

**Report in Response to King County Council Motion 15234:  
Report on Gun Violence among Youth and Young Adults**

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December 2019



**King County**

## DEDICATION & ACKNOWLEDGEMENTS

This report is dedicated to the families who experience gun violence, especially the many participants who made time to share their diverse perspectives with us. The executive is grateful for the tremendous help we received from community and subject matter experts listed here:

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## II. EXECUTIVE SUMMARY

This report is a response to King County Council Motion 15234 (October 3, 2018), which requests that the Executive engage and collaborate with King County youth and young adults and their family members to develop a report on gun violence among youth and young adults.<sup>1</sup>

### Background

Firearm deaths - whether self-inflicted or interpersonal - affect youth, families and communities adversely. Firearms are the leading cause of suicide and homicide deaths among youth and young adults.<sup>2</sup> Roughly three-fourths of the suicide deaths among youth ages 10–14 result from firearms. Firearm homicide rates are highest among young adults ages 18–24 compared to other age groups.<sup>3</sup>

All firearm deaths and injuries among children, youth, and young adults are preventable. In the majority of King County's youth suicide deaths from firearms, youth obtained the weapon from a family member, and in roughly a third of cases, the weapon was stored unlocked or was loaded.<sup>4</sup> Removing access to a firearm decreases the likelihood of firearm-related suicide<sup>5</sup> whereas firearm availability in the home significantly increases the risk of suicide.<sup>6</sup> Effective community and clinical education programs, including those that are applied universally or are selective across different settings, are effective at reducing suicide ideation, re-attempts,<sup>7</sup> and violence prevention.<sup>8</sup>

### Methods

Input from the King County Executive's Office, King County Public Health Violence and Injury Prevention, community and research experts, and published studies shaped the approach to developing this report. To understand how King County youth and young adults experience gun violence including what factors contribute to and prevent exposure to gun violence, the Public Health – Seattle & King County (PHSKC) research team conducted focus groups with youth, young adults, and their family members as well as interviewed King County subject matter experts as key informants. These occurred between June and August 2019 and included:

- 12 focus groups with 80 youth and young adults who have experience with gun violence.
- 2 focus groups with 26 family members of youth and young adults affected by gun violence.

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<sup>1</sup> In this report, "youth" refers to participants ages 13–17 and "young adult" refers to participants ages 18–24.

<sup>2</sup> Washington State Department of Health. Community Health Assessment Tool (CHAT) Data, self-inflicted death youth 0–24 years, 2015–2017.

<sup>3</sup> Washington State Department of Health. Community Health Assessment Tool (CHAT) Data, self-inflicted death youth 0–24 years, 2015–2017.

<sup>4</sup> Public Health – Seattle and King County. The impact of firearms on King County children and youth. Retrieved from <https://www.kingcounty.gov/depts/health/data/youth-firearms.aspx>

<sup>5</sup> Giffords Law Center. Retrieved from <https://lawcenter.giffords.org/gun-laws/policy-areas/child-consumer-safety/safe-storage/>

<sup>6</sup> Mann, J. J., & Michel, C. A. (2016, October 1). Prevention of firearm suicide in the United States: What works and what is possible. *American Journal of Psychiatry*. American Psychiatric Association. <https://doi.org/10.1176/appi.ajp.2016.16010069>

<sup>7</sup> Robinson, J. et al. (2018). What Works in Youth Suicide Prevention? A Systematic Review and Meta-Analysis. *EClinical Medicine by the Lancet*, 4, 52-91.

<sup>8</sup> Fagan, A. & Catalano, F. (2012). What Works in Youth Violence Prevention: A Review of the Literature. *Research on Social Work Practice*, 23(2), p. 141-156. DOI: 10.1177/1049731512465899.

- 10 key informant interviews with service providers and local experts who work with youth and their families on issues related to gun violence.

Participants in this data collection effort were recruited from all King County regions (East region, North region, Seattle, and South region), as well as all racial/ethnic groups and ages. Though participants were recruited from all regions in King County, the participants represented in the report are from three (East region, Seattle, and South region) of the four regions. Thirteen focus groups were conducted in English, and one in Spanish. Many of the youth violence prevention and behavioral health programs and services are in Seattle and South King County, thus the perspectives in this report largely represent those of youth and young adults in the Seattle and South King County.

### **Key findings**

Participants identified numerous factors influencing youth’s decisions to engage in gun violence. These include:

- Cultural factors such as popular culture (entertainment, music, and video games), social media, and mass media, can associate guns with looking “cool” or attracting fame and attention. These depictions of guns tend to exaggerate the actual prevalence of guns and gun violence.
- Community conditions including both affluence and poverty can place stress on youth. Furthermore, racism and discrimination may lead to a sense of powerlessness and some youth may turn to gun violence as a result of this anxiety.
- Adolescent brain development is associated with poor decision-making, and adolescent males may react strongly to expectations about masculinity. These factors increase youth susceptibility to gun violence.
- Guns are easily accessible, and youth can often access guns either through their peer networks or household members who keep guns at home. Young adults expressed that existing laws do not present a significant barrier to obtaining guns legally, noting that *it is easier to get a gun than to get a job*.

Services and programs already in place in King County can decrease the impact of these influences and help youth avoid gun violence. These include:

- Community centers that offer after-school activities and the opportunity for youth to develop supportive relationships with each other and with trusted adults.
- Youth development programs offering skill building and intervention resources such as conflict resolution and restorative justice.
- Mental health supports available in schools and clinics.

Some youth encounter barriers to accessing such services, however, particularly if they belong to underserved communities or live outside Seattle.

### **Community recommendations**

Participating youth, young adults, families, and key informants were asked what should be done to address youth and young adult gun violence. Their recommendations include:

- More education about gun violence for youth, families and community members.
- Increase the range and scope of community centers.
- Increase youth access to mental health services.
- Provide social and emotional skills training to youth at risk of gun violence.
- Increase youth employment and educational opportunities.

- Examine and address youth’s ability to easily access guns.
- Develop and increase systems alignment between government and community supports.

### **Presentation of Findings to Community and Stakeholders**

Eight report back sessions were conducted with relevant stakeholders and available community members who participated in focus groups or interviews. These sessions took place during regular stakeholder meetings and were also scheduled throughout various King County locations and local libraries. During these report back sessions, participants had the opportunity to review the methods, findings, and recommendations included in the report.<sup>9</sup> As part of the presentation, the research lead presented preliminary report findings and asked for additional feedback on the findings and recommendations. Across sessions, attendees raised common themes, including: prevention and intervention efforts should focus on the community rather than focus solely on individuals and connecting gun violence to mental health issues often shifts the focus on individuals rather than on communities, also, communities want to hear about what actions will be taken to reduce and prevent gun violence. The executive’s recommendations outlined below are based on these community recommendations as well as areas in which King County has authority.

### **Executive recommendations**

The executive recommends the following to support and strengthen community-based organizations’ efforts to reduce gun violence that are within King County’s jurisdiction:

- The County should broadly disseminate the findings of this report to governmental and non-governmental stakeholders to ensure that County gun violence prevention efforts are aligned with community recommendations.
- County agencies should help community-based organizations seek and obtain external funding to support the expansion of existing community-based programs targeting youth and their families.
- In developing their implementation strategies, Zero Youth Detention (ZYD), should take into consideration the report findings and demonstrate how the findings are being addressed, such as the expansion of restorative justice practices and connecting youth to community supports prior to engagement with the criminal legal system.
- The County should continue to use and strengthen a trauma-informed approach to working with youth involved in gun violence.
- The County should continue to generate qualitative and quantitative data reports with input from affected communities and providers to inform policy and programmatic efforts to address gun violence.
- The County should continue to disseminate accurate, accessible information to community members about the use of firearms and safe storage practices as well as services that mediate the risk and impact of gun violence.
- The County should increase internship and employment opportunities for youth in communities heavily affected by gun violence.

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<sup>9</sup> While the lead researcher was not able to present to the King County Gun Violence Prevention and Intervention Committee, report findings were presented to representatives of law enforcement, civic groups and the King County prosecuting attorney’s office.

- County should support a regional network of leaders committed to creating safe, healthy, and hopeful communities to help reduce the epidemic of homicides and shootings among County residents.

This report provides a comprehensive and updated snapshot of what gun violence looks like from the perspectives of youth, young adults, families, and key informants including providers and experts in King County. The perspectives in this report address themes and factors including what promotes, prevents, and protects people from gun violence; as well as what is being and what more can be done to address gun violence in King County, Washington. This report is designed as a resource for people and organizations working to prevent gun violence among youth and young adults in King County.

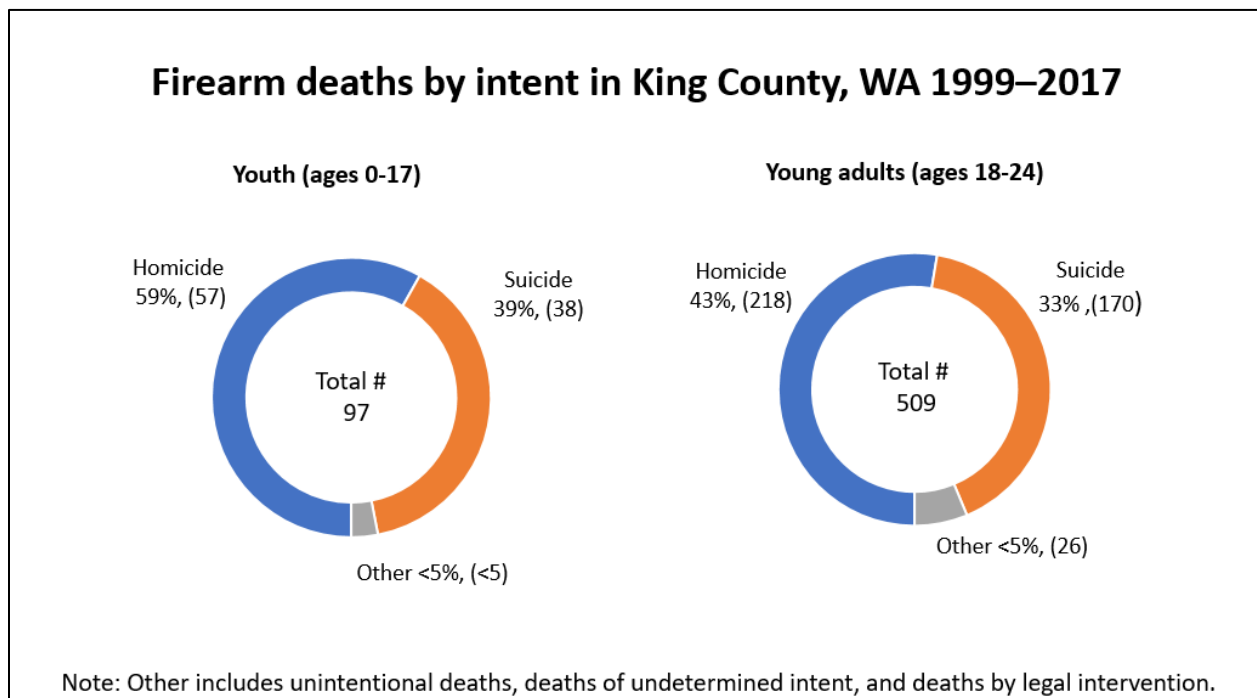


### III. BACKGROUND

On October 3, 2018, the King County Council passed Motion 15234 requesting that the executive engage and collaborate with King County youth and young adults and their family members to develop a report on gun violence among youth and young adults.<sup>10</sup> A PHSKC research team carried out the work that led to this report. Input from Councilmember Joe McDermott’s office, the King County Executive’s Office, Public Health – Seattle & King County’s Violence and Injury Prevention, community and research experts, and published studies informed the study approach. The report has five sections: 1) background, 2) inventory of programs, 3) methods, 4) findings, and 5) recommendations. In order to give these findings and recommendations context, a summary of updated population data included below assesses what gun violence looks like in King County.

#### Who is experiencing firearm deaths in King County?

Firearm deaths affect youth, families and communities adversely whether it is self-inflicted or interpersonal. Firearms are the leading cause of suicide and homicide deaths among youth and young adults.<sup>11</sup> Roughly three-fourths of the suicide deaths among youth 10–14 years old result from firearms. Firearm homicide rates are highest among young adults ages 18–24 compared to other age groups.<sup>12</sup>



Male youth are more likely than female youth to have self-inflicted and assault-related injuries and deaths from firearms with rates for male youth at least double those for female youth in King County (Appendix B).

<sup>10</sup> In this report, “youth” refers to participants ages 13–17 and “young adult” refers to participants ages 18–24.

<sup>11</sup> Washington State Department of Health. Community Health Assessment Tool (CHAT) Data, self-inflicted death youth 0–24 years, 2015–2017.

<sup>12</sup> Washington State Department of Health. Community Health Assessment Tool (CHAT) Data, self-inflicted death youth 0–24 years, 2015–2017.

For youth and young adults, firearm suicide deaths occur in all places and among all races, whereas firearm homicide deaths are more likely to occur in Seattle and South King County (Appendix B). Black, American Indian/Alaska Native, Asian, Native Hawaiian/Pacific Islander, and Latinx youth have much higher firearm homicide rates than White youth. Black youth in King County have a firearm homicide rate that is more than four times higher than that of White youth. Black youth and White youth die by firearm suicide at similar rates (Appendix B).

All firearm deaths and injuries among children, youth, and young adults are preventable. In the majority of King County's youth suicide deaths from firearms, youth obtained the weapon from a family member, and in roughly a third of cases, the weapon was stored unlocked or was loaded.<sup>13</sup> Removing access to a firearm decreases the likelihood of firearm-related suicide<sup>14</sup> and firearm availability in the home significantly increases the risk of suicide.<sup>15</sup> Effective community and clinical education programs, including those that are universal or selective across different settings, are effective at reducing suicide ideation, re-attempts,<sup>16</sup> and violence prevention.<sup>17</sup>

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<sup>13</sup> Public Health – Seattle and King County. The impact of firearms on King County children and youth. Retrieved from <https://www.kingcounty.gov/depts/health/data/youth-firearms.aspx>

<sup>14</sup> Giffords Law Center. Retrieved from <https://lawcenter.giffords.org/gun-laws/policy-areas/child-consumer-safety/safe-storage/>

<sup>15</sup> Mann, J. J., & Michel, C. A. (2016, October 1). Prevention of firearm suicide in the United States: What works and what is possible. *American Journal of Psychiatry*. American Psychiatric Association. <https://doi.org/10.1176/appi.ajp.2016.16010069>

<sup>16</sup> Robinson, J. et al. (2018). What Works in Youth Suicide Prevention? A Systematic Review and Meta-Analysis. *EClinical Medicine by the Lancet*, 4, 52-91.

<sup>17</sup> Fagan, A. & Catalano, F. (2012). What Works in Youth Violence Prevention: A Review of the Literature. *Research on Social Work Practice*, 23(2), p. 141-156. DOI: 10.1177/1049731512465899.

## IV. REPORT REQUIREMENTS

### Report Requirement D1: Inventory of existing programs

D. The youth and young adult gun violence report should include but not be limited to:

1. A comprehensive inventory of existing county programs that focus on youth violence and intervention and other community-based efforts in the county, such as Best Starts for Kids, Community Correction, Juvenile Justice Data and the Family Intervention and Restorative Services Program, which is also known as FIRS, Gang Violence Intervention and Prevention initiatives and the Gun Violence Prevention Initiative<sup>18</sup>.

King County has an ambitious and comprehensive approach to child health and community development in pursuit of equity.<sup>19,20</sup> King County's health promotion as well as focused prevention and intervention efforts supplement and cooperate with community-based organizations, advocates, municipal governments, school systems, and others to prevent youth and young adult gun violence with the goal to create a safer and more equitable King County.

The County funds and formally partners with numerous initiatives and programs that support the prevention of gun-related suicide, homicide, and assault (key examples listed below). PHSKC staff reviewed existing programs and consulted with the Executive's Office, the Department of Community and Human Services, and the Prosecuting Attorney's Office for this inventory. Many of the programs were created out of innovative King County initiatives that were intended to strengthen communities and families to improve equity and racial justice. Programs are categorized into three types: A) initiatives and programs building protective factors for youth, B) suicide prevention and intervention programs, and C) violence prevention and intervention efforts (including gang violence prevention and intervention initiatives). See Appendix D to view a list of all the hyperlinks for each key program and example listed in the sections below.

#### A. Initiatives and programs building protective factors for youth

The [Best Starts for Kids \(BSK\) initiative](#), funded by a voter-approved property tax levy, invests in prevention and early intervention strategies that promote healthier, more resilient children, youth, families, and communities. BSK strategies and programs focus on protective factors for healthy child

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<sup>18</sup> This references a group convened by the Prosecuting Attorney's Office as part of the Shots Fired grant, which ended at the end of 2018. The group existed at the time the ordinance was written but does not now; however, a majority of members were represented among key informants and other participants in this project.

<sup>19</sup> Hancock, J., & Fifty, R. (2016). Voters in This County Raised Their Own Property Taxes to Fund Childhood Wellness. *The Atlantic*. Retrieved from <https://www.theatlantic.com/politics/archive/2016/01/voters-in-this-county-raised-their-own-property-taxes-to-fund-childhood-wellness/458778/>

<sup>20</sup> Milstein, B. (2018). How System Stewards in Washington's King County are Turning the Tide Toward Equitable Health and Well-Being. Retrieved from <https://www.rethinkhealth.org/Resource/how-system-stewards-in-washingtons-king-county-are-turning-the-tide-toward-equitable-health-and-well-being/>

development many of which are also protective factors for violence prevention.<sup>21,22,23</sup> BSK is funding new school-based health centers (SBHCs) providing onsite behavioral and physical health services at schools. SBHCs play a critical role in suicide prevention, intervention, and postvention<sup>24</sup>. SBHCs also provide support to students affected by violence. BSK is funding support groups and youth development programs for vulnerable youth including LGBTQ<sup>25,26</sup> (Lesbian, Gay, Bisexual, Trans, Queer/Questioning) and rural youth<sup>27,28, 29</sup> who are at elevated risk of suicide attempts and deaths, through its Youth Development strategy. BSK's [Stopping the School-to-Prison Pipeline](#) strategy currently funds 15 programs conducting focused outreach, mentoring, case management, and family treatment programs to prevent youth engagement with the juvenile legal system.

[Communities of Opportunity \(COO\)](#) funded through the BSK levy and the Seattle Foundation's Center for Community Partnerships focuses its investments on places and communities where systemic inequities have resulted in poor health and wellbeing outcomes. As part of the place-based and cultural community investments, several of the COO partnerships support youth-led and community-led strategies and solutions to violence. For example, as part of A Beautiful Safe Place for Youth (ABSPY), [Corner Greeters](#) (hired community members) bring people together to foster conversation and interactions that build community to reduce youth victimization and crime in Rainier Beach. The [Youth 4 Peace Project](#) (Y4P) has engaged the broader community on how violence affects youth and their families living in southeast Seattle. [HOSTED](#) (Healthy Othello Safer Through Environmental Design) is focusing on reducing the environmental causes of person-on-person, injury-causing crimes by using non-arrest solutions tailored to the Othello community's needs.

King County's [Zero Youth Detention](#) (ZYD) is partnering with youth, families, and communities to build on their strengths so that communities are safe, youth legal system involvement is limited or avoidable, and all youth have the opportunity to be happy, healthy, safe, and thriving. Building on 20 years of reducing the youth detention population, ZYD is beginning the journey with momentum to advance the

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<sup>21</sup> Cash, S. J., & Bridge, J. A. (2009). Epidemiology of youth suicide and suicidal behavior. *Current opinion in pediatrics*, 21(5), 613–619. doi:10.1097/MOP.0b013e32833063e1.

<sup>22</sup> King, et al. (2001). Psychosocial and Risk Behavior Correlates of Youth Suicide Attempts and Suicidal Ideation. *Journal of the American Academy of Child & Adolescent Psychiatry*, 40(7), p. 837-846.

<sup>23</sup> Walker, S. et al. (2011). Inequality in early childhood: risk and protective factors for early child development. *The Lancet*, 378(9799), p. 1325-1338.

<sup>24</sup> Postvention refers to support to a school or community after a suicide death.

<sup>25</sup> Eisenberg, M. E., & Resnick, M. D. (2006). Suicidality among gay, lesbian and bisexual youth: The role of protective factors. *Journal of Adolescent Health*, 39(5), 662-668.

<sup>26</sup> Russell, S., & Joyner, K. (2001). Adolescent sexual orientation and suicide risk: Evidence from a national study. *American Journal of Public Health*, 91(8), 1276-1281. <https://www.thetrevorproject.org/resources/preventing-suicide/facts-about-suicide/>.

<sup>27</sup> Kegler, Scott R., Deborah M. Stone, and Kristin M. Holland. (2017). Trends in suicide by level of urbanization – United States, 1999-2015. *MMWR Surveillance Summaries*, 66.10, p. 270-273. Retrieved from <https://www.cdc.gov/mmwr/volumes/66/wr/mm6610a2.htm>.

<sup>28</sup> Ivey-Stephenson, Asha Z., et al. (2017). Suicide trends among and within urbanization levels by sex, race/ethnicity, age group, and mechanism of death – United States, 2001-2015. *MMWR Surveillance Summaries*, 66.18, p. 1-16. Retrieved from <https://www.cdc.gov/mmwr/volumes/66/ss/ss6618a1.htm>.

<sup>29</sup> National Advisory Committee on Rural Health and Human Services. (2017). Understanding the Impact of Suicide in Rural America Policy Brief and Recommendations. U.S. Department of Health and Human Services. <https://www.hrsa.gov/sites/default/files/hrsa/advisory-committees/rural/publications/2017-impact-of-suicide.pdf>

goal of eliminating youth detention. The ZYD [Road Map](#) outlines five objectives: 1) lead with racial equity, 2) prevent youth from entering the juvenile justice system by working upstream and on systems that have the greatest impact, 3) divert youth from further law enforcement, formal legal processes, and secure detention into community-based options, 4) support youth and families to reduce recurrence of legal system involvement and increase healthy outcomes, and 5) align and optimize connections between systems to increase effectiveness. Launched in 2018, the ZYD [Implementation Dashboard](#) describes the activities King County and partners are working on to get to zero youth detention, while the [Youth Detention Data Dashboard](#) tracks progress on efforts to achieve this goal.

Other County programs support both violence and suicide prevention by strengthening safety practices in families and communities. For example, PHSKC's [Lock It Up](#) program promotes community safety through public education campaigns about the importance of safe storage of firearms.

## **B. Suicide prevention and intervention programs**

Firearms are the most lethal means of suicide.<sup>30</sup> Existing King County efforts to address youth suicide include 1) data, case studies, and policy analyses to support community suicide prevention and response efforts, 2) universal education and prevention programs, and 3) direct services to prevent and intervene when risk of suicide is evident. In combination, these efforts (interfacing with education and health systems, community-based organizations, and other municipal programs) represent a comprehensive approach to suicide prevention ranging from data-informed planning through intervention services.

On Public Health's [firearm injury data dashboard](#), information is available about firearm-related injuries and deaths and related safety practices and risk factors in King County. By providing information on the nature and scope of the problem the dashboard can inform programs, services, and policies. All suicides of minors are reviewed in PHSKC's Child Death Review (CDR), convened and managed through the Parent-Child Health Program. CDR brings together multidisciplinary partners, including staff from multiple King County agencies, to identify modifiable risk factors and prevent future deaths.

Countywide behavioral health programs and suicide support services are funded through King County's [Mental Illness and Drug Dependency Behavioral Health Sales Tax Fund](#) (MIDD), a countywide 0.1% sales tax generating about \$136 million per two-year biennium. MIDD funds a wide variety of behavioral health services, including Mental Health First Aid, a universal education training program to increase the general public and service provider knowledge about behavioral health basics including warning signs to recognize a crisis as well as what to do when someone is in a behavioral health crisis. MIDD also funds the YMCA's [Children's Crisis Outreach Services](#) (CCORS) and CCORS-related expansion programs, which provide urgent response to acute child behavioral health crises, including suicide risk, and short-term community-based supports.

## **C. Violence prevention and intervention programs**

A critical source of information beyond the firearm dashboard comes from the Prosecuting Attorney's Office (PAO) [Crime Strategies Unit](#) which produces the [King County Firearm Violence report](#) based upon the "Shots Fired" project – a compilation of data about shots fired in the law enforcement jurisdictions where the majority of reported firearm misuse occurs.

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<sup>30</sup> Lethality of Suicide Methods Case Fatality Rates by Suicide Method, 8 U.S. States, 1989-1997. (n.d.). Retrieved from <https://www.hsph.harvard.edu/means-matter/means-matter/case-fatality/>

Several King County programs provide access to supportive services for youth who are at risk of or newly involved with the juvenile legal system with the aim to reduce further system involvement.<sup>31</sup> These include the following:

- The PAO supports programming by [CHOOSE 180](#). This prevention program focuses on youth and young adults at first contact with the juvenile legal system or when risk factors are present. CHOOSE 180 connects youth with community, empowers them with choice, and teaches them the skills necessary to avoid engagement with the criminal legal system. Young people can get criminal or school suspension cases reduced or dismissed if they participate in programming, which includes coaching, case management, advocacy, and access to community members with similar stories.
- The [Juvenile Court's Partnership for Youth Justice](#) diverts youth from the criminal legal system and connects them with community supports. Youth admitted into the program meet with a Community Accountability Board (CAB) made up of volunteers from the community or other community agencies. The CAB and the youth enter into a written agreement about what consequences will be imposed for the youth's behavior.
- The Department of Community and Human Services' [Law Enforcement Assisted Diversion \(LEAD\) program](#) is an award-winning,<sup>32</sup> collaborative community safety effort that offers law enforcement a credible alternative to booking people into jail for criminal activity that stems from poverty or unmet behavioral health needs. LEAD diverts individuals who are engaged in low-level drug crime, prostitution, and crimes of poverty away from the criminal legal system—bypassing prosecution and jail time—and connects them with intensive case managers who provide crisis response, immediate psychosocial assessment, and long-term wraparound services, including substance use disorder treatment and housing.
- BSK's [Theft 3 and Mall Safety Pilot Program](#) at Southcenter Mall aims to lower the number of youth Theft 3 cases – a common first contact with the criminal legal system - by linking youth to community supports<sup>33</sup> with a case manager and/or mentoring.

County intervention programs for youth engaged in the criminal legal system include the following:

- The Department of Adult and Juvenile Detention's [Community Corrections Division](#) provides the court system, as well as the offender, with pretrial and sentenced alternatives to secure confinement. The alternatives and services offered strive to use evidence-based practices that promote pro-social behaviors and lifestyles.
- The PAO's [Family Intervention and Restorative Services](#) (FIRS) is a program for youth who have perpetrated family violence. For youth, FIRS offers alternatives to secure detention, as well as de-escalation counseling to safely reunite youth with their families. At no cost to them, families are offered in-home family counseling, behavioral health services, drug and alcohol services, and the [Step-Up Program](#), which specifically addresses adolescent family violence.

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<sup>31</sup> A full summary of actions taken by the Executive, Court, and Prosecutor to reduce the use of juvenile detention that dually or secondarily serve as violence prevention and intervention programs can be found in the [Road Map to Zero Youth Detention, Appendix I](#).

<sup>32</sup> 2018 National Criminal Justice Association Outstanding Criminal Justice Program award. Accessed 11/24/2019 from <https://www.ncja.org/ncja/about-ncja/ocjp-awards/ocjp-award-recipients-2018>

<sup>33</sup> Strengthening organizations in communities that serve youth and young adults at risk of gun violence

- PAO and ZYD provide funding for [Community Empowered Disposition Alternative and Resolution](#) (C.E.D.A.R.) navigators. C.E.D.A.R. is an “expedited” track for certain first-time juvenile felony offenders that allows for early acceptance of responsibility and provides positive incentive to engage with community resources and support.
- King County Juvenile Court’s [Restorative Mediation](#) pilot, brings young people involved in the criminal legal system and those harmed together to discuss the impact on the victim and provides space for everyone involved to share understanding of what happened, and allows for restoration of relationships damaged by the event.
- MIDD supports three [evidence-based programs](#) available to young people involved in the juvenile probation system, which have been shown to help young people avoid further involvement in violence and crime: Aggression Replacement Therapy (ART), a group intervention for youth, and Functional Family Therapy (FFT) and Multi-Systemic Therapy/Family Integrated Transition (MST/FIT), family-based interventions. The [King County Credible Messengers Initiative](#) pairs youth involved in, or at risk of involvement in, the criminal legal system with adult mentors who have comparable lived experience. Credible messengers with relevant lived experiences are employed by many organizations outside of this specific initiative.

Gang violence prevention and intervention programs are another component of violence prevention and intervention efforts. The [Center for Children & Youth Justice](#) (CCYJ) leads an initiative to prevent gang violence in Seattle and King County. For example, CCYJ has brought together schools, law enforcement, policymakers, social service providers, and other organizations to collect similar data and develop an innovative, coordinated approach to address gang/group-involvement countywide. Their Youth [Leadership, Intervention & Change program](#) (LINC)<sup>34</sup> aims to unite partners to redirect youth gang involvement.

Other County-funded gang violence programs include the following:

- [Safe Futures](#) provides prevention and intervention programs and services to reduce gang involvement, involvement in the juvenile legal system, school truancy and school dropout rates.
- The YMCA’s [Alive and Free](#) program which targets gang and violence prevention by using outreach workers to connect youth to community-based resources.

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<sup>34</sup> LINC was formerly known as the Suburban King County Coordinating Council on Gangs and is responsible for implementing the Comprehensive Gang Model in King County.

## Report Requirement B & C: Methods for Focus Groups and Interviews

- B. The executive should engage and collaborate with King County youth and young adults that are either at-risk of or have experience with the issue of gun violence.
- C. The executive should use engagement and collaboration methods that may include, but not be limited to, individual and family interviews, focus groups and community meetings.

To understand how King County youth and young adults experience gun violence and what factors contribute to and prevent exposure to gun violence, a PHSKC research team<sup>35</sup> conducted focus groups with youth, young adults, and their family members as well as interviewed King County subject matter experts as key informants.

### A. Community member participation

The PHSKC research team collaborated with additional staff from PHSKC including staff from the Chronic Disease and Injury Prevention unit, the Office of Performance, Strategy and Budget, as well as referenced data (death certificate data <sup>36</sup>and data provided on Community Health Indicators<sup>37</sup>) to identify communities with high rates of homicide and suicide as well as community members who have experiences with gun violence. The Public Health research team conducted 12 focus groups with 80 youth and young adults, 2 focus groups with 26 family members affected by gun violence, and 10 interviews with experts and service providers (Table 1 and 2). These focus groups and interviews occurred between June and August 2019. All interviews and 13 focus groups were conducted in English, and one focus group was conducted in Spanish.

TABLE 1. DEMOGRAPHIC CHARACTERISTICS OF FOCUS GROUP PARTICIPANTS		
Characteristic	Youth & Young Adults N = 80	Family Members N = 26
Age (Years)	17.3	41.6
Sex (% Male)	72.5	11.5
<b>Sexual Orientation</b>		
Straight or Heterosexual	90%	69%
Gay, Lesbian, Or Bisexual	5%	8%
Questioning/Unsure	1%	0%
Did Not Respond	3%	23%
<b>Race/Ethnicity</b>		
American Indian/Alaska Native	3%	0%
Asian	4%	8%
Black/African American	65%	12%

<sup>35</sup> The team consisted of 3 social research scientists and one epidemiologist from the PHSKC Assessment, Policy Development and Evaluation, and one violence and injury prevention program manager from the Chronic Disease and Injury Prevention unit of PHSKC.

<sup>36</sup>Public Health – Seattle & King County. The impact of firearms on King County children and youth. Retrieved from <https://www.kingcounty.gov/depts/health/data/firearms.aspx>

<sup>37</sup> Public Health – Seattle & King County. Community Health Indicators. Retrieved from <https://www.kingcounty.gov/depts/health/data/community-health-indicators/healthy-youth-survey.aspx?shortname=Weapon>



TABLE 1. DEMOGRAPHIC CHARACTERISTICS OF FOCUS GROUP PARTICIPANTS		
Characteristic	Youth & Young Adults N = 80	Family Members N = 26
Hispanic Or Latino	4%	50%
Native Hawaiian/Pacific Islander	5%	0%
Multiple Race	14%	4%
White	5%	27%
Not Reported	N/A	N/A
Percentage Ever Experienced Gun Violence*		
<b>Ever</b> carried a gun	24%	19%
<b>Been</b> shot or shot at	30%	19%
<b>Been</b> part of a group that engages in violence	30%	12%
<b>Known</b> someone that carries a gun	66%	42%
<b>Known</b> someone who has been shot or injured by a gun	62%	54%
<b>Witnessed</b> a shooting	40%	23%

\*Participants who responded they had ever carried a gun, been shot or shot at, or witnessed a shooting.

TABLE 2: STAKEHOLDERS INTERVIEWED	
Stakeholder Type	Participant Affiliation
<b>King County Staff</b>	<ul style="list-style-type: none"> <li>King County Prosecutor’s Office</li> <li>King County Executive’s Office</li> <li>King County Department of Community and Health Services</li> </ul>
<b>Providers</b>	<ul style="list-style-type: none"> <li>Mental Health Provider</li> <li>School Service Provider</li> </ul>
<b>Community</b>	<ul style="list-style-type: none"> <li>Activist</li> <li>Community advocate</li> <li>Organizer</li> </ul>
<b>Researcher</b>	<ul style="list-style-type: none"> <li>Academic</li> </ul>

Participants represented three (East region, Seattle, and South region) of the four regions in King County.<sup>38</sup> The PHSKC research team made efforts to recruit youth and young adults from diverse neighborhoods, racial/ethnic groups, as well as ages. Participation was limited to those community partners with capacity to facilitate recruitment and host a focus group. Since many of the youth programs and services targeting violence prevention and mental health supports are concentrated in areas experiencing more gun violence incidents, perspectives in this report largely represent those of youth and young adults in the Seattle and South King County regions.

The PHSKC research team partnered with trusted, community-based organizations that work with youth and/or young adults around issues related to violence prevention. Partners from these organizations recruited youth and young adults to participate and hosted the research team to facilitate focus group conversations about gun violence related to suicide and homicide. PHSKC provided a \$150 honorarium to community partner hosts. Prior to each session, hosts received training on the project purpose, expectations, and facilitation techniques as well as reviewed all question guides. Hosts were invited to

<sup>38</sup> The research team was unable to contact a focus group in the North region despite making an attempt to do so.

remain in the room and co-facilitate the focus group with PHSKC staff or leave the focus group room with the research team as the sole facilitator. In 12 of the 14 focus groups, hosts opted to co-facilitate with research staff, while two hosts opted to leave the group. This approach allowed participants to have conversations in familiar settings with a trusted adult/community leader present. Focus group participants were offered a \$25 gift card.

## **B. Content and protocol**

The questions used to guide focus group discussions and key informant interviews were informed by existing studies in New York<sup>39</sup> and Connecticut<sup>40</sup>, a literature review, and the research team. Questions focused on A) risk and protective factors related to firearm violence for homicide and suicide, B) how youth and communities understand and access firearms, and C) recommendations for preventing gun violence.

### **The youth and young adult focus groups included the following general questions:**

- How does gun violence impact you or other youth in your community?
- At what age did you become aware of gun violence in your community?
- What are some of the reasons why young people use guns?
- Where do you feel safe?
- How easy/hard is it to get a gun?
- What does it mean when someone posts pictures of themselves with guns or weapons on social media?
- What resources, supports, and/or services are available to help you avoid violent situations?
- What resources, supports, and/or services do you wish were available to help prevent gun violence?
- What are some other things you think should be done to address gun violence in King County?

### **The family focus groups included the following general questions:**

- What are some of the reasons why young people use guns?
- How easy is it for youth to obtain a gun?
- What are some existing resources, programs, and/or services that you use to help prevent gun violence in your community?
- What should county government know about the needs of youth and young adults in your community?
- What are some additional resources, supports, or programs that you would need to help avoid violent situations?

### **The interviews with key informants included the following topics:**

- Reasons why youth and young adults may use guns;
- Root causes of youth and community violence;
- Ease of access to firearms;

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<sup>39</sup> The Gun Epidemic Reconsidered: Creating a Foundation to Reduce Firearm Violence Among Urban Youth. (n.d.). Retrieved from <https://nij.ojp.gov/funding/awards/2016-ij-cx-0008>

<sup>40</sup> Understanding Youth Violence in New Haven: A Photovoice Project with Youth of New Haven. (n.d.). Retrieved from <https://www.ctdatahaven.org/data-resources/understanding-youth-violence-new-haven-photovoice-project-youth-new-haven>.

- Perspectives on community resources and needs to support youth wellness; and
- Suggestions and recommendations to address youth gun violence locally.

Focus groups were audio-recorded for note-taking purposes. A note taker was also present during each focus group and interview. The PHSKC research team transcribed then deleted the audio files after incorporating the notes, then removed all personal identification information from the focus group and interview transcriptions.

### **C. Method of analyses**

The research team reviewed transcriptions developed a set of themes or codes<sup>41</sup> that best represented the topics that came up in focus groups and interviews, then analyzed all interviews and focus groups to identify common and unique themes. To ensure consistency in the coding themes, the research team conducted inter-rater reliability testing. Results indicated consistent agreement among coders (average pooled Cohen's Kappa = 0.75). To validate the findings and solicit input on recommendations, the lead PHSKC researcher presented findings between October and November 2019 to the following stakeholders and their feedback is discussed in a subsequent section of this report:

- Available participants from focus groups and provider interviews.
- Representatives from civic groups, local law enforcement, and the King County prosecuting attorney's office.
- Staff from existing county and community-based programs that focus on youth violence prevention and intervention in the county that impact youth and young adults.

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<sup>41</sup> Code - A code in qualitative inquiry is a word or phrase that symbolically assigns a summative, salient, essence-capturing, and/or evocative attribute for a portion of language-based or visual data.

## Report Requirement D2: Findings

D2. Findings from the interviews and focus groups with youth, young adults, their families and providers who work with youth and their families on issues related to gun violence.

An overarching theme across focus groups and interviews for youth experiencing firearm violence through suicide and homicide emphasized the everyday circumstances of youth and their environments as strong influences on youth and their decisions to engage in gun violence. Key findings include:

- A. King County youth are growing up in environments of pervasive violent imagery and societal norms that normalize gun violence.
- B. Community conditions can moderate or contribute to a youth's involvement with gun violence.
- C. Mental health, adolescent brain development, and messages about masculinity may influence a youth's decision to engage in gun violence.
- D. Easy access to guns contributes to gun violence among youth.

### **A. King County youth are growing up in environments of pervasive violent imagery and societal norms that normalize gun violence.**

When answering questions about the root causes of gun violence, all 10 community leaders and providers talked about or shared examples highlighting the role of media in the youth's decisions to engage in gun violence. As one service provider described:

*To me, it's the frequency of images. The narrative on social media...on the evening news. The focus on violence as a legitimate solution and violence as a construct bleeds over into guns.*

**Pop culture.** Youth described culture as a major influence on their decision to engage in gun violence. Many youth said that the pervasive imagery of guns in pop culture make guns look cool so to look cool and get respect from their peers, many youth turn to guns. As one teen described:

*Music plays a big influence, also video games. Everybody trying to be the next top dog. Everybody wants to be the next shooter...to act like they're from Chicago.*

**Social media.** Youth, adults, families, and providers spoke about how social media also influences the decisions of youth to engage in gun violence. Youth participants described posting guns on social media as another way to gain respect from their peers. As one youth advocate described:

*In my area, there's not a huge need for guns. Sometimes people will have it like in a Snapchat just to be cool... but they would not actually use it. It's maybe like their parents have a gun and they are like, 'Hey, look at this.'*

**Mainstream media.** Several youth and key informants also identified mainstream media as another venue for the normalization of violence. This influence is particularly strong in the context of mass shootings. As one youth noted:

*They [other kids] are listening to the news and all these massacres that are happening with famous people and they want to connect with these people [mass shooters].*

**Misinformation.** Providers and families noted that there is inaccurate imagery and information about gun usage that is spread through the media. Some providers said misinformation may lead youth to perceive that gun usage amongst their peers is more common than it actually is. One service provider discussed the significance that inaccurate information, particularly the use of images, has on a youth's or young person's decision to engage in gun violence:

*They [young people] tend to exaggerate [the use of guns]. Part of the problem is that all the stuff in the media tends to expand that exaggeration. On itself it's harmless, but it's not... When you think things are more possible, when you think people have more access to guns and when you think it's more normal for someone to commit suicide by guns, then you're statistically more likely to do it.*

## **B. Community conditions can moderate or contribute to youth engaging in gun violence.**

Participants stated that while all youth are subject to the constant messaging of gun violence, localized economic and social conditions also impact the likelihood that youth and young adults will engage in gun violence.

**Affluent communities.** Families and providers in high-income communities described how pressure to succeed can lead to feelings of anxiety and stress, which can underlie the decisions of youth to engage in self-directed violence. A parent describes existing research:

*The kids experience high school as if there are sparse resources—because the perception is that they are going for the top place at Harvard... or something like that. So they actually have the same level of stress—as crazy as it might sound—as some kids in really high-poverty regions.*

**Communities with poor economic conditions.** Youth talked about looking for ways to plug into the economy, especially in South King County. Youth and informants in South King County described limited resources and lack of opportunities for good paying jobs in their communities. Youth talked about using guns as a means of protection given the circumstances that arise in these communities. Several youth mentioned that it is **easier to get a gun than to get a job**. A key informant explained the relationship between the pressures of poverty and gun violence:

*The pressure in King County is directly related to economic pressure on the family. Very early, young people learn that in order to make it financially, in order to eat every day, in order to buy shoes, in order to feel a sense of belonging within their communities, they need resources that their family does not have. As King County continues to increase the cost of living, increase home values, cost of just being in KC shoots through the roof, those systems that impact that young person's life—young people experience those as threatening. They [systems] are not 'for them'... not supportive of them. They simply have to fight back against that by taking the situation and circumstances of their lives into their own hands—the easiest way they know how, which is to access guns.*

Some participants also described the use of guns as currency. One participant related the following story:

*I stole a gun from my cousin because I thought it would be cool, cuz I didn't have any money and I wanted those J's [Nike Air Jordan shoes]. He left it in the trunk for a week, I plotted on it, caught him slipping, took it, sold it, it was that simple.*

**Racism and discrimination.** While youth, young adults, and families did not explicitly tie racism and discrimination to acts of gun violence, many described how their experiences with racism and discrimination created a sense of powerlessness, while others gave examples of how having a gun created a sense of power. A key informant describes the relationship between feeling powerless and engaging in gun violence:

*Young people's psyche of wanting attention, wanting to feel loved, and wanting to feel empowered when they are disempowered in so many ways in our system. I think there's something appealing about the power when you have a gun.*

**Community supports.** Focus group and key informant interview participants identified existing programs and community centers that help reduce stressors that can lead to gun violence.

**Community centers.** While youth spoke about a desire to connect to the economy as well as the lack of opportunities in some parts of the county, they also spoke about community centers as safe and fun spaces to make connections. They stated that activities like after-school programs, homework help, and sports teams made them feel like they were part of a community and allowed them to build positive connections with other youth. A youth described why he continued to go to his community center:

*Positivity and meeting friends and familiar people from the area, neighborhood- and school-wise, and just like hanging out.*

Youth and families described community centers as positive places where youth could go in order to cultivate meaningful relationships with trusted adults. These adults often provide support when parents are not present or are unable to be present. One youth describes the significance of the mentorship relationship below:

*Yeah, honestly, the one time she came [to my game] I thought I was [Michael] Jordan. But it's like, yeah, you can see that as a loss and harp on it... my mom's gotta work, she's tired, so I gotta grind so she doesn't have to continuously work. I'm gonna work [hard] so she can come to one of my games. If my mom wasn't there, [the adult mentor] was there.*

While participants described that there was value in feeling connected through community centers, both community providers and youth also stated that they would like to feel more positively connected to local government. When asked for suggestions on how King County can help to prevent gun violence, one participant responded:

*Engagement [from the councilmember]. Go to schools and say hi, I am a councilmember. They [kids] want to put a face to a name... Be involved, let them know who you are.*

**Youth development.** Several youth described the value of existing programs which promoted and taught skillsets that could be utilized to improve the lives of themselves and their peers, as well as programs that allowed them to refer their friends to services. Several youth and many key informants also talked about the importance of programs that aid with conflict resolution, for example, many youth said they had used these programs to settle a “beef” with a peer. One young adult participant described the impact of a structured restorative justice training on his skills and those of his peers who participated:

*We were actually being put in leadership groups. I was leading classes of sixth graders where I would practice using these different things. There's at least 300 of us now—young adults who have gone through this training—and I'm sure we've all used it in ways to assess situations... figure out problems.*

**Mental health supports.** Key informants identified existing mental health services in outpatient clinics and schools as valuable resources to help youth cope with the stress and trauma from their environments. A mental health provider explained:

*We [mental health providers] always screen for suicidality and homicidality as well in people, but we've chosen to make it more specific to guns recently to address some of these concerns [related to gun violence]. That's been one of our bigger components, and it's been a shift in our clinical group.*

**Barriers to service.** While youth and families noted the significance of existing resources, many described the barriers to entry. As one youth participant put it:

*There's a lot [of resources] available. Maybe having more counseling that met the needs [of those who need it]. There are a lot of options... but sometimes the resource that I'm giving is really far away, so it's not like an easy option if they don't have a good transportation system to get there. More counseling options, especially for low-income youth.*

Many youth and key informants described location of services as another barrier. One participant said:

*All the resources that Seattle has, people of color and immigrants are not really getting because those people don't live in Seattle anymore because of displacement. We need to bring different resources to the South end because there are so many families of color that need the help.*

Despite challenges, many youth participants and key informants remained optimistic about the strength and resilience within their own communities. They identified community cohesion and collaboration with one another as some of the most important factors in preventing youth engagement with firearms. Key informants reiterated this sentiment by saying that the best strategies for combating gun violence lie in the community. As summarized by a participant in speaking to the youth around him:

*We have it, you guys, we just have to realize we do. What makes you think you [all] are not powerful? You are a big influence, big consumers. ... We all have to be there for one another. You have to utilize all the tools you have and make them work.*

### **C. Mental health, adolescent brain development, and messages about masculinity may influence the decisions of youth to engage in gun violence.**

Analyses suggest that youth and young adults may be more likely to engage in gun violence when mental health supports, role models, and positive images are absent. A youth participant describes how guns may help youth feel a sense of power:

*People not feeling like they have another solution to their problems. Feeling powerless in a situation. Not knowing what to do, not having support. And maybe they grew up in an environment where they have seen a lot of guns. When people are portraying themselves with guns, they are showing off a lot of power, and they seem like powerful figures.*



**Mental health**<sup>42</sup>. Youth participants and providers also described the circumstances arising from their environments as a source of stress and trauma. When youth experience stress and trauma, this may have adverse consequences on their mental health. A school provider discusses the relationship between negative mental health and gun violence as an influencing factor for self-directed violence:

*Kids who use guns know it will help them meet their ends, and they also know that it will have an emotional impact on their family... They hurt so bad and feel so alone and disconnected that they just want someone to get it. Part of 'getting it' is that desperation to communicate how miserable [they] are... wanting parents and caregivers to know that they are being for real ...to take them seriously.*

**Masculinity**.<sup>43</sup> Many participants discussed how gun violence and the culture around it disproportionately affect men. They identified the role of cultural and social ideas around manhood as an influence on individual decisions to engage in gun violence. One youth participant described that:

*In male communities there's toxic masculinity, so then you have this father who doesn't let you have your emotions or let you be anything but straight/cis and then you have these weapons.*

**Brain development**.<sup>44</sup> Service providers who were interviewed and youth participating in focus groups identified adolescent brain development as a contributor for gun violence amongst youth and young adults. They noted that because the prefrontal cortex, which is responsible for decision-making, is not yet fully developed, youth may be more likely to give into emotional impulses rather than logic. As articulated by one youth participant:

*[The] prefrontal cortex is not developed until age 25, and that's why gun violence is more amongst younger people. Because that's the part of your brain that does the decision-making.*

#### **D. Ease of access to guns contributes to gun violence.**

The majority of youth participants and key informants identified ease of access to guns as a driving factor of gun violence. In the words of a key informant,

*the settings are different for interpersonal and self-directed, but access to guns, whether inside home or outside home, is something that fuels it [gun violence].*

When youth were asked whether guns were easily accessible, the many youth participants said, easy.

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<sup>42</sup> While behavioral and mental health are often used interchangeably, youth and providers did not emphasize substance abuse as a reason why youth engage in gun violence.

<sup>43</sup> Particular constellation of standards that have held sway of large segments of the populations about boys and men including anti-femininity, achievement, eschewal of the appearance of weakness, and adventure, risk and violence.

<sup>44</sup> For more information on prefrontal cortex and gun violence, see Appendix C.

**Access at home.** Youth, young adults, and participants identified the home as one of the primary places where youth and young adults access guns. When explaining how easy it is to get a gun, a youth participant noted that:

*if you live with somebody that has a gun, you technically have full access to it. Say you are home alone and you know where the gun is, then you can take it and do something.*

**Existing policies around gun ownership.** Young adults and families said that existing laws around purchasing guns made it relatively easy to acquire one. A new young adult gun owner described the ease of access:

*I went into the police station and got my CPL [concealed pistol license] in about 30 minutes, and then I could just go to the store and get [a gun]. All I had to do in there was just to get my fingerprints done... It's really not hard. You would think they would maybe give you a questionnaire or ask you why you need a gun... but, nothing.*

**Peer networks.** Youth and young adult participants also identified their peers as another access point for guns. Asked where youth are getting guns, a youth responded:

*From friends, at school, from neighbors. They just have to pay for it and that's it. Without a license or even having to go to a store. They can just find it in the streets. Especially the drug dealers, because they want to keep the neighborhood working together. They will facilitate a firearm to the youth.*

## Summary of Findings

Youth and adult participants identified several factors influencing youth's decisions to engage in gun violence. These include:

- Cultural factors such as popular culture (entertainment, music, and video games), social media, and mass media, can associate guns with looking “cool” or attracting fame and attention. These depictions of guns tend to exaggerate the actual prevalence of guns and gun violence.
- Community conditions including both affluence and poverty can place stress on youth. Furthermore, racism and discrimination may lead to a sense of powerlessness and some youth may turn to gun violence as a result of this anxiety.
- Adolescent brain development is associated with poor decision-making, and adolescent males may react strongly to expectations about masculinity. These factors increase youth susceptibility to gun violence.
- Guns are easily accessible, and youth can often access guns either through their peer networks or household members who keep guns at home. Young adults expressed that existing laws do not present a significant barrier to obtaining guns legally, noting that ***it is easier to get a gun than to get a job.***

Services and programs already in place in King County can decrease the impact of these influences and help youth avoid gun violence. These include:

- Community centers that offer after-school activities and the opportunity for youth to develop supportive relationships with each other and with trusted adults.
- Youth development programs offering skill building and intervention resources such as conflict resolution and restorative justice.
- Mental health supports available in schools and clinics.

However, some youth encounter barriers accessing these services, particularly if they belong to underserved communities or live outside Seattle.

## Report Requirement E: Community Recommendations

E. The youth and young adult report should inform recommendations and strategies to prevent youth and young adult gun violence.

The recommendations, examples of existing programs, and policies outlined in this section result from the focus groups with King County youth, young adults, and families at risk of experiencing gun violence as well as interviews with key informants such as providers and community leaders. The additional themes outlined after these specific recommendations were generated through discussions during presentations to available youth, young adults, and their families who participated in the focus groups and interviews, as well as representatives of law enforcement, civic groups, staff from the Prosecuting Attorney's Office, Best Starts for Kids, Zero Youth Detention, and the Juvenile Justice Equity Steering Committee.

### **A. More education about gun violence for youth, families and community members.**

Participants discussed broad misperceptions about guns among youth and adults, including how common they are, what people are doing with them, and what safety looks like. Parents and key informants mentioned that many parents do not believe they have the skills or language to talk with their children about firearm safety, suicide, or mental health. These knowledge gaps make it difficult to prevent violence, suicide, and firearm misuse. The need to empower families, community members, and youth with education may underlie the following recommendations:

- Educate youth, parents, teachers, and other adults about availability of guns, perceptions about gun use, and safe storage.
- Make training available for parents, teachers, and youth workers about how to talk to young people about gun safety and gun violence.
- Educate students in schools about suicide risk and how to support peers experiencing depression or a mental health crisis.
- Address the use of social media that normalizes young people showing off and misusing firearms. Social norms campaigns were brought up recently as one option to address this.

Examples brought up by participants include:

- Moms Demand Action's BE SMART Campaign, which educates parents on how to communicate with their peers about safe firearm storage.
- Sandy Hook Promise's *Know the Signs* programs, which teach students to recognize the signs of depression and suicide.
- Public Health – Seattle & King County's Lock It Up program, which educates the public about safe firearm storage in partnership with firearm retailers, law enforcement agencies, and public events.

### **B. Increase range and scope of community centers.**

Youth identified the importance of having a safe, accessible place to connect with supportive adults and peers as well as a place to access resources such as job training and recreational opportunities. Young participants reported that these types of supportive spaces would keep them and their peers positively connected and out of trouble. There was common perception that there were not enough existing community centers for youth and for those that are available, it could be difficult to commute there without money or a car. The need for community gathering places was brought up in discussions about

safety, employment opportunities, mentoring, and education for youth and families. Specific recommendations include:

- Create more community centers and safe gathering places for youth, particularly in South King County (Renton, Auburn, Federal Way), where there are growing numbers of young people in need and resources are few. These might be municipal community centers or provided by private organizations.
- Make existing community centers and gathering places safely accessible for youth who do not live in the immediate area by providing or increasing transportation resources.
- Create employment pathways for program participants to become program staff, thereby ensuring that community center staff reflect the composition of the community.
- Ensure that available programs reflect the needs and wants of youth in the community, including supporting a range of educational pathways besides college, as well as opportunities for leadership development.
- Provide sports, educational support, arts, and other programming at community centers and gathering places without fees.

Examples of programs mentioned by participants include:

- Boys and Girls Club locations
- YMCAs
- Municipal and parks department community centers
- The International District/Chinatown Community Center

### **C. Increase youth access to behavioral and mental health services.**

Youth, family participants, and key informants discussed the impact of stress, trauma, and limited resources as both a cause and an effect of community violence and suicide. Many recommended accessible, trauma-informed services tailored to the needs of their communities.

Specific recommendations include:

- Make comprehensive mental health services for youth and young adults consistently available and accessible in school and/or community settings, supporting struggling youth before the point of a suicidal crisis or violent incident. Provide equitable, consistent, school-based support for students after a peer's suicide or homicide.
- Ensure a trauma-informed<sup>45</sup> approach when working with youth involved in gun violence. Many youth who use guns are also victims of violence, and either circumstance creates trauma that can influence mental, academic, and social well-being.
- Use an equity perspective to understand social differences in trauma exposure for youth. For some youth in safer or more privileged communities, trauma is an isolated experience, while other youth are exposed to trauma daily.

Examples that were brought up by participants include Mercer Island Youth and Family Services' sliding fee scale for services and Mercer Island's commitment to placing a mental health counselor in every school.

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<sup>45</sup> Trauma-informed care is defined as practices that promote a culture of safety, empowerment, and healing.

#### **D. Provide social-emotional skills training to youth.**

Many youth and young adults discussed the importance of learning and developing skills to manage conflict, take care of oneself, and avoid violence. Youth mentioned that trainings related to conflict resolution skills—particularly those provided by youth peers with similar experiences—were helpful in effectively dealing with conflict and aid in decision-making. Key informants reiterated the importance and value of teaching social and emotional learning including life skills to youth. Specific recommendations included:

- Provide trainings facilitated by peers or relatable adults on topics including coping with varied emotions, conflict resolution and de-escalation techniques, how to seek help during difficult times, problem solving, and leadership skills.
- Implement and expand restorative justice practices, such as peacemaking circles and restorative mediation, to heal relationships after a crime or harm has been done.
- Increase opportunities for youth and families to connect with community resources both before and after a crime or violent incident. Instead of excluding youth from the community either through self-isolation or involvement with the juvenile legal system, efforts should be made to engage or re-engage youth with the larger community.

Examples of programs mentioned by participants include:

- Restorative justice circles, such as those available through Point One North Consulting.
- Peace circles, such as those available through Community Passageways.
- Youth Source, which trains youth to ask research questions to help other youth who are not engaging with the system.
- Youth Organizers for Mental Health Education (YOMHE), a youth-led, peer-to-peer suicide prevention program.
- Opportunities available through the Zero Youth Detention strategy in King County.
- Youth Alive in Oakland, California, which trains and educates youth leaders about peacefully engaging in society (mentioned by multiple informants).

#### **E. Increase youth employment and educational opportunities.**

Youth and family members in almost every session talked about the importance of employment and training to help youth to gain skills, contribute to their families, and pursue goals without turning to firearm use to gain money or power. These opportunities are especially important for youth experiencing poverty. Specific recommendations include:

- Make internships and meaningful employment available to youth in communities affected by gun violence. Several individuals raised concerns of youth employment that focuses on temporary, low-skill jobs without contributing to career development, and emphasized the necessity of career-path work for young people. Examples of meaningful internship opportunities included Microsoft, school superintendent's offices, and government agencies.
- Fight neighborhood and family poverty by expanding employment programs for youth in neighborhoods with high youth unemployment.
- Incentivize employment by making jobs for youth more meaningful or more lucrative than making money on the street.

- Invest in communities to increase the number of black-owned businesses and entrepreneurship opportunities to build career pipelines for youth.

#### **F. Examine and address youth’s ability to easily access guns.**

Many participants asked that it be more difficult for young people to get guns, but specific recommendations, particularly from youth participants, were limited beyond requesting that the government confront this problem. Specific recommendations are:

- Address young people’s ability to use social media, particularly Snapchat, to buy or borrow firearms.
- Educate the public about existing gun laws, such as Extreme Risk Protection Orders, safe storage mandates, and background check requirements.

Examples of programs mentioned by participants include:

- Safe storage campaigns such as the Lock It Up program, which stem the flow of legally purchased guns into illegal pipelines by encouraging gun owners to secure their firearms.
- Extreme Risk Protection Orders, which families or law enforcement can file to temporarily prevent someone from having firearms if they are a danger to self or others.
- Initiative 1639, which made many changes to state gun laws, including providing a safe storage requirement, limiting legal purchases of semiautomatic assault rifles, and requiring safety training for some firearm purchases.

#### **G. Develop increased systems alignment between government and community supports.**

Multiple adult participants noted that efforts to prevent gun violence need to shift away from programmatic responses that tackle symptoms and focus on efforts to address root causes. Youth also talked about being disconnected from local government and felt that they would benefit from raising their concerns directly to policymakers. Specific recommendations are:

- Take a more participatory approach to planning, in which community, government, and other stakeholders work together to prevent gun violence as well as integrate government work with schools, parents, and community members to make gun violence prevention efforts more successful.
- Increase access to local policymakers for youth and young adults, particularly in communities affected by violence. Suggestions included findings ways in which local elected officials could directly engage with youth in schools and programs as well as make public forums accessible to young people and families.

Examples of programs mentioned by participants include:

- Mentor & Me Program in Federal Way, where schools pair youth with a mentor. The mentor then engages with the youth’s teacher to ensure that the youth receives coordinated support.

## Report Requirement F: Community Presentation of Findings

F. The executive should present the findings of the youth and young adult gun violence report to the following:

1. Youth, young adults and family members who participated in focus groups, interviews and community meetings
2. The King County Gun Violence Prevention and Intervention Committee that includes representatives of law enforcement, civic groups and the King County prosecuting attorney's office
3. Existing county programs that focus on gun violence prevention and intervention and other community-based efforts in the county that impact youth and young adults such as Best Starts for Kids and Zero Youth Detention
4. The juvenile justice equity steering committee; and
5. Other county committee or task force charged with developing recommendations and strategies to prevent youth and young adult gun violence

Eight report back sessions were conducted with relevant stakeholders and available community members who participated in focus groups or interviews. These sessions took place during regular stakeholder meetings and were also scheduled throughout various King County locations and local libraries. During these report back sessions, participants had the opportunity to review the methods, findings, and recommendations included in the report.<sup>46</sup> As part of the presentation, the research lead presented preliminary report findings and asked for additional feedback on the findings and recommendations. Stakeholders and attending participants noted that none of the findings and recommendations were surprising. Across sessions, attendees raised common themes, including: prevention and intervention efforts should be community-based rather than focus on individuals, connecting gun violence to mental health issues often shifts the focus on individuals rather than on communities, and communities want to hear about what actions will be taken to reduce and prevent gun violence. These points are described in more depth below.

*Gun violence is more than a mental health issue.* Session attendees agreed with the recommendation to increase access to mental health resources and noted that framing the gun violence issue as a mental health issue fails to represent the complexity underlying why youth and young adults engage in gun violence. Participants identified community level trauma as both a risk factor for and result of gun violence. They also emphasized how trauma, stress, and the absence of positive modes of self-expression often shapes a youth's decision to engage in gun violence.

*Community-level solutions are needed to prevent gun violence.* Stakeholders and participants supported the recommendations described previously and stressed the need to emphasize community conditions and solutions, rather than focusing on solutions centered on the individual. Participants remarked that

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<sup>46</sup> While the lead researcher was not able to present to the King County Gun Violence Prevention and Intervention Committee, report findings were presented to representatives of law enforcement, civic groups and the King County prosecuting attorney's office.



individuals are products of the communities they come from and therefore, solutions centered solely on individual behavior is not enough to create change. In other words, focusing on individuals is insufficient for preventing gun violence.

*Community members want to know what the next steps will be.* People attending asked to be informed about any next steps that will occur as a result of this report. Attendees noted that none of the findings were new or surprising which is problematic because past efforts to reduce gun violence have not been effective. Attendees also emphasized that it is important to have government officials actively engaged in the community to understand the needs of youth and young adults affected by gun violence.

## Report Requirement G: Executive Recommendations

G. The executive should develop recommendations on how the county can support and strengthen community-based organizations' efforts to curb gun violence.

In response to community recommendations, the executive recommends the following to support and strengthen community-based organizations' efforts to reduce gun violence that are within King County jurisdiction:

- A.** The County should broadly disseminate the findings of this report to governmental and non-governmental stakeholders to ensure that County gun violence prevention efforts are aligned with community recommendations.
- B.** County agencies should help community-based organizations seek and obtain external funding to support the expansion of existing community-based programs targeting youth and their families.
- C.** In developing their implementation strategies, Zero Youth Detention (ZYD), should take into consideration the report findings and demonstrate how the findings are being addressed, such as the expansion of restorative justice practices and connecting youth to community supports prior to engagement with the criminal legal system.
- D.** The County should continue to use and strengthen a trauma-informed approach to working with youth involved in gun violence.
- E.** The County should continue to generate qualitative and quantitative data reports with input from affected communities and providers to inform policy and programmatic efforts to address gun violence.
- F.** The County should continue to disseminate accurate, accessible information to community members about the use of firearms and safe storage practices and services that mediate the risk and impact of gun violence.
- G.** The County should increase internship and employment opportunities for youth in communities heavily affected by gun violence.
- H.** The County should support a regional network of leaders committed to creating safe, healthy and hopeful communities to help reduce the epidemic of homicides and shootings among County residents.

The King County initiatives and programs described in the background section of this report support and further the County's efforts to prevent gun violence as well as supplement other community-based strategies and programs throughout the County. The County's existing strategies and programs works with firearm owners and communities affected by gun violence to understand unsafe firearm practices, raises public awareness of safe storage practices, and uses data to inform the development and evaluation of upstream evidence-based prevention programs. The voter-approved BSK initiative funds and supports community-based organizations that provides services such as health and education to children, youth and families which can impact gun violence prevention. Efforts to reduce gun violence

are more likely to be effective if they are comprehensive, i.e. efforts that address both prevention and intervention as well as efforts that are coordinated across communities and system partners such as Public Health, the Department of Community and Health Services, the Juvenile Division, the Superior and Juvenile courts, and the Prosecuting Attorney's Office.

## V. CONCLUSION

Engaging community members through focus groups and interviews to understand their thoughts about gun violence resulted in actionable recommendations to prevent gun suicide, homicide, and assaults that emphasize contextual and community needs as well as supports for individual youth and young people. The executive adopted the following community recommendations which can be summarized as:

- Increase access to behavioral and mental health services.
- Support youth and young adults in communities with education, skill building and employment opportunities.
- Ensure county systems and services are aligned and coordinated with each other and community needs.

These recommendations are true to the County's values of leading the way to equity and social justice, solving problems, and respecting people. They are also compatible with King County's equity and social justice strategic plan's emphasis on upstream preventive solutions, strong community partnerships, and accountable leadership. Several existing initiatives in the County including Best starts for Kids (BSK) and Zero Youth Detention (ZYD) can facilitate translation of these recommendations into actionable next steps in order to respond to community needs.

This report is dedicated to the families who experience gun violence, especially the participants who made time to share their perspectives. PHSKC thanks focus group participants, key informants, and reviewers for their contributions to the study report.

**VI. APPENDICES**

**Appendix A: Motion 15234**

1200 King County Courthouse  
516 Third Avenue  
Seattle, WA 98104

Signature Report  
King County  
October 3, 2018

Motion 15234

Proposed No. 2018-0372.3

Sponsors McDermott and Kohl-Welles

1                   A MOTION requesting the executive to engage and  
2                   collaborate with King County youth and young adults and  
3                   their family members to develop a report on gun violence  
4                   amongst youth and young adults.

5           WHEREAS, the most recent available Washington state Department of Health  
6   data show that firearms are the third leading cause of injury-related death in Washington  
7   state, killing approximately six hundred twenty-five Washington residents each year  
8   between 2009 to 2013, and firearms were involved in one in six of all deaths among  
9   youth ages fifteen to twenty-four, and

10          WHEREAS, the Washington state Department of Health data also show that one  
11   hundred forty-six King County residents died from a gun injury in 2015 including six  
12   children age seventeen and younger. Statewide, thirty-nine children, who are age  
13   seventeen and younger, died as a result of firearms that same year. That is the equivalent  
14   of a child or teen being killed by gunfire every nine days. King County children  
15   represent fifteen percent of all children killed as a result of firearms statewide, and

16 WHEREAS, between 2013 and 2015, the Washington state Department of Health  
17 data show that twenty-five youth, age seventeen and younger, died by suicide in King  
18 County, of which seven used firearms. Statewide, one hundred eighteen youth died by  
19 suicide in Washington and forty-seven of these youth died from firearm suicide. King  
20 County youth represent twenty-one percent of youth suicide and fifteen percent of suicide  
21 from firearm statewide, and

22 WHEREAS, the Washington state Department of Health data also indicate that  
23 ninety-five King County residents were hospitalized for nonfatal firearm injuries,  
24 including nine youth, age seventeen and younger, in 2015. Statewide, three hundred  
25 eight Washington state residents were hospitalized for nonfatal firearm injuries in 2015, 26  
including thirty children under eighteen years old. King County residents represent thirty 27  
percent of all nonfatal firearm injuries statewide and approximately thirty percent of all 28  
nonfatal firearm injuries among children, and

29 WHEREAS, the January 21, 2014 Annals of Internal Medicine report finds that  
30 adolescents, between the ages of ten and nineteen years, with access to firearms are 2.6  
31 times as likely to die by suicide as adolescents without access to firearms, and

32 WHEREAS, the December 2008 Journal of Adolescent Health study of  
33 adolescent (between the ages of ten and nineteen years) suicides by firearm found that  
34 over half were carried out with firearms from the adolescent's home. More than seventy-  
35 five percent of firearms used in suicide attempts and unintentional injuries were stored in  
36 the residence of the victim, a relative, or friend, and

37 WHEREAS, according to Public Health - Seattle & King County's ongoing  
38 analysis, monitoring and dissemination of data on firearm violence in King County,

39 firearm violence has a disproportionate impact on communities of color and children of  
40 color are victims of homicide by firearms at a higher rate than white children in King  
41 County, and

42 WHEREAS, the Washington state Behavioral Risk Factor Surveillance System  
43 estimated thirty-four percent of Washington adults eighteen years and older, which is one  
44 million eight hundred twenty-five thousand people, reported having a firearm in or  
45 around their home in 2015. Just under half of these adults, which is forty-six percent or  
46 eight hundred thirty-nine thousand people reported having an unlocked firearm. Access  
47 to firearms, including storage practices, are a known risk factor for firearm suicide  
48 especially among youth age seventeen and younger, and

49 WHEREAS, only twenty weeks into 2018, there have already been at least  
50 twenty-one shootings on elementary, middle and high school and college campuses in the  
51 United States, which averages to about 1.1 per week, and those shootings include a  
52 February 14 shooting at Marjory Stoneman Douglas High School in Parkland, Florida,  
53 and a May 18 shooting at Santa Fe High School in Santa Fe, Texas, and

54 WHEREAS, in the past five years, eight school shootings have occurred in  
55 Washington state, four of which resulted in injury or death, and

56 WHEREAS, during the 2015-2016 school year, the Washington state  
57 Superintendent of Public Instruction reported one hundred thirty incidents involving a  
58 firearm on school premises, transportation systems or school facilities, which resulted in  
59 sixty-two suspensions and thirty expulsions and, of these, twenty-one suspensions and  
60 fifteen expulsions were in school districts located in King County, and

61 WHEREAS, according to the Washington State Healthy Youth Survey, in 2016,

62 eleven percent of eighth-grade students, sixteen percent of tenth-grade students and  
63 twenty-three percent of twelfth-grade students in King County reported that they would  
64 not be caught if they carried a handgun without parental permission, and

65 WHEREAS, according to the Washington State Healthy Youth Survey, in 2016,  
66 four percent of King County tenth-grade and twelfth-grade students reported having  
67 carried a gun on at least one day during the last thirty days, and

68 WHEREAS, gun violence, and threats of gun violence, in schools undermine the  
69 sense of security that all students should have in their learning environments, and

70 WHEREAS, local governments in Washington state have taken steps that work to  
71 increase gun safety, including encouraging safe firearm storage through the LOK-IT-UP  
72 program and enforcement of extreme risk protection orders in King County, and

73 WHEREAS, sensible gun safety legislation will strengthen protections for King  
74 County youth and young adults by reducing injury and death from intentional and  
75 unintentional shootings, and

76 WHEREAS, the 2015 City of Seattle Youth Violence Prevention Needs  
77 Assessment report found that engaging and receiving consultation from youth and  
78 families who are most impacted by violence is necessary to identify strategies to address  
79 systemic issues of violence amongst youth and young adults;

80 NOW, THEREFORE, BE IT MOVED by the Council of King County:

81 A. The executive is requested to engage and collaborate with King County  
82 children and young adults and their family members to develop a report on gun violence  
83 amongst youth and young adults.

84 B. The executive should engage and collaborate with King County youth and

85 young adults that are either at-risk of or have experience with the issue of gun violence.

86 C. The executive should use engagement and collaboration methods that may  
87 include, but not be limited to, individual and family interviews, focus groups and  
88 community meetings.

89 D. The youth and young adult report should include, but not be limited to, the  
90 following:

91 1. A comprehensive inventory of existing county programs that focus on youth  
92 violence prevention and intervention and other community-based efforts in the county,  
93 such as Best Starts for Kids, Community Correction, Juvenile Justice Data and the  
94 Family Intervention and Restorative Services Program, which is also known as FIRS,  
95 Gang Violence Intervention and Prevention initiatives and the Gun Violence Prevention  
96 Initiative; and

97 2. Methods and findings from the interviews and focus groups with youth,  
98 young adults, their families and providers who work with youth and their families on  
99 issues related to gun violence.

100 E. The youth and young adult report should inform recommendations and  
101 strategies to prevent youth and young adult gun violence.

102 F. The executive should present the findings in the youth and young adult report  
103 to the following:

104 1. Youth, young adults and their family members who participated in focus  
105 groups, interviews and community meetings;

106 2. The King County Gun Violence Prevention and Intervention Committee that  
107 includes representatives of law enforcement, civic groups and the King County



108 prosecuting attorney's office;

109           3. Existing county programs that focus on youth violence prevention and  
110 intervention and other community-based efforts in the county that impact youth and  
111 young adults such as Best Starts for Kids and Zero Youth Detention;

112           4. The juvenile justice equity steering committee; and

113           5. Other county committee or task force charged with developing  
114 recommendations and strategies to prevent youth and young adult gun violence.

115           G. The executive should develop recommendations on how the county can  
116 support and strengthen community-based organizations' efforts to curb gun violence.

117           H. The executive should develop a final comprehensive report that includes the  
118 youth and young adult report and the recommendations as mentioned in sections E. and  
119 G. of this motion and transmit the report, and a motion accepting the report, by October  
120 1, 2019, in the form of a paper original and an electronic copy to the clerk of the council,  
121 who shall retain the original and provide an electronic copy to all councilmembers, the  
122 council chief of staff, the policy staff director and the lead staff for the committee of the  
123 whole, or its successor.

124

Motion 15234 was introduced on 7/30/2018 and passed as amended by the Metropolitan King  
County Council on 10/1/2018, by the following vote:

Yes: 9 - Mr. von Reichbauer, Mr. Gossett, Ms. Lambert, Mr. Dunn, Mr.  
McDermott, Mr. Dembowski, Mr. Upthegrove, Ms. Kohl-Welles and Ms.  
Balducci

Excused: 0



KING COUNTY COUNCIL  
KING COUNTY, WASHINGTON

A handwritten signature in blue ink, appearing to read "J. Joseph McDermott", written over a horizontal line.

J. Joseph McDermott, Chair

ATTEST:

A handwritten signature in blue ink, appearing to read "Melani Pedroza", written over a horizontal line.

Melani Pedroza, Clerk of the Council

Attachments: None

## Appendix B: Data Describing the Impact of Gun Violence on Youth and Young Adults

The data for youth (ages 13-17) and for young adults (ages 18-24) were analyzed for the same time period to enable comparisons and were collected from death certificate data from 1999 - 2017, except by race/ethnicity, which reflects data from Washington State from 2004 - 2017.<sup>47</sup>

Ages	Suicide	Homicide	Other*
13–17	38	57	n<5
18–24	170	218	26

\*Other includes unintentional deaths, deaths of undetermined intent, and deaths by legal intervention.

The following tables reflect rates for children and youth (ages 0-17) compared to young adults (ages 18-24). Children ages 0-10 experience very few suicide and homicide deaths whereas rates for children 10–17 are much higher.

Characteristic	Suicide death rate per 100,000		Homicide death rate per 100,000	
	Ages 0–17	Ages 18–24	Ages 0–17	Ages 18–24
<b>Gender</b>				
Female	0.2	0.8!	0.4	1.4
Male	0.8	9.3	1.1	11.5
<b>King County Region</b>				
East region	0.5	5.4	n/a; n<10	n/a; n<10
North region	n/a; n<10	7.2!	n/a; n<10	n/a; n<10
Seattle	0.4	3.4	1.4	6.2
South region	0.6	5.8	0.9	10.9

! Interpret with caution; the sample size is small, so the estimate is imprecise.

Firearm suicide rates for children and young adults are more similar by race than are firearm homicide rates in Washington State (Table A3). American Indian/Alaska Native children and young adults have the highest suicide death rate compared to others, whereas black children and young adults have the highest homicide rate.

<sup>47</sup> Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 1990–2017, Community Health Assessment Tool (CHAT), September 2018.

**Table A3**  
**Firearm death rates per 100,000 by intent and race among children, youth and young adults**  
**WA 2004–2017**

Characteristic	Suicide death rate per 100,000		Homicide Death Rate per 100,000	
	Ages 0–17	Ages 18–24	Ages 0–17	Ages 18–24
American Indian/Alaska Native	1.8	15.7	n/a; n<10	10.9!
Asian	0.5	2.9	0.6	3.5
Black	0.6	6.9	2.5	30.9
Hispanic	0.3	4.1	1.1	10.8
Native Hawaiian/Pacific Islander	0.0	n/a; n<10	0.0	18.2!
White	0.9	8.2	0.3	2.0

! Interpret with caution as sample sizes are small.

## Appendix C: Glossary of Terms

**Adolescent brain development:** A phase in the development of the human brain during adolescence that is characterized by an imbalance between the limbic and reward systems (which mature earlier) and the not yet fully mature prefrontal control system.<sup>48</sup> The brain development process is considered complete by age 25. Studies support the hypothesis that the adolescent brain is structurally and functionally vulnerable to impulsive or risky behaviors such as drug addiction, impaired driving, and unprotected sex.<sup>49</sup>

**Behavioral health:** Mental health and behaviors or conditions, including those related to substance use.<sup>50</sup>

**Code:** A word or phrase generated from qualitative inquiry that symbolically assigns a summative, salient, essence-capturing, and/or evocative attribute for a portion of language-based or visual data.<sup>51</sup>

**Community Supports:** Strengthening organizations in communities that serve youth and young adults at risk of gun violence.<sup>52</sup>

**Diversion program:** A program that connects individuals with behavioral health conditions who are encountering the criminal justice and crisis systems to social services instead of jail.<sup>53</sup>

**Intervention:** Action(s) or programs intended to improve health and wellness for a person or group of people.

**Mental disorder:** Any organic, mental, or emotional impairment with substantial adverse effects on an individual's cognitive (thought) or volitional (action) functions.<sup>54</sup>

**Masculinity:** A set of ideas about what boys and men should be like. Masculinity ideology is a constellation of standards that have held sway of large segments of the populations about boys and

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<sup>48</sup> Konrad, K., Firk, C., & Uhlhaas, P. J. (2013). Brain development during adolescence: neuroscientific insights into this developmental period. *Deutsches Arzteblatt international*, 110(25), 425–431. doi:10.3238/arztebl.2013.0425.

<sup>49</sup> Arain, M., Haque, M., Johal, L., Mathur, P., Nel, W., Rais, A., ... & Sharma, S. (2013). Maturation of the adolescent brain. *Neuropsychiatric disease and treatment*, 9, 449.

<sup>50</sup> King County Code 2.43.005 Behavioral health system (formerly mental health system) definitions. Accessed 11/24/2019 from: [https://aqua.kingcounty.gov/council/clerk/code/05\\_Title\\_2.htm#\\_Toc532894016](https://aqua.kingcounty.gov/council/clerk/code/05_Title_2.htm#_Toc532894016).

<sup>51</sup> Saldaña, Johnny. *The coding manual for qualitative researchers*. Sage, 2015.

<sup>52</sup> Best Starts for Kids. <https://www.kingcounty.gov/depts/community-human-services/initiatives/best-starts-for-kids/background.aspx>

<sup>53</sup> King County Diversion and Reentry Services. Accessed 11/24/2019 from: <https://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/diversion-reentry-services.aspx>.

<sup>54</sup> King County Department of Community and Human Services, Behavioral Health and Recovery. Accessed 11/24/2019 from: <https://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/crisis-services/FAQs.aspx>.

men including anti-femininity, achievement, eschewal of the appearance of weakness, and adventure, risk and violence.<sup>55</sup>

**Prevention:** Action(s) to avoid, forestall, or circumvent problems before they happen.<sup>56</sup>

**Promotion:** Action(s) to support the development of protective factors that help to prevent negative outcomes.

**Protective factors:** Factors that help to prevent negative outcomes or that have been shown to reduce the impact of risk factors.<sup>57</sup> Protective factors related to youth violence are individual or environmental characteristics, conditions, or behaviors that reduce the effects of stressful life events.<sup>58</sup>

**Risk factors:** Factors that often relate to negative outcomes.<sup>59</sup> Risk factors related to youth violence are characteristics linked with youth violence but are not direct causes of youth violence. A combination of individual, relationship, community, and societal factors contribute to the risk of youth violence.<sup>60</sup>

**Trauma-informed:** An approach to engage an individual with a history of trauma that recognizes the presence of trauma symptoms and acknowledges the impact that trauma has had on the individual's life.<sup>61</sup> The approach promotes a culture of safety, empowerment, and healing.<sup>62</sup>

**Youth participants:** Youth ages 13 to 17 who participated in the focus groups for this report.

**Young adult participants:** Young adults ages 18 to 24 who participated in the focus groups for this report.

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<sup>55</sup> APA Guidelines for Psychological Practice with Boys and Men. <https://www.apa.org/about/policy/boys-men-practice-guidelines.pdf>

<sup>56</sup> Centers for Disease Control and Prevention. Handout of key public health terms. Accessed 11/24/2019 from <https://www.cdc.gov/publichealth101/public-health.html>.

<sup>57</sup> Substance Abuse and Mental Health Services Administration. Risk and Protective Factors. Accessed 11/24/2019 from: <https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/risk-protective-factors>.

<sup>58</sup> Centers for Disease Control and Prevention. Violence Prevention. Youth Violence. Risk and Protective Factors. Accessed 11/24/2109 from: <https://www.cdc.gov/healthyyouth/protective/index.htm>.

<sup>59</sup> Substance Abuse and Mental Health Services Administration. Risk and Protective Factors. Accessed 11/24/2019 from: <https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/risk-protective-factors>.

<sup>60</sup> Centers for Disease Control and Prevention. Violence Prevention. Youth Violence. Risk and Protective Factors. Accessed 11/24/2109 from: <https://www.cdc.gov/healthyyouth/protective/index.htm>.

<sup>61</sup> King County Code 2.43.005 Behavioral health system (formerly mental health system) definitions. [https://aqua.kingcounty.gov/council/clerk/code/05\\_Title\\_2.htm#\\_Toc532894016](https://aqua.kingcounty.gov/council/clerk/code/05_Title_2.htm#_Toc532894016). Accessed November 24, 2019.

<sup>62</sup> Trauma-informed approach. Washington State Health Care Authority. <https://www.hca.wa.gov/about-hca/trauma-informed-approach-tia>. Accessed November 24, 2019.

## Appendix D: Hyperlinks for Key Examples and Programs

Program Name	Tiny URL	Web Link
<a href="#">Best Starts for Kids (BSK) initiative</a>	<a href="https://tinyurl.com/utwkjyy">https://tinyurl.com/utwkjyy</a>	<a href="https://www.kingcounty.gov/depts/community-human-services/initiatives/best-starts-for-kids.aspx">https://www.kingcounty.gov/depts/community-human-services/initiatives/best-starts-for-kids.aspx</a>
<a href="#">Stopping the School-to-Prison Pipeline</a>	<a href="https://tinyurl.com/ucbfgzg">https://tinyurl.com/ucbfgzg</a>	<a href="https://www.kingcounty.gov/depts/community-human-services/initiatives/best-starts-for-kids/strategies/stopping-school-to-prison-pipeline.aspx">https://www.kingcounty.gov/depts/community-human-services/initiatives/best-starts-for-kids/strategies/stopping-school-to-prison-pipeline.aspx</a>
<a href="#">Communities of Opportunity (COO)</a>	<a href="https://tinyurl.com/uc9ueh6">https://tinyurl.com/uc9ueh6</a>	<a href="https://www.coopartnerships.org/">https://www.coopartnerships.org/</a>
<a href="#">Corner Greeters</a>	<a href="https://tinyurl.com/w3u6aen">https://tinyurl.com/w3u6aen</a>	<a href="http://www.rbcoalition.org/corner-greeters-are-here/">http://www.rbcoalition.org/corner-greeters-are-here/</a>
<a href="#">Youth 4 Peace Project</a>	<a href="https://tinyurl.com/yx5fg494">https://tinyurl.com/yx5fg494</a>	<a href="https://www.facebook.com/Y4PADVOCATES/">https://www.facebook.com/Y4PADVOCATES/</a>
<a href="#">HOSTED</a>	<a href="https://tinyurl.com/rrltz2q">https://tinyurl.com/rrltz2q</a>	<a href="http://www.hellohello.com/hosted/">http://www.hellohello.com/hosted/</a>
<a href="#">Zero Youth Detention</a>	<a href="https://tinyurl.com/ura89ek">https://tinyurl.com/ura89ek</a>	<a href="https://www.kingcounty.gov/depts/health/zero-youth-detention.aspx">https://www.kingcounty.gov/depts/health/zero-youth-detention.aspx</a>
<a href="#">Road Map</a>	<a href="https://tinyurl.com/uk7y3ur">https://tinyurl.com/uk7y3ur</a>	<a href="https://www.kingcounty.gov/depts/health/~media/depts/health/zero-youth-detention/documents/road-map-to-zero-youth-detention.ashx">https://www.kingcounty.gov/depts/health/~media/depts/health/zero-youth-detention/documents/road-map-to-zero-youth-detention.ashx</a>
<a href="#">Implementation Dashboard</a>	<a href="https://tinyurl.com/w7w22et">https://tinyurl.com/w7w22et</a>	<a href="https://www.kingcounty.gov/depts/health/zero-youth-detention/implementation.aspx">https://www.kingcounty.gov/depts/health/zero-youth-detention/implementation.aspx</a>
<a href="#">Youth Detention Data Dashboard</a>	<a href="https://tinyurl.com/saylfya">https://tinyurl.com/saylfya</a>	<a href="https://www.kingcounty.gov/depts/health/zero-youth-detention/dashboard.aspx">https://www.kingcounty.gov/depts/health/zero-youth-detention/dashboard.aspx</a>
<a href="#">Lock It Up</a>	<a href="https://tinyurl.com/y4ve7nek">https://tinyurl.com/y4ve7nek</a>	<a href="https://www.kingcounty.gov/depts/health/violence-injury-prevention/violence-prevention/gun-violence/LOCK-IT-UP.aspx">https://www.kingcounty.gov/depts/health/violence-injury-prevention/violence-prevention/gun-violence/LOCK-IT-UP.aspx</a>
<a href="#">firearm injury data dashboard,</a>	<a href="https://tinyurl.com/rsndnr9">https://tinyurl.com/rsndnr9</a>	<a href="https://kingcounty.gov/depts/health/data/firearms.aspx">https://kingcounty.gov/depts/health/data/firearms.aspx</a>
<a href="#">Mental Illness and Drug Dependency Behavioral Health Sales Tax Fund</a>	<a href="https://tinyurl.com/uj55dc2">https://tinyurl.com/uj55dc2</a>	<a href="https://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/midd.aspx">https://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/midd.aspx</a>
<a href="#">Children’s Crisis Outreach Services</a>	<a href="https://tinyurl.com/s7d8bf4">https://tinyurl.com/s7d8bf4</a>	<a href="https://www.kingcounty.gov/~media/depts/prosecutor/documents/2019/other/ShotsFired2018.ashx?la=en">https://www.kingcounty.gov/~media/depts/prosecutor/documents/2019/other/ShotsFired2018.ashx?la=en</a>
<a href="#">Crime Strategies Unit</a>	<a href="https://tinyurl.com/vmdffk2">https://tinyurl.com/vmdffk2</a>	<a href="https://www.kingcounty.gov/depts/prosecutor/criminal-overview/csu.aspx">https://www.kingcounty.gov/depts/prosecutor/criminal-overview/csu.aspx</a>
<a href="#">King County Firearm Violence report</a>	<a href="https://tinyurl.com/szx3vh">https://tinyurl.com/szx3vh</a>	<a href="https://www.kingcounty.gov/~media/depts/prosecutor/documents/2019/other/ShotsFired2018.ashx?la=en">https://www.kingcounty.gov/~media/depts/prosecutor/documents/2019/other/ShotsFired2018.ashx?la=en</a>
<a href="#">CHOOSE 180</a>	<a href="https://tinyurl.com/uslk27a">https://tinyurl.com/uslk27a</a>	<a href="https://www.kingcounty.gov/depts/prosecutor/youth-programs/choose-180.aspx">https://www.kingcounty.gov/depts/prosecutor/youth-programs/choose-180.aspx</a>
<a href="#">Juvenile Court’s Partnership for Youth Justice</a>	<a href="https://tinyurl.com/sj9csk2">https://tinyurl.com/sj9csk2</a>	<a href="https://www.kingcounty.gov/courts/superior-court/juvenile/diversion.aspx">https://www.kingcounty.gov/courts/superior-court/juvenile/diversion.aspx</a>
<a href="#">Law Enforcement Assisted Diversion (LEAD) program</a>	<a href="https://tinyurl.com/sgwbhvf">https://tinyurl.com/sgwbhvf</a>	<a href="https://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/diversion-reentry-services/lead.aspx">https://www.kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/diversion-reentry-services/lead.aspx</a>
<a href="#">Road Map to Zero Youth Detention, Appendix I</a>	<a href="https://tinyurl.com/uk7y3ur">https://tinyurl.com/uk7y3ur</a>	<a href="https://www.kingcounty.gov/depts/health/~media/depts/health/zero-youth-">https://www.kingcounty.gov/depts/health/~media/depts/health/zero-youth-</a>

**Appendix D**

		detention/documents/road-map-to-zero-youth-detention.ashx
<a href="#">Theft 3 and Mall Safety Pilot Program</a>	<a href="https://tinyurl.com/r5zkb6v">https://tinyurl.com/r5zkb6v</a>	<a href="https://www.strongchildren.org/programs-diversion">https://www.strongchildren.org/programs-diversion</a>
<a href="#">Community Corrections Division</a>	<a href="https://tinyurl.com/vqdeadb">https://tinyurl.com/vqdeadb</a>	<a href="https://www.kingcounty.gov/depts/jails/community-corrections.aspx">https://www.kingcounty.gov/depts/jails/community-corrections.aspx</a>
<a href="#">Family Intervention and Restorative Services</a>	<a href="https://tinyurl.com/sg8nxud">https://tinyurl.com/sg8nxud</a>	<a href="https://www.kingcounty.gov/depts/prosecutor/youth-programs/firs.aspx">https://www.kingcounty.gov/depts/prosecutor/youth-programs/firs.aspx</a>
<a href="#">Step-Up Program</a>	<a href="https://tinyurl.com/wego45n">https://tinyurl.com/wego45n</a>	<a href="https://www.kingcounty.gov/courts/superior-court/juvenile/step-up.aspx">https://www.kingcounty.gov/courts/superior-court/juvenile/step-up.aspx</a>
<a href="#">Community Empowered Disposition Alternative and Resolution</a>	<a href="https://tinyurl.com/ql6qek5">https://tinyurl.com/ql6qek5</a>	<a href="https://www.kingcounty.gov/~media/depts/executive/performance-strategy-budget/documents/pdf/RLSJC/2018/July26/CEDAR-Overview.ashx?la=en">https://www.kingcounty.gov/~media/depts/executive/performance-strategy-budget/documents/pdf/RLSJC/2018/July26/CEDAR-Overview.ashx?la=en</a>
<a href="#">Restorative Mediation</a>	<a href="https://tinyurl.com/ud45g8a">https://tinyurl.com/ud45g8a</a>	<a href="https://kcmemployees.com/2015/09/09/restorative-mediation-making-a-difference-for-youth/">https://kcmemployees.com/2015/09/09/restorative-mediation-making-a-difference-for-youth/</a>
<a href="#">evidence-based programs</a>	<a href="https://tinyurl.com/veu2wsd">https://tinyurl.com/veu2wsd</a>	<a href="https://www.kingcounty.gov/courts/superior-court/juvenile/art-fft-mst.aspx">https://www.kingcounty.gov/courts/superior-court/juvenile/art-fft-mst.aspx</a>
<a href="#">King County Credible Messengers Initiative</a>	<a href="https://tinyurl.com/uk7y3ur">https://tinyurl.com/uk7y3ur</a>	<a href="https://www.kingcounty.gov/depts/health/~media/depts/health/zero-youth-detention/documents/road-map-to-zero-youth-detention.ashx">https://www.kingcounty.gov/depts/health/~media/depts/health/zero-youth-detention/documents/road-map-to-zero-youth-detention.ashx</a>
<a href="#">Center for Children &amp; Youth Justice Leadership, Intervention &amp; Change program</a>	<a href="https://tinyurl.com/r2mqteu">https://tinyurl.com/r2mqteu</a>	<a href="https://ccyj.org/">https://ccyj.org/</a>
<a href="#">Safe Futures</a>	<a href="https://tinyurl.com/w3wvqqx">https://tinyurl.com/w3wvqqx</a>	<a href="https://ccyj.org/our-work/reducing-gang-violence/">https://ccyj.org/our-work/reducing-gang-violence/</a>
<a href="#">Alive and Free</a>	<a href="https://tinyurl.com/uhoqcbu">https://tinyurl.com/uhoqcbu</a>	<a href="https://www.sfyc.net/">https://www.sfyc.net/</a>
		<a href="https://www.seattlemca.org/accelerator/violenceprevention">https://www.seattlemca.org/accelerator/violenceprevention</a>