

Dr. Steve Arkin, Depression and suicide

Our guest today is doctor Steve Arkin. I first met him while working in the Emergency Room at a hospital in Kansas City. Among the nursing staff he was one of the most beloved doctors to work with. He treated everyone the same. There was no arrogance, or feeling of "I'm better than you" even though he is amazingly smart and intelligent. One example of the character of Dr. Arkin in a personal way was when my wife received a subpoena to go to court. She was being sued for neurological damage to a person she had rear ended in a car wreck years earlier. We felt there was no truth to this case and I had asked for references for any lawyers in the area on social media and I received a text from Dr. Arkin, even though we hadn't worked side by side for a number of years. He said if we needed anyone to testify for us he would be able to look over the case and help.

Dr. Arkin has dedicated his life to saving other lives, promoting quality of life from strikes are brain injuries. In the past few years he has also focused on another area to save lives by promoting and bringing to light the struggle of depression, mental illness, and the prevention of Suicide. This was Brought about when his son took his own life in 2015.

Goals for today.

The goal today - to share in a personal way, Jason's story, your journey since his death,

Take a statistic and share the reality that is going on

and to hopefully help someone today who may be listening or know someone who they may share this with. Podcasts have become very popular way to consume

media and I wanted to get this out there, especially since in my personal life I have struggled.

Tel us your background in medicine and your family as little or as much as you wish.

Tell me about your son Jason , May 19th 2015 Jason passed overdose.

Sensitive, perfectionist, did I see a drawing made when younger, was he artistic? Is this type of personality more prone to these kind of things?

Tell me about depression.

'Died of a seizure vs. died from suicide". the way the school presented it- need to honour him. This is common to avoid the stigma is it not?

You said "The disease won" when describing Jason's death. Speak to that a minute. That word disease carries weight. like with people suffering from cancer, or covid, or heart disease or any other number of things - they get treated different. There is support and empathy for example my mom. How is that different with how we view " mental illness". Diseases can be visually seen. But not mental illness.

Ive heard about behavior changing after a brain injury or stroke. What do you know about the connection between the brain and personality?

Went from being on the couch for 45 minutes before answering the door to volunteering to go out and get groceries.

Mental illness. Those two words are interesting.

What are the obstacles in seeking help?

Those listening struggling, what advice do you have? What are the obstacles in

Treatments- cure or coping or both?

In a personal way his transparency helped me greatly, gave me courage to seek help.

Help and organizations. www.speakup.us.

What other ways can people reach out.

<https://www.youtube.com/watch?v=xD4fUW2bW9o>

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