It’s OK Not To Be OK

Don’t Be Afraid To Ask For Help!

Prepared for MPPA Spring Workshop

Presented By John and Michele Dietl
April 20, 2024
Agenda

➢ Introduction

➢ You are Exceptional and Extraordinary Individuals

➢ Very Important Things We Remember

➢ Hardest Days Ever

➢ Second Choices / What We Are Doing About It
Agenda

Mr. Năm
Introduction

• My Family and Me

Diana, Kevin, Michele and John
Exceptional and Extraordinary

➢ Top 5% of Higher Educated Individuals in the World

➢ Extremely Driven With a Desire to Make Positive Change

➢ Will Need to Function on a Very High Pressure Stage

➢ Give Up a Large Part of Your 20’s and 30’s to Complete Training

➢ High Level of Responsibility While Working With Seasoned Professionals

➢ YOU ARE HUMANS LIKE EVERYONE ELSE

➢ 80% of All Medical Students Will Suffer From Some Form of Depression Only 50% Will Reach Out For Help. (1.)

Over 400 Physicians, Med. Students and Interns Die By Suicide Each Year (2.)

1.) (Dr. Pamela Wible)
2.) MedScape Physician Suicide
   (Author: Louise B Andrew, MD, JD; Chief Editor: Barry E Brenner, MD, PhD, FACEP)
Important Things

- World and Domestic Travel = 10 countries, 30 States
- Music Lover = Rock and Jazz Band Guitarist, Stand Up Bass in Orchestra
- 3 Hours and 20 Minutes = Marathon Time (Heavy Rain)
- 21 hours/ Semester GPA = 3.98
- Porta Vida Costa Rica = Total Emersion Spanish School for 6 weeks
- Family at The Lake = Favorite Vacation
- Time on the Deck = A Place Where We Could Share Everything
- August, 2011 = White Coat Ceremony
- Scanner Learning = Passing First Two Years
Important Things
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Important Things
Hardest Days Ever

➢ January 17, 2015 = Afraid Getting Help Would Be Black Mark on Career. Mom and Dad Very Reluctant to Call Dean and Preceptor to Get Help. Very Concerned for His Wellbeing but Also Afraid to Interfere.

➢ February 26, 2015 = Getting Treatment but Sill Afraid of Impact On Career

➢ March 16, 2015 = Matched in Psychiatry Program, Wichita Kansas

➢ April 23, 2015 = Died From Suicide

➢ All Days After = Very, Very Difficult Times for Family and Friends

➢ Hope To One Day to Feel Joy Again = A Lot of Therapy and Prayers

➢ May 16, 2015 = Diploma From A T Still

➢ June 18, 2015 = Fellow Students Planted Tree in his memory
Second Choices / What We Are Doing About It
What We Are Doing About It

- Getting Involved With Suicide Prevention Groups = CHADS Coalition For Mental Health
- Worked with Dr. Keith Frederick to get Show me Compassion law Passed.
What We Are Doing About It

➢ Involved with documentary film (Do No Harm) “donoharmfilm.com”
What We Are Doing About It

➢ Reaching Out to Any Student Who Needs Us  = John Dietl (jmdietl60@gmail.com)
         Michele Dietl (dietlmichele@yahoo.com)

➢ Convincing People That Mental Illness Does not Make You “Damaged Goods”

➢ Asking Everyone to Listen and I Mean Really Listen to Others
Our Second Choices
How He Still Helps

➢ Made us Realize That Life Can Change in a Second. Every Day Is A Gift

➢ Helped Us Feel Happiness and Joy Again In Our Lives

➢ Convinced My Wife and Me That We Needed To Lead a More Healthy Life Style
  ➢ Hired a Life Coach to Help Learn To Properly Manage Food, Grieving and Stress
  ➢ Inspired me to complete the Triathlon he always wanted to do. (Heavy Rain)
2023 Triple ByPass
Colorado Bike Event
2023 Triple ByPass
Colorado Bike Event
I Still Get To Ride With Kevin