

'Interview with Rose Hill'
Rose Hill, Crisis Connections
International Disability Rights Affirmation Conference 2024
November 15

[2024/11/15 09:29] Elektra Panthar: Hello everyone.

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Transcription is provided by Virtual Ability, Inc.

The transcriptionists are:

Elektra Panthar

Carolyn Carillon

The speakers will be identified by initials as they speak.

The following initials in the transcription record will identify the speakers:

RH: Rose Hill

<<transcription begins>>

[2024/11/15 09:30] Elektra Panthar: AC: Good morning, my name is Andee Cooper, I am a retired educator with over 30 years experience. When I first started teaching I was in the Sped program with a classroom of 12 students ranging from Kindergarten to 6th grade. I found myself searching for ways to reach a couple of students who could not speak because of medical reasons.

One student in particular could not speak at all, I looked into several programs that allowed her to push buttons that had pictures. It allowed her to tell us what she needed, it worked for her. But after doing some research I can see the pros and cons of using AI, in education for people with disabilities

So today I am here to speak with Rose Hill, Rose is a Certified Peer Counselor with a focus in trauma and crisis counseling at Crisis Connections in Seattle.

She is concerned about the impact of AI on the mental health of youth. Rose, thank you for joining us today, let's start by giving us a little bit of information on your background and what AI is, some people may not know?

RH: Thank you Andee, I'm excited to be here

I'm a certified peer counsellor

I completed my Master, I'm studying intersection of AI and mental health

AI can solve complex problems and simulate human like interaction

[So broad snapshot - AI is artificial intelligence, also, some are now calling it post-biological intelligence. Refers to computer systems designed to perform daily tasks or any tasks that typically require human intelligence and today's AI can engage in conversations, solve complex problems and simulate human-like interaction]

There's a lot of buzz, but AI has moved beyond from being a tool and has become integrated in day to day life

This has happen through intersection of various technology [the intersection of a lot of different parts of life] - cell phones, navigation apps, spam filters, Alexa, are already using AI

It's already impacting us in way we can't control fully

I want to study the impacts to our mental well being and raise awareness, so that we have more choice and retain self agency

AC: How do you think AI can be beneficial to people with disabilities?

RH: I want to speak about how AI can benefit people with mental health disabilities

These conditions are often isolating and fuels the condition itself, so it creates a negative feedback loop

AI chatbots can provide a stepping stone to people struggling with isolation

AI with people with social anxiety AI can alleviate some of that anxiety by helping acquire confidence

AI those with bipolar disorder can be helped by mood tracking apps that can warn them of incoming mood shifts

For those with depression it can provide prompts to help with task

I want to stress that AI should not be used as a substitute for human interaction

AC: How do you think AI can be harmful to people with disabilities?

RH: there's a risk that AI can enforce the isolation

This could disproportionately affect certain parts of the population

The attuned responses of AI could make human interaction feel more difficult to understand

Instant gratification provided by AI can impede healthy human connections

AI can be destabilizing in case the person relies on it for help and there are technological issues that prevent AI from working during a difficult moment for the person

There are questions about long term effects of AI interactions

AC: After doing some research into the AI programs being implemented in the schools do you think it also can be used to increase learning, and give students a personalized environment?

RH: yes AI can help, providing patience to those who need to [review material multiple times], assist judgement free interaction for those with social anxiety, it can divide a task in chunks for those with learning disabilities, it can be individualized to any condition
But human interaction is fundamental

AC: Do you think that students using AI will become too reliant on AI to do their work and not apply themselves?

RH: yes this is concerning from a mental health perspective

Especially those that can develop attachments to the AI

Messiness of human interaction can be daunting but important to develop critical thinking skills and connection

AC: What would some things that teachers, and health care providers need to be aware of when using the AI programs?

RH: AI cannot replace the therapeutic alliance of mental health providers and patients

Unfortunately mental health support is hard to obtain and maintain, and the parts of

population who would need it most are those who are less likely to be able to get it

Technology can help support these individuals

We need to teach healthy boundaries for emotional attachments especially for young people

Also important to have contingency plans in case AI is not available

Modern AI mimics human interaction, so it's inevitable to form an emotional attachment to it

We need a plan to take care of ourselves and our students in case that's not available

AC: Let's take some questions from the audience!

[2024/11/15 09:49] Gentle Heron: QUESTION- This is something I've wondered about when people talk about digital literacy, and I am assuming that AI literacy would be included in that broader category. Perhaps digital literacy needs to look different for adults and for children? I read an interesting essay that recommends a dual approach to AI literacy. That adults should learn to view AI as human-like in many respects, but use caution. And that children should learn to view AI as a form of technology. What do you think about this dichotomy?

Here is that article: <https://mikekentz.substack.com/p/part-two-the-wild-robot-pop-culture>

[2024/11/15 09:51] Elektra Panthar: RH: we need to consider the emotional aspect of digital literacy, AI could help us doing that - we need to keep it into consideration

AI is designed to capture your attention

AI is appealing to what you want and what you respond to

For the second part, I think we need to all reach the same level of literacy - we all need to learn multiple components

Yes I think viewing it as human like can be dangerous because emotions then get involved

When emotions are in charge we do crazy things, but it's an interesting thing to think about

[2024/11/15 09:51] Warthog Jun: Question - Could we not look at the use of SL as similar to the use of AI and are their lessons we have learned to apply to overall tech use?

[2024/11/15 09:56] Elektra Panthar: RH: there are similarities but in SL we talk to other people. We have an avatar but we are talking with other people. This relationship is still human, even if digital assisted. With AI you are not talking to a human
It's what's going to be the biggest impact - we don't have a parallel to compare it to, it's so new

When AI avatars are more common than human, it will get very weird. I think AI avatars should be distinguishable

[2024/11/15 09:57] Warthog Jun: guardrails

[2024/11/15 09:57] Buffy Beale: great point!

[2024/11/15 09:57] Exi Conundrum-Firelyte (Existential Conundrum): We absolutely need AI markers. Color of name or something.

[2024/11/15 09:57] Carolyn Carillon: AC: will we eventually have conversations with AI?

And this is a slippery slope

Will we become dependent?

If so, losing access becomes an issue

[2024/11/15 09:58] Elektra Panthar: RH: we can kind of already have a conversation with AI, in some sites, where AI plays a character

That can have bad consequences

See the article mentioned earlier

About the disruption in relation, I know we have redundancies but we also have to think about AI energy and water consumption

AI consumes a massive amount of both

[2024/11/15 10:00] Gentle Heron: The suicide Rose referred to:

<https://www.cnn.com/2024/10/30/tech/teen-suicide-character-ai-lawsuit/index.html>

[2024/11/15 09:54] Mook Wheeler: QUESTION: One danger is that personalised AI companions are essentially programmable. These AI-companions are already out there. You remove what you don't like, and put in what you want. You are creating a fantasy echo-chamber that will move you further and further away from real people who are much less predictable, more messy. Young people have already hugely embraced AI use, more than older generations. Have you noticed any effects of this possible danger with young people since 2022?

[2024/11/15 10:01] Elektra Panthar: RH: this is an important question, the concept of fantasy echo chamber

AI is learning what we like and caters to us. Young people have the highest risk for this, as they are just learning about relationships

Nowadays most of the relationships are tech-filtered already, phone, IMs etc - since the AI interface is basically the same it might be hard for them to distinguish that human relationship is different than AI interaction

The danger is real, especially with how emotionally overwhelming being a teenager is

We need to regulate AI interaction to avoid these bad outcomes

[2024/11/15 10:05] Berry Vita (Arbutus Vita): Agree!

[2024/11/15 10:05] Elektra Panthar: RH: this is such a huge topic, I appreciate being here and I'm open to conversation so feel free to reach out - bringing more awareness and asking questions is the best thing we can do

[2024/11/15 10:05] Gentle Heron: Gosh, Rose, we certainly need to continue this important conversation in the near future. Thank you for sharing with us today.

[2024/11/15 10:05] Buffy Beale: thanks, really interesting session!

[2024/11/15 10:05] Mook Wheeler: COMMENT: We have emotions because we have glands. Post-biological intelligence has no glands -- how will algorithms ever 'understand' the nuances of emotions?

[2024/11/15 10:05] Lissena Wisdomseeker (Lissena Resident): good question mook
Our biology defines us

Do you think it will have all 5 senses and more, roro?

[2024/11/15 10:08] roropillow Resident: Great question Mook about post bio intelligence. I don't have the answer- but robotocists have built an entirely robotic hand that has many nerve endings like a human hand. At its base, glands send information signals to the brain- AI may be able to receive signals like that if in an advanced enough robotic body. Before long...AI itself will be the one working on building that body. Kind of wild and disturbing thought!

[2024/11/15 10:09] Mook Wheeler: @Rose/roropillow -- a disturbing spiral alright
What worries me is that our referential point may become AI. That AI-written self-referential systems are going to come into play within human systems, and how to tell the difference once everything merges?

[2024/11/15 10:05] Drake (DrakeCooper Absinthe): wonderful chat Ladies

[2024/11/15 10:05] Berry Vita (Arbutus Vita): Great discussion

[2024/11/15 10:06] Drake (DrakeCooper Absinthe): Thank you

[2024/11/15 10:06] Gemma (Gemma Cleanslate): : 🎵 ❤️🎵 APPLAUSE !! 🎵🎵❤️🎵🎵❤️

[2024/11/15 10:06] Elli Pinion: Great conversation/presentation!

[2024/11/15 10:06] PI (PI Illios): Wonderful chat. Thank you Rose

[2024/11/15 10:06] Carolyn Carillon: <<transcription ends>>