120

503 It was a really nontraditional situation that
... you got a lot of questions and people maybe
... saw you

504

505 127

506 00:12:29,120 --> 00:12:37,040

507 as different or how does this fit together?
... Yeah I was and I was always sort of an odd kid
... but I was

508

509 128

510 00:12:37,040 --> 00:12:45,680

511 always the different kid and the kid who came
... in and had to sort of explain oh I've got
... technically

512

513 129

514 00:12:45,680 --> 00:12:53,520

515 two moms but this one's my real one and this
... one is the one that gave birth to me and it

515... caused a
516
517 130
518 00:12:53,520 --> 00:13:00,080
519 lot of anxiety and a lot of nervousness. I got
... diagnosed with an anxiety disorder at nine
... which
520
521 131
522 00:13:00,080 --> 00:13:08,400
523 is so young but it was so apparent and I had
... so much fear of just kind of doing normal
... things that
524
525 132
526 00:13:08,400 --> 00:13:13,280
527 every other kid could do which was like the
... beginning of my mental health journey was just
528
529 133
530 00:13:13,280 --> 00:13:20,480
531 crippling anxiety at such a young age. So they
... diagnosed you and then what happened when they
532
533 134
534 00:13:20,480 --> 00:13:27,040
535 diagnosed you? How did that start your your
... mental health journey? So my mom does not
... believe in
536
537 135
538 00:13:27,040 --> 00:13:33,360

539 medicating children before the age of 15 and
... even that she gets a little worried about

540

541 136

542 00:13:33,360 --> 00:13:41,760

543 so it became a series of how do we cope? How
... do we get better without going to what
... everybody

544

545 137

546 00:13:41,760 --> 00:13:48,720

547 else is telling us to do? Medications
... immediately so it was a lot of like sitting
... and talking to each

548

549 138

550 00:13:48,720 --> 00:13:57,440

551 other and like learning to voice my opinions
... which was a little difficult at first. I was
... allowed

552

553 139

554 00:13:57,440 --> 00:14:03,440

555 mouth but not when it came to myself. I hated
... talking about things that I struggled with so
... I had

556

557 140

558 00:14:03,440 --> 00:14:10,800

559 to really learn and really sit down and like
... think about that at a young age and be like
... you need help

560

561 141

562 00:14:10,800 --> 00:14:19,280

563 in this moment. Well can I say that I think it
... really paid off because a lot of young people

564

565 142

566 00:14:19,280 --> 00:14:27,120

567 go that other route where they're given a
... diagnosis and they're given a ton of meds and
... they've never

568

569 143

570 00:14:27,120 --> 00:14:32,960

571 they don't have that opportunity to try to
... process it to try to talk about it to try to
... understand it

572

573 144

574 00:14:32,960 --> 00:14:40,320

575 and so I see a lot of young people's
... development maturity that type of development
... stunted

576

577 145

578 00:14:41,040 --> 00:14:48,160

579 because of the mental health system really and
... how it does not encourage anybody really but

580

581 146

582 00:14:48,160 --> 00:14:56,160

583 especially youth to understand what's going on

583.. to take control of what's going on and I think
584
585 147
586 00:14:56,160 --> 00:15:03,360
587 that has probably paid a big difference in
... terms of how you're able to do all these great
... leadership
588
589 148
590 00:15:03,360 --> 00:15:09,520
591 things and have the awareness that you have
... and the maturity that you have at such a young
... age
592
593 149
594 00:15:09,520 --> 00:15:16,720
595 that that and that's awesome that your mom was
... able to do that for you. Yeah definitely thank
... you
596
597 150
598 00:15:16,720 --> 00:15:22,720
599 and I think for me it was never the right
... choice. I've got a lot of addiction in my
... family already
600
601 151
602 00:15:22,720 --> 00:15:28,480
603 in my biological family so it was like do I
... want to be reliant on medication and that was
... something
604

605 152

606 00:15:28,480 --> 00:15:36,000

607 I discussed at 13-2. Is this something that I
... should be reliant on and no hate to anybody
... who does

608

609 153

610 00:15:36,000 --> 00:15:42,160

611 so who does take medication but it is
... something that I personally was never fully
... comfortable with

612

613 154

614 00:15:42,160 --> 00:15:52,080

615 and I'm glad I got the choice. So you are
... adopted at age two you have a lot of like
... trauma from

616

617 155

618 00:15:52,080 --> 00:15:58,400

619 even before you were born. You're brought into
... this family you have a lot of anxiety so much
... that

620

621 156

622 00:15:58,400 --> 00:16:03,760

623 they're saying you've got a disorder you need
... meds and your mom is saying no no let's do
... something

624

625 157

626 00:16:03,760 --> 00:16:08,880

627 different. How did you how did you deal with
... the anxiety? Was it really about just talking?
... Was that

628

629 158

630 00:16:08,880 --> 00:16:16,720

631 really what made the difference? For me it did
... and then it was also getting comfortable
... within myself

632

633 159

634 00:16:16,720 --> 00:16:25,520

635 of understanding who I was and what I needed
... and meeting other young people who were older
... than me

636

637 160

638 00:16:25,520 --> 00:16:32,080

639 at the time and looking up to them is like
... this is another person that I know that can
... tell me exactly

640

641 161

642 00:16:32,720 --> 00:16:36,320

643 what they've gone through and I can relate to
... that and it can be something so

644

645 162

646 00:16:36,320 --> 00:16:43,360

647 influential in young people's lives is having
... that one person that knows what's going on and
... it

648

649 163

650 00:16:43,360 --> 00:16:49,280

651 could sit there with you for several hours and
... it's me too. Were these just young people that
... you

652

653 164

654 00:16:49,280 --> 00:16:53,440

655 met through school or was it through some
... organization or through your mom or how did
... you get in touch

656

657 165

658 00:16:53,440 --> 00:16:59,520

659 with your peers to get a chance to talk about
... mental health stuff? Mostly Girl Scout Camp.

660

661 166

662 00:17:00,640 --> 00:17:06,640

663 Girl Scout Camp. Okay. All right another
... wellness tool we hadn't we hadn't discussed
... yet Girl Scout

664

665 167

666 00:17:06,640 --> 00:17:11,680

667 Camp. So you went to Girl Scout Camp and you
... found other girls that were you talked about
... anxiety and

668

669 168

670 00:17:11,680 --> 00:17:18,160

671 yeah was just some of them say oh you got to
... take meds I take meds and was there pressure
... to sort of

672

673 169

674 00:17:18,160 --> 00:17:26,400

675 see it that way? I think with at least the
... group that I found it was always intrigue and
... other people

676

677 170

678 00:17:27,040 --> 00:17:33,680

679 of like wow that's something you do that's
... really cool here's what I do let's compare
... contrast but it

680

681 171

682 00:17:33,680 --> 00:17:41,840

683 was never you should do the same as I it was
... that's cool here's how I do it and here's
... things that

684

685 172

686 00:17:41,840 --> 00:17:48,240

687 couple of line with how you do it and how we
... can integrate into each other's lives
... throughout

688

689 173

690 00:17:48,240 --> 00:17:53,920

691 similarities instead of the differences. Wow
... that's amazing that sounds like a emotional

691.. CPR

692

693 174

694 00:17:53,920 --> 00:17:59,120

695 right there. Just going to say the Girl the
... Girl Scouts are sounding pretty pretty
... progressive

696

697 175

698 00:17:59,120 --> 00:18:07,040

699 there on the support group. So then when did
... when did you start getting involved with youth
... move

700

701 176

702 00:18:07,040 --> 00:18:14,160

703 and how did you kind of end up being the
... winner of the Youth Leadership Award? How did
... that all

704

705 177

706 00:18:14,160 --> 00:18:19,120

707 happen if I got the timeline straight there?
... And I'm going to shout out Orics right now
... because I love

708

709 178

710 00:18:19,120 --> 00:18:27,680

711 him he's amazing. He really believed in me
... which is amazing it's nice to have someone
... other than your

712

713 179

714 00:18:27,680 --> 00:18:34,720

715 mom believe in you. I'd settle for just my mom
... believing in it actually that's not true she's
... my

716

717 180

718 00:18:34,720 --> 00:18:45,200

719 mom is great if she's listening right now. I
... call I was got call one day about doing
... another training

720

721 181

722 00:18:46,160 --> 00:18:52,800

723 which I'm always down for I love training it's
... so fun. Why do you like it sounds

724

725 182

726 00:18:52,800 --> 00:19:00,000

727 training sound terrible what what do you love
... about it? You get to meet so many people with
... so many

728

729 183

730 00:19:00,000 --> 00:19:08,080

731 perspectives and you get to help them
... understand not only themselves a little bit
... better but other people

732

733 184

734 00:19:08,080 --> 00:19:14,560

735 better other ways of communicating you get to

735... see the interaction that they have growth
... throughout
736
737 185
738 00:19:14,560 --> 00:19:20,880
739 the week we've done trainings with juvenile
... justice workers who come in quiet they aren't
... going to talk
740
741 186
742 00:19:20,880 --> 00:19:27,920
743 and leave thinking that they've really learned
... something and excited and talking and open and
... it's
744
745 187
746 00:19:27,920 --> 00:19:35,520
747 like just that change of what one person can
... be like to the next day is impressive and
... amazing
748
749 188
750 00:19:35,520 --> 00:19:44,480
751 and beautiful. We had a youth training we had
... a young person come in kind of like gender
... identity
752
753 189
754 00:19:44,480 --> 00:19:52,720
755 crisis happening very within themselves didn't
... really feel comfortable talking throughout the
... week

756

757 190

758 00:19:52,720 --> 00:19:58,400

759 they made this like incredible switch where
... they were sitting there and they were the ones

760

761 191

762 00:19:58,400 --> 00:20:05,280

763 activating the conversations and excited and
... ready to bring this to their friends and
... people they

764

765 192

766 00:20:05,280 --> 00:20:12,400

767 knew having a lot of growth within themselves
... which I am always excited for young people to

768

769 193

770 00:20:14,160 --> 00:20:19,280

771 come to terms with who they are and believe in
... themselves which can be really hard when
... you're

772

773 194

774 00:20:19,280 --> 00:20:25,680

775 15 and going to high school that's one of my
... favorite things. Can you talk a little bit
... about the

776

777 195

778 00:20:25,680 --> 00:20:36,480

779 difference of trainings that are done by youth

779... trainers versus older adult trainers and how
... that

780

781 196

782 00:20:36,480 --> 00:20:45,520

783 might make a difference. Young people almost
... never want to go up to like I'll use me an
... orics for

784

785 197

786 00:20:45,520 --> 00:20:50,880

787 an example orics as an older man. Right off
... the bat I'm meeting orics for the first time I
... don't

788

789 198

790 00:20:50,880 --> 00:20:55,840

791 I wouldn't feel comfortable going to orics and
... let's have this deep intimate conversation.
... I'd

792

793 199

794 00:20:55,840 --> 00:21:01,920

795 look for the other teenage girl in the room
... and be like you you're the one I'm going to
... have a

796

797 200

798 00:21:01,920 --> 00:21:07,760

799 conversation with immediately. I did a blog
... where I talked about this so it's fun for me

800

801 201

802 00:21:07,760 --> 00:21:17,200

803 comparing to like my mom who was 76. She
... didn't grow up with technology and everything
... being

804

805 202

806 00:21:17,200 --> 00:21:24,720

807 able to be clickable online within a minute
... and she didn't have all the same pressures and

808

809 203

810 00:21:25,440 --> 00:21:33,680

811 things that I have grown up with like for
... instance COVID was a very big deal in the
... middle of my

812

813 204

814 00:21:33,680 --> 00:21:39,840

815 late teenage years or like the middle teenage
... years. That's something she never had to
... experience.

816

817 205

818 00:21:39,840 --> 00:21:45,200

819 Everything wasn't on zoom for her. Yeah so
... just yeah that's really interesting to think
... about the

820

821 206

822 00:21:45,200 --> 00:21:51,760

823 social realities for young people today. I

823... mean social media is a big one. I've learned
... that

824
825 207
826 00:21:51,760 --> 00:21:56,240
827 there are there are some people who would not
... talk to me except on text. They just wanted
... they

828
829 208
830 00:21:56,240 --> 00:22:02,000
831 wanted text message me like okay I'll let's do
... it on text but what do you think are some of
... the

832
833 209
834 00:22:02,000 --> 00:22:09,920
835 the big obstacles or forces that are hurting
... young people's mental health these days or
... what are

836
837 210
838 00:22:09,920 --> 00:22:15,600
839 the obstacles for kids being able to find
... their themselves and their strength and their
... empowerment

840
841 211
842 00:22:15,600 --> 00:22:22,880
843 and their their freedom. It's really a double
... edged sword because especially with social
... media it

844

845 212

846 00:22:22,880 --> 00:22:30,960

847 can cause such great revelations within

... yourself but it can also tear you down

... completely and having

848

849 213

850 00:22:30,960 --> 00:22:39,520

851 to mediate that within themselves. One of the

... things I do is I have an Instagram account

852

853 214

854 00:22:40,320 --> 00:22:47,120

855 shout myself out. Felicity is okay if you want

... to follow it. That I post all my fashion stuff

... on

856

857 215

858 00:22:47,120 --> 00:22:52,720

859 because I find that really fun but I'm not

... going to go sit there and focus oh today I

... only got three

860

861 216

862 00:22:52,720 --> 00:22:56,800

863 legs. I'm going to be like I looked great in

... this outfit and it was fun for me to put

... together

864

865 217

866 00:22:56,800 --> 00:23:03,600

867 and edit the photos and empower myself through
... that and maybe if I do that another young girl
... or

868

869 218

870 00:23:03,600 --> 00:23:07,760

871 young person we'll see that and be like you
... know what I'm going to do. Today I'm going to
... wear a

872

873 219

874 00:23:07,760 --> 00:23:12,640

875 cool outfit and I'm going to post it and I'm
... not going to care about it other than this is
... just out

876

877 220

878 00:23:12,640 --> 00:23:19,520

879 in the world now for funsies and empowering
... myself in that way. We have a tendency to
... focus on

880

881 221

882 00:23:19,520 --> 00:23:27,200

883 immediately getting diagnosis and getting
... diagnosis and getting help and going to

884

885 222

886 00:23:27,200 --> 00:23:37,520

887 hospitals or counselors offices and talking
... about it as being a mental health problem not
... a

888

889 223

890 00:23:37,680 --> 00:23:45,120

891 person with mental health which I think has
... always been an apparent thing but it's
... different now.

892

893 224

894 00:23:45,120 --> 00:23:52,640

895 It's changed. We aren't criminalizing it
... anymore. That's good but we still treat people
... with

896

897 225

898 00:23:52,640 --> 00:24:00,160

899 mental health problems like a problem
... especially in suicide prevention. We from my
... own personal

900

901 226

902 00:24:00,160 --> 00:24:08,880

903 experience we had a young person when I was in
... middle school die by suicide and it was just
... this

904

905 227

906 00:24:08,880 --> 00:24:14,560

907 vague thing that we weren't supposed to talk
... about but we were all supposed to know that
... this happened

908

909 228

910 00:24:14,560 --> 00:24:22,000

911 but don't talk about it. It's taboo. We aren't
... going to involve ourselves in this but if
... you're feeling

912

913 229

914 00:24:22,000 --> 00:24:29,600

915 this way you need to come and talk to this
... random doctor that we found immediately
... instead of like

916

917 230

918 00:24:29,760 --> 00:24:37,920

919 let's talk about this as a group. Let's openly
... communicate. Let's say yes this horrible thing
... happened.

920

921 231

922 00:24:37,920 --> 00:24:46,480

923 How do we continue on with life? It was a part
... of your work then with youth move Kentucky and
... also

924

925 232

926 00:24:46,480 --> 00:24:53,440

927 the ECPR to with other teenagers talk about
... suicidal feelings and the things that they're
... going through

928

929 233

930 00:24:53,440 --> 00:25:01,040

931 I imagine it is. Yeah. 100% yes that is one of

931... the things we do talk about in emotional CPR
... is that

932

933 234

934 00:25:01,040 --> 00:25:07,680

935 suicide aspect because I can tell you like
... I've currently got friends over. I know for
... fact

936

937 235

938 00:25:07,680 --> 00:25:15,520

939 everything one of them has either been around
... suicide or like the idea of it or had ideation

940

941 236

942 00:25:15,520 --> 00:25:24,000

943 themselves and we sort of create a space in
... one of the days of the training. Let's just
... here's this

944

945 237

946 00:25:24,000 --> 00:25:29,680

947 traumatic thing that we've all experienced
... whether it be ourselves or through another
... person. Let's

948

949 238

950 00:25:29,680 --> 00:25:35,840

951 open up a conversation and just having that a
... space to be able to do that and I have talked
... about

952

953 239

954 00:25:35,840 --> 00:25:41,040

955 it. I think we need better suicide prevention
... in schools so badly and that is something I
... really

956

957 240

958 00:25:41,040 --> 00:25:47,920

959 want to work towards and create something that
... we can have a goal set for. I agree 100%

960

961 241

962 00:25:47,920 --> 00:25:52,880

963 that but what would you say to someone? It's a
... wait a second. You can't you can't just start
... talking

964

965 242

966 00:25:52,880 --> 00:25:58,640

967 about suicidal feelings or suicidal ideation.
... The people are it's going to it's going to
... promote

968

969 243

970 00:25:58,640 --> 00:26:02,720

971 suicide. People are going to start being
... triggered. They're going to start it's makes
... them more

972

973 244

974 00:26:02,720 --> 00:26:07,360

975 likely to kill themselves and what we need is

975... actually to just be assessing and then getting
976
977 245
978 00:26:07,360 --> 00:26:13,200
979 people to help that they need. What would you
... say to someone who takes that more fearful
... approach?
980
981 246
982 00:26:13,200 --> 00:26:19,760
983 Because it's quite a it's quite a very
... different approach to youth suicide
... prevention. You're describing.
984
985 247
986 00:26:19,760 --> 00:26:26,480
987 I would say that youth are already talking
... about it. It's being but it's being talked
... about
988
989 248
990 00:26:26,480 --> 00:26:34,960
991 behind closed doors which is creating toxic
... things like I don't know. My young people will
... get this.
992
993 249
994 00:26:34,960 --> 00:26:41,040
995 This is another one of those things that older
... people might not get. Tumblr in 2014 was just
... a
996

997 250
998 00:26:41,040 --> 00:26:47,520
999 mess of young people talking about suicide but
... it being hid behind closed doors where they
... were
1000
1001 251
1002 00:26:47,520 --> 00:26:54,800
1003 just continuing doing toxic behaviors and
... promoting it towards each other but it was
... never opened
1004
1005 252
1006 00:26:54,800 --> 00:27:02,320
1007 and then it just ended up demonizing all of
... this and creating more rhythms and effects of
1008
1009 253
1010 00:27:02,320 --> 00:27:09,120
1011 suicide being in the framework and idea. It's
... just that nobody knew we were doing it until
... it was too
1012
1013 254
1014 00:27:09,120 --> 00:27:18,640
1015 late. Opening that conversation creates a
... safer space. We're not only do adults or
... people who know
1016
1017 255
1018 00:27:18,640 --> 00:27:25,840
1019 what they're doing know about it but making

1019... sure that those toxic behaviors don't happen
... immediately.

1020

1021 256

1022 00:27:25,840 --> 00:27:32,080

1023 So you're saying that young people are talking
... about their suicidal feelings with each other.

1024

1025 257

1026 00:27:32,080 --> 00:27:39,600

1027 Secretly on Tumblr and these other social
... media sites and because there was no space for
... anyone

1028

1029 258

1030 00:27:39,600 --> 00:27:44,480

1031 to do it anywhere else. So let's create the
... spaces as it's happening already. Yeah,
... exactly.

1032

1033 259

1034 00:27:44,480 --> 00:27:49,840

1035 So what about the idea that I hear
... professionals talk about and the media talk
... about the idea of a

1036

1037 260

1038 00:27:49,840 --> 00:27:58,560

1039 suicide contagion or people also say like a
... cutting contagion or a bulimia anorexia
... contagion that if

1040

1041 261
1042 00:27:58,560 --> 00:28:04,480
1043 teenagers tell each other about these
... behaviors then they're going to spread because
... people are
1044
1045 262
1046 00:28:04,480 --> 00:28:10,080
1047 going to be copycatting each other. What would
... you say to that? This idea that it's like a
... virus
1048
1049 263
1050 00:28:10,080 --> 00:28:18,320
1051 is so wild to me because it's not really true.
... It's more of a lack of like knowledge of like
1052
1053 264
1054 00:28:18,320 --> 00:28:27,520
1055 teaching young people how to cope especially
... with suicide and cutting. It's just there's
... been a door
1056
1057 265
1058 00:28:27,520 --> 00:28:34,160
1059 opened and everybody's looking at this door
... and it's still open and they're saying oh we
... need to close
1060
1061 266
1062 00:28:34,160 --> 00:28:40,880
1063 that door as for like eating disorders. If

1063... it's not being an open conversation then
... they're just
1064
1065 267
1066 00:28:40,880 --> 00:28:49,280
1067 going to keep doing it and providing help in a
... safe reasonable way of it's here if you need
... it.
1068
1069 268
1070 00:28:49,280 --> 00:28:54,960
1071 Let's open the conversation. So it's not a
... scary thing to just go out and say in my
... personal
1072
1073 269
1074 00:28:54,960 --> 00:29:01,760
1075 experience it was demonized after he died. Now
... we aren't going to talk about it. So if you're
... feeling
1076
1077 270
1078 00:29:01,760 --> 00:29:09,040
1079 this that means you're kind of wrong. Instead
... of this horrible bad thing happened we should
... open
1080
1081 271
1082 00:29:09,040 --> 00:29:16,960
1083 this conversation and it should be how do you
... feel right now in this moment? Have you ever
... felt

1084

1085 272

1086 00:29:16,960 --> 00:29:23,600

1087 this way? I've felt this way. So I'm throwing
... a lot of devil's advocate kind of questions at
... you but

1088

1089 273

1090 00:29:23,600 --> 00:29:28,640

1091 what about someone who would say something
... like well can you really think that teenagers
... can

1092

1093 274

1094 00:29:28,640 --> 00:29:34,560

1095 by themselves create the spaces that are safe
... enough or that are well facilitated and
... offered.

1096

1097 275

1098 00:29:34,560 --> 00:29:40,480

1099 Don't you need like some grown-ups, grown-ups,
... adults, professionals, you know because I
... think that

1100

1101 276

1102 00:29:40,480 --> 00:29:45,440

1103 when we were doing a lot of similar kind of
... work with college students through the Icarus
... project

1104

1105 277

1106 00:29:45,440 --> 00:29:52,000

1107 we got a lot of pushback from no no no you
... can't you're not going to make these places to
... go and talk

1108

1109 278

1110 00:29:52,000 --> 00:29:56,160

1111 on your own we're going to demonize it and we
... if it's going to be talked about there has to
... be a

1112

1113 279

1114 00:29:56,160 --> 00:30:01,920

1115 counselor president has to be part of the
... official system with professionals and
... assessment and all

1116

1117 280

1118 00:30:01,920 --> 00:30:06,960

1119 that but it sounds like you're presenting a
... vision of hey let's train youth around the
... country

1120

1121 281

1122 00:30:06,960 --> 00:30:13,920

1123 to create these spaces and they can do it in
... as teenagers. Exactly I think all youth need
... to have

1124

1125 282

1126 00:30:13,920 --> 00:30:22,960

1127 the empowerment and knowledge to do it with

1127... themselves and yeah there probably should be
... it depends on
1128
1129 283
1130 00:30:22,960 --> 00:30:28,560
1131 the age really and the emotional capacity
... because we all are at different stages of our
... life but
1132
1133 284
1134 00:30:28,560 --> 00:30:35,280
1135 young people once again are already talking
... about it let's just give them the tools to
... talk about it
1136
1137 285
1138 00:30:35,280 --> 00:30:41,840
1139 safely. What kind of pushback have you
... encountered do you try and do trainings or try
... and do outreach
1140
1141 286
1142 00:30:41,840 --> 00:30:47,440
1143 to certain schools or communities and people
... say no no no we're worried about liability or
1144
1145 287
1146 00:30:47,440 --> 00:30:54,080
1147 wait a second we don't we'd rather have the
... social workers in here doing this. I live in
... rural Kentucky
1148

1149 288

1150 00:30:54,080 --> 00:31:01,040

1151 so always pushback there's a lot of fear of
... well we should let professionals do it

1152

1153 289

1154 00:31:01,040 --> 00:31:10,320

1155 but then their professionals aren't
... necessarily trained as well in the correct
... ways. Yeah no kidding no

1156

1157 290

1158 00:31:10,320 --> 00:31:16,640

1159 kidding. They're just guessing man yeah it's
... so new around here they still are like
... wrapping their

1160

1161 291

1162 00:31:16,640 --> 00:31:23,840

1163 heads around this that young people can even
... have mental health issues so you get a lot of
... pushback

1164

1165 292

1166 00:31:23,840 --> 00:31:30,320

1167 but you also get like my family for instance
... these families who have been through it and
... have seen it

1168

1169 293

1170 00:31:30,320 --> 00:31:35,680

1171 and they're coming firsthand of like this is

1171... something we need and I think sometimes those
... stories

1172

1173 294

1174 00:31:36,400 --> 00:31:44,160

1175 can wildly change mindsets and ideas and it
... brings to the forefront of well this is what
... our youth

1176

1177 295

1178 00:31:44,160 --> 00:31:50,880

1179 are saying that we need so maybe now we all
... can get on board and listen to our young
... people

1180

1181 296

1182 00:31:50,880 --> 00:31:57,280

1183 and find ways that we can do it but pushback
... is always going to be a thing I don't think
... there'll be

1184

1185 297

1186 00:31:57,280 --> 00:32:04,640

1187 ever a time when we don't when we do not get
... pushback which is sad but it's sort of life
... there will

1188

1189 298

1190 00:32:04,640 --> 00:32:10,080

1191 be people who won't agree with everything you
... do but finding the people who do is what's
... important.

1192

1193 299

1194 00:32:10,080 --> 00:32:21,440

1195 Yeah we've run into a few of those in our
... webinars and such. Could you say why you think

1196

1197 300

1198 00:32:21,440 --> 00:32:29,920

1199 they they chose you to give give you this
... national award for youth leadership?

1200

1201 301

1202 00:32:30,720 --> 00:32:40,560

1203 I am still kind of like flustered by the fact
... that I won that I think at the end of the day
... I really am

1204

1205 302

1206 00:32:40,560 --> 00:32:47,280

1207 passionate about it one of my life motto is be
... the you that a younger you needed and I think

1208

1209 303

1210 00:32:47,280 --> 00:32:56,000

1211 be the you that the younger you needed. Yes
... nice nice. I love that quote so much and I
... think in ways I

1212

1213 304

1214 00:32:56,000 --> 00:33:01,280

1215 have or at least I've tried and that's that's
... what's important at the end of the day that

1215... there was an
1216
1217 305
1218 00:33:01,280 --> 00:33:07,920
1219 attempt made. I was sort of raised with the
... idea and this comes from my mother also being
... the same
1220
1221 306
1222 00:33:07,920 --> 00:33:16,000
1223 type of way of you help out no matter what and
... as long as you're comfortable and safe in
... doing that
1224
1225 307
1226 00:33:16,000 --> 00:33:23,440
1227 it's something that you just do and I have the
... ability to do it because I I have come from
... privilege
1228
1229 308
1230 00:33:23,440 --> 00:33:30,800
1231 and had live in a house and and fed every day
... and have the opportunity to pick what I want
... to do for
1232
1233 309
1234 00:33:30,800 --> 00:33:35,040
1235 my life and I'm very thankful for that and I
... don't think a lot of people get that.
1236
1237 310

1238 00:33:35,040 --> 00:33:42,400

1239 I'm thinking about also just the how much
... change there's been since I was growing up and
... there's a

1240

1241 311

1242 00:33:42,400 --> 00:33:49,440

1243 lot more questioning about capitalism and
... questioning about like where's our society
... going we're

1244

1245 312

1246 00:33:49,440 --> 00:33:55,680

1247 in a giant climate crisis. I mean where where
... are you at do you see the connections between
... say young

1248

1249 313

1250 00:33:55,680 --> 00:34:03,280

1251 people who are feeling suicidal or the
... privileged issues and poverty the connections
... there with larger

1252

1253 314

1254 00:34:03,280 --> 00:34:09,520

1255 social change that's needed. I know I was very
... excited about the Bernie Sanders campaign and
... a lot

1256

1257 315

1258 00:34:09,520 --> 00:34:15,200

1259 of young people when I went to a couple of

1259.. Bernie rallies like tons of young people
... there. How do
1260
1261 316
1262 00:34:15,200 --> 00:34:19,920
1263 you see like the connections between working
... with individual mental health on these larger
... social
1264
1265 317
1266 00:34:19,920 --> 00:34:26,400
1267 political change issues. I think that our
... youth are just they're becoming more empowered
1268
1269 318
1270 00:34:26,400 --> 00:34:37,840
1271 somewhat by themselves throughout just life
... experience but there's also a different way of
... thinking
1272
1273 319
1274 00:34:37,840 --> 00:34:47,600
1275 slowly coming out of the horizon of we can do
... whatever we want in the sense of like we can
... think
1276
1277 320
1278 00:34:47,600 --> 00:34:53,760
1279 what we want we can live what we want and we
... can just discover life. I know a lot of young
... people
1280

1281 321
1282 00:34:53,760 --> 00:35:00,080
1283 who including myself who looked at college
... like this is not something I need right now. I
... can do it
1284
1285 322
1286 00:35:00,080 --> 00:35:06,400
1287 I'll probably be in debt for the rest of my
... life and am I going to be in a job that is not
... something
1288
1289 323
1290 00:35:06,400 --> 00:35:13,520
1291 that's life fulfilling and there's a lot more
... questioning that kids kind of global at the
... end of the day.
1292
1293 324
1294 00:35:13,520 --> 00:35:20,240
1295 It goes online Bernie Sanders for instance as
... you said had this amazing social media
... campaign
1296
1297 325
1298 00:35:20,240 --> 00:35:27,600
1299 where young people could see that even before
... they even before they're 18 they can look at
... this at
1300
1301 326
1302 00:35:27,600 --> 00:35:34,720

1303 13 and be like look at all this stuff that
... he's doing so we don't only see one side we
... don't only

1304

1305 327

1306 00:35:34,720 --> 00:35:40,880

1307 see what our parents put on the TV we can
... reach out and we can be like cool this
... person's doing that

1308

1309 328

1310 00:35:40,880 --> 00:35:45,760

1311 I vibe with that but I'm also going to look at
... this perspective of another person's doing
... this

1312

1313 329

1314 00:35:45,760 --> 00:35:52,320

1315 I vibe with that too how do they contrast what
... are things that I don't like what are things
... that I do

1316

1317 330

1318 00:35:52,320 --> 00:36:00,240

1319 and that questioning is just so there that we
... are as young people just becoming so empowered
... within

1320

1321 331

1322 00:36:00,240 --> 00:36:07,680

1323 ourselves to make decisions do you see that
... also the kind of fears about the future and

1323.. hopelessness
1324
1325 332
1326 00:36:07,680 --> 00:36:12,640
1327 is behind a lot of mental health stuff because
... I know a lot of young people are thinking
... about
1328
1329 333
1330 00:36:12,640 --> 00:36:21,200
1331 their horizon as adults and situation with
... climate emergency for example or the
... incredibly
1332
1333 334
1334 00:36:21,200 --> 00:36:27,520
1335 chaotic political warfare situation that seems
... to be getting worse all the time and are you
... seeing
1336
1337 335
1338 00:36:27,520 --> 00:36:33,680
1339 that as well is that your sense of things we
... have those thoughts and that is one of the
... reasons why
1340
1341 336
1342 00:36:33,680 --> 00:36:39,920
1343 we are so empowered because at the end of the
... day it's like we aren't just going to sit back
... and let
1344

1345 337
1346 00:36:39,920 --> 00:36:47,040
1347 this happen we are going to hit it head on and
... if we fail at least we went down fighting and
... this
1348
1349 338
1350 00:36:47,040 --> 00:36:53,200
1351 is a conversation I've been having with a
... close friend recently of like what does the
... system look like
1352
1353 339
1354 00:36:54,240 --> 00:37:01,840
1355 and do we want to sit down and just take it
... for the rest of our lives if we make it to 80
... will we be
1356
1357 340
1358 00:37:01,840 --> 00:37:08,320
1359 happy that we just sat down was like okay we
... couldn't do anything so we just didn't and we
... both
1360
1361 341
1362 00:37:08,320 --> 00:37:13,280
1363 came to the senses of at the end of the day
... we're fighting we're fighting two very
... different ways
1364
1365 342
1366 00:37:13,280 --> 00:37:20,000

1367 but we are fighting our own way and we didn't
... just take it we had those thoughts and we took
... them

1368

1369 343

1370 00:37:20,000 --> 00:37:27,440

1371 and we said no oh that's so great that gives
... me a sense of hope it's really nice nice to
... hear that

1372

1373 344

1374 00:37:27,440 --> 00:37:36,720

1375 yeah me too for sure that's such a powerful um
... place to be right now so I don't know if I
... want to

1376

1377 345

1378 00:37:36,720 --> 00:37:42,560

1379 different question did you have a follow-up
... question to that will or uh well I have I have

1380

1381 346

1382 00:37:42,560 --> 00:37:49,440

1383 something we were talking earlier and I kind
... of I kind of um can't resist asking you just
... because I

1384

1385 347

1386 00:37:49,440 --> 00:37:55,200

1387 think we're both fans of horror movies and
... then you you mentioned oh yeah ask me about
... horror movies

1388

1389 348

1390 00:37:55,200 --> 00:38:01,680

1391 you mean my name is F Kruger and I thought oh
... 80s okay we're both down with 80s horror
... movies but

1392

1393 349

1394 00:38:01,680 --> 00:38:05,360

1395 what's I mean I don't know I just thought I'd
... throw that out there if you have anything to
... say

1396

1397 350

1398 00:38:05,360 --> 00:38:14,240

1399 is it an outlet because life is a kind of a
... horror show right now if you want to say
... anything about

1400

1401 351

1402 00:38:14,240 --> 00:38:22,800

1403 it but it might be or I think there's also
... throughout horror movies you see these people
... go through

1404

1405 352

1406 00:38:22,800 --> 00:38:31,680

1407 like the worst experiences um that especially
... in ones with young teenagers adults don't
... believe

1408

1409 353

1410 00:38:31,680 --> 00:38:38,240

1411 or they don't understand and we see them come
... out of these events like in Texas Chainsaw
... Massacre

1412

1413 354

1414 00:38:38,880 --> 00:38:44,480

1415 the last scene you see is her in the truck
... leaving after all of these awful things that
... she just

1416

1417 355

1418 00:38:44,480 --> 00:38:53,600

1419 experienced in a way of like I lived I
... survived I made it through it now time to
... continue my fight

1420

1421 356

1422 00:38:53,600 --> 00:39:02,320

1423 and go forth it and we all look at these
... underdogs or these final girls as you will and
... we see

1424

1425 357

1426 00:39:02,320 --> 00:39:07,520

1427 ourselves in them see somebody who just went
... through something awful whether it be

1428

1429 358

1430 00:39:08,480 --> 00:39:14,800

1431 awful childhoods or just a bad breakup and we
... go well if she can make it through that I can

1432

1433 359

1434 00:39:14,800 --> 00:39:19,200

1435 look vicariously through her and I can make it
... through whatever I just went there yeah that's
... a big

1436

1437 360

1438 00:39:19,200 --> 00:39:25,200

1439 theme in the in the nightmare on Elm Street
... series the teenagers aren't aren't believed

1440

1441 361

1442 00:39:25,200 --> 00:39:29,840

1443 and then they have to just figure it out for
... themselves and they have to often are coming
... together

1444

1445 362

1446 00:39:29,840 --> 00:39:34,960

1447 there's even one that it's uh they're in
... psychiatric hospital together and they have to
... start

1448

1449 363

1450 00:39:34,960 --> 00:39:40,880

1451 working together as psych patients through
... peer through peer support to fight this
... supernatural

1452

1453 364

1454 00:39:40,880 --> 00:39:48,400

1455 monster that's after them yeah and it's
... empowering to see that whether it be like even
... if it's in a fake

1456

1457 365

1458 00:39:48,400 --> 00:39:55,120

1459 thing about a monster in your dreams it's it's
... connection at the end of the day have you ever
... seen

1460

1461 366

1462 00:39:55,120 --> 00:40:00,480

1463 that website does the dog die where you can
... ask it's a database that will tell you any
... kind of

1464

1465 367

1466 00:40:00,480 --> 00:40:04,320

1467 triggers that you might have for any film and
... it'll tell you are there spiders in this this

1468

1469 368

1470 00:40:04,320 --> 00:40:09,280

1471 someone you know is there a psychiatric
... hospital is there you know is there you just
... check all these

1472

1473 369

1474 00:40:09,280 --> 00:40:15,600

1475 different triggers have you have you ever seen
... that yes I have and it's a great resource
... because I've

1476

1477 370

1478 00:40:15,600 --> 00:40:21,280

1479 used it with my friends before before we watch
... movies how did you know that it was a positive
... thing

1480

1481 371

1482 00:40:21,280 --> 00:40:26,080

1483 for you to be checking out the horror movies
... and do you are you afraid that one day you're
... gonna regret

1484

1485 372

1486 00:40:26,080 --> 00:40:33,280

1487 having all those gruesome horrific violent
... images in your young developing brain I there
... is

1488

1489 373

1490 00:40:33,280 --> 00:40:39,920

1491 definitely a time and place but it's I was the
... kid who was like let me learn about fake blood
... so there's

1492

1493 374

1494 00:40:39,920 --> 00:40:46,800

1495 always like that knowledge of how it's made oh
... that's corn syrup cool so I think there's a
... bit of

1496

1497 375

1498 00:40:46,800 --> 00:40:51,680

1499 a disconnect for me that I understand that
... there's not always that disconnect so number
... one learned

1500

1501 376

1502 00:40:51,680 --> 00:40:58,560

1503 it about what it is before you do it always
... learn about something before you do anything
... can I just

1504

1505 377

1506 00:40:58,560 --> 00:41:04,000

1507 say how much I love this conversation because
... I really don't like it when people say oh you
... should

1508

1509 378

1510 00:41:04,000 --> 00:41:09,440

1511 never do this or you should never do that that
... this is gonna hurt you this is this is not a
... good thing

1512

1513 379

1514 00:41:09,440 --> 00:41:15,600

1515 and and we're finding out hey it's not that
... simple like it actually might be super helpful
... at times

1516

1517 380

1518 00:41:15,600 --> 00:41:21,040

1519 it might be something to avoid at times and

1519... and I think that goes along with a lot of the
... other
1520
1521 381
1522 00:41:22,080 --> 00:41:30,880
1523 healing ways that we have so I have a question
... I love though I love that mix it in the horror
... that's
1524
1525 382
1526 00:41:30,880 --> 00:41:40,960
1527 that's amazing I'd like to shift to there's
... probably a lot of older adults listening maybe
... some that
1528
1529 383
1530 00:41:40,960 --> 00:41:47,360
1531 work with youth you mean like you and me old
... are you other adults how are you so you can
... wait
1532
1533 384
1534 00:41:47,360 --> 00:41:53,360
1535 how do I become an older adult I know what
... happened what happened what happened what
... happened
1536
1537 385
1538 00:41:53,360 --> 00:42:02,560
1539 so could you talk about some of the pitfalls
... you've seen like some of the mistakes you've
... seen

1540

1541 386

1542 00:42:02,560 --> 00:42:09,200

1543 that older that older folks have made in
... trying to work with youth and maybe some of
... the ways that you

1544

1545 387

1546 00:42:09,200 --> 00:42:16,000

1547 see are better ways to go I know one of the
... biggest things right off the bat it's just
... kind of

1548

1549 388

1550 00:42:16,000 --> 00:42:24,560

1551 assumptions there's like a way of like well
... we're the grownups we've lived more life we
... know what's best

1552

1553 389

1554 00:42:24,560 --> 00:42:32,320

1555 and this lack of like hey youth what do you
... want which can be really difficult in both
... scenarios

1556

1557 390

1558 00:42:32,320 --> 00:42:36,960

1559 because you're seeing the like but I think
... this is what's what they need and it's not
... working and

1560

1561 391

1562 00:42:36,960 --> 00:42:42,800

1563 you go through this cycle of like this is what
... they need though and a better way is just
... asking um

1564

1565 392

1566 00:42:43,680 --> 00:42:51,200

1567 I talked to my mom a lot about this um gender
... identity and sexual orientation is very new to
... her so

1568

1569 393

1570 00:42:51,200 --> 00:42:56,960

1571 she asks me questions about it being the
... resident young person in her house and I think
... that's

1572

1573 394

1574 00:42:56,960 --> 00:43:03,360

1575 very impactful that instead of just assuming
... she knows what's going on she comes to me and
... says

1576

1577 395

1578 00:43:03,360 --> 00:43:10,320

1579 so what is this mean what is this about how
... would you react if this happened to you
... instead of

1580

1581 396

1582 00:43:10,320 --> 00:43:17,440

1583 just like yep no it's going on and then

1583... there's also this like idea of what's best for
... you

1584

1585 397

1586 00:43:17,440 --> 00:43:25,200

1587 but how do we get that going and get that in
... the rhythm with you guys maintaining

1588

1589 398

1590 00:43:25,200 --> 00:43:34,160

1591 involvement and I think they contend to lean
... towards well let's just run this and they
... don't really

1592

1593 399

1594 00:43:35,440 --> 00:43:42,480

1595 try to make it accessible for them they run it
... how they see has worked for adults um in the
... same type

1596

1597 400

1598 00:43:42,480 --> 00:43:48,080

1599 of situations when that's as I've learned
... through use curriculum and creating that it's
... not always

1600

1601 401

1602 00:43:48,080 --> 00:43:57,920

1603 what's going to be best youth lead is hard but
... it's so powerful and you will get so much more

1604

1605 402

1606 00:43:57,920 --> 00:44:04,560

1607 involvement and activities when you're
... thinking about youth engagement and when you

1608

1609 403

1610 00:44:04,960 --> 00:44:11,440

1611 are actively using it. Felicity if people want
... to get in touch with you how how could they
... contact

1612

1613 404

1614 00:44:11,440 --> 00:44:16,160

1615 you and also can you give the information of
... you about the organizations you've been
... mentioning

1616

1617 405

1618 00:44:16,160 --> 00:44:27,760

1619 ECPR and youth move and yeah so I am
... contactable with my email ftkr1@gmail.com and
... then on instagram

1620

1621 406

1622 00:44:27,760 --> 00:44:35,440

1623 Felicity is not okay that is a joke I promise
... and then just google me I'm very easy to find

1624

1625 407

1626 00:44:35,440 --> 00:44:41,600

1627 I know there's not that many other people with
... the my name youth move national if you just
... look up

1628

1629 408

1630 00:44:41,600 --> 00:44:45,920

1631 youth move national online they have their
... website and it has all the information that
... you could

1632

1633 409

1634 00:44:45,920 --> 00:44:55,600

1635 ever need. Emotional CPR we has our own
... website emotional-cpr.org Felicity thank you
... so much for

1636

1637 410

1638 00:44:55,600 --> 00:45:02,640

1639 joining us on madness radio orcs thank you so
... much for co-hosting. Thanks thanks for doing
... this

1640

1641 411

1642 00:45:02,640 --> 00:45:09,440

1643 with me well I hope I hope we do it again
... soon. Yeah thanks a lot Felicity. Thank you so
... much yes.

1644

1645 412

1646 00:45:09,440 --> 00:45:14,000

1647 You've been listening to an interview with
... Felicity Toree's Krueger Felicity is a mental
... health

1648

1649 413

1650 00:45:14,000 --> 00:45:20,640

1651 survivor who works for youth move Kentucky and
... is a trainer in emotional CPR who helped
... develop

1652

1653 414

1654 00:45:20,640 --> 00:45:26,640

1655 the youth curriculum Felicity recently won the
... Alternatives Youth Leadership Award that's all
... the

1656

1657 415

1658 00:45:26,640 --> 00:45:30,240

1659 time we have on madness radio thanks for
... tuning in.

1660

1661 416

1662 00:45:30,240 --> 00:45:46,720

1663 What does it mean to be called crazy in a
... crazy world? Listen to madness radio voices
... and visions

1664

1665 417

1666 00:45:46,720 --> 00:45:56,320

1667 from outside mental health

1668

1669 418

1670 00:45:56,320 --> 00:45:58,320

1671 [Music]

1672

1673