

# **Southside Public Safety Event**

Thursday, April 29, 2021

7:00pm to 8:30pm

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# Agenda

7:00pm **Welcome & Zoom Housekeeping**

7:15pm **Selfcare & Wellness**

*with Cassandra Jackson, Sound*

7:30pm **Crime Prevention Through Environmental Design**

*with Chief Ted Boe, Burien Police Department*

7:45pm **LEAD & Community**

*with Aaron Burkhalter, Burien LEAD*

8:00pm **Audience Q&A**

8:25pm **Closing Remarks**

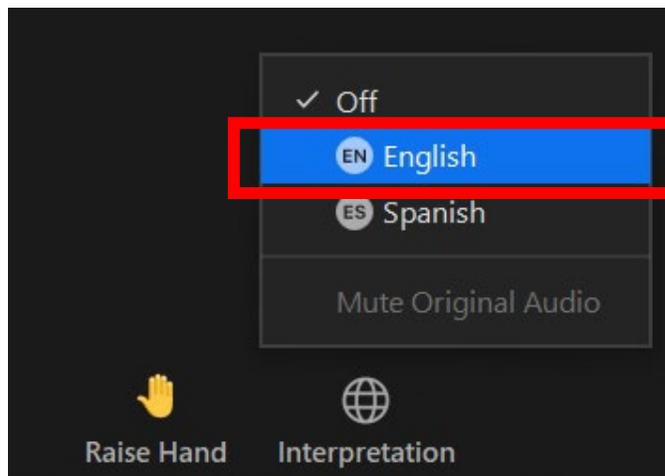
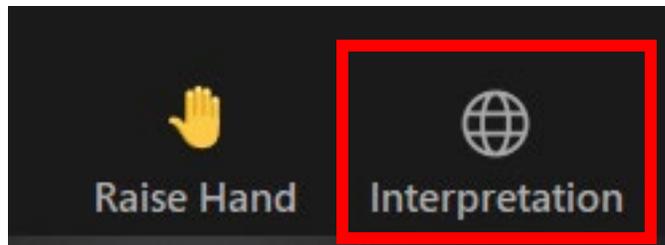
8:30pm **Event Ends**

# Zoom Housekeeping

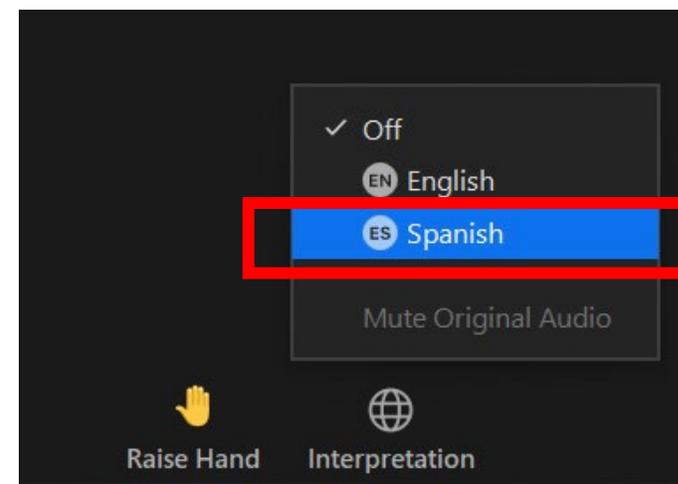
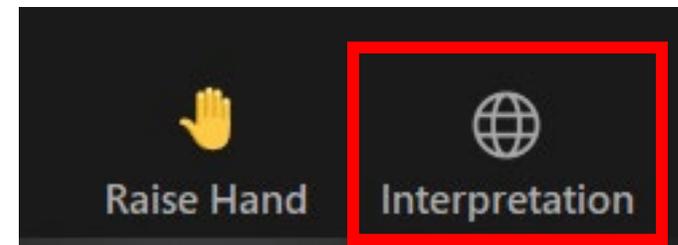
- Unable to use mic or video
- Can use Chat or Raise Hand
- Closed Captions available
- Spanish interpretation available

# Zoom Interpretation: Desktop

## Listen in English

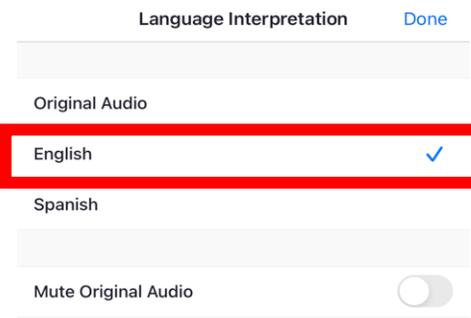
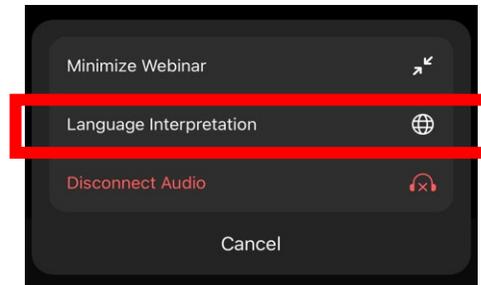


## Escuchar en Español

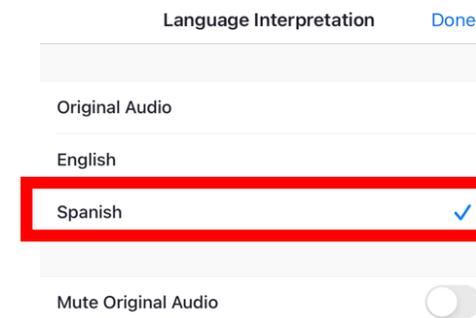
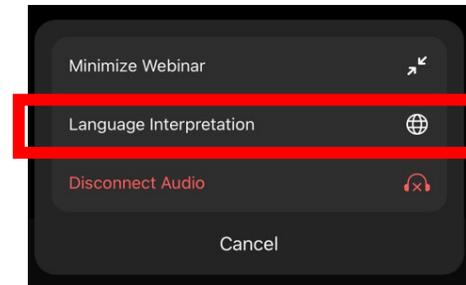
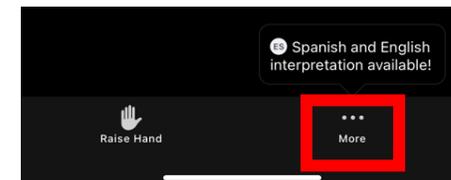


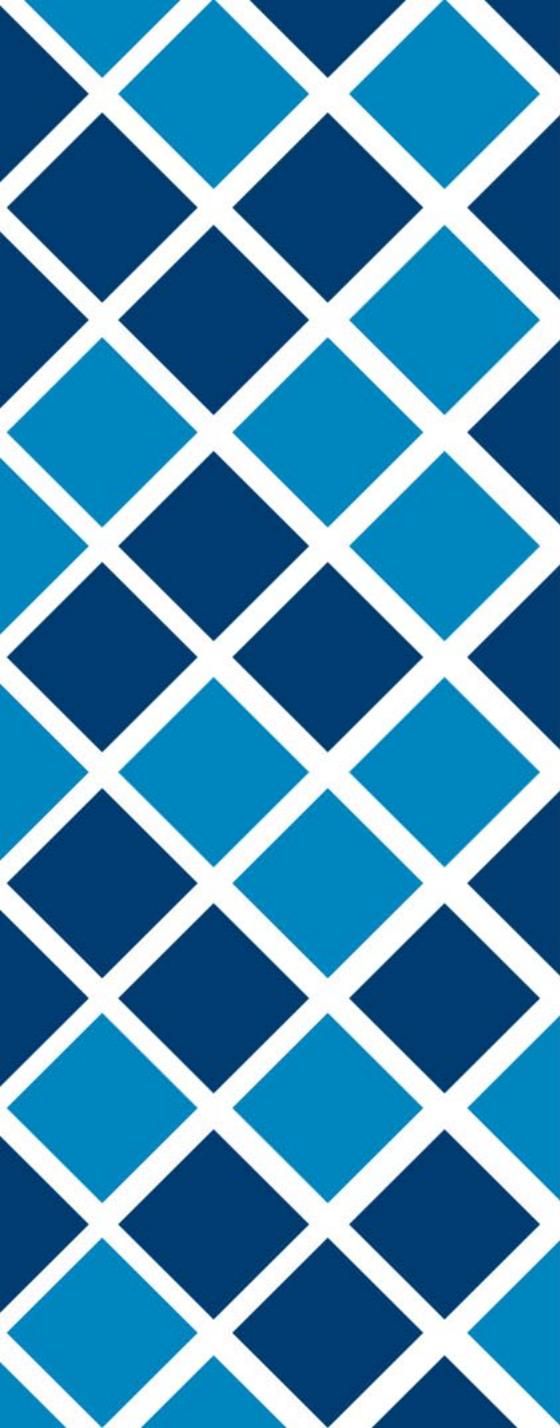
# Zoom Interpretation: Mobile

## Listen in English



## Escuchar en Español





# Southside Public Safety Event

Welcome!

# Selfcare & Wellness



**Cassandra  
Jackson**

Regional Director





# Self-Care and Wellness

Cassandra Jackson, MEd/MHP  
Director, South Region

# Coping With the Stress of COVID 19

- The COVID-19 pandemic has had a major impact on our lives, our communities, our businesses, our state and nation.
- Many of us are facing challenges that our society has not experienced in decades. This can be overwhelming, taxing our fortitude and causing strong emotions and burnout.
- The behavioral health impacts and stress from the COVID-19 pandemic and resulting quarantines/social distancing has likely caused a surge in behavioral health symptoms/needs across the nation.

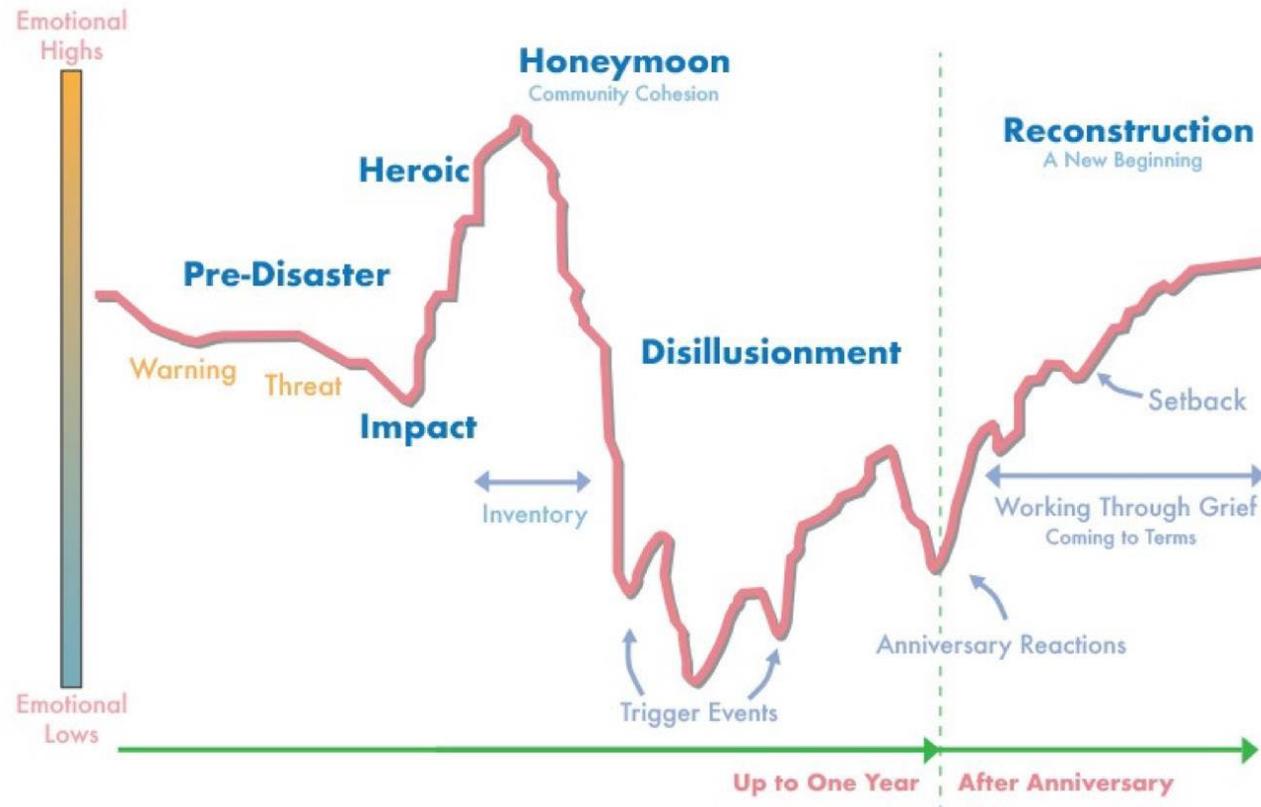
# Coping With the Stress of COVID 19

- While the Public Health initiatives of social distancing and quarantines have been necessary to contain and reduce the transmission of the virus, it has increased feelings of isolation and loneliness which pushes our coping skills to the limit and exacerbates stress and anxiety.
- The behavioral health impacts for most people are related to social isolation, but also from significant changes in lifestyle, employment, economic losses and prolonged grief.

# Information from Department of Health

- There will be an eventual return to baseline level of functioning for most people within a year of the pandemic's onset provided the second wave of the pandemic is not as severe as the initial wave
- Upwards of **three million** Washingtonians are to likely to experience or have experienced *clinically significant* behavioral health symptoms within the next 2 to 5 months.
- A third of COVID-19 survivors are experiencing neurological or mental disorders according to recent research.
- Depression, anxiety, and acute stress will likely be the most common
- PTSD is less common, but concern among some populations (post-vent critical care, exposure to traumatic events)

# Reactions & Behavioral Health Symptoms in Disasters: SAMSHA



# Disillusionment Phase

- Can be **uncomfortable and challenging** for individuals and communities
- Confronted with limitations of disaster assistance and support
- As gap between needs and resources widens, people may feel abandoned
- Also a gap between expectations and reality (eg: schooling, working from home)

# Common Experiences During COVID/Burnout

## **Symptoms are like to trend more towards:**

- Depression, sadness, grief, or loss as the most common experiences
- **Emotional burnout** likely to be socially disruptive due to length and scope of the pandemic
- Feelings of fear, worry, sadness, numbness or frustration
- Difficulty concentrating and making decisions
- Easily distracted
- Trouble remembering things

# Common Experiences During COVID/Burnout

- Quick to anger or easily frustrated
- Difficulty sleeping or nightmares
- Changes in appetite, energy, and interests
- Physical reactions - headaches, body pain, digestive issues, rashes
- Worsening of chronic health problems
- Overeating or undereating
- Increased use of tobacco, alcohol and other substances

# Polling Question

Which types of experience of burnout are you experiencing the most during this time?

- Reduced interests/hair loss
- Skin irritations (eczema, dermatitis & psoriasis)
- Depression or Anxiety
- Memory concerns
- Misuse of substances

# Resilience and Recovery - Hope

- Typical long-term response to disasters is resilience.
- Resilience is something that can be intentionally taught, practiced, and developed for people across all age groups.
- When you properly assess yourself, you can implement and direct self care that will move you towards resilience.
- Learning to cope with stress in a healthy way will help you, the people that you care about and those around you become more resilient.

# Resilience and Recovery - Hope

## **Resilience can be increased by:**

- Focusing on developing social **connections**, big or small
- Reorienting and developing a sense of **purpose**
- Becoming adaptive and psychologically **flexible**
- Focusing on **hope**

# Resilience Strategies: Quarantine & Beyond

- Get comfortable with discomfort
  - Give yourself grace – give yourself permission to feel
  - Establish boundaries with work
  - Set small achievable goals
  - Engage in a mindless activity each day
  - Get outside in nature; take a solo walk in nature
  - Add healthy practices: take deep breaths, stretch, exercise, walk
  - Focus on the present, not the future
- 

# Resilience Strategies: Quarantine & Beyond

- Reframe setbacks as opportunities to change for the better
- Practice gratitude; take the time to appreciate what you have
- Focus on what you enjoy
- Reexamine your habits
- Develop a new routine or adjust your current schedule
- Being mindful and supportive your mental health by taking control of your social media and periodically unplug; limit news
- Stay connected & nurture your relationships with family and friends virtually
- Limit complaint time

# Resilience Strategies: Quarantine & Beyond

- Wake up at your normal time
  - Stay mentally active
  - Designate a quiet space with boundaries
  - Cook healthy meals
  - Speak to yourself with compassion
  - Develop hobbies/outlet
  - Use relaxation techniques
  - Reach out for help
- 

# Daily Self-Assessment

- Are you eating healthy?
- Are you moving/exercising regularly?
- Are you getting enough sleep?
- Have you done something nice for yourself today or this week?
- Have you practiced self-compassion today/this week?
- Am I practicing negative self-talk today/this week?

# Daily Self-Assessment

- Am I engaging in negative self-talk with others?
- Did I practice gratitude today?
- Did I help someone in need today?
- Did I reach out to family/friends today?
- Did I set healthy boundary with social media today?
- Did I take time to pause/do nothing today for 10 minutes.

# Resources

- National Suicide Prevention Lifeline 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- SAMSHA National Helpline: 1-800-662-HELP
- Disaster Distress Helpline: 800-985-5990 or text "TalkWithUs" to 66746
- Teen Link: 866-833-6546
- Veteran's crisis line: 800-273-8255 and press 1
- National domestic Violence Hotline: 800-799-7233
- Gambling Help: 800-547-6133

# Mindfulness

Oxford dictionary defines mindfulness as a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

**Mindfulness** is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.

Practicing **mindfulness** involves breathing methods, guided imagery, and other practices to relax and help reduce stress.

# Benefits of Mindfulness

- **Mindfulness improves well-being.** Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life.
- **Mindfulness improves physical health.** Scientists have discovered that mindfulness techniques help improve physical health in a number of ways: help relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties.
- **Mindfulness improves mental health.** In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems.

# How does mindfulness work?

Some experts believe that mindfulness works, in part, by helping people to accept their experiences—including painful emotions—rather than react to them with aversion and avoidance.

Practicing **mindfulness**, **our** thoughts tune into what we're sensing in **the** present moment rather than rehashing **the** past or imagining **the** future.

# Mindfulness Activity



<https://www.youtube.com/watch?v=F7PxEy5IyV4>

# C.P.T.E.D.



**Ted  
Boe**

Chief of Police



# Burien Police Department Public Safety Meeting

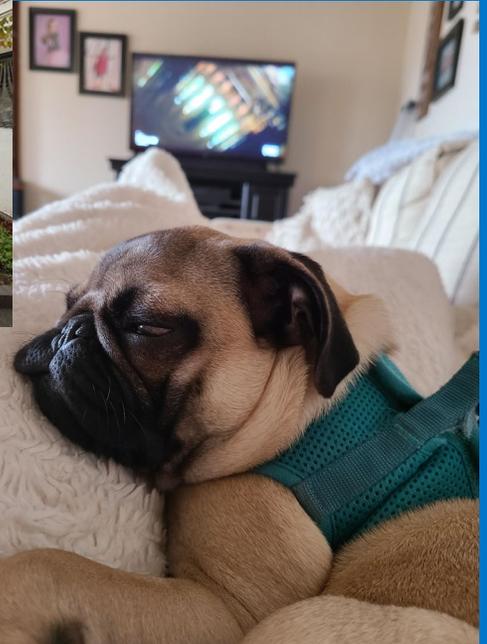
Chief Theodore Boe

April 29, 2021



# A little about me...

- Wisconsin and Federal Way Raised
- Husky Good/ Cougar Bad
- 22<sup>nd</sup> Year as LEO
- Work History
  - Patrol
  - Training
  - Community Service
  - Major Investigations



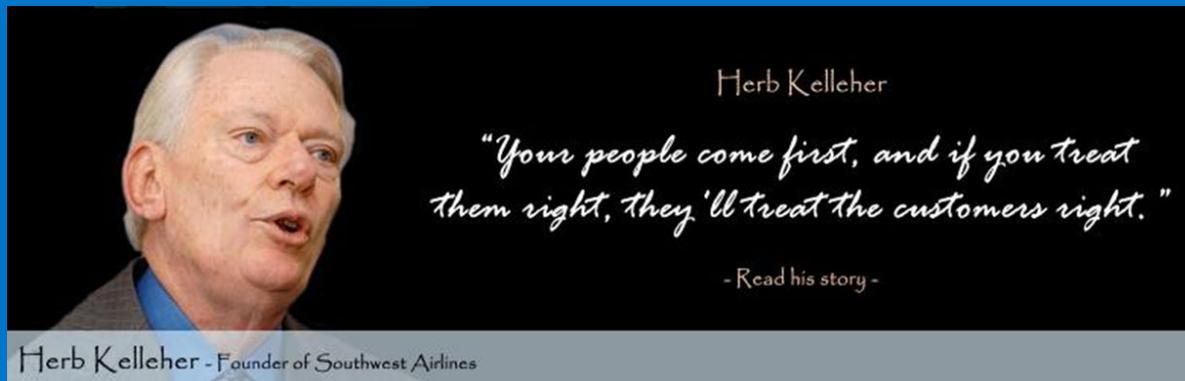
# Burien Police Department

- King County Contract Partner
- 43.8 Officers
- 3-4 Patrol Officers Per Shift
- 3 Detective Units
  - B-CRU (Crime Reduction Unit)
  - SET (Special Emphasis Team)
  - CID (Criminal Investigations Division)



# BPD Objectives

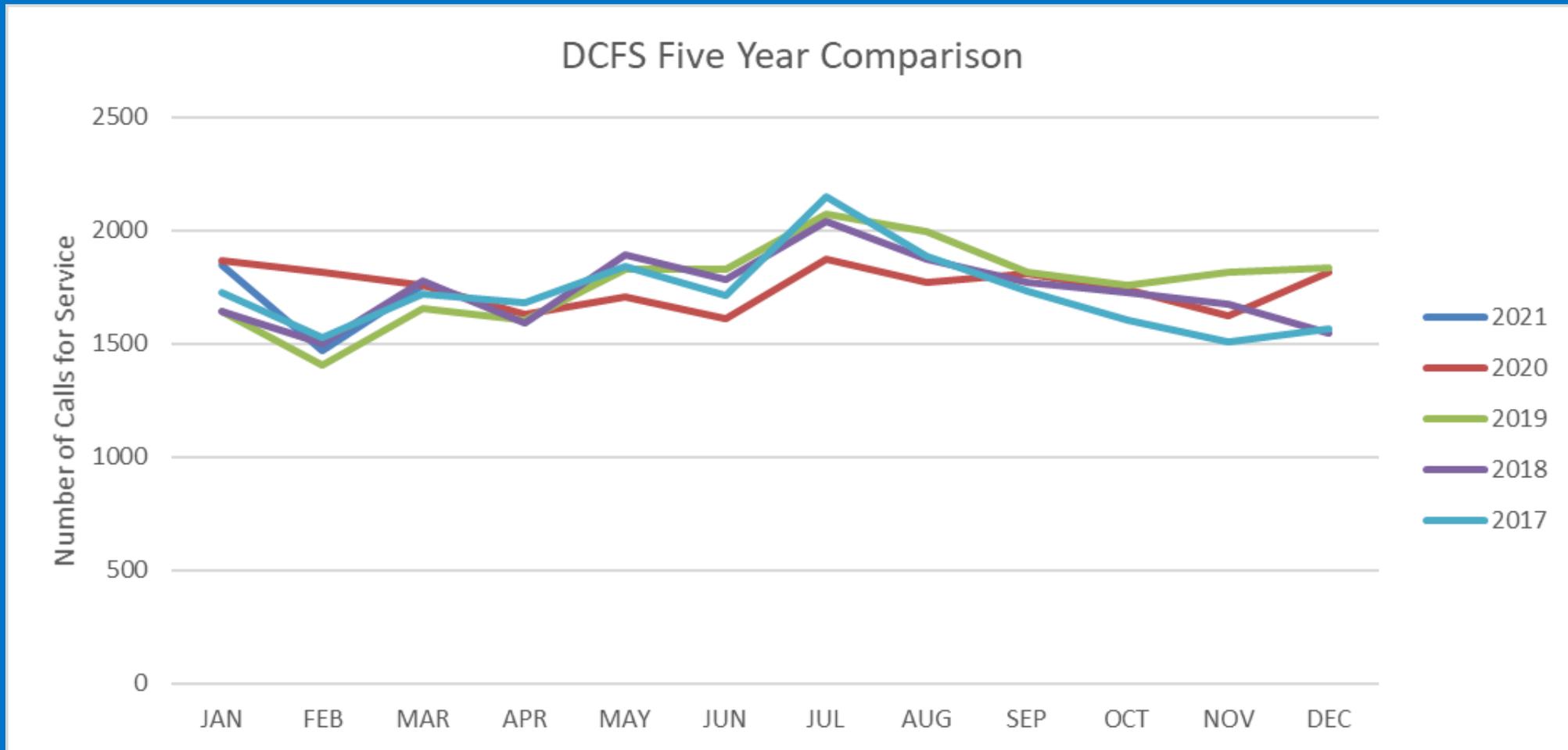
- Guiding Principles
  - Building Trust
  - Fighting Crime
  - Supporting Each Other



# 2019 WASPC Annual Crime Report Data

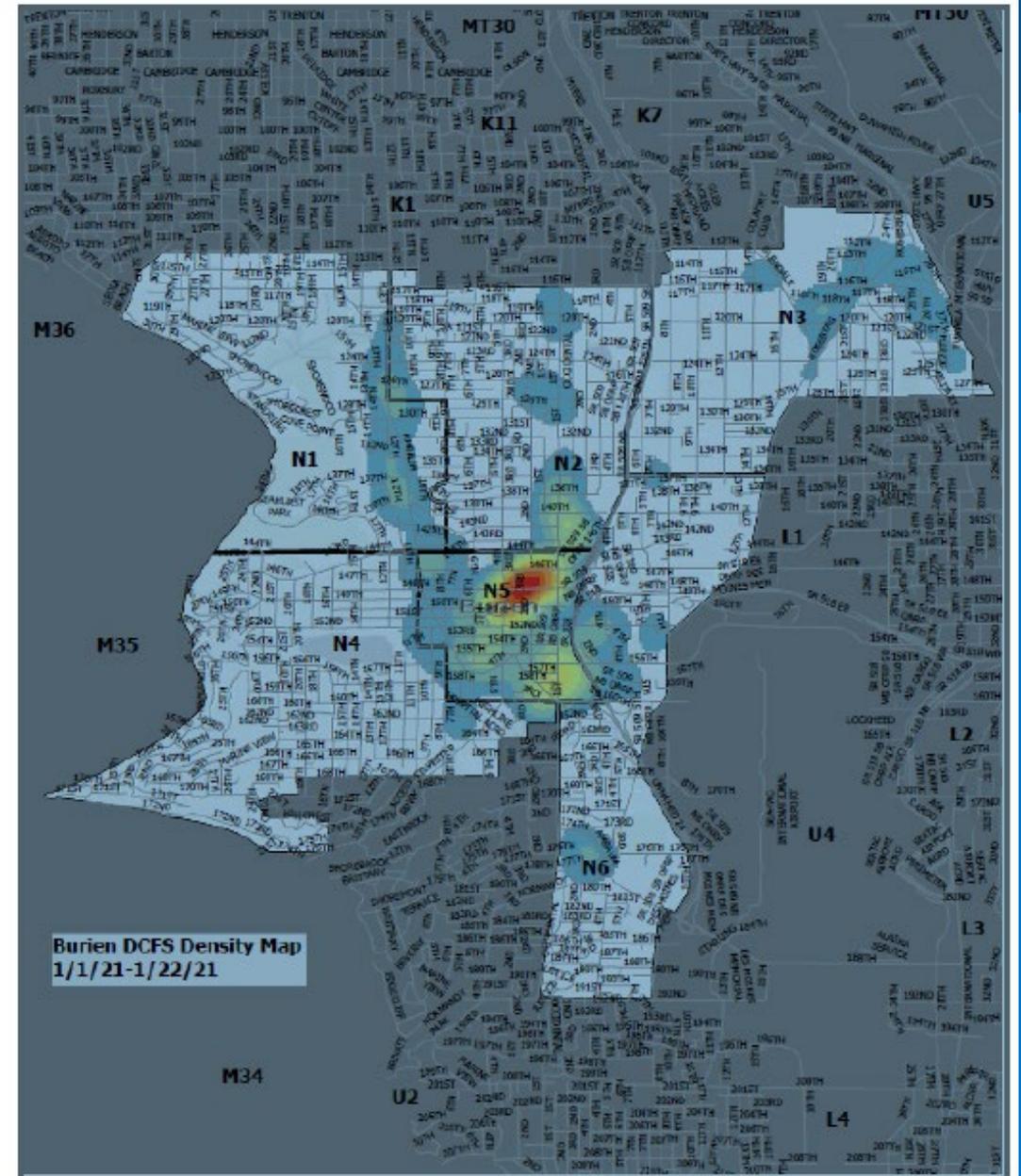
City	Crime rate per 1000	Population	Number of Officers	Officers per 1000	Police Budget	Cost per Resident
Normandy Park	37.8	6610	9	1.36	\$1,813,630	\$274.38
Burien	60.8	52000	52	1.00	\$13,616,100	\$261.85
Des Moines	62.4	31580	38	1.20	\$10,971,950	\$347.43
Renton	70.7	104716	125	1.19	\$40,278,922	\$384.65
SeaTac	76.6	29180	49	1.68	\$10,393,000	\$356.17
Federal Way	78.3	97840	128	1.31	\$27,191,664	\$277.92
Auburn	80.2	81720	113	1.38	\$28,921,479	\$353.91
Seattle	82.6	747300	1416	1.89	\$363,366,248	\$486.24
Kent	91.0	129800	152	1.17	\$46,644,780	\$359.36
Tukwila	249.2	20930	74	3.54	\$19,427,613	\$928.22

# Calls for Service

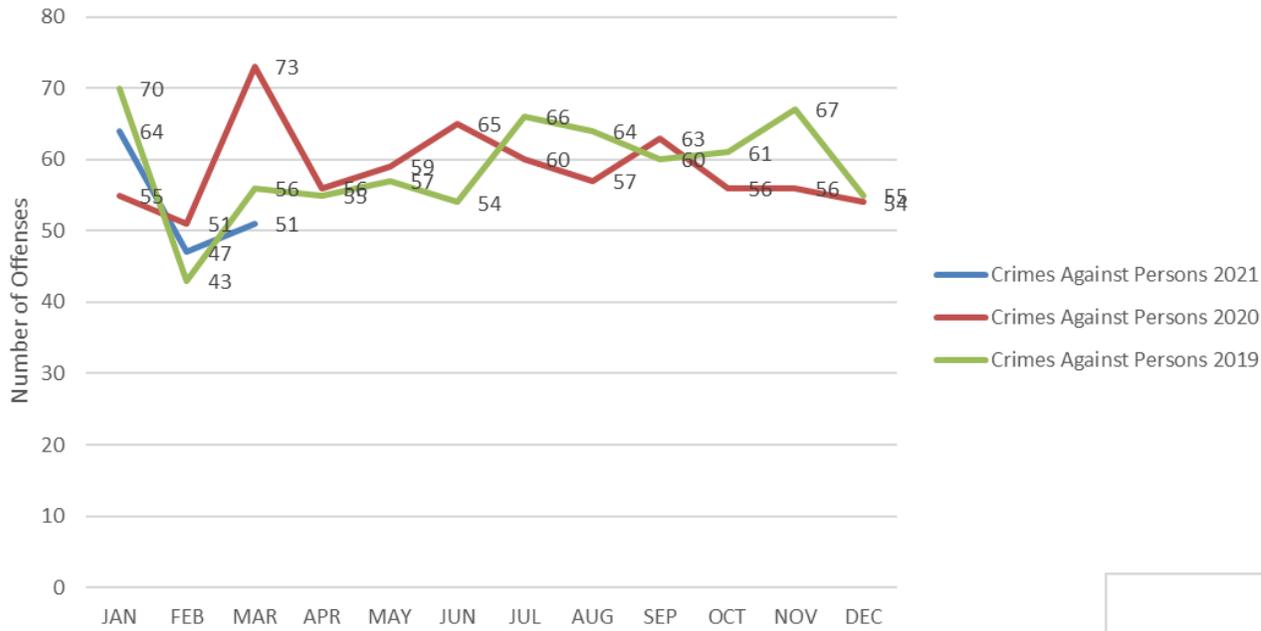


# Call Mapping

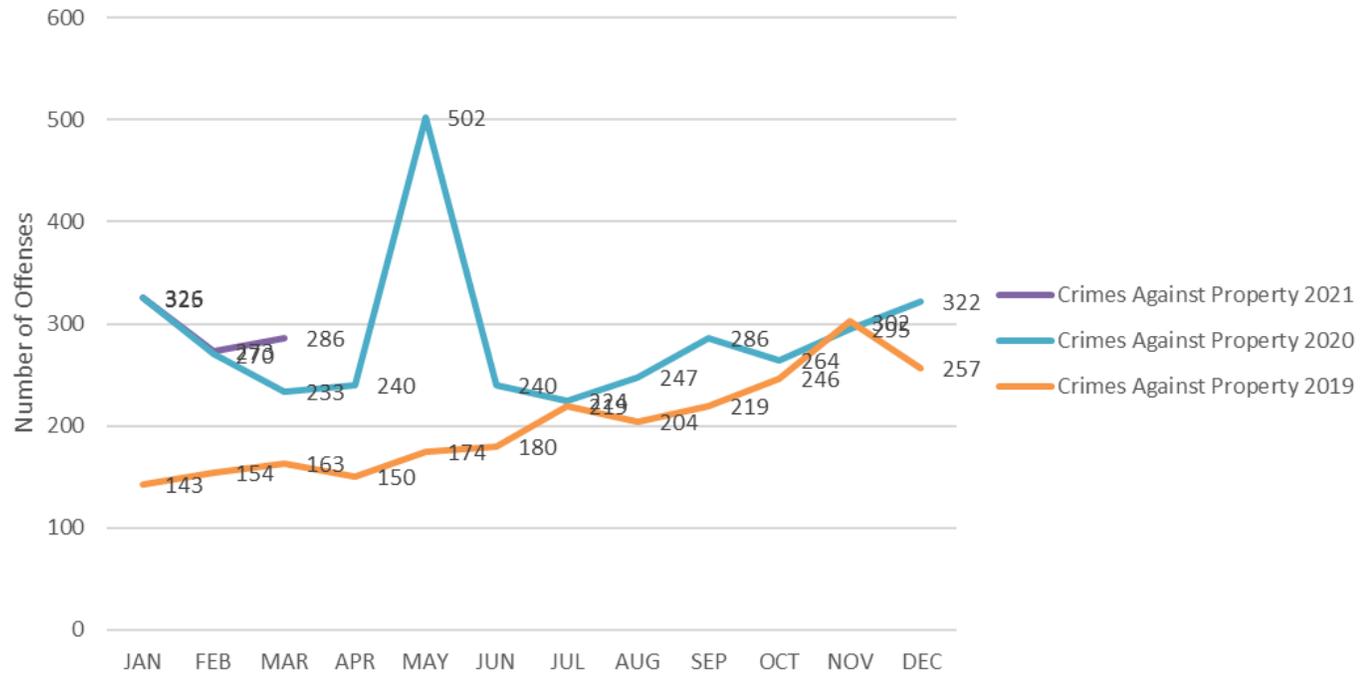
- High Density of Calls Downtown
- Calls Follow Thoroughfares
- Neighborhoods Generally Slow
- Calls Consistent 10 AM to 12 PM



### 2019- 2021 Crimes Against Persons Summary Chart



### 2019- 2021 Crimes Against Property Summary Chart



# Challenges for BPD and Profession

- Staffing Levels/ Capacity
  - Staff Reduction- SRO/ Summer Emphasis
  - Currently 6 vacancies
  - Hiring and retention issues
- Expectations v. Reality
  - Legal authority
  - What is a crime and what is not
  - State v Blake
  - Boise decision
- Motivation and Support



# Response to Business Letter

Emphasis Patrols--Bike and Foot Beats

Adjusted Detective Hours

Additional Outreach/ Partner Requests

Storefront Officer Partnership with Discover Burien

Collaboration (Metro, Store Security and DOC)



# Crime Prevention

- Lights
- No privacy
- Pay attention
- Make eye contact
- Lock it up
- Criminals take the path of least resistance
- “Broken Windows”



# Leading with Services

LINC

LEAD

Co-LEAD

Navigation Team

Transform Burien

Community Court

Catholic Community Services

Evergreen Treatment Services

Navos



# Questions?

[Theodore.boe@kingcounty.gov](mailto:Theodore.boe@kingcounty.gov)



# LEAD & Community



**Aaron  
Burkhalter**  
Program Manager





# Q&A Session

## ZOOM

Type in the Q&A Function

## FACEBOOK LIVE

Leave a Comment

*Not watching live? Email your questions to [Staff@SeattleSouthsideChamber.com](mailto:Staff@SeattleSouthsideChamber.com)*

# Thank You



# Contact the Chamber



206.575.1633

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