

10-12-2022

Public comment next board meeting CA State Board of Education, Mental Health Accountability Commission, Orange County Board of Supervisors CA.

(P.R.D.D.C.)

PARENTS FOR THE RIGHTS OF DEVELOPMENTALLY DISABLED CHILDREN

CRAIG A. DURFEY FOUNDER OF P.R.D.D.C.

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FACEBOOK: CRAIG DURFEY

U.S. HOUSE OF CONGRESS H2404 - HONORING CRAIG DURFEY FOR HIS FIGHT AGAINST AUTISM ...

Ms. LORETTA SANCHEZ of California.

<https://www.govinfo.gov/content/pkg/CREC-2003-03-27/pdf/CREC-2003-03-27.pdf>

new website socialemotionalpaws.org

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Agenda Item No. Public Comment
10/18/2022

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OCFA Executive

Regional Fire Operations and Training Center
Board Room
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Open letter.

Request this be as a written public comment,

Even now growing rate of youth suicide crisis calls for greater awareness, how logarithms effects mental wellness as in screentime and support legislation to require better describe language in legislation time exposure with social media has alter the brains health. Request support for legislation in 2022-2023 to also amend past legislation bills that have not included language about social media risk except only one in Ca State bill that has describe language about social media screentime, CA State law AB 272 March 2019 -2022 pupils use of smart phones [Bill Text - AB-272 Pupils: use of smartphones. \(ca.gov\)](#) thereafter 2020 none have incorporated language in bills to address exposure risk brain injury or recommend amount time with usage.

Incorporate best manage practice recommend from latest medical studies in order to manage time limit social media exposure, to have schools' posters to education students about safety wellness and bring accountability with transparency oversight a local county office for each county in CA States an oversight Independent of education codes to insure compliance.. Blue light CA State SCR 73 resolution [California Blue Light Resolution SCR-73 | Eyesafe](#) Too much screen time is raising rate of childhood myopia [Too much screen time is raising rate of childhood myopia \(socialemotionalpaws.com\)](#). It has been reported under two years old no exposure to above best practice thirty minutes to toddler to one hour per day causes cognitive delay brain [Too Much Screen Time Can Have Lasting Consequences for Young Chil \(socialemotionalpaws.com\)](#).

News has reported that schools activity has esports gaming competition it has been identified classification 6C51 Gaming disorder [ICD-11 for Mortality and Morbidity Statistics \(who.int\)](#) with [Psychiatry.org - Internet Gaming](#) disorder Brain imaging studies of the resting state have shown that long-term internet game playing affected brain regions responsible for reward, impulse control and sensory-motor coordination. Brain activation studies have shown that videogame playing involved changes in reward and loss of control and that gaming pictures have activated regions similarly to those activated by cue-exposure to drugs. Structural studies have shown alterations in the volume of the ventral striatum possible as result of changes in reward. Furthermore, videogame playing was associated with dopamine release similar in magnitude to those of drugs of abuse and that there were faulty inhibitory control and reward mechanisms videogame addicted individuals. Finally, treatment studies using fMRI have shown reduction in craving for videogames and reduced associated brain activity. <https://onlinelibrary.wiley.com/doi/10.1111/ajad.12110> with [American children have quietly become hooked on video game supple \(socialemotionalpaws.com\)](#) and South Korea wrestles with inability to unplug [Los Angeles Times - newspaper \(latimes.com\)](#) October 20 2019.

Request that at all levels professional who interact with children social workers, doctors, teachers, police officers Post Standards under AB 1718 year 2000 with more SRO in schools, it's in my opinion that added training update is needed since in 1999 I helped insert a segment language back then with I large LA Times editorial about metal health interaction for more police training that my son has autism at that time not much was express how to interact the no compliance with behavior and

breathing when pick up around the segment upper chest can cause harm that helped Los Angeles Sheriff Baca about Autism many visit.

CA State SCR 73 Blue Light 2019 effects mental wellness to demise the exposure of logarithms that impacts the gray matter of the brain alters its Gray Matters: Too Much Screen Time Damages the Brain
Neuroimaging research shows excessive screen time damages the brain. Even kids with a “regular” amount of exposure to screen time could have subtle brain impacts. Studies on screen time and the brain have shown gray matter atrophy, reduced cortical thickness, and other effects. This information could help parents strengthen their position on screen time management. [Gray Matters: Too Much Screen Time Damages the Brain | Psychology Today](#) .

Governor Newsom Signs First-in-Nation Bill Protecting Children’s Online Data and Privacy.

Published: Sep 15, 2022

AB 2273 requires online platforms to consider the best interest of child users and to protect their mental health and wellbeing

SACRAMENTO – Governor Gavin Newsom today announced that he has signed bipartisan landmark legislation aimed at protecting the wellbeing, data, and privacy of children using online platforms. AB 2273 by Assemblymember Buffy Wicks (D-Oakland) and Assemblymember Jordan Cunningham (R-San Luis Obispo), establishes the California Age-Appropriate Design Code Act, which requires online platforms to consider the best interest of child users and to default to privacy and safety settings that protect children’s mental and physical health and wellbeing.

“We’re taking aggressive action in California to protect the health and wellbeing of our kids,” said Governor Newsom. “As a father of four, I’m familiar with the real issues our children are experiencing online, and I’m thankful to Assemblymembers Wicks and Cunningham and the tech industry for pushing these protections and putting the wellbeing of our kids first.” [Governor Newsom Signs First-in-Nation Bill Protecting Children’s Online Data and Privacy | California Governor](#)

Anxious Nation takes a deep look into the crisis of anxiety and mental health in America, especially its crippling impact on kids and families. The film gently sets out to lift the veil of shame off talking about mental health, giving insights into how and where anxiety shows up in our children's lives, how it impacts families and what we can do to manage anxiety, so it doesn't define us. [Anxious Nation Trailer Picture Motion. - YouTube](#) [Anxious Nation – A Feature Documentary Exploring Anxiety and Kids](#) with another movie called screenagers: growing up In the digital age An award-winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games and ... <https://www.screenagersmovie.com> CONTINUING EDUCATION PROGRAM
EARN CE CREDITS FROM AN APA AND NBCC APPROVED PROVIDER Psychologists, Counselors and other Mental Health Professionals can earn CE Credits in our Continuing Education Program.

Watch your choice of movie here, on-demand, then upon completion of a short test you will be awarded your credit - It's that easy!

Select your movie below to get started. [Screenagers | Continuing Education Program \(screenagersmovie.com\)](#)

SCREENAGERS PODCAST

Join Delaney Ruston, MD, a leading authority on parenting in the digital age and the filmmaker of the award-winning Screenagers movies, as she explores strategies for raising screen-wise and tech-balanced youth. Through interviews with researchers, thought leaders, and young people themselves, the Screenagers Podcast delivers the latest in science along with practical tips. Most episodes are geared for parents, kids and teens to listen to and thus spark common ground for inspired conversations.

[Screenagers Podcast \(screenagersmovie.com\)](https://screenagersmovie.com)

A Feature Documentary Exploring Anxiety and Kids

1 in 3 kids in the US suffers from generalized anxiety.

70% of teens (13-17) view anxiety and depression as a major problem.

50% of 18–22-year-olds feel lonelier and more isolated than seniors 72 and older.

From August 2020 to February 2021, the percentage of adults with recent symptoms of an anxiety or a depressive disorder increased to 41.5%

Suicide rates among 15–24-year-olds have tripled since the 1950s and is the 2nd most common cause of death among college students.

The average wait time on college campuses for an initial mental health appointment range from 3-12 weeks.

-In early 2021, there was a 51% increase in emergency room visits in the United States for suspected suicide attempts for adolescent girls.

60.3% of youth with major depression do not receive any mental health treatment.

Anxious Nation: A Feature Documentary Exploring Anxiety, Kids and Families

It started in 2019 with a single post on Facebook: “Kids and Anxiety, who is dealing with it?”

As the parent of a child who suffers from anxiety, I knew that if I was struggling, then most families dealing with anxiety are too.

While I received a few public posts from friends willing to be open and honest about their struggles on that very public forum, the private messages overwhelmed me. It was as if I gave everyone permission to talk about the 10,000-pound elephant in the room. Suddenly, people I thought I knew well began to share their heartbreaking stories about struggling with anxiety in their homes. While each was remarkable and unique, they were also commonplace... too commonplace. So many were confused about where to turn to for help.

When we set out to make this film, we had no idea what was ahead for all of us. A few weeks before COVID-19 shut down our country, we sent out 14 cameras to our cast so they could document their lives and experiences learning to cope during the pandemic—in real-time. This unexpected turn gave us an insight into anxiety through a whole new lens. The question of anxiety and who is dealing with it suddenly felt moot. Because we all were, and most of us still are. The statistics from when we started filming in 2019 to where we are today are downright frightening--and getting worse.

Anxious Nation explores and captures the many faces and facets of anxiety. This feature-length documentary takes a deep look into the crisis of anxiety and mental health in America, especially its impact on kids (ages 10-26) and families. We zero in on how anxiety shows up, the nurture/nature debate, what's happening in homes and society that's significantly adding to the problem, the crisis on college campuses, and the impact of anxiety and mental health in lower socioeconomic communities, especially the brown and black communities. We discuss stigma, loneliness, isolation, disconnection, the

alarming rise in suicide, the dangers of social media, overmedication, incorrect diagnoses, and the horrific mental health ramifications of the COVID-19 pandemic.

[THE STORY – Anxious Nation](#)

To social media as to how screentime impacting child's physical brains development under two as well as above two years old creating an addiction to altering the gray matter the gray matter <https://www.psychologytoday.com/us/blog/mental-wealth/201402/gray-matters-too-much-screentime-damages-the-brain> and autism impacted <https://www.psychologytoday.com/gb/blog/mental-wealth/201612/autism-and-screen-time-special-brains-special-risks>. To E-Sports gaming activity on school campus causing diminish normal activity 6C51 Gaming disorder listed as Mark five mental health addiction <https://icd.who.int/browse11/l-m/en#/http://id.who.int/icd/entity/1448597234>.

Blue light CA State SCR 73 resolution [California Blue Light Resolution SCR-73 | Eyesafe](#) and [Bill Text - SCR-73 Blue Light Awareness Day. \(ca.gov\)](#) WHEREAS, The increased usage of, and access to, digital devices by young children and adolescents is an acute area of concern, as ophthalmologists, optometrists, and medical researchers continue to learn more about the short-term effects of increasing and cumulative exposure to artificial blue light on the developing human eye and mental health at a young age, along with long-term potential cumulative effects on adult eye health and mental development; and

WHEREAS, Cumulative blue light exposure from digital devices has been shown to disrupt sleep cycles by suppressing the natural release of melatonin and has also been linked to premature aging of the retina, which could accelerate potential long-term vision problems such as age-related macular degeneration, decreased alertness, and memory and emotional regulation impacts and sleep deprivation The blue light that's emitted from these screens can delay the release of sleep-inducing melatonin, increase alertness, and reset the body's internal clock (or circadian rhythm) to a later schedule. This is an especially big problem for teens whose circadian rhythms are already shifting

[Ca suicide awareness education at schools professional flawed! \(socialemotionalpaws.com\)](#)

Request letter of support and legislation as well as screenagers movie be provided in all schools the funds came from local county mental health budget as well as hope squad.com it's a youth driven to help prevent suicides grades elementary to through high school, the first one in CA was in Irvine through the help of Irvine police dept with the hope squad founder of Utah partnership I brought it Orange County now are eight south of Orange County CA.

Thank You

Craig A. Durfey