**Project 1.0 - 11-13-19, 9.12 PM.mp3**

[00:00:00] This is Caroline. And this is Sarah. And this is Elise. And this is our podcast, trauma drama.

[00:00:06] So today I'm going to be talking about the day that my dad had a cardiac arrest and how it affected me. This day is very important in my family's lives because we all realized to not take things for granted and to always care for your loved ones, even in times of sickness and even in health. This is very a very unexpected event. And my dad could have potentially died. So I titled my paper five minutes because he flatlined for five minutes in the ambulance before they were able to shock him back to life. And through this whole experience, I learned that you really need to appreciate every day with your loved ones.

[00:00:52] So my personal narrative is about the time that I got to participate in my first like trauma experience in the hospital. Being like kind of an employee of mine is titled 43 Minutes similarly to Caroline's because that's how long we were resuscitating for early. So tempting. And I learned a lot through that experience about like even if you don't succeed in your task, like still working together as a team and like just really also like appreciating your loved ones, like seeing the family and how they reacted was like something that's like going to help me and the rest of my career. And like healthcare and just really think about like the family is like that's that's such a big, like backbone piece of health care is thinking about the families and also just how to work together in like in a team.

[00:01:52] And yeah, I had a similar interesting life changing job experience over the summer. And when I started working at a skatepark and a lot of the people there kind of sucked and the one person that I thought that was respectable there turned out to be the opposite. One of our managers was very overly friendly with the female workers. And I wish that I had been more honest about it in the beginning, because if I had, I could have helped other girls from feeling embarrassed and feeling afraid to show up to work like I did.

[00:02:36] So although all three of us were in high school when we had these rough experiences, you can still learn from the bad things that happen in life.

[00:02:48] We learn that as we experience this experience, these traumas at a young age, they will impact us for a very long time. And they really helped us to grow at a young age and learn very important life lessons.

[00:03:01] And it also shows that everybody is going through something on their own. Everybody has their own personal experiences. Even if we are learning similar lessons, like everybody is going to learn in a different way, everybody is going to experience something different.

[00:03:15] The day started like any other. It was a normal Sunday breakfast. My dad had just made bacon. We were all just sitting around the breakfast table and all of a sudden he went upstairs and I was like, Oh, that's weird. He usually like reads the paper and he usually reads the whole thing. And my mom was like, well, maybe something's wrong. So she went to go check on him and he had massive pain throughout the left side of his body. And my mom had dealt with this before, like a situation where, you know, she probably should have taken him to the hospital when she did. But she by ship called the ambulance, which we figured out later.

[00:03:57] So was your mom a nurse, too?

[00:04:00] No. My mom is a preschool teacher, but she had dealt with this before because my best friend's dad had a stroke in the grocery store parking lot and she did not call the ambulance. And she regrets to this day. And now she says whenever anything else happens, she will call the ambulance because she didn't call my dad either. And, well, she ended up calling it with both of them, but it's definitely better safe than sorry. So my mom decided to drive him to the hospital because we thought he was having an allergic reaction to oysters. But I was like, OK. Like, all right.

[00:04:37] Well, I'll see you later. I love you. Like, see you later.

[00:04:40] And he looked fine walking out the door. And then they made it like two blocks away at a stoplight. And my mom looked over and he was blue. So she ran out of the car and pulled him out of the front seat. And everybody it was like chaos because he was he's heavy. My mom like a smaller woman. And she was pulling. She was pulling him out of the car. And like strangers had to help her because the car is very low to the ground. And once they got him out of the car, like strangers called 9 1 1, and they proceeded with resuscitating him. And he didn't come back for a long time until the paramedics got there and the ambulance and they shocked his heart back to life. And while he was on the ground, strangers formed a prayer circle around him and started praying, which is very cool to me because he's a very religious person. And honestly, doctors still think to this day that he should be brain dead or vegetable or just dead, period. He was very lucky for his situation. And I had no idea that this was happening. I was just sitting in my room and I heard so many sirens, like it was ridiculous. I thought something had caught on fire, like a bomb exploded or something because it happened like two blocks away from my house. And I just had no idea. And my sister was at work at the time and she had no clue either. And then my grandpa gets a call and he goes to my brother and I. He's like, we need you in the hospital right now, like your dad. He's like, not doing well. And I burst out in tears and like we are. I was like, he's not breathing. He's not breathing. Like, what if he's like, dad? Like, what if he'd, like, died? And like, it was a very stressful day because my grandpa is an older man and we don't like when he drives. So I actually used to drive his car to the hospital, which was stressful for me because I also had to let the rest of my friends and family know, like, this could be like, please, like, we need your prayers and everything. And my best friend Sally actually was babysitting at the time and she had left her phone at the people she was babysitting. Like their house. And so she didn't have her phone. And I was like calling her like off the hook because, like, her parents were working and she finally, like, got to her phone. And like, they immediately, like, rush the same hospitals we went to. So at the hospital, we were able to see him. He was intubated with a breathing tube and they had like cut all of his clothes off of him like and his wallet and his phone were like on the floor and everything. But it was like scary to see my mom crying and like, it was like. Do not look very good. He looks very like swollen and out of it, like he obviously was intimated and he was at them come at that point a medically induced coma. And while we were waiting to see him, my sister called her boyfriend and she was screaming on the phone. She was like, he's going to die. He's going to die is going to die like repeatedly, like bawling. And so her boyfriend's dad is a cardiologist. So he came to the hospital as well. And he her boyfriend. You've heard all the way from Loyola, which is like 45 minutes just to come be with us. And while we were in that waiting room, like we prayed so much, think it was ridiculous, but we needed all those prayers. And then we realized that he needed to be transferred to another hospital to get better care. So he almost had to be airlifted to a second hospital because of the shape he was in, because he was technically like a shock trauma victim. So we took him to the second hospital and there they lowered his body temperature while he was in the medically induced coma so that his brain function would keep hopefully where it was before so it could preserve his brain cells. So at the second hospital, while he was in the intensive care unit, he was in that cardiology, the cardiac unit. There were so many people there that were like very overweight because that's usually what they see. And the nurses were very shocked to see, like such a young man. He was 50 at the time in the cardiac unit. And the cardiac unit is honestly very depressing because everybody pretty much like dies because they're so old and their hearts aren't in good condition. So the doctors kept him in this coma for 72 hours and he woke up early because he hates the cold. So we got to see him and he started talking. He had very short term memory and he couldn't do things for himself. And he was wrapped up.

[00:09:41] He had bandages all in his head, too. What did he say when he came to. I wasn't there. I was actually I actually went to school the next day because my mom just wanted us to do something to keep it off our minds. And luckily, our family friends had bought her a hotel to stay in. But when he first came out of the coma, he was like, where's my wife? And he also didn't know where he was. He had no idea where he was. And I think he knew his name. And he said the wrong year or like the wrong president or under.

[00:10:17] I think you said the president and then you said unfortunately, something really like that. Unfortunately for all of us.

[00:10:26] Yeah. So that's what he when he came to. That's what he did. And then they should have done these C.T. scans when he was in the coma because he really can't do them like they had to sedate him for like the MRI and everything.

[00:10:40] And in the end, they figured out there was like literally like just a misfire, like nothing wrong, like but he needed a internal different duration device. So my mom would not let him leave the hospital without it. So it's just like an internal thing that's attached to your heart, like just to see if there's any misfires so that it can shock it back to rhythm. Do they have to put it like in surgery or do they just. Yes. He had surgery. So we stayed in the hospital for a week. And during that time, it was like he got so many visitors, so many prayers and everything. So throughout this whole experience, we got really close as a family and we grew deeper in our faith. I honestly was not a very religious person before this, even though we grew up Catholic. And my parents always took us to church every Sunday. But I just never really it was like close with God or anything. But like seeing what happened to my dad, like there is literally like the doctors had absolutely no explanation for it. They're like, this is literally like a miracle. And my dad believes it, too. Like, even though he doesn't remember, like the first few days, like, who knows, like if he went to heaven or saw God or whatever. But we really like deep in my faith. And it made my family very close and it made me realize that you really need to spend time with your loved ones and always cherish each and every day with them.

[00:12:13] When he flatlined, what did you say? Was it just like work for the C leg room? Does he remember that?

[00:12:23] He he remembers. No, he didn't remember that day at all. He remembers a day before because so they think my mom thought initially that he had an allergy to oysters, which he hasn't had oysters since because she. How did you think because he has chest pains every time he would eat oysters and this time it just enough if something just wasn't right. So on the day before they had gone and eaten oysters and it had happened a few times, which was really strange and he still hasn't gone tested like allergy tested, but chef probably to that.

[00:12:57] So throughout my dad's ordeal, I was able to meet all of his doctors and nurses. And I had known for a long time that I wanted to go into the medical field. But there was a one nurse that he had who like was just so passionate and caring. And she really inspired me. And there was also another nurse that I met in the cardiac unit. And she was actually a grad student who had just figured out that she loved cardiology and she wanted to be a cardiac nurse. And it was just really cool talking with her because like my dad was in her care and it was like inspired me to, like, keep going on the track of medical. And I ended up designed to be a nursing major.

[00:13:44] So my story is similar to Caroline's. But I was on the other end of the situation. I was one of the people giving me care. So I was in like a program in high school where I got to do different rotations, like the hospital, a different health care, things around like our county. And so I was stationed in the E.R. and I had to be there really early.

[00:14:12] So I was stationed in the E.R.. I had to be there, I think, at 7:00 in the morning. That was like the night before. Like, you know, like you just can't sleep because something's really exciting is going to happen the next day. Like, I didn't know anything was gonna happen, but I literally woke up like 5:00 in the morning, 4:00 or 5:00 in the morning. And I was just like, well, I guess I'll go early. Luck like the E.R. never sleeps. So I can just go and like, help out until I start my shift.

[00:14:42] And just so I get there at five thirty four. I remember like the minute like five thirty four and I get out of my car and go to get coffee just like kind of like waste time and then like I hear an ambulance like coming on the road.

[00:14:58] I'm like you think like running and I'm like very few hours of sleep. You're just like chill out in the parking lot, you're just like, oh OK, cool. Then I realize, oh, oh, wait. That kind of involves me just a little bit. So I like realized like there was a trauma coming in, like, oh, we're running now. And so I really ran to the E.R. and like, I walked in. I remember there's a nurse named Nancy. Nancy is a gem. She was the Chargers that day. She's sitting at her wheel station. And when I walked in and she just looked at me and she was like gone up, there's drama coming in.

[00:15:28] Like, I had never been in a trance before. I was like very early in my senior year of high school.

[00:15:35] So I wasn't really involved in the medical field at all. But I was there and it happened.

[00:15:41] So I like through there my guy and got my gloves. Yes.

[00:15:46] Okay. I'm not a medical person or like a boxing major. Can you explain to me, like, what your internship entailed or like what the unit is?

[00:15:54] So in the E.R., there is like the regular rooms, like, oh, I like broke my bone or something like that. And then there's like depending on the size of hospital, there's like a certain number of trauma rooms, which is like if you're dying, that's where you're going. So like they do a lot of like really intense stuff and they're like resuscitation, like births. Like if you're having a baby and you can't make enough to O.B., you're having the baby, they're gone. Yeah, a lot of the big accident. Yeah. Like the stuff that you see on Grey's Anatomy. So it's like, oh, yes, I will get that of you as well. So the trauma that was coming in, I heard it over the radio. The paramedics like have to radio it in as they're coming in. So this I think she was 84 years old or if our 82 and she was found outside her house. It's snowing in Michigan. It's November in Michigan. Very snowy, very cold, very well.

[00:16:49] So was the temperature outside? It was cold. I don't know the exact temperature, but I remember like freezing for sure at least. Yeah.

[00:16:58] Like, I like was wearing three coats when I came in like that kind of cold. So they found this woman outside her house. She got locked out. She's old and could get in. And so, like, she got jewelry. She was just like frozen outside her house. So they couldn't tell if she'd been dead for a long time or if she was just like super hypothermic. So that's why they brought her in. And like, you know, in Grey's Anatomy, when they're all yelling as they're like wheeling a med like that was what was happening. And so like the doctor in charge, like everybody gets a job. And when the trauma is coming in, just like keep things organized. I was just like standing in the back, like I was just was like observe, like just chillin. And they were really short staffed that morning. And so he had me do CPR because like I'm not qualified to do much, but I can do CPR. So I'm waiting and waiting for the trauma to come in. And like, I was so excited. It sounds really awful for me to be excited to do like CPR. I'm like, I'm not a live person, but like, it's really exciting. So really, if that's something you're interested in.

[00:18:03] So she came in and we're all just like it, like it's the fastest moving thing in the world. But like, you see it in slow motion. It's I don't even know how to explain it. It's very crazy. So like the doctor, they're doing like their first assessment. Like even see if CPR is worth it and like about like two minutes and like the doctors like, go ahead, CPR. And like, he didn't finish a sentence. Like, I was ready, like I was there. And like an episode of the office, Michael Scott. Like when they're doing like CPR training, basically Stayin Alive song, if you know what I'm talking about. I literally was singing that song in my head and like, that's a real thing that I did do, real CPR, real life. It really works. So, yeah. What do you like singing the CPR song In My Head? And like, we're doing it like doing breaths. We did this for 43 minutes, which is like a very abnormal time to be doing resuscitation. Like normal resuscitation should be like about 20.

[00:19:03] You know, what point do you like call it and you're just letting this person is like dead.

[00:19:08] Normally it would be about 20, but because she was literally frozen, it was like hard to tell if she was just really cold cause she was really dead or she was really cold because she was really cold, you know. So it was a process of like warming her and trying to resuscitate at the same time, because like sometimes like if you're out like and you're really like hypothermic, like cold, like, it literally can preserve the body sometimes. So you can come back from that. It happens a lot in Michigan because we have like Lake Michigan and it freezes over like we do see a lot of like hypothermic people. So that's something really normal for us. Sorry. Sniffles So, yeah. We did that for 43 minutes. And like, I knew the doctor like that was in there that day and like, he'd never gives up. And like, he always is like he's in it to win it, like if you're not gonna be dead on his watch. So like after like 43 minutes, like we all knew it was time to call it. And like, he just want everyone to, like, stop. And then we all sat there for a minute. And then he was like he did like the time of death being like the really dramatic and Grey's Anatomy. And it was like really dramatic. Like we all just like, stood there because we didn't know, like, what to do. Like, he called it. And he stood there and then he walked out and everyone else just stayed in there. We're kind of looking each other because we want to be the first one to move. And then we just waited. And then eventually, like one by one, like everybody, like, kind of left. And it was like kind of like a somber thing. But the worst part of it all was like the family. I guess it was like a learning experience. Obviously, you make it like she was probably dead like the first hours she'd been out there, but nobody really knows how long she was out there. But like seeing the family and then like that was really hard. But like seeing how the doctors and the other nurses, like, helped the family and Mike talk to them and reassure them, like that was really like, wow, that's how I want to be. Like, that really opened my eyes to see another side of health care of how, like you're your relations with the patient's family can really make or break like the experience that the patient and the family has. Like my grandpa was in the hospital, like the nurses made her break. Like what was going on. And just seeing, like how invested the doctors were in that care, like they didn't know that person, they didn't know the family, but they acted like it was their mom or their grandma that they were trying to bring back. Like this was like this was happening. And this is happening today, which, I mean, I guess you kind of have to do in that situation. But it was just really cool to see how everybody worked as a team. Everyone in the commotion, like everybody had one common goal and that really got us through together. Even if we didn't reach that goal, it still built us all up as a team. And it's just a great learning experience to see that and the dedication that they have.

[00:22:13] It's just something that really opened my eyes. And I was like, this is something I'm gonna be a part of for the rest of my career.

[00:22:19] So how long did you have your internship? I was in that internship for the whole school year. Senior year?

[00:22:26] Yeah. So I got to go to different spots. I was in the ICU Pedes. I got to do right along with the paramedics. I was so much fun. We're going to vet office, which was weird. I must switch to preach that because of that. But then I realized I can't put dogs down.

[00:22:44] That was a rough one for me. My last day in the vet rotation, we had to put a dog down. Oh, no, no, no. I would have left Craig. And I was like Savo. No, none of that for me.

[00:22:54] I love animals too much to be about. No, I think that's really cool. I think to be a nurse. Looks like you had to be really brave to do that job. I was a. I worked as a lifeguard for two years and I learned how to do like CPR and like basic first aid. And that is the kind of person that I can not handle. Like there have been incidents lifeguarding and I literally quit because I couldn't handle it if someone, like, had an accident. I failed to help them.

[00:23:19] Yeah, it's like kind of stressful. Honestly, like once you are like even just like if you get your certification like a job or something, like you feel almost responsible.

[00:23:29] It's really like a personality trait for me. Like when I'm in like tough situations like that, you just like people like fight or flight. I fight like I know exactly what I need to do, how to do that. And like a while you say done. Yeah. Very driven. Yeah.

[00:23:43] Definitely a personality trait. Like even when I was working at the restaurant, I worked at the summer, like I had a patient that kind of emitted a patient.

[00:23:51] A customer made a joke at me because he orders fried food. I don't know. Cough, Rick. So.

[00:24:01] So this customer ordered like a bunch of fried food and I was like, OK, whatever. And then he kind of joked with me. He's like, you might have to call the ambulance after I eat all this fried food. And I was like, oh, well, OK. And then, like, I just went about my business and I'm like, you, like, pulled me over at one point. And then I was like, I need aspirin now. Like, I'm having chest pains. And in that moment, I was like, I gotta do this. So I got I went and like, taking an aspirin, if you're having chest pains, can literally make or break like a heart attack situation. That's something that can really help with that. It's like I got him an aspirin and I had to, like, call him on one.

[00:24:38] And like the the real gag of it all was that the paramedics that rolled up were some that like I did right along as well. And so it was like kind of awkward, like, see, they'll be like, hi, welcome back. But yeah.

[00:24:50] So like even then, like it transfers over into like other aspects of life. So this internship was a good job. It took a lot of my time like I was up early, early in the morning and I was not appreciative of that. But it was fine. But it did take up so much of my time. It really was like a job. And Sara had a similar experience at a job.

[00:25:13] Yeah, I did get a new job over the summer. I started working at it. It's like a chain is called insanity. And well, to describe it to people that don't live in my hometown is basically like a discount. Dave and Busters, it has like an indoor well, we don't have bowling, but we have like an arcade and like laser tag stuff like that, except it's like really trashy in the arcade. Stuff always breaks. Did you have to fix it a lot? Yeah, I did, except I worked the concessions and little kids would come up to me and they'd be like, the thing took my queen and I'd be like, bro, you got to someone else.

[00:25:53] Like, I don't have the key. I also had a lot of really odd coworkers. They were all like the skater boys that were like faith needs to. They had their jewel pods like everywhere they went. And they they would even like Jewel like during their shifts. And then they would just like we've been away with their hand. I'm like, that's not helping. But I did have one coworker who I thought was like, actually cool and responsible. And his name was David. And he was a very short Caribbean man with like a really thick accent. And so I would have to, like, strain my ear anytime he would tell me anything, I'd be like, Bro, what are you saying? But he was really cool. And there was like when I first started, we literally worked every day together, the closing shift. Like just me and him. And so we got to know each other really well. And we would talk about like, what are we doing this weekend? Like, what colors are you going to like? What do you want to do after college?

[00:27:01] And one day I mentioned to him that I was like trying to lose weight over the summer.

[00:27:08] And he told me that he used to be like a personal trainer when he lived in New York. I was like, bro, so downgrade. Yeah, we're here like in children. But OK, who's no stranger to Dave and Busters? Yeah. I mean, he had aspirations to be like his. He wanted to move somewhere with his buddy and like, go be a chef. I like his own restaurant and I sort of like. Traditional Caribbean food.

[00:27:36] So those who I don't don't know if you ever got to do that, but.

[00:27:42] But he he did offer for me to go and like work out with him and he would like show like I've been to the gym before and like, I kind of understand, but he would show me how to do like splice specific exercises to target like what I wanted. And so I I said, yes, kind of reluctantly. But we went and it was it was a good time. He he did show me a lot of really cool exercises and I was appreciative of it. Do you still use those exercises? I do. They were dope. Really good. But then when we like, we left, he like offered me offered to walk me back to my car. And I was like, yeah, okay.

[00:28:31] And he literally stood there and talk to me like by my car for probably like 20 minutes. And I don't wanna be rude. I was like in my head. I was like, man, I got to go. And he was like, he could talk to me about, like, diets. I could do or like food to eat that wasn't like low on carbs and stuff. How old was he? He was twenty eight. So a good bit older than I like. Ten years older? Yeah. I was 18 when I had a job, so he was ten years older than me. And then the conversation kind of like took a turn. Yeah. Were you working at a discount this season? Sorry. Could you? He said, I don't understand why you're like trying to lose weight. You already have such a nice body. And he like literally tilted his head back to like, look at my ass. I was like, yeah. And then I felt uncomfortable and I was ready to go. When he. Yes, he should leave you. He was significantly shorter than me.

[00:29:37] And it's very heavily in our conversations while we were working.

[00:29:43] I had told him, like the kind of guys that I'm interested in. And we are a very tall white boys. Yeah. Fit the bill. No. And so, like, I was ready to go, but I didn't want to be like rude and just like dip. And he continued. He was like, you're like, really skinny, too. And then he put his hand on my stomach and I was like a little like in my head. But my my cheeks really, really high. I could feel it. And then he offered for me to, like, go back to his apartment.

[00:30:18] And he he I feel like he tried to make it seem like friendly. He was like, I'll make you like this smoothie that I know how to make. That is like protein and stuff. And we can do that in my ability. Yeah, like very manipulative. And I was like, oh, you know, like, my mom probably wants me home.

[00:30:41] It's like almost been like, oh, my gosh. Because we, like, went after, like, work and it worked. And so I like ten.

[00:30:53] And I tried very hard to politely like decline because I knew I was going to see him like every day at work. And I did went home. And then after that, I would do everything to get somebody to like switch shifts with me so that I would not have to, like, work alone with him. But it didn't always work. And I sometimes ended up working with him. And when I did, he would like make up ridiculous tasks for me to do that.

[00:31:23] Like, didn't even make any sense, like just for me, like to waste my time going to go vacuum the party. Yeah, well, you're literally like just do things that like somebody already did. Like, be very nit picky if you're like a manager. Yeah, he was my manager, which is also why I didn't want to be rude because Mansour can make your life hell. Yeah. And he would like I like after that I never went home on time.

[00:31:45] He would always keep me after doing B.S. work. Yeah.

[00:31:52] And life would only be for like a long time. I never told anybody that happened. I was like, it's fine. Like as long as he isn't talking to me like that anymore, like, I don't care. And then one day I was just chillin at the front, listening to Old Town Road as the deejay played so often in September, Pepsi, because we only had Pepsi products. Yes. And two of my like, female coworkers, like, walked behind me like looking for a pen. And I could hear them whispering. And I was like, my guys, like, what's that? He and Rachel, as she loves to gossip. Told me. She said that, Dave. I had made a very crude comment to her the other day, and Rachel is like 16 years old, but she's in high school and it's twenty eight and she was like, Yo, David Bowie, can I go home? My mom's here to pick me up. And David was like, Yo, is your mom hot like you are? I was like, oh, my God, who says it's like a 16 year old, like medals and a purple leg?

[00:32:56] It's one thing like saying it to me because I'm 18, like I'm legally a girl. I was like, you cannot say that. And she was like, yeah, like you said that to me. And so me and my other coworker, we're gonna go and tell like our higher manager. I was like, you know, like, maybe that's a good idea. Like, maybe I should, like, told them that he was like, inappropriate with me, too. But like previously, it was hard for me to decide to like because I know when you talk about like sexual harassment, like I can mess up somebodies life, like really bad. I was like questioning whether even it was like sexual harassment because like I agreed to go to the gym with him and I was 18. Like, it's still a weird age gap, but it's not. It's not illegal is not a legal question mark.

[00:33:51] Yeah, that's my question.

[00:33:55] I don't all have ever heard.

[00:33:57] There's like a very famous, like, Alabama story about like those black men on a train and those two white girls who had accused them of like sexual assault, even though it never happened and they were in jail for their whole lives. I'm like, is this like a big enough deal, like him just saying like these like inappropriate comments for him to, like, lose his job over? But we did tell higher management. And I think I think it was the right thing to do. I think it might have started with comments, but like led to something more. Yeah. It also speaking her mind like can be challenging.

[00:34:36] But it reminded me of when me and my mom were like watch law and order when I was little. I like I love law and order, but I would feel so uncomfortable when like the rape scene would come on like as it does in every episode and like or like the girl would talk about like the rape, you know, and it's just like like it wasn't even like it like it didn't really happen.

[00:34:58] But I felt embarrassed, like watching it. And like, if that happens to like somebody, they shouldn't feel embarrassed to talk about it.

[00:35:10] There's a new show called Unbelievable. Have you watched it on Netflix? So there's a 17 year old girl and she actually got raped.

[00:35:19] Someone broke into her apartment and she was raped. But the police convinced her that she wasn't raped somehow because they like a. Oh, yeah.

[00:35:29] And she had had like pasts, like traumas, like she was in foster care, like she had a lot of mental issues. So like, she just kind of went with it even though, like she pushes her back, her mind. We all had traumatic experiences at a young age, obviously, and we've all grown and learned from it. And to take from my situation of my dad's cardiac arrest, I really learned to appreciate the people around me. And you never know what's going on in somebodies life. And to always be kind to strangers, because you never know.

[00:36:00] Like I said, I learned that you shouldn't be embarrassed to talk about what's going on your life and that sexual harassment is never like your fault. But you shouldn't blame yourself and you shouldn't be afraid to talk about it.

[00:36:23] So my lesson was, you know, everybody like like heroin, everybody's going through their own things. You know, seeing the family of the patient, really, I got to see the backside of health care and how, you know, the relations with the patient's family and everything, you know, it really makes or breaks how things are going.

[00:36:51] And knowing my dad is supposed to be technically dead or a vegetable right now really helps me appreciate him when I see him, especially since I'm away at school right now. Like, I really cherish like the hugs he is and like the talks we have. And just like in general, like with my whole entire family, we just like grew really close together. And we've all learned from this experience to really support each other and lift each other up.

[00:37:16] Honestly, a lot of the papers that I was expecting people to write, we're gonna be like, oh, my parents got divorced. You were like, I didn't make the sports team, but they were a lot deeper than I thought. People have more stuff going on. You should just treat everyone with kindness because you don't know.

[00:37:37] You have treat everyone with kindness because you really don't know what someone's going through. Everybody learns and gains experiences different ways. So, I mean, somebody else could be going through the same thing, but we're gonna get two different outlook on life from it. Or we might be getting the same message from two very, very different experiences. And you just never know what's going on. You you'd have to treat everyone with kindness, respect and.

[00:38:05] Yeah. The lesson learned is really like like we've been saying, like you like strangers, like you may think that you know what's going on in somebody's life, but you know, nothing like. Absolutely. Like there's so much that could be going on. Like you never think the person sitting next to you is the one who was sexually assaulted or the one that was abused when they were younger or the one who's struggling financially.

[00:38:28] We all have ups and downs, and we just need to learn to be kinder as people and learn from that signing off.

[00:38:38] This is Caroline and this is Sarah. This is Elise. And this was our podcast, trauma drama.