blackhať USA 2018 AUGUST 4-9, 2018

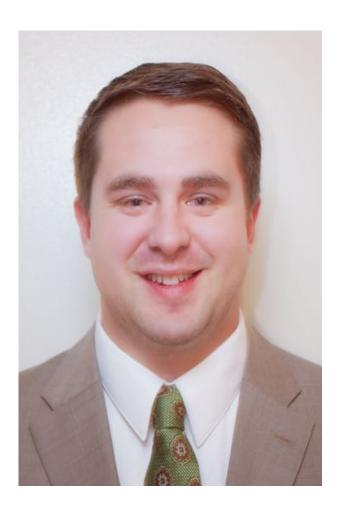
MANDALAY BAY / LAS VEGAS

#BHUSA / BBLACK HAT EVENTS



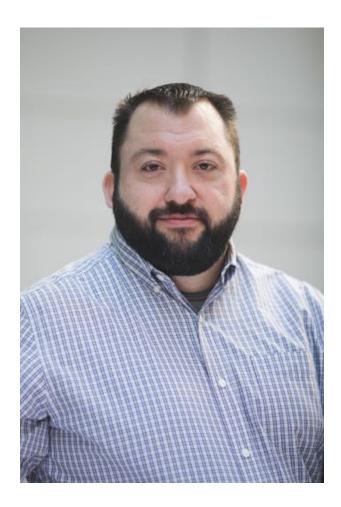
Christian Dameff

- Emergency Physician & Security Researcher at the University of California San Diego
- "Treats" emergent mental illness in ER
- Burned out
- Imposter syndrome





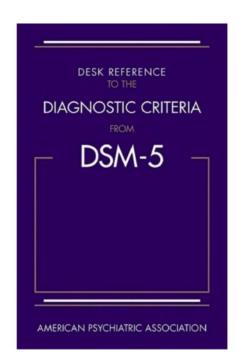
- Jay Radcliffe
 - Cyber Security Researcher for Boston Scientific
 - Type I Diabetic
 - Divorced
 - Anxious, Depressed, ADHD, Thyroid deficient







- Diagnostic and Statistical Manual of Mental Disorders
 5th Edition
- Most authoritative
- Controversial



Terminology of mental health

Depressive Disorders:

- Major depressive disorder
- Persistent Depressive Disorder
- Premenstrual Dysphoric Disorder
- Substance Induced Depressive Disorder
- Depressive Disorder Due to Another Medical Condition
- Unspecified.

ck hat

USA 2018

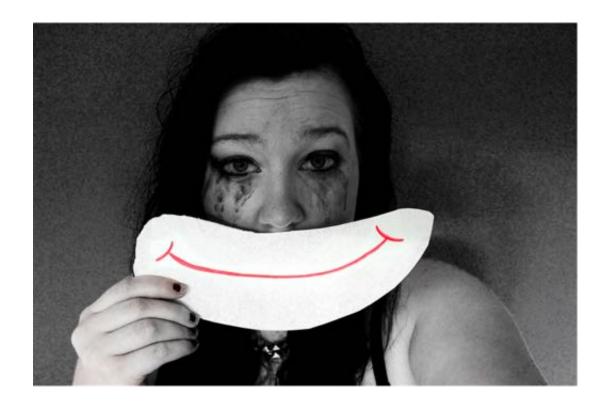


black hat

Terminology of mental health

Bipolar Disorders:

- Mood Disorders
 - Bipolar I
 - Bipolar II
 - Cyclothymic Disorder
 - Substance Induced
 - Bipolar due to another medical condition
 - Other specified
 - Unspecified





Risk factors

- Infosec Job Stress
 - EH/ISSA 2018 Study
 - 68% say Impacts Work/Life balance
 - Lack of training
 - Lack of staffing
 - Increased demands
 - RSA/BsidesLV 2010
 - Burnout symptoms





Risk factors

- Social Media
 - US Politics
 - Infosec
 - Terrorism
 - Immigration
- Study shows a strong link
 - 3x more likely to be depressed or anxious!





Identifying the Problem

Self Screening Tools

- PHQ-9 (Patient Health Questionnaire)
 - Quick 9 questions
 - Screens for depression
 - High 80s sensitivity and specificity
- C-SSRS (Columbia Suicide Severity Rating Scale)
 - Quick 6 questions
 - Screens for suicidality risk
 - High 90s sensitivity and specificity

	In the Past Month		
Answer Questions 1 and 2		YES	NO
 Have you wished you were dead or wished you con and not wake up? 	uld go to sleep		
2) Have you actually had any thoughts about killing ;	vourself?		
If YES to 2, answer questions 3, 4, 5 and If NO to 2, go directly to question 6	16		
3) Have you thought about how you might do this	?		
4) Have you had any intention of acting on these t killing yourself, as opposed to you have the tho definitely would not act on them?	CONTRACTOR AND A CONTRACT		
5) Have you started to work out or worked out the to kill yourself? Do you intend to carry out this p	A CONTRACTOR OF		
Always Ask Question 6			
6) Have you done anything, started to do anything, or	r prepared to do		
anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a held a gun but changed your mind, cut yourself, tried to hang yourself, e			
anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a v	tt. mily, co-workers, an argency Personnel fo		



Professionals

- Differences in mental health providers
- Counselors, Clinicians, Therapists
- Psychologists
- Social Workers
- Psychiatrists
- Nurse Practitioners
- Family Practice Physicians



Professionals

Psychologists

- Doctoral Degree
- Trained to use many modalities to diagnose and provide therapy for many mental health conditions.
- A great resource in almost all cases.

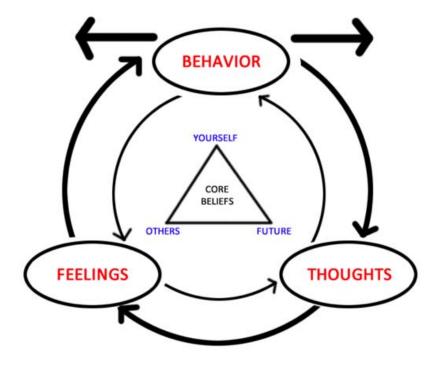






Cognitive Behavioral Therapy

 An evidence based form of psychotherapy to help individuals develop reaction strategies by modifying inaccurate or negative thoughts in response to stressful situations.





Hacking the mind

* = H U

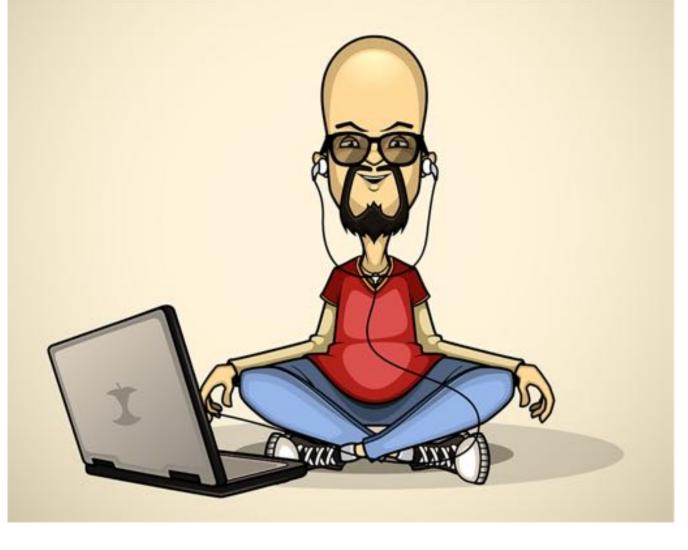
Processes: 306 total, 2 running, 304 sleeping, 1816 threads 21:40:52 Load Avg: 1.86, 2.12, 2.45 CPU usage: 7.45% user, 8.17% sys, 84.37% idle PhysMem: 8168M used (3186M wired), 23M unused.

PID	COMMAND	%EMO	TIME :	#TH	#WQ	#PORTS	MEM	PURG	CMPRS	PGRP
98572	Depression	20.0	01:50.24	3	1	145	636K	ØB	5192K	98572
98563	Stress	15.0	00:41.10	4	2	311	6252K	ØB	36M	98563
94268	ReportWrting	10.0	00:00.51	2	2	36	12K	ØB	1020K	94268
92574	SickKiddo	5.0	00:00.08	2	2	25	116K	ØB	2484K	92574
92403	SocialMedia	5.0	00:06.90	2	1	79	196K	ØB	4640K	92403
91872	Hunger	10.0	00:01.90	14	1	121	6972K	ØB	28M	56130
89776	Financial	0.0	00:44.71	6	1	253	25M	11M	7992K	89776
89374	Parents	0.0	00:14.73	3	3	101	2092K	384K	4348K	89374
85124	Imposter	0.0	00:00.67	2	1	76	32K	ØB	2428K	85124
83481	Manager-Boss	0.0	00:00.08	2	1	51	16K	ØB	2188K	83480
83339	Breathing	0.0	00:30.47	2	2	28	272K	ØB	612K	83339
83332	HeartBeating	0.0	00:01.30	3	3	42	668K	ØB	2272K	83332



Hacking the mind

- Meditation and Mindfulness
 - Management of your process table





- My Medication Regimen
 - Trintellix (Anti-Depressant)
 - Abilify (sOMething)
 - Strattera (ADHD/Non-Stimulant)
 - Adderall (ADHD Stimulant)
 - Synthroid





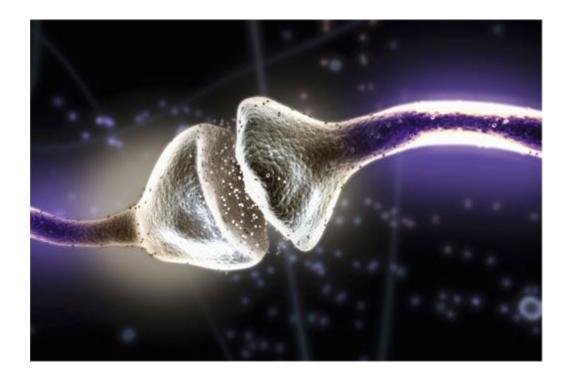
- My Medication Regimen
 - Testosterone
 - Insulin (Times 2)
 - Farxiga (Diabetes)





Brain Biochemistry

- The brain functions using neurotransmitters such as dopamine, serotonin, glutamate, norepinephrine, oxytocin, etc.
- Modulating the activity of some of these neurotransmitters affects mood.





Drug Categories

- SSRIs
 - Selective Serotonin reuptake inhibitors
- SNRIs
 - Serotonin–norepinephrine reuptake inhibitors
- TCAs
 - Tricyclics
 - Not widely used much anymore





Mood stabilizers

- Lithium
- Carbamazepine
- Lamotrigine
- Depakote
- Atypicals



* = H U



Suicide Prevention

NATIONAL JUCUE PREVENTION LIFELINE I-800-273-TALK www.suicidepreventionlifeline.org

CRISIS TEXT LINE

Text HELLO to 741741 Free, 24/7, Confidential



Suicide Prevention

* SHUSA





Friends Are Everything

*SHUSA





Help Is a Process

*BHUSA

