NATIONAL FORUM on YOUTH VIOLENCE PREVENTION NEWS

Forward Together

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PREVENTION AND TRAUMA-INFORMED CARE: BEATING THE HIGH COSTS OF TRAUMA

Prevention efforts rarely make the headlines, but the Dec. 10–11, 2012, Working Session presentations in Washington, D.C., made it clear why Forum cities need to embrace the prevention plank in their strategic plans. We learned how traumatic events can have longlasting and significant negative effects on individuals and society.

Trauma and health In his presentation on the Adverse Childhood Experiences (ACE) Study,

Vincent Felitti, M.D., ACE Co-Principal Investigator and Director of the Department of Preventive Medicine for Kaiser Permanente,

FORUM FEATURE: MINNEAPOLIS



President Obama talks about reducing gun violence at the Minneapolis Police Department Special Operations Center, Feb. 4, 2013. (Official White House photo by Pete Souza)

Minneapolis, one of the Forum's newest members, was in the national spotlight on February 4, 2013, when President Barack Obama paid a special visit to the city. The President chose Minneapolis as the venue for his first public address on reducing gun violence throughout the country.

President Obama also met in a brainstorming session with local officials, victims, family members of slain youth, and many other stakeholders.

Why Minneapolis? Once known as "Murderapolis," the city is now considered a violence reduction success story.

"Folks here were spinning with energy and excitement about the President's visit," said Alyssa Banks, Minneapolis Youth Violence Prevention Coordinator. "This has been an opportunity to re-engage [our] passion for [reducing youth violence]. [It has also] sparked renewed interest in [our initiatives]—we have been able to leverage quite a lot of news coverage on youth violence and guns."

"We are excited to see many things we have been supportive

made a clear connection between early negative experiences and risk behaviors, violence, disease, and premature death.

ACE Study researchers identified 10 adverse childhood experiences that they screened for in assessments. More than 17,000 individuals participated in the study, and each participant was then assigned an ACE score based on the number of different types of adverse experiences to which he or she was exposed. An individual who was exposed to one adverse experience would score 1; an individual exposed to any four of the categories would receive a score of 4; and so on.

ACE Categories of Adverse Childhood Experience

Abuse

- psychological
- physical
- sexual

Neglect

- emotional
- physical

Household Dysfunction

- alcoholism or drug use in the home
- loss of biological parent under 18 years
- depression or mental illness in home
- mother treated violently
- incarcerated household member

The study findings are eye-opening for several reasons. First, most participants (67 percent) had experienced at least one adverse event. Eleven percent had experienced *five or more*. Second, there is a dose–response relationship between exposure and health outcomes—that is, the higher the ACE score, the likelier it is that individuals experienced negative physical and behavioral outcomes. Higher-scoring participants had higher rates of physical disorders (obesity, chronic obstructive pulmonary disease, coronary artery disease, liver disease, etc.), as well as higher rates of psychiatric disorders (substance use, suicide attempts, depression). The human and healthcare costs of trauma exposure are clearly high.

The ACE study was conducted with a middle class, largely white population. But **Boston's mapping of rates of negative health**

of locally reflected in the President's plan [to reduce gun violence]," Banks added. For example, School Resource Officers (SROs) play a very important role in Minneapolis. They are responsible not only for enforcement, but also for building positive and trusting relationships with youths and serving as role models year-round. During the summer, they connect with youths through the Bike Cops for Kids program.

To cultivate the "safer and more nurturing school climates" the President has called for, many Minneapolis schools have implemented the School-wide Positive Behavioral Intervention and Supports (SW–PBIS) framework. PBIS reduces discipline problems by teaching positive attitudes and behaviors. The city is exploring ways to expand the reach of this program to other community settings such as parks and libraries. In addition, Minneapolis emphasizes addressing the root causes of breaking curfew and missing school.

Minneapolis also has Walking Buses, a Safe Routes to School program, and a Youth Are Here bus service to help keep youth safe while they are in transit to and from school and after-school activities.

The "Speak Up Minneapolis" anonymous youth tip line is an important tool for promoting safety in schools and in the community, Banks noted. It allows children and teens to report threatening situations without fear of being labeled a "snitch." "Speak Up" materials are promoted throughout all Minneapolis public schools, as well as public libraries and parks.

Minneapolis has achieved a lot of progress relatively quickly in reducing youth violence. In 2003–06, about 80 youths died from homicide in north Minneapolis, according to the *Blueprint for Action & Progress Report*. Under Rybak's leadership, the city responded to this crisis by defining youth violence as a public health issue and by launching *Blueprint for Action: Preventing Youth Violence in Minneapolis*.

Blueprint is a comprehensive strategic plan with four goals:

- 1. Connect every young person to a trusted adult.
- 2. Intervene at the first sign of at-risk behavior.
- 3. Restore youths who have gone down the wrong path.
- 4. Unlearn the culture of violence.

To address these goals, the plan advocates for a multiagency approach that brings together a broad array of initiatives for youth, families, and neighborhoods under a public health umbrella.

Minneapolis' *Blueprint* has produced significant results:

- Incidents involving guns and juveniles are down nearly 66 percent.
- The number of juveniles involved in violent crime is down 59 percent.
- Violent crime arrests for juveniles have been reduced by nearly 44 percent.

outcomes and violence graphically demonstrates that the findings are not unique to ACE participants. These maps illustrated how areas with the highest rates of infant mortality, obesity, and heart disease hospitalizations also had the highest rates of homicide and lowest rates of adults who think their neighborhood is safe.

How does trauma affect health?

Further supporting the link between adverse childhood events and adult illness, Nadine Burke Harris, M.D., MPH, CEO of the California Pacific Medical Center for Youth Wellness, illustrated how **traumatic experiences activate the stress response**.

Although this response serves an important purpose in the body's fight-or-flight reaction, if left untreated traumatic and chronic stress can lead to negative health outcomes through two major mechanisms:

- Chronic stress can lead to behavioral changes that may increase health risks. For instance, stress can encourage negative coping strategies such as increased smoking or substance use, decreased sleep and exercise, and reduced compliance with medical regimens (Cohen et al., 2007; Reed et al., 2006; Felitti and Anda, 2010).
- Second, chronic stress can cause dysregulation of critical neurologic, immunologic, epigenetic, and endocrine systems. For instance, many of the stress hormones regulate immune and inflammatory processes, which with a prolonged dosage can interrupt the normal physiological processes and result in higher risk of disease.

Such cumulative health effects can result in early death. The ACE study found that older individuals were likelier to have a low ACE score, and analyses from the study's prospective phase found that people with a score of 6 or higher had a lifespan almost 2 decades shorter than individuals with scores of 0 (Felitti and Anda, 2010).

Trauma-informed care

So why does this information matter to the Forum cities, and what can they do about it? Evidence suggests trauma-informed care not only improves health and behavioral outcomes but can also lower healthcare costs. So this is clearly an approach cities should consider in their overall plans to address their populations' needs. (Source: data period 2006–11 *Results Minneapolis: Youth Violence Prevention*, May 22, 2012)

Banks attributes the success to "significant and broad-based community partnerships, high-level leadership from the Mayor and City Council, [and] the overall coordination that the plan brings through its public health framework, which allows for a tremendous amount of support and opportunity for many different groups to support the goals and activities of the plan."

Because of these accomplishments, Minneapolis was selected for the Forum in 2012. Rybak is extremely knowledgeable about the entire Forum initiative. From the time he devoted, and the value he added, to the Minneapolis Listening Session, it was obvious that he is wholly engaged in making the most of the city's participation in the Forum.

The city will continue, strengthen, expand, and add to *Blueprint* partnerships and programs as it develops and carries out its Forum strategic plan. Minneapolis will also exchange invaluable peer-to-peer technical assistance with other Forum members.

At the Dec. 10–11, 2012, Forum Working Session in Washington, D.C., Rybak outlined four new directions that Minneapolis will emphasize as a Forum member:

- Incorporate lessons learned from other cities' strategic planning processes.
- Align Minneapolis' work and strategies with other federal programs and initiatives.
- Engage new sectors such as housing and business.
- [Deepen and broaden] the engagement of philanthropic organizations.

As Minneapolis increases its own capacity to prevent youth violence, it will help other Forum cities do the same.

To learn more, visit

http://www.minneapolismn.gov/health/yvp/

dhfs_yvpreport or contact Minneapolis Youth Violence Prevention Coordinator Alyssa Banks at 612.673.3955 or **alyssa.banks@minneapolismn.gov**.

NEWS & VIEWS

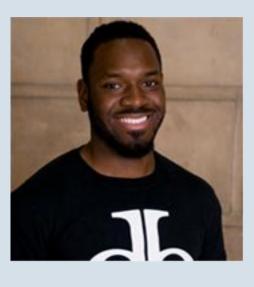
Journal Articles

Lindsay's Legacy: The Tragedy That Triggered Law

Dr. Felitti's group studied the benefits of using a trauma-oriented approach to patient evaluation. They found that patients in a control group who received a biomedical evaluation showed an 11 percent reduction in doctor office visits in the subsequent year.

Continue Reading

YOUTH Spotlight



Tyree Dumas always stood out among his peers. As a kid in innercity Philadelphia, he avoided trouble by focusing on his early knack for business and love of dance. At age 12, Tyree

started his first job as an office aid at the E3 Power Center—a group of community sites where teens who are involved with the juvenile justice system or have dropped out of school are offered job-readiness training, internships, community service opportunities, and support with career and personal goals.

But school was tough for Tyree, who was easily distracted by his many side projects. He bounced from high school to high school, all the while honing his entrepreneurial skills.

These days, 24-year-old Tyree is more than making up for missed time in the classroom. As the founder and CEO of Youth Now On Top (Y-NOT) Academy—an innovative approach for keeping kids in school—he is teaching students what they need to know to succeed. With an emphasis on developing practical skills like running and managing businesses and personal and social development, the full-time program mixes scholastic studies, technology, and arts with civic engagement and unique courses like hip hop history. In the afternoon, faculty members work with an online institute to teach an entrepreneur class. The program is not traditional in the English, Math, and Science sense, but more in line with a vocational

Reform to Prevent Teen Dating Violence Hastings Women's Law Journal, 2013 Teenage victims of dating violence are the beneficiaries of a new policy targeting adolescent victimization. http://papers.ssrn.com/sol3/papers.cfm? abstract_id=2192656

Science, Politics, and Crime Prevention: Toward a New Crime Policy

Journal of Criminal Justice, 2012 This paper sets out a modest proposal for a new crime policy to help build a safer, more sustainable society. http://www.sciencedirect.com/science/ article/pii/S0047235212000232

An Evolutionary Concept Analysis of School Violence: From Bullying to Death

Journal of Forensic Nursing, 2012 School violence has evolved into an identifiably pervasive public health problem. Adverse consequences of school violence vary from bullying to death.

http://onlinelibrary.wiley.com/doi/10.1111/ j.1939-3938.2011.01121.x/full

Fighting for Her Honor: Girls' Violence in Distressed Communities

Feminist Criminology, 2012

This study draws on data from a 6-year qualitative study of violence among Pacific Islander high school students in Hawaii and explores how girls' violence attends to gender as well as to economic, racial, ethnic, and political dislocations that threaten family survival in adolescents' communities. http://fcx.sagepub.com/content/7/4/350.short

The Kids Are Not All Right: Mandating Peer Mediation as a Proactive Anti-Bullying Measure in Schools

Cardozo Journal of Conflict Resolution

Almost 30 percent of U.S. youths either bully or are the target of bullying, or both. Every 7 minutes, a child is bullied. Among children age 17 or younger, almost one in five reports being physically bullied and almost three in ten report being teased or emotionally bullied in their lifetime.

The Kids Are Not All Right: Mandating Peer Mediation as a Proactive Anti-Bullying Measure in Schools

Reports

New Approaches to Understanding and Regulating Primary and Secondary Illegal Firearms (Unpublished)

Submitted to the Department of Justice in 2013 A National Institute of Justice–funded study analyzed data from the Bureau of Alcohol, Tobacco, Firearms, and Explosives to increase understanding of primary and secondary illegal firearms markets by determining time-tocrime between a weapon's purchase and recovery of that weapon by law enforcement.

https://www.ncjrs.gov/pdffiles1/nij/grants/241021.pdf

Youth, Safety, and Violence: Schools, Communities, and

school that prepares teens for careers in the real world while working toward a high school diploma. Y-NOT lets students flex their creative muscles, too—literally—with a tiered dance program where kids create the next big moves. All in all, it's an environment that gets youths excited about school and engages them in a real and sustainable way.

The Academy may also improve high school retention levels. To keep kids enrolled in the long term, there must be continued interest and a system for accommodating students at different levels of learning. Y-NOT lets students manage and control their pace in the academic world.

"We understand that education is the key to success," said Tyree in an email to Development Services Group. "Moreover, we believe that 21st century educational methods that successfully support students' ability to compete in society's contemporary landscape must include entrepreneurship education as a fundamental principle, regardless of an individual's ultimate career path."

Although the program is designed for grades K through 12, its first cohort is a group of 5th to 12th grade students. Classes are held as at any school, from 8 a.m. to 3 p.m. on weekdays, September through June. Though still in the pilot phase, Tyree has enough support to move toward full implementation. Ten local and national businesses back the program, and he's established a full board of directors, including the Deputy Chief of Staff and Specialist of External Affairs and Community Engagement in Philadelphia Mayor Michael Nutter's office.

Tyree's work in Philadelphia is making waves outside of the state too. He has been recognized by the Knight Foundation and interviewed by Black Entertainment Television (BET). He is a fellow of the Philadelphia New Leaders Council and has worked at the Philadelphia Center for Arts and Technology as a Youth Council Liaison.

UPDATES

The National Forum on Youth Violence Prevention Working Session was held Dec.

Mental Health

Vera Institute of Justice, 2013 In the wake of the Newtown, Conn., tragedy, this report looks at known and unknown factors that can contribute to or prevent violence against children—one issue among many that are sparking a national conversation. http://www.vera.org/sites/default/files/resources/

downloads/youth-safety-and-violence.pdf

WWC Review of the Report 'An Evaluation of the Chicago Teacher Advancement Program (Chicago TAP) After Four Years'

What Works Clearinghouse, 2013 The study examined the effects of the Chicago Public Schools' Teacher Advancement Program on improved student academic achievement and teacher retention. WWC Review of the Report "An Evaluation of the Chicago Teacher Advancement Program (Chicago TAP) After Four Years"

Testing a Public Health Approach to Gun Violence

Center for Court Innovation, 2013 This report is a comprehensive impact and process evaluation of the Save Our Streets project—a replication of the Chicago Ceasefire model established in Crown Heights, Brooklyn, in 2010.

Testing a Public Health Approach to Gun Violence

Public School Graduates and Dropouts from the Common Core of Data: School Year 2009–10

National Center for Education Statistics, 2013 This report reveals new data on rates of public high school completion, Averaged Freshman Graduation Rate, and dropout data for grades 9–12 in 2009–10. http://nces.ed.gov/pubs2013/2013309.pdf

Reforming Juvenile Justice: A Developmental Approach *National Research Council*, 2012

Adolescent development research has shown critical behavioral differences between adults and teens, with implications for the design, operation, and evolution of the justice system. The National Research Council's study on juvenile justice reform looked at behavioral research to assess new reform in the United States and establish why juveniles and at-risk youths shouldn't be treated as adults. https://download.nap.edu/catalog.php?record_id=14685

Defending Childhood: Protect, Heal, Thrive

Defending Childhood Initiative on Children Exposed to Violence, 2012

This report calls for action from the federal government, states, tribes, communities, and the private sector to organize the best available knowledge and resources for protecting children against exposure to violence.

http://www.justice.gov/defendingchildhood/cev-rptfull.pdf

Prevalence of Violent Crime Among Households with Children, 1993–2010

10-11, 2012, in Washington, D.C. New Forum sites were introduced and provided overviews of their approaches to prevent and resolve youth violence, and attendees discussed short- and long-term challenges in achieving and sustaining a comprehensive youth violence prevention plan. Breakout sessions addressed safe and supportive school discipline, information sharing, reentry, opportunities for youths in the workplace, and other topics related to improving youth outcomes, while plenary sessions and panels discussed everything from training and technical assistance to enhancing relationships among juvenile justice, education, and community leaders using the Positive Behavioral Interventions and Supports model. Presentations are available at http://www.mscginc.com/ OJJDP/YouthForum/presentations.cfm

ANNOUNCEMENTS & UPCOMING EVENTS

Training Opportunities

Save the date for the **2013 Summit on Preventing Youth Violence**, which will be held June 13–14, 2013, in Washington, D.C. More information will follow and highlights from the **2012 Summit** are available.

Forum Training and Technical Assistance Now Available

The National Forum on Youth Violence Prevention is a network of communities and federal agencies that work together, sharing information and building local capacity to prevent and reduce youth violence. OJJDP makes training and technical assistance available to the 10 Forum sites through Development Services Group, Inc., to ensure balanced approaches that combine prevention, intervention, enforcement, and reentry. For more information, call 301.951.0056 or email

dmarsden@dsgonline.com.

Supportive School Discipline Webinar Series

Continuing the efforts of the Federal Supportive School Discipline Initiative, the

Bureau of Justice Statistics, 2012

The decline in the number of children living in a household where at least one member experienced violent crime corresponded with a decline in overall violent victimization from 1993 to 2010.

http://www.bjs.gov/content/pub/pdf/pvchc9310.pdf

Violent Crime Against Youth, 1994–2010

Bureau of Justice Statistics, 2012 From 1994 to 2010, the overall rate of serious violent crimes against youths declined by 77 percent—from 61.9 victimizations per 1,000 youths in 1994 to 14 per 1,000 in 2010.

http://www.bjs.gov/content/pub/pdf/vcay9410.pdf

The Early Childhood Care and Education Workforce: Challenges and Opportunities: A Workshop Report Institute of Medicine and National Research Council, 2012 Policymakers need a full understanding of childhood care and teachers and caregivers to address the challenges facing this workforce.

http://www.nap.edu/catalog.php?record_id= 13238#toc

Opening Doors: Federal Strategic Plan to Prevent and End Homelessness (Amendment)

Interagency Council on Homelessness, 2012 The government's updated plan to improve educational outcomes for children experiencing homelessness and prevent homelessness among youth.

Opening Doors: Federal Strategic Plan to Prevent and End Homelessness (Amendment)

News

Blueprint for Action Program Reports 60 Percent Drop in Youth Violence

Minneapolis has a specific plan for reducing gun violence one of the reasons President Obama visited the city to promote his plan for doing the same. Several cities are following in Minneapolis's footsteps, reaching out to the city to learn more about its *Blueprint to Action*.

http://www.myfoxphilly.com/story/20962558/blueprint -for-action-program-reports-60-drop-in-youth-violence

Now Is the Time to Reduce Gun Violence in Schools and Communities

U.S. Secretary of Education Arne Duncan commits to effecting policy change and taking action to reduce the nation's gun violence.

http://www.ed.gov/blog/2013/01/now-is-the-timeto-reduce-gun-violence-in-schools-and-communities

Cutting the Red Tape for Foster Youth Success

Approximately 400,000 children in the United States are without permanent families and live in foster care. At the Administration for Children and Families, the Children's Bureau works closely with state partners to provide the best possible environment for foster youths. U.S. Departments of Justice, Education, and Health and Human Services have announced the third event of the Supportive School Discipline Webinar Series: Addressing Truancy: Innovative Approaches to Systemically Increasing Attendance and Reducing Chronic Truancy, on Feb. 27, 2013, 4 p.m. to 5:30 p.m. ET.

http://safesupportivelearning.ed.gov/ index.php?id=9&eid=1685

National Youth Violence Prevention Week in Minneapolis

March 18–22, 2013, is Minneapolis Youth Violence Prevention Week, part of a national public education initiative to spread awareness about youth violence and identify strategies to end the epidemic. http://www.minneapolismn.gov/ health/yvp/WCMS1P-103487

National Child Traumatic Stress (NCTSN)

Network project officers can connect Forum sites with NCTSN grantees and past Safe Schools and Healthy Students grantees. NCTSN is working to improve treatments and services for youths who have experienced traumatic events and to increase access to treatments and services. Contact **Ken Curl** for information.

Global Youth Justice's upcoming International Training Institutes are

primarily designed for teams of two to five adults from communities involved with local youth justice and juvenile justice diversion programs (Teen Court, Peer Court, Youth Court, Student Court, and Youth Peer Jury). http://www.globalyouthjustice.org/ Training_and_Events.html

Funding Opportunities

Applications for the Violent Gang and Gun Crime Reduction Program (Project Safe Neighborhoods) are due March 11, 2013. See https://www.bja.gov/ Funding/13PSNsol.pdf for more information.

Applications for the Second Chance Act Technology Careers Training Program for Incarcerated Adults and Juveniles are due March 11, 2013. Visit https://www.bja. gov/Funding/13SCATechCareersSol. pdf for details.

ONDCP's **Drug-Free Communities (DFC) Support Program** has released its FY 2013 Request for Applications. Any community-

http://www.acf.hhs.gov/blog/2013/01/ cutting-the-red-tape-for-foster-youth-success

Washington Takes on Bullying

A Washington, D.C., task force has compiled a model bullying prevention policy for agencies that serve youths. Mayor Vincent C. Gray proposed that youth-serving agencies create youth advisory panels, which will assist in policy planning and creation.

http://www.thecrimereport.org/news/ articles/2013-02-washington-takes-on-bullying

Other Resources

National Gang Center (NGC) Quarterly Newsletter

The **Fall issue** of **NGC's** newsletter features topics on the Cure Violence (formerly known as Ceasefire) program; Operation Hardcore, a specialized prosecution unit devoted to violent gang crimes; Street Outreach and the OJJDP Comprehensive Gang Model; the Massachusetts Shannon Community Safety Initiative; and a report titled "Gang Homicides from Five U.S. Cities."

The **Department of Education's** School Turnaround Newsletter and PreventionED have resources for turning around low-performing schools and updates on substance abuse and violence prevention education issues, legislation, and funding opportunities.

http://www2.ed.gov/news/newsletters/ listserv/preventioned.html

The Logic Model Builder, a collaborative effort of the FRIENDS National Resource Center for Community-Based Child Abuse Prevention and Child Welfare Information Gateway, helps programs identify anticipated outcomes, success indicators, and evaluation instruments. It can help the Forum sites plan a program evaluation.

February is National Teen Dating Violence Awareness and Prevention Month. The **National Criminal Justice Reference Service** provides valuable resources to spread awareness about the dangers and consequences of teen dating violence.

https://www.ncjrs.gov/teendatingviolence

Future of Children Email Newsletter

Receive updates whenever new material is added to the Future of Children Web site, which promotes effective policies and programs for children.

http://www.futureofchildren.org/futureofchildren /about/policies-procedures/sign-up

JUSTINFO

This service, provided by the National Criminal Justice Reference Service (NCJRS), provides a biweekly email newsletter featuring new releases from NCJRS sponsoring agencies and other announcements.

https://www.ncjrs.gov/abstractdb/subreg.asp

based coalition addressing youth substance use that meets the statutory eligibility requirements is eligible to apply. Applications are due March 22. For more information on applying for the DFC Program, please visit http://www.whitehouse.gov/ondcp/ information-for-potential-applicants.

JUVJUST

Announcements on the latest juvenile justice information from OJJDP and the field. https://puborder.ncjrs.gov/

listservs/subscribe_JUVJUST.asp

Prevention Institute Periodic Resource E-Alerts Alerts on new prevention-related activities, resources, and events and updates on UNITY and the Strategic Alliance. http://org2.democracyinaction.org/o/ 5902/signUp.jsp?key=1198&key=9036744

StopBullying.gov Launches Spanish Web Site The new Web site provides teachers, parents, and community leaders with the resources they need to prevent bullying, including a Spanish-language Bullying Prevention Training Module. http://espanol.stopbullying.gov

Contact Us

Send questions or feedback about the newsletter to **NFYVP@dsgonline.com** or **subscribe**.

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