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Lyon, the 1st of March, 2022

Dear members of the Education, Health, and Environmental Affairs Committee,

My name is Doctor Emmanuel Monneron. I am 34 years old and live in Lyon, France. I am a medical doctor and a psychiatrist. I work in a public services consultation center and take care of more than 200 patients suffering from severe mental health diseases.

I support Bill SB0705 « Education – Physical Restraint and Seclusion – Limitations, Reporting, and Training ».

As a psychiatrist, I frequently work at my hometown psychiatric hospital emergency room and during these shifts, I happen to make decisions about seclusion and restraint measures. I want to stress the fact that, no matter the circumstances, these measures are always traumatizing for the patients. Physically restraining someone is also quite dangerous and sadly, I have already witnessed some accidents during my relatively short professional career.

Using seclusion and physical restraint measures is justified only when the security of a person or the people surrounding them is seriously threatened. These measures should only be used as last resort measures. To me, the decision should be made by a properly trained professional, for a limited amount of time and the person's state should be frequently and closely monitored.

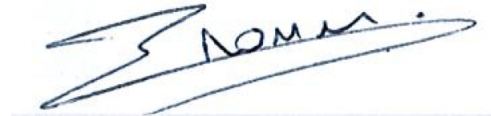
Seclusion and restraint measures are not behavioral health interventions. There is no scientific evidence showing that these practices have a positive impact on children's or teenagers' mental health. Most of the time, when a youth becomes agitated or aggressive, it's because they are experiencing anxiety or emotional pain. Secluding them or restraining

them when they actually need appropriate support can worsen the symptoms and lead to dissociation phenomena and post-traumatic stress disorders. It's very important to always remember that a quiet child is not necessarily a healthy child.

For all these reasons, I ask you to vote in favor of Bill SB0705 because this text will protect children and teenagers against unnecessary dangerous, and unethical practices.

I thank you very much for your time and your attention.

Dr. Emmanuel Monneron  
M.D., Psychiatrist

A handwritten signature in blue ink, appearing to read 'E. Monneron', is written over a horizontal blue line.