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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 long-lasting 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, 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.

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 multi-agency 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.

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.
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.

YOUTH SPOTLIGHT

Tyree Dumas always stood out among his peers. As a kid in inner-city 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...
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.

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.

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.

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.

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.

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

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.

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.

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.

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. [Link](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. [Link](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). [Link](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 [Link](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 [Link](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-

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**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. [Link](http://www2.ed.gov/news/newsletters/listserv/preventioned.html)

**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. [Link](http://www.futureofchildren.org/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. [Link](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

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