

CDC PUBLIC HEALTH GRAND ROUNDS

Preventing Youth Violence



February 18, 2014



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

Why Youth Violence is a Public Health Issue



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National Center for Injury Prevention and Control
Centers for Disease Control and Prevention

One Young Woman's Story: More Funerals than Dances



Youths' Experience of Violence



First Principles

- ❑ **Youth can be primary or secondary victims of violence, or perpetrators**
 - Secondary victim exemplified by previous story
- ❑ **Youth violence is when young people aged 10-24 years intentionally use physical force or power to threaten or harm others**
 - Includes bullying, fights, threats with weapons, and homicide

Youth Homicide in the United States

- ❑ **Third leading cause of death among youth aged 10-24**
- ❑ **Homicide is the leading cause of death for young African-American males**
- ❑ **13 young people killed every day**



Disparities in Youth Violence Victims

- ❑ **Males and racial/ethnic minority youth experience the greatest burden of violent deaths**
- ❑ **Homicide rates among youth aged 10-24**

- Males: 12.7/100,000
- Females: 2.1/100,000
- African American: 28.8/100,000
- Hispanic: 7.9/100,000
- Non-Hispanic White: 2.1/100,000



Emergency Department Visits for Youth Violence

- ❑ **1,738 assault-related injury visits for youth ages 10-24 each day**
- ❑ **634,000 youth treated in 2012**



Violence Among High School Students: 2011 National Youth Risk Behavior Survey

- ❑ 1 in 3 students in a physical fight in past 12 months
- ❑ 1 in 6 carried a weapon in past 30 days



- ❑ 6% of students missed school in the past 30 days because they felt unsafe

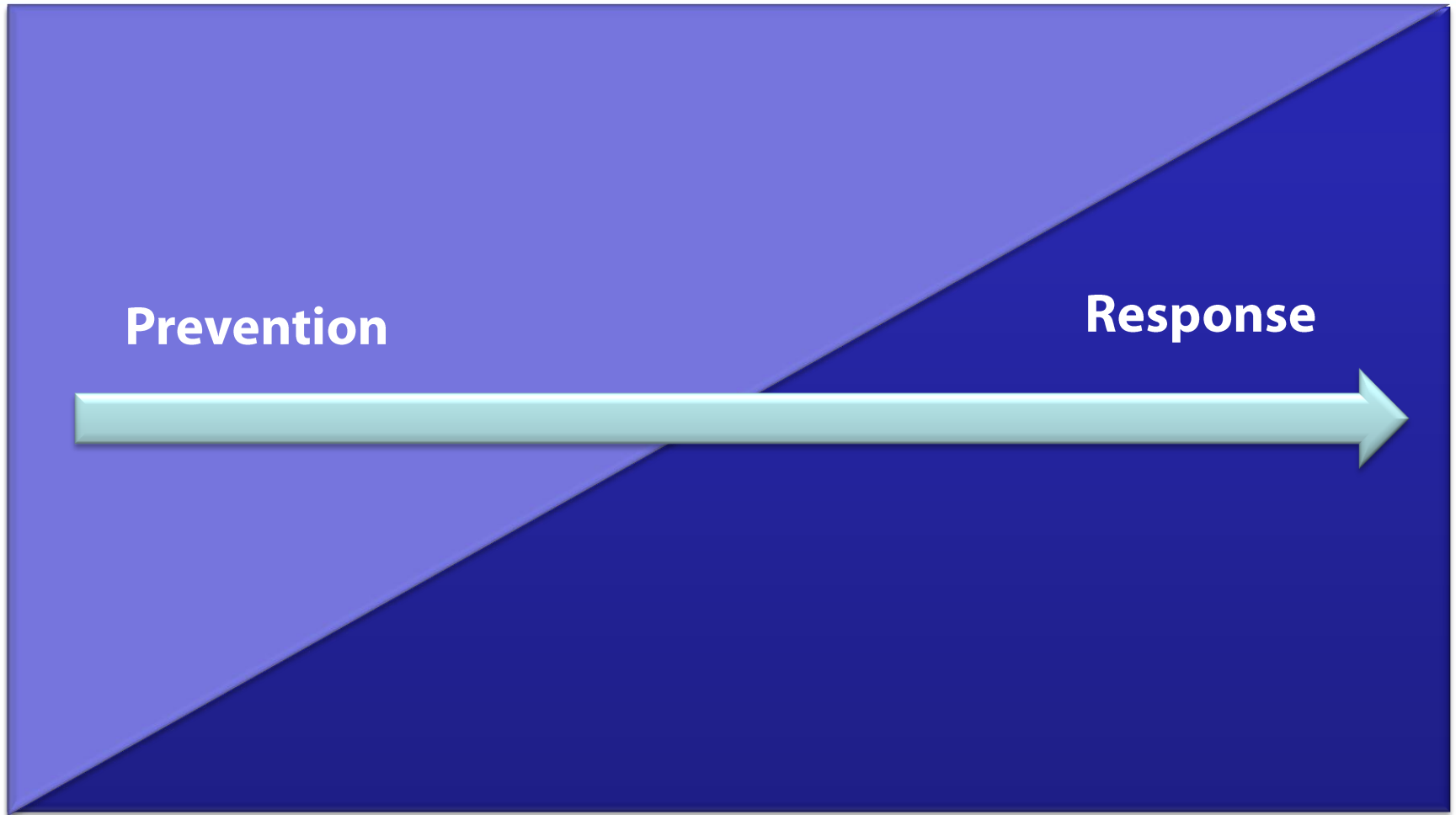
Effects and Costs of Being a Victim of Violence



Youth Violence Threatens the Whole Community

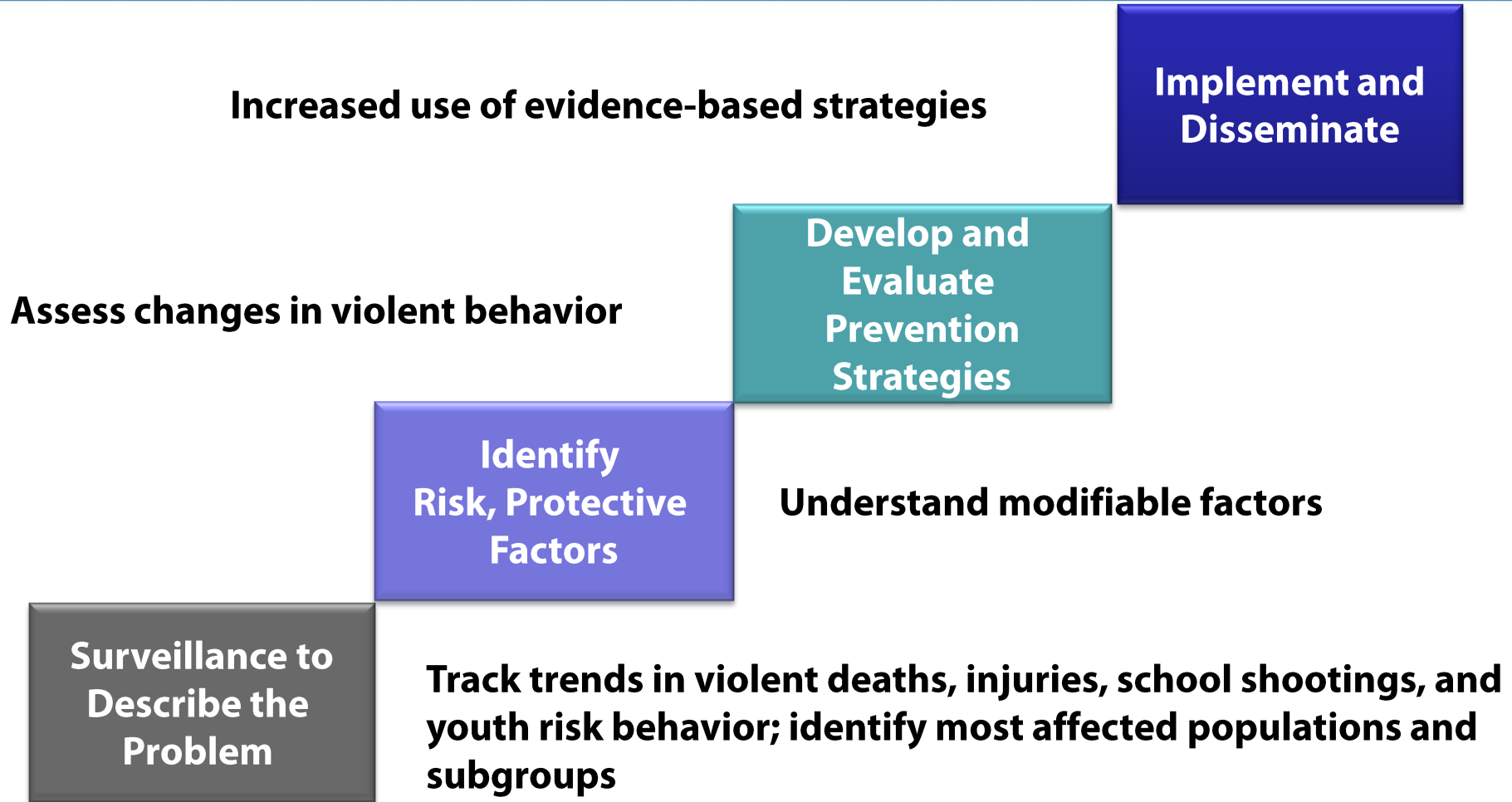
- ☐ **Violence or fear of violence can lead to reduced time spent outdoors, physical activity, and interactions with neighbors**
- ☐ **Increased healthcare costs and decreased property values**
- ☐ **Annually, fatal and nonfatal youth violence results in \$17.5 billion in medical and lost productivity costs across the victims' lifetimes**

Youth Violence: Role of Public Health



Criminal Justice, Child Welfare, Social Service

The Public Health Approach to Prevention



Comprehensive Approach to Youth Violence



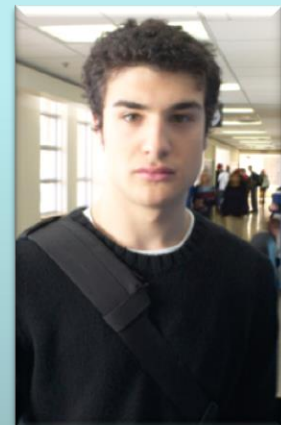
Societal



Community



Relationship



Individual

Expanding the Evidence Base



Youth Violence Prevention Centers

☐ Partner with a high-risk community

➤ Six centers: Chicago, Flint, Denver, Baltimore, Richmond, Robeson County NC

☐ Implement a comprehensive, evidence-based strategy

☐ Evaluate the impact on community-wide rates of violence

Building Public Health Capacity and Leadership

Funding four local health departments in Houston, Boston, Portland, and Salinas CA to:

- ❑ Partner across sectors
- ❑ Make data-driven decisions
- ❑ Leverage existing resources
- ❑ Implement strategies based on the best available evidence
- ❑ Evaluate prevention strategies



Positive Experiences In Major Cities

Minneapolis (2012 estimated population 392,880) tracking citywide impacts of coordinated public health approach from 2006 - 2012:

- ❑ 57% reduction in involvement in violent crime
- ❑ 62% reduction in gun-related assaults
- ❑ 60% reduction in homicide



Understanding What Worked in Minneapolis

- ❑ **Local health department coordinated prevention efforts, with technical assistance from CDC and CDC-funded partners**
- ❑ **Involvement of multiple city agencies and community groups**
- ❑ **Implementation of strategies that:**
 - Strengthen families
 - Increase mentoring of youth by adults
 - Enhance public spaces
- ❑ **Next steps include involving more cities, working with National Forum for Youth Violence Prevention**

vetoviolence.cdc.gov



Helping Communities Use the Evidence for Youth Violence Prevention



Deborah Gorman-Smith, PhD

Professor

School of Social Service Administration
University of Chicago

Violence Is Preventable

❑ Universal School-based Prevention Programs

- 15% reduction in youth violence

❑ Family Focused Interventions

- 24% - 50% reduction in youth violence

❑ Community Development

- 8% decline in violent crime



CDC. *MMWR* 2007; 56 (RR-7): 1-16

MacDonald, J. et al. (2010). *Injury Prevention*, 16, 327-332

Gorman-Smith, et al. (2013), In *Prevention of Gang Violence*. In T. Simon, L. Tuthill, W. Reed, N. Ritter (Eds)

National Institute of Justice and Centers for Disease Control and Prevention

Examples of Evidence-based Violence Prevention Approaches

❑ Universal school-based violence prevention programs

- Provide all students in a given school or grade with information and develop skills for conflict avoidance and resolution
- Example program: Life Skills Training teaches anger management and conflict resolution
 - 40% decrease in fighting and delinquency

❑ Business Improvement Districts

- Public-private partnerships that invest in local services, including street cleaning, security, and green space
- Los Angeles found a 12% decrease in robberies, 8% decrease in violent crimes

CDC. *MMWR* 2007; 56 (RR-7): 1-16

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Violence Prevention Saves Money

❑ Washington State Institute for Public Policy

- Systematically identifies rigorously evaluated policy strategies and their outcomes
- Estimates costs relative to savings due to reductions in crime, improvements in labor, health care, etc.

❑ Cost-effectiveness analysis of model youth violence prevention programs

- Six programs show a net benefit ranging from \$1,704 to \$58,043
- Savings per dollar spent range from \$2.73 to \$49.53

Comparable to cost-effectiveness of childhood immunization programs: \$18.40 savings/dollar spent



Obstacles to Preventing Youth Violence

❑ Evidence based strategies underutilized

- Lack of awareness of evidence
- Barriers to changing established practice

❑ Most evidence-based prevention strategies focus on individual behavior

- Sole focus unlikely to lead to change at population level
- Need to integrate with strategies that address community and societal risks

Overcoming Obstacles to Prevention: Youth Violence Prevention Centers

- ☐ **Applying a public health approach to preventing violence**
- ☐ **Bridging the gap between research and practice**
- ☐ **Designing comprehensive and coordinated approach**
- ☐ **Evaluating prevention strategies to inform broader national efforts**

Neighborhood Selection Criteria for Prevention Research Center Intervention

Crime and Violence

- Violent crime
- Shooting and homicides

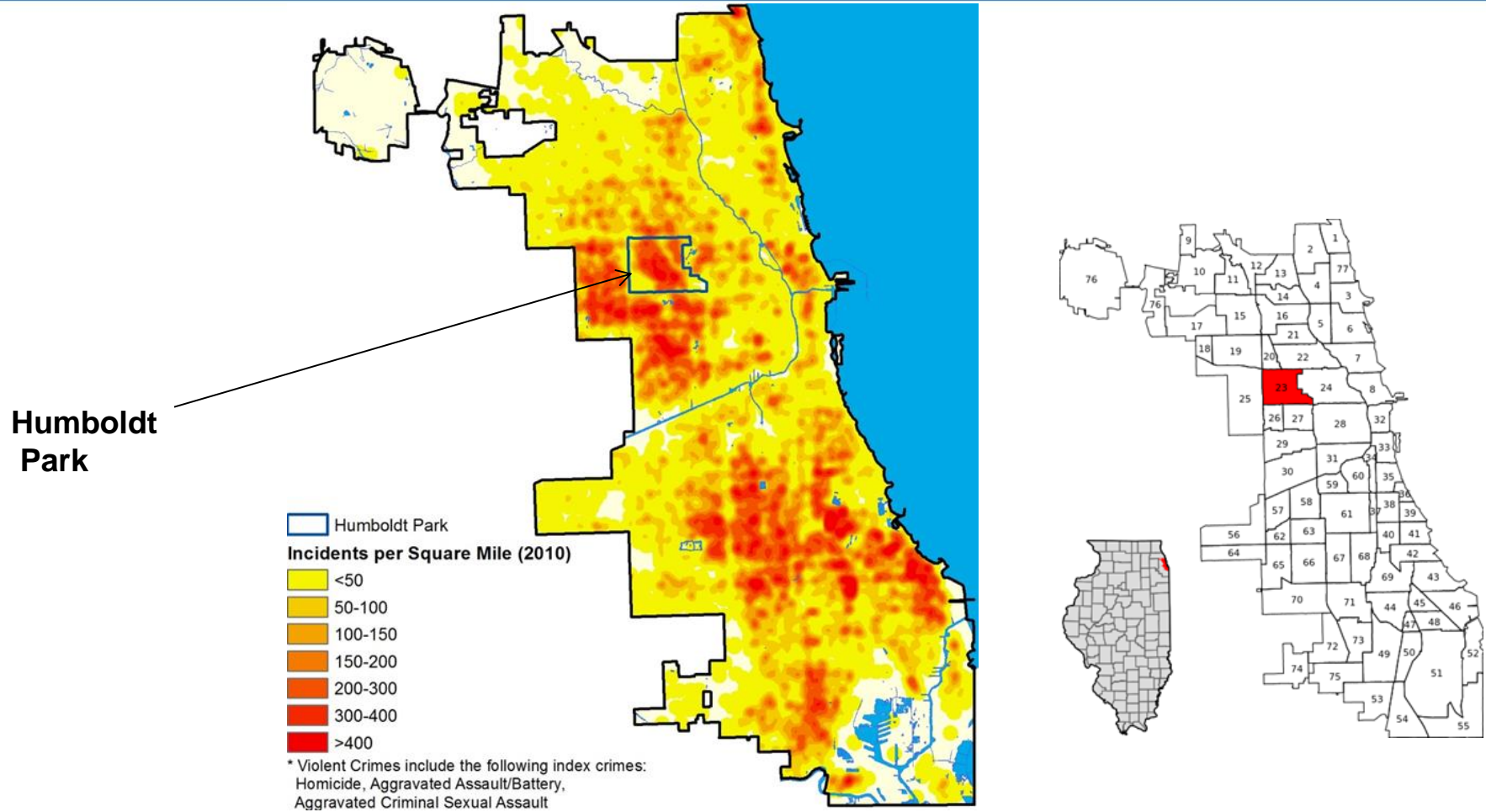
Ethnic heterogeneity

- In highly segregated city, both African American and Latino residents

Leveraging resources

- Existing social service agencies
- Local businesses

Violent Crime in Chicago 2010



Humboldt Park at a Glance

❑ Crime and Violence

- Violent crime more than twice average rates in Chicago
- Shooting and homicides three times higher

❑ 37,000 residents

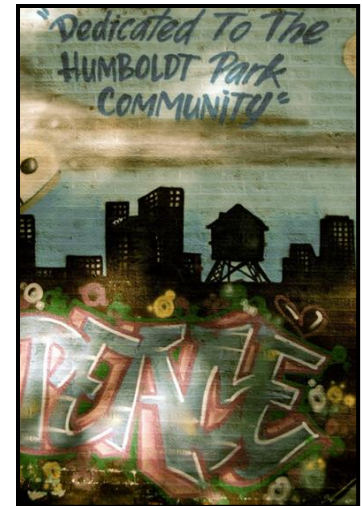
- 51% African American, 44% Latino

❑ 32% of the population living below poverty

- Figure for city of Chicago as a whole 18%

❑ Neighborhood-specific strengths

- Presence of youth-focused community agencies (YMCA, Head Start)
- Agency with credibility within the neighborhood



Center Supported Violence Prevention Programs

❑ CeaseFire

- Public health approach to change community norms, mobilize and engage neighborhood residents
- Outreach work with high-risk individuals to change behavior, provide support to obtain services (e.g. job training, drug counseling)
- Interrupt escalation of violence, mediate conflicts

❑ Schools and Families Educating Children (SAFE Children)

- Families of at-risk 1st graders; improve parenting and family functioning, parental involvement in school, child academic functioning and behavior
- Delivered in multiple-family groups to increase networks of support

❑ GREAT Families

- Families of high-risk 6th graders; improve parenting and family functioning, parental involvement in school, child academic functioning and behavior; delivered in multiple-family groups

Rates of Homicide in Chicago, 2010-2013

<u>Community</u>	<u>Homicide rate per 100,000 residents</u>		
	2010	2013	% Change
Humboldt Park	49.7	24.9	-50%
17 Communities with highest rates of violent crime ¹	43.5	44.4	+2%
Chicago	16.2	15.4	-5%

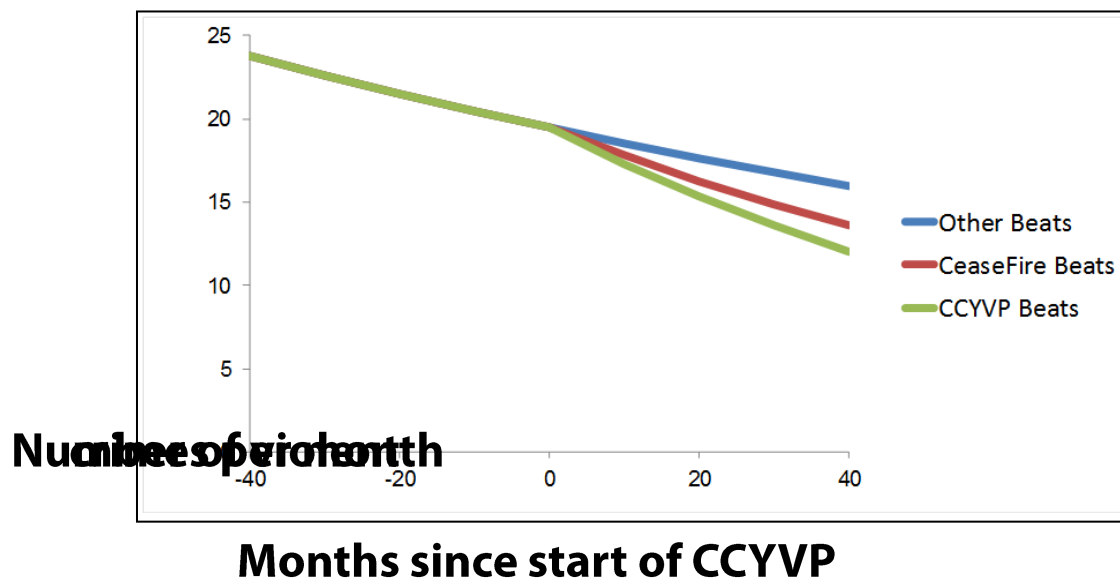
- ❑ For target community: 14 fewer murders in 2013 vs. 2010
- ❑ Extrapolating results to 17 most dangerous Chicago communities: 115 fewer murders

1: Based on 2013 violent crime rates. Humboldt Park ranks 18 of 77 community areas.
Chicago Police Department. Incident data obtained from <https://data.cityofchicago.org/>

Violent Crime Reduction: A Closer Look

❑ Significant reductions in violent crime

- Compared with all other police beats in Chicago, and other police beats where CeaseFire is present



Results of Research Coming out of Youth Violence Prevention Centers

- ❑ **Use interventions like CeaseFire to address immediate threats of violence**
- ❑ **Undertake longer term strategy to change norms and attitudes within school and neighborhood**
- ❑ **Work earlier in children's development to prevent behaviors that lead to the need for interventions like CeaseFire**
- ❑ **Importance of Center approach to research and community partnerships with existing organizations**

Resources for Evidence-Based Violence Prevention Programs

- ❑ **Blueprints for Healthy Youth Development (formerly Blueprints for Violence Prevention):**
www.colorado.edu/cspv/blueprints/index.html
- ❑ **Task Force for Community Preventive Services:**
www.thecommunityguide.org/violence/index.html
- ❑ **Coalition for Evidence-Based Policy
Top Tier Initiative**
www.toptierevidence.org

Planning and Implementing Youth Violence Prevention in Houston



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Division Manager

Houston Department of Health and Human Services
Office of Health Planning, Evaluation and Program Development



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Demographics of Houston and Harris County

❑ Large

- Population of 4.2 million, 28% younger than age 18
- 32% of youth live below the poverty level

❑ Sprawling

- 1,729 square miles
- 22 school districts

❑ Diverse

- 42% Hispanic, 32% White, 20% Black, 6% Asian
- Over 90 languages spoken

Youth Violence in Houston and Harris County

- ❑ **Homicides, unintentional injuries, and suicides are 3 leading causes of death among youth under age 24 in Houston**
- ❑ **In 2012, for youth under age 24 there were:**
 - 85 homicides
 - 86 unintentional injury deaths
 - 42 suicides
- ❑ **In 2012, 14,402 justice system referrals**
 - 14% for felony offenses

Youth Violence in Houston

❑ **2011 Houston, Youth Risk Behavior Survey data:**

- 35% in at least one physical fight in last 12 months
- 14% carried a weapon (knife, gun, or club) at least once in the last 30 days
- 12% missed school because they felt unsafe in the last 30 days
- 8% were threatened or injured with a weapon at school in the last 12 months
- 15% were in at least one physical fight at school in the last 12 months

Youth Perspective

❑ **HDHHS 2010 Survey of 4,648 youth from across Houston**

- Feel safe and secure: 67% at home vs. 40% in neighborhood
- Involved with helping: 45% with family activities vs. 30% community activities
- 54% report inadequate facilities and programs for constructive use of time

❑ **We concluded that young people in Houston:**

- Feel disconnected from their community and neighbors
- Want to find ways to improve their communities but are unsure how to get started
- Need safe places and positive activities

Building on Multiple Initiatives to Address Youth Needs



2005 SAMHSA System
of Care Board and
Services

2009 Hogg Foundation
Report on Public Health
Approach to Children's
Mental Health

2011 CDC STRYVE
Youth Violence
Prevention Project

STRYVE Houston

❑ **STRYVE enhanced the ability of the Houston health department (HDHHS) to address youth violence:**

- HDHHS served as the convener
- Better use of data to guide decisions
- Developing a comprehensive prevention plan
- Tools to identify data sources and evidence-based strategies
- Implementation of evidence-based strategies
- Evaluation planning



STRYVE Houston

- ❑ Youth violence prevention strategies are concentrated in Police District 14
- ❑ In 2010, District 14 violent crime among youth ≤ 16 years was more than 75% higher than Houston as a whole



Convening Partners and Getting Data

- ❑ **“Youth voice”: ensuring youth representation**
- ❑ **Faith-based community**
- ❑ **Non-profits, large and small**
- ❑ **Parks and libraries**
- ❑ **Schools**
- ❑ **Local foundations**



Building a Comprehensive Plan

Local values:

- Elevate “youth voice”
- Emphasize youth health
- Ensure youth safety

Increasing use of evidence-based strategies

Monitoring implementation and evaluating effects

Youth Empowerment Solutions: YES!

- ❑ Evidence-based program developed at CDC's Youth Violence Prevention Center in Michigan
- ❑ 30 units; 90 minutes each
- ❑ Results in youth-designed projects
- ❑ More than 100 youth participating through 8 organizations, with expansion of sites planned



Crime Prevention Through Environmental Design (CPTED)

❑ Examples of CPTED Principles:

- Visibility and natural surveillance
 - Installing lighting, trimming shrubs, minimizing isolated locations
- Managing access
 - Well-marked entrances and exits
- Maintenance, management, and positive use
 - Removing graffiti and trash, community gardens

❑ CPTED Groundwork at MLK Day Clean Up

- Over 300 volunteers
- Over 156,000 lbs of trash removed



Evaluation Framework for Measuring Results

Improved youth outcomes

- Student citations and arrests in school
- School attendance
- Wellness and coping

Improved community safety and cohesion

- Criminal activity in school areas
- Perceived safety

Changes in environment, services, and development

Lessons Learned in Houston

- ❑ **Use a strength based approach**
- ❑ **Listen to and involve young people**
- ❑ **Follow in the footsteps of others**
- ❑ **Public health can and should be a key leader in promoting an evidence-based approach and rigorous evaluation for violence prevention programs**
- ❑ **Youth violence can and should be prevented**



Promoting Violence Prevention in Our Communities, Achieving Impact, and Scaling Up



Robert L. Listenbee, JD

Administrator

Office of Juvenile Justice and Delinquency Prevention

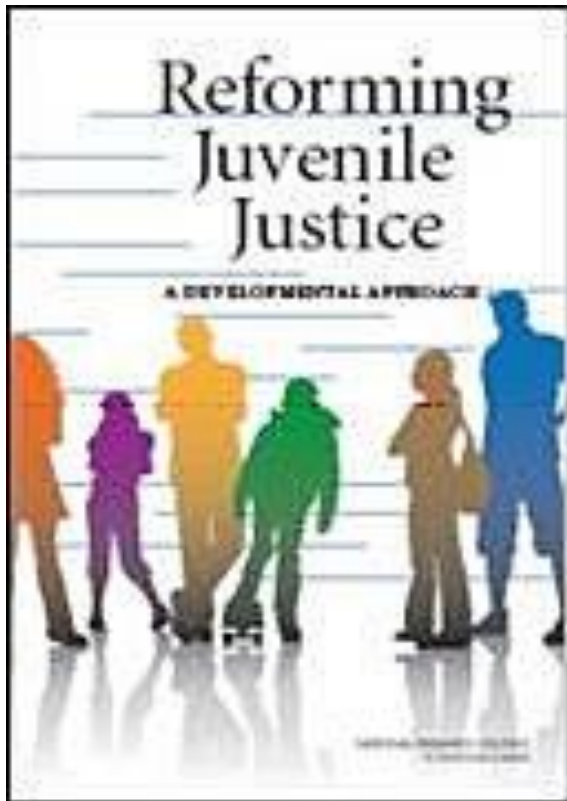
Office of Justice Programs

U.S. Department of Justice

Our Vision

The Office of Juvenile Justice and Delinquency Prevention envisions a nation where our children are healthy, educated, and free from violence. If they come into contact with the juvenile justice system, the contact should be **rare, fair, and beneficial** to them.

Reforming Juvenile Justice



Reforming Juvenile Justice: A Developmental Approach

The central premise of this report is that the goals, design, and operation of the juvenile justice system should be informed by the growing body of knowledge about adolescent development, particularly increasing knowledge about the adolescent brain.

Findings

- ❑ **Adolescents differ from adults and/or children in three important ways:**
 - Underdeveloped impulse control
 - Heightened sensitivity to peer pressure
 - Less ability to consider future consequences of actions
- ❑ **Cognitive tendencies are associated with biological immaturity of the brain and with an imbalance among developing brains systems**

Juvenile Transfer to Adult Criminal Courts: Findings from the Community Guide

Intervention	Finding
Policies facilitating the transfer of juveniles to adult justice systems	Recommended against

- ❑ **34% increase in re-arrests for violent crimes**
- ❑ **Increase in pretrial violence**
- ❑ **Victimization of juveniles in adult facilities**
- ❑ **Elevated suicide rates for juveniles incarcerated in adult facilities**

Task Force on Community Preventive Services. Recommendation against policies facilitating the transfer of juveniles from juvenile to adult justice systems for the purpose of reducing violence. Am J Prev Med 2007;32 (4S):S5-6.

OJJDP and CDC National Survey of Children's Exposure to Violence

- ❑ **60% of U.S. children were exposed to violence, crime, or abuse in the past year**
- ❑ **Nearly 40% of children were victims of two or more violent acts**
 - Approximately 1 in 10 were victimized 5 or more times
- ❑ **More than 25% lifetime exposure to violence within their family**
- ❑ **Early exposure to this type of trauma can result in changes in brain physiology and function**

Children's Experience of and Response to Violence

- ❑ **Children exposed to violence are more likely to:**
 - Abuse drugs and alcohol
 - Suffer from depression, anxiety, and post-traumatic disorders
 - Fail in school and in jobs
 - Suffer from serious medical problems
 - Become delinquent and engage in criminal behavior
- ❑ **Both commission of violence and victimization have adverse impacts on health and development**
- ❑ **These impacts can be lessened through:**
 - Assessment and treatment
 - Fostering resilience

OJJDP and CDC Sponsored Research: Northwestern Juvenile Project

This Office of Juvenile Justice and Delinquency Prevention and Centers for Disease Control and Prevention co-funded study of juvenile detainees in Cook County, IL, found that of the study sample:

- 92.5% of the youth had experienced at least one trauma
- 84% had experienced more than one trauma
- 56.8% were exposed to trauma six or more times

Reducing Youth Violence: Role of Juvenile Justice



**Early
Prevention**

**Alternatives to
Confinement
(Residential
Care)**

**Confinement
(Detention,
Out-of-Home
Placement)**

**Aftercare and
Transition to
Adulthood**

At all points in the system, children should receive screening and assessment, and appropriate treatment and services for physical and mental health needs

OJJDP's Focus on Prevention

- ☐ Youth development and delinquency prevention
- ☐ Strengthening and reforming the juvenile justice system
- ☐ Protecting youth from victimization

Reducing Community Violence: Moving Toward Prevention

NATIONAL FORUM on
YOUTH VIOLENCE PREVENTION



FORWARD TOGETHER

The Forum is a diverse network of localities, federal agencies, and private stakeholders committed to preventing youth violence

- Six Federal Agencies: White House, DOJ, Education Department, DHHS, Housing and Urban Development, Department of Labor, Office of National Drug Control Policy
- Ten Cities: Boston, Chicago, Detroit, Memphis, Salinas CA, San Jose, Minneapolis, New Orleans, Philadelphia, and Camden NJ

Reducing Community Violence

NATIONAL FORUM on YOUTH VIOLENCE PREVENTION



FORWARD TOGETHER

Three goals of the Forum:

- Elevate youth and gang violence as a national issue
- Enhance the capacity of participating localities and others to more effectively prevent youth violence
- Promote policy change by expanding engagement and coordination across systems including:
 - Juvenile justice
 - Law enforcement
 - Child welfare
 - Education

Take-home Messages from the National Forum on Youth Violence Prevention

- ❑ **Youth violence is not inevitable**
- ❑ **Transformation of the juvenile justice system is part of a comprehensive response**

OJJDP Partnerships with CDC

- ☐ **Reframe the problem of youth violence in terms of health, not solely law enforcement**
- ☐ **Work with new partners, such as public health**
- ☐ **Utilize new data**
- ☐ **New evidence-based approaches to prevention**

The Cost of Violence

“... the cost of failing to intervene in the life of a young person who is at high risk of becoming delinquent can amount to more than \$3 million over the course of that individual’s life—if he or she is allowed to proceed down a criminal path. The cost of effective prevention and intervention measures, on the other hand, is typically only a few hundred or few thousand dollars per person.”

**Attorney General Eric Holder
December 12, 2012**