

GRAND ROUNDS



Thursday, November 7, 2024

Location: Zoom (*RSVP for link*)

4:30pm- 6:00pm EST

RSVP [here](#) or

bioethics@stonybrookmedicine.edu

Social Prescriptions: The Future of Medicine

Julia Hotz

Traditionally, when we get sick, health care professionals ask, “What’s the matter with you?” But around the world, teams of doctors, nurses, therapists, and social workers have started to flip the script, asking “What matters to you?” Instead of solely pharmaceutical prescriptions, they offer “social prescriptions”—referrals to community activities and resources, like photography classes, gardening groups, and volunteering gigs.

The results speak for themselves. Science shows that social prescribing is effective for treating symptoms of the modern world’s most common ailments—depression, ADHD, addiction, trauma, anxiety, chronic pain, dementia, diabetes, and loneliness. As health care’s de facto cycle of “diagnose-treat-repeat” reaches a breaking point, social prescribing has also proven to reduce patient wait times, lower hospitalization rates, save money, and reverse health worker burnout. And as a general sense of unwellness plagues more of us, social prescriptions can help all of us feel healthier.

In this talk, Hotz will explore key insights from her new book, *THE CONNECTION CURE*, and explore the science behind why social prescribing is critical to the future of health and healthcare.



Julia Hotz is a journalist and author of *THE CONNECTION CURE* (Simon & Schuster) -- the world's first book exploring the science, stories, and spread of social prescribing. Her stories have appeared in *The New York Times*, *WIRED*, *Scientific American*, *The Boston Globe*, *Time*, and more. She helps other journalists report on the big new ideas changing the world at the Solutions Journalism Network.

To learn more about the **MD with Scholarly Concentrations in Medical Humanities and Ethics track**, the **Master of Arts program**, and **Center for Medical Humanities, Compassionate Care and Bioethics**, please visit stonybrook.edu/bioethics