

**STATE OF DISTRACTION**  
**Consequences for Everyday Life**  
**A Three Part Series**  
**Sponsored by:**  
**Napa Center for Thought & Culture**  
**Napa Valley Office of Education**  
**Napa County Library**

***We are born to interruption-it is attention we must cultivate.***

Jackson, *Distracted*, 2008

***Welcome to the attention economy, in which the new scarcest resource  
isn't ideas or even talent, but attention itself.***

*Attention economy: Understanding the new currency of business*

Davenport & Beck

Technology reshapes our experience of time and self. Clearly, technology holds great promise in our lives. However, we have yet to fully understand the dark-side of our intense engagement in our screens. Recent research indicates that the constant distraction of technology affects such areas as social interaction, cognitive processing and memory, learning, parenting, and other critical parts of our lives. Recently, social media corporations are examining the negative consequences of media engagement.

Series Event #1:

**Dr. Hilarie Cash, “Video Gaming Addiction: What are the Costs for our Children”**

**Thursday, October 25, 7:00 – 9:00 pm**

**Congregation Beth Shalom, 1455 Elm Street, Napa**

**\$20, all seats**

Compulsive video gaming is a modern-day psychological disorder that is becoming more and more popular. The lure of a fantasy world life can become more appealing than real life, with games that have no end. 13% of adolescents in Korea are classified as at risk of “Internet over-dependence. Recently, the World Health Organization added to its International Classification of Diseases an entry for “gaming disorder,” which describes persistent, debilitating video game addiction that interferes with daily life. Dr. Cash, nationally recognized expert on video game addiction and director of restart, a detox center for compulsive gamers—will overview the signs, risks, and solutions for young and older addicted players. She will also discuss the neurobiology of gaming (e.g., craving). Lost childhoods, health problems, and psychological disorders are a few issues resulting from excessive use. Finally, turning attention specifically to the younger generation, Dr. Cash will briefly explain the effects of overuse of digital media on child development. Dr. Cash has offered to remain after her formal presentation to talk personally with parents.

**Presenter:** Hilarie Cash, PhD, LMHC, CSAT Nationally-recognized expert on Video Gaming addiction. Founding Member, Chief Clinical Officer (CCO) of reSTART, a treatment center for children and teens addicted to video gaming. Dr. Hilarie Cash is co-founder and Chief Clinical Officer for reSTART Life, PLLC, a residential program (first in the US or Canada) designed explicitly for adults and adolescents who are experiencing serious problems because of addiction to the Internet and video games. Author of Video Games & Your Kids: How Parents Stay in Control. She began her work in this new field in the mid-90's. By 1999 she had co-founded an outpatient clinic called Internet/Computer Addiction Services (now closed) in Redmond, WA. In 2008, she co-authored the book Video Games and Your Kids: How Parents Stay in Control and in 2009, she co-founded reSTART Life. All of these ongoing endeavors have brought her recognition as one of the nation's leading experts on Internet and video game addiction.

Series Event #2:

**Wednesday, November 14**

***Distraction: Screen Distraction for Children/Teens***

***Audience: Parents and Educators***

**6:00 - 7:30 pm**

**Napa County Office of Education Conference Center, 2121 Imola Avenue, Napa**

**Free**

**Spanish Translation Available Upon Request**

Children are very susceptible to interfering stimuli or distractions. Excessive distraction affects cognitive and social development, especially memory building and interaction skills. Identifying why and how our children engage with personal technology may be the difference between healthy and destructive behavior. Similarly, as parents we need to look at our favorite digital distractions—social media, video games, puzzles, television shows, podcasts, news, and spectator sports—and ask ourselves how do these contribute to the quality of our life, our children's lives, and our parenting? This 2 hour program is designed for understanding the costs and potential solutions of distraction for our children and parenting. This is a highly participatory Town Hall that will include: 1) Overview of distraction: costs and benefits, 2) Discuss how distractions impacts children, 3) Examine potential solutions to reducing distraction and enhancing attention, and 4) Engage parents in round table discussion regarding issues and solutions.

**Presenters: Mara Adelman, Ph.D. (Professor emeritus, Seattle University).** Dr. Adelman is a retired professor of communication and resides in Napa. She specializes and publishes on solitude ([www.solitudecourse.com](http://www.solitudecourse.com)) which led her to provide numerous faculty workshops on distraction ([www.distractionworkshop.com](http://www.distractionworkshop.com)). Her specific interest in these two themes is on their impact on the quality of our personal development and our social interactions.

**Dana Cope, M.Ed. in Innovative Learning, President of Cope consulting LLC.** Dana is an educator and parent with over 20 years experience as a classroom teacher and coordinator of district-wide programs that support students, parents, teachers, and administrators. She will assist parents in developing parenting skills that assist in reducing distraction for their children.

Series Event #3:

**Wednesday, December 5**

***Distraction: The impact in our everyday and professional lives***

***7:00 – 8:30 pm***

***Napa County Library, Community Room, 580 Coombs St, Napa***

**Free**

*"nomophobia" a mental feeling of inadequacy due to lack of (or loss) of mobile phone contact (Urban Dictionary)*

The twenty-first century may well be characterized as the age of distraction. We are wired as never before and distracted to death. Two decades ago, Gergen (1991) coined the phrase "social saturation" to address the state of being perpetually on-call to our social worlds. Currently, "acceleration" and "distraction" describe our communicative climate amidst technological and social demands. Long before technology and multi-tasking eroded our attention, we were skimmers, scanners, and skippers of information. With our new screens, we are perfecting the skills. Dr. Adelman will overview some of the concepts, types, and issues regarding distraction; including research on its impact in our everyday usage in our professional lives. She will also examine its counterpart—attention and mindfulness. The program will include video clips from Maggie Jackson, author of [Distraction: The Erosion of Attention and the Coming Dark Age \(2008\)](#); [Distraction: Reclaiming Our Focus in a World of Lost Attention \(forthcoming, Sept. 2018\)](#). Audience members, in round table discussions, will be encouraged to share their responses to issues around distraction in their everyday and professional lives.

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