

SECTION 1

Homelessness and Household Stability

INTRODUCTION

The purpose of the homelessness and household stability assessment is to identify how homelessness is changing and who in the Tacoma community is at risk of homelessness.

We discuss the annual Pierce County Point-In-Time count and the Tacoma School District's students who qualify for the McKinney-Vento Act to explore how the number of individuals experiencing homelessness in Tacoma and Pierce County has changed over time. To examine how homelessness is changing, we consider the demographics of who is experiencing homelessness locally and indicators of increased housing instability.

GUIDING DOCUMENTS

TACOMA 2025

Homelessness, housing stability, and poverty are addressed in **Objective 2: Human and Social Needs**.

Community Priorities

- 2A. Increase housing security.** Tacoma residents want everyone to have shelter and to feel secure in their housing options.
- 2C. Reduce poverty.** Reducing poverty is the best way to ensure that all Tacoma residents have resources to meet their needs.

Accountability Measures

- Decrease the percent of individuals and families who experience **homelessness**.
- Decrease the unmet need for **mental health services**.
- Decrease the number of days that residents **report their mental health** was not good.
- Reduce the percent of Tacoma population in **poverty**.
- Reduce the percent of households spending more than 45% on **housing and transportation**.

2015-19 CITY OF TACOMA HUMAN SERVICES STRATEGIC PLAN

Homelessness and household stability is addressed in the Tacoma Human Services Strategic Plan, **Priority 1: Meet Basic Needs of Tacoma Residents**. The 2015-19 Funding Goal, that every Tacoma resident should have access to food, clothing, shelter, and other basics, supports those experiencing homelessness and household instability, food insecurity, and domestic violence.

- **Housing Stabilization:** Prevention of and pathways out of homelessness are available which connect individuals and families with housing and/or supportive services tailored to their unique needs.
- **Food security:** Residents have access to healthy food and optimal nutrition year-round.
- **Safety:** Interpersonal and intimate violence/abuse is reduced.

Chronic Homelessness is addressed in **Priority 4: Enhance Mental Health and Substance Use Disorder Services.**

1. Reduce Chronic Homelessness

- a. Support innovative programming designed to reduce the impacts of chronic homelessness for Tacoma businesses.
- b. Support innovative approaches that reach out to and engage chronically homeless individuals.
- c. Support innovative programming designed to ensure chronically homeless individuals, once housed, remain housed.

Findings

The Tacoma/Lakewood/Pierce County Continuum of Care (CoC) conducts the Point-In-Time (PIT) count annually as required by the U.S. Department of Housing and Urban Development (HUD). The PIT offers a snapshot of the number of people experiencing homelessness in emergency shelters, transitional housing, those sleeping outside, and in other places not meant for human habitation. Homeless individuals and families are included in annual PIT count if they are willing to complete a survey and sign their name. Those who do not agree are not counted. For these reasons, the PIT counts likely undercount the number of homeless individuals.

- The 2016 PIT indicated a 37% growth in the homeless population from 2015.
- The chronically homeless PIT count doubled from 2015 to 2016.
- Community service providers report a portion of the growth in number of homeless individuals may be attributable to homeless individuals coming into Tacoma to access services not available in other jurisdictions.

Chronically homeless individuals are more likely to not stay in shelters. In 2016, approximately half of the chronically homeless were unsheltered, compared to 39% of the total homeless population. Based on conversations with Tacoma Police Department Community Liaison Officers, chronically homeless individuals cite several reasons for not staying in shelters, including the cleanliness of the facilities, the lack of privacy, and the inability to stay with partners or friends of the opposite sex. More flexible shelter policies may better serve some homeless individuals.

HUD Homelessness Definitions

HUD defines four categories of **homelessness**:

1. Individuals and families who lack a fixed, regular, and adequate nighttime residence and includes a subset for an individual who is exiting an institution where he or she resided for 90 days or less and who resided in an emergency shelter or a place not meant for human habitation immediately before entering that institution;
2. Individuals and families who will imminently lose their primary nighttime residence;
3. Unaccompanied youth and families with children and youth who are defined as homeless under other federal statutes who do not otherwise qualify as homeless under this definition; or
4. Individuals and families who are fleeing, or attempting to flee, domestic violence, dating violence, sexual assault, stalking, or other dangerous or life-threatening conditions that relate to violence against the individual or a family member.

A person is considered **chronically homeless** if they have slept in a place not meant for habitation, emergency shelter, or transitional housing project for more than a year continuously or have experienced four episodes within the last three years and has a disability.

Homelessness is growing in Tacoma and Pierce County.

Exhibit 1 Homeless individuals, Pierce County

Source: Washington State Department of Commerce & Continuum of Care, 2010-2016. BERK, 2016.

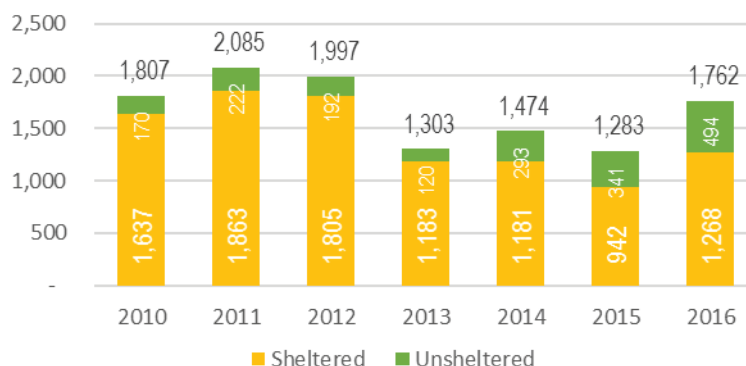
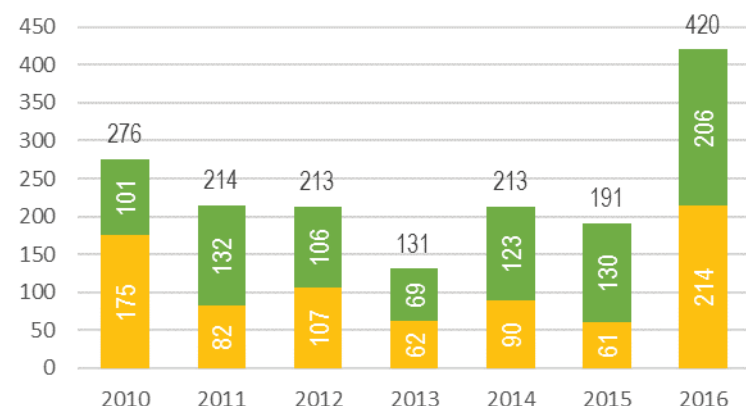


Exhibit 2 Chronically homeless individuals, Pierce County

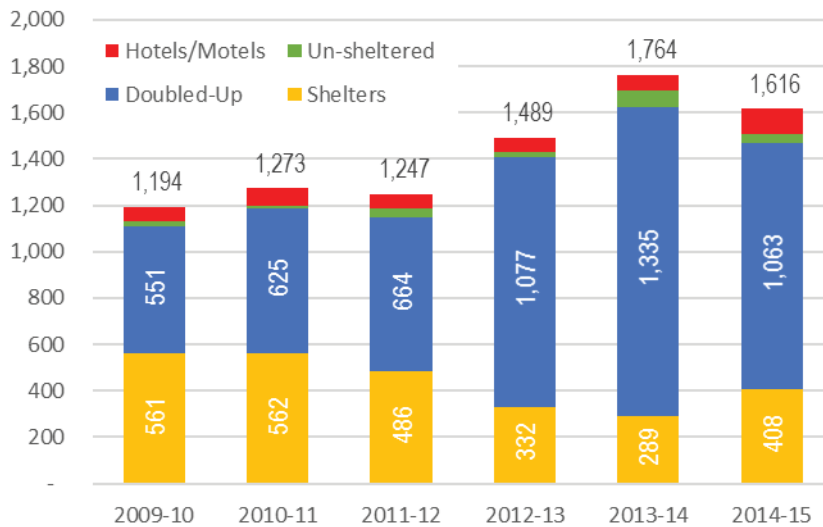
Source: Washington State Department of Commerce & Continuum of Care, 2010-2016. BERK, 2016



The McKinney-Vento Education of Homeless Children and Youth Assistance Act is a federal law that ensures immediate enrollment and educational stability for homeless children and youth. McKinney-Vento enrollment data provides a broader measure of people experiencing homelessness or a disruption in their usual place of sleeping, referred to as household stability. Similar to PIT counts, the MV-qualified student rate had a slight downturn between 2014 and 2015. However, the general trend shows an increase in students experiencing homelessness.

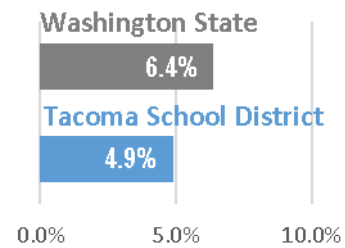
- In the 2014-15 school year, 1,616 students met the definition of McKinney-Vento qualified. This is a reduction from a recent high in the prior school year of 1,764.
- Tacoma’s overall rate of McKinney-Vento qualified students (5.5%) is similar to Seattle Public Schools (5.6%) and higher than neighboring school districts (Lakewood, 3.1%; Puyallup, 2.3%, Federal Way, 1.0%).
- Tacoma School District has seen an average annual increase in MV-qualified students of 4.9% since 2010. The average annual increase for the state has been greater at 6.4%.
- The majority of MV-qualified students report living “doubled up”, that is staying with friends or family.

Exhibit 3 McKinney-Vento qualified homeless students, Tacoma School District



Source: Office of Superintendent of Public Instruction, SY 2009-10 – 2014-15. BERK, 2016.

Exhibit 4 McKinney-Vento qualified homeless students average annual change



Source: Office of Superintendent of Public Instruction, SY 2014-15. BERK, 2016.

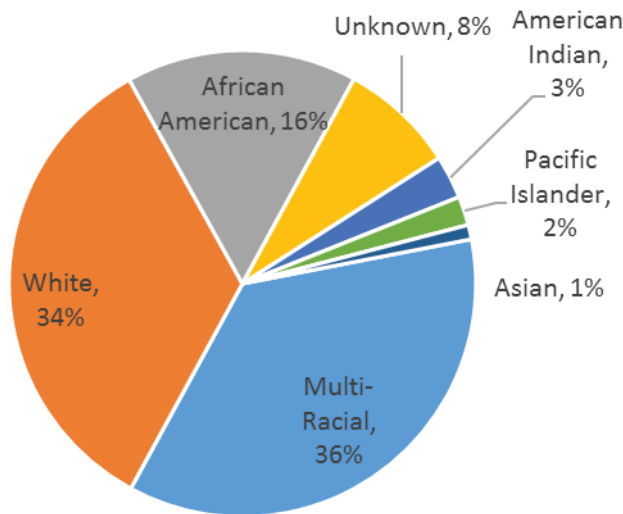
The McKinney-Vento Act requires schools to register homeless children even if they lack normally required documents, such as immunization records or proof of residence. The Act ensures homeless children transportation to and from school free of charge, allowing children to attend their school of origin (last school enrolled or the school they attended when they first became homeless) regardless of what district the family resides in. The Act uses a broader definition of homeless children as “individuals who lack a fixed, regular, and adequate nighttime residence,” for example,

- Children sharing housing due to economic hardship or loss of housing
- Children living in “motels, hotels, trailer parks, or camp grounds due to lack of alternative accommodations”
- Children living in “emergency or transitional shelters”
- Children “awaiting foster care placement”
- Children whose primary nighttime residence is not ordinarily used as a regular sleeping accommodation (e.g. park benches, etc.)
- Children living in “cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations”

DEMOGRAPHICS

People across racial categories experience homelessness, though members of minority races and multiple races are disproportionately represented in the homeless population.

Exhibit 5 Self-reported data on race, percent of total homeless persons, Pierce County



Source: Continuum of Care, 2016. BERK, 2016.

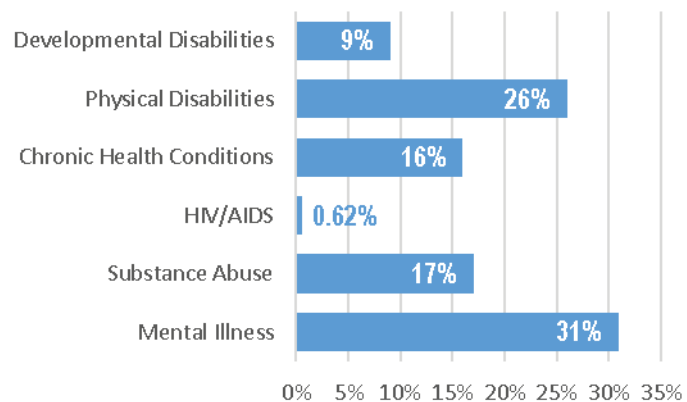
- African Americans make up 11% of Tacoma's population, but 16% of the homeless population. Similarly, census data reports 8% of Tacoma's population as being of two or more races, but 36% of the homeless population self-reported themselves to be multi-racial. American Indians and Alaska Natives make up 3% of the homeless population, but only 1.3% of the total population.
- Whites and Asians are less likely to appear proportionately in the homeless population.

A large proportion of the homeless population are living with a disability, and in many cases multiple, compounding health concerns.

Mental illness, in particular, is associated with homelessness.

- One out of three individuals reported experiencing a mental illness, in addition to 9% reporting developmental disabilities.
- Physical disabilities are also common among the homeless, in many cases limiting the ability of the individual to work and also causing significant disruptions to housing stability due to health crises.

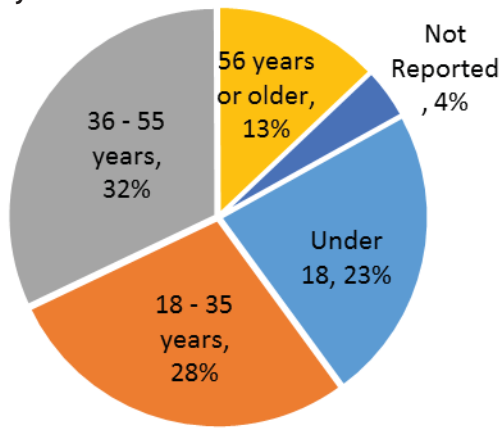
Exhibit 6 Self-reported data on disabilities, percent of total homeless persons, Pierce County



Source: Continuum of Care, 2016. BERK, 2016.

Children in particular are impacted by homelessness.

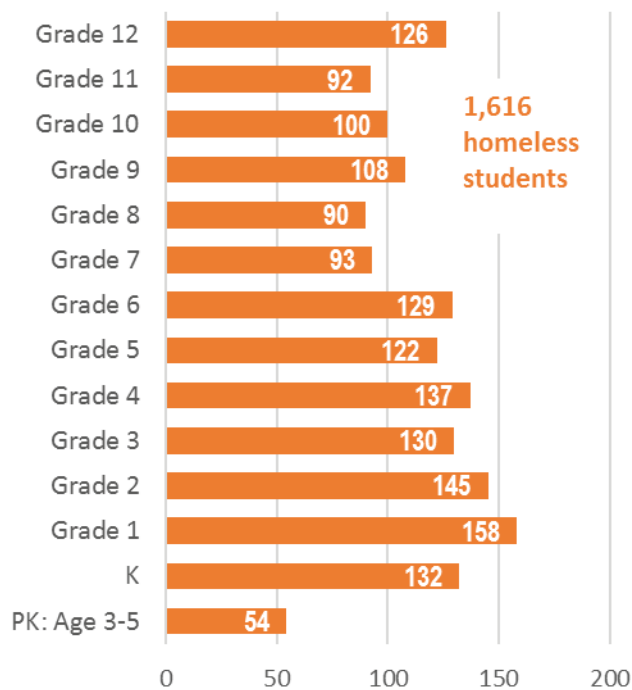
Exhibit 7 Proportion of homeless population by age, Pierce County



Source: Continuum of Care, 2016; BERK, 2016

- About 1 in 4 individuals in the homelessness response system is under 18.

Exhibit 8 Grade of McKinney-Vento qualified students, Tacoma School District



Source: Office of Superintendent of Public Instruction, SY 2014-15. BERK, 2016.

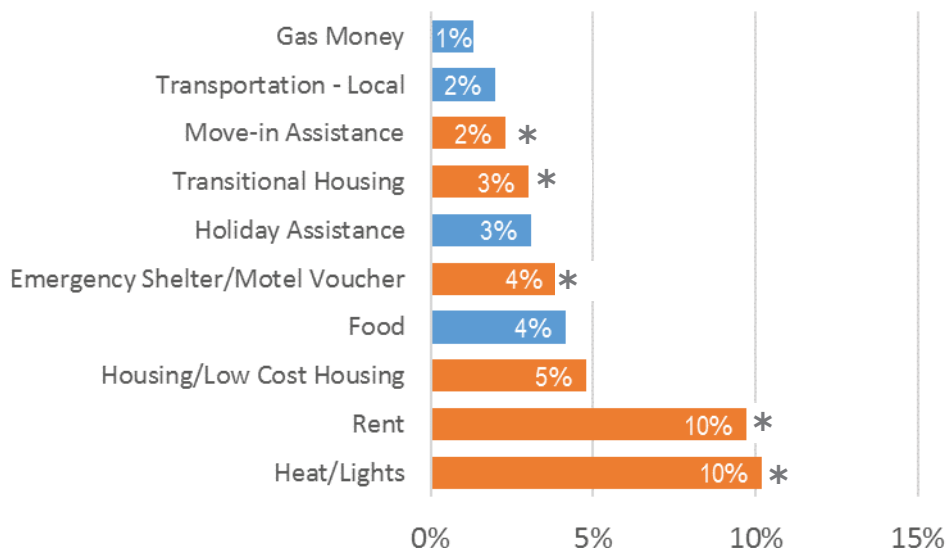
- Data on the grade of McKinney-Vento qualified students shows a greater frequency of children in elementary schools than middle and high schools. Homeless rates are highest for those in the lower grades, suggesting a significant shadow population of homelessness of women with children and pre-school aged children.

REQUESTS FOR SERVICES

Before becoming homeless, individuals will generally seek services to maintain housing. Stabilizing housing is a more cost effective intervention than rehousing a household that has already become homeless.

The United Way operates 2-1-1, a phone number to connect community members with local health and human services information, referrals, and other assistance to meet their needs. Between October 1, 2014 and September 30, 2015, South Sound 2-1-1 responded to 12,530 people in Tacoma. Six of the top ten problems or needs reported by 2-1-1 callers in Tacoma relate to housing insecurity (indicated in by an asterisk*).

Exhibit 9 Top 10 problem or needs reported during South Sound 2-1-1 Calls, Tacoma



Source: United Way of Pierce County, October 1, 2014 – September 30, 2015. BERK, 2016.

Exhibit 10 Top needs problem or needs reported during South Sound 2-1-1 Calls, top 3 Tacoma zip codes

	98404	98405	98409
Heat/Lights	12.27%	6.65%	11.17%
Rent	8.36%	8.03%	11.56%
Food	4.61%		5.06%
Emergency Shelter/Motel Vouchers	3.38%	5.88%	3.72%
Transitional Housing	2.73%	3.95%	
Housing/Low Cost Housing		5.69%	4.45%

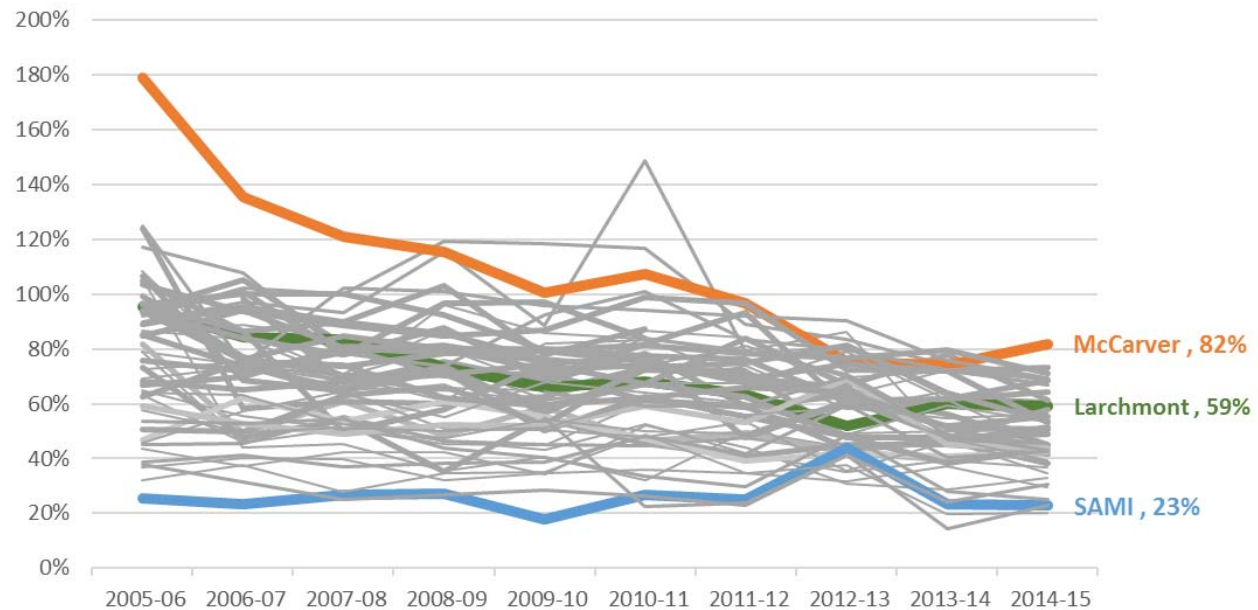
Source: United Way of Pierce County, October 1, 2014 – September 30, 2015. BERK, 2016.

SCHOOL MOBILITY

School mobility is an indicator of housing instability. When housing prices increase quickly, many families are forced to relocate. A break in employment can also trigger a school change.

Exhibit 11 shows the rate of school moves to number of students. The numbers represent total student moves, not students that moved, thus some students are represented by more than one move in the school year. In general, student mobility has trended downward since 2006 for most schools.

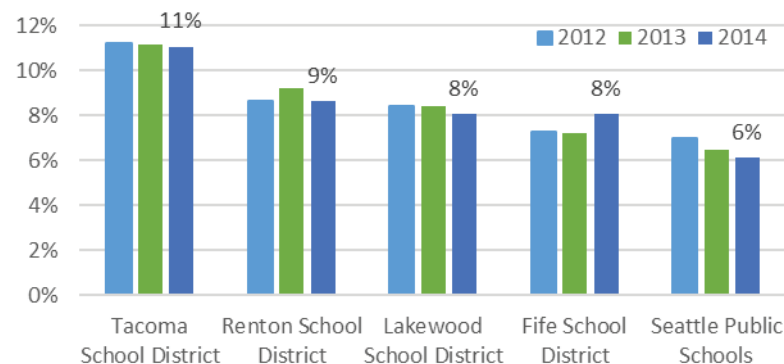
Exhibit 11 Rate of School Moves, Tacoma School District



Source: Office of Superintendent of Public Instruction, SY 2005-06 – 2014-15. BERK, 2016.

Exhibit 12 provides the number of students who changed schools during a school year, meaning the student did not complete the school year in the class in which they were enrolled as of October 1st. Tacoma School District's average mobility has been consistently higher than analogous school districts in recent years.

Exhibit 12 District Mobility, Selected School Districts



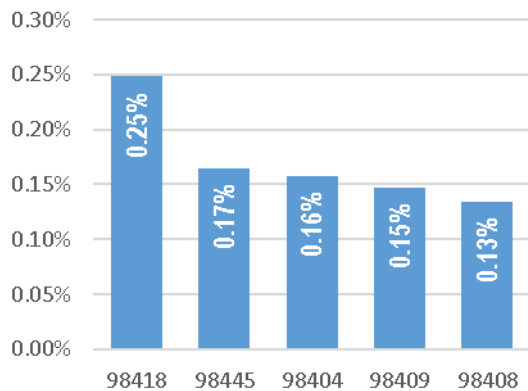
Source: Office of Superintendent of Public Instruction, SY 2011-12 - 2014-15. BERK, 2016.

FORECLOSURES

As of April 2016, the Tacoma foreclosure rate was 0.1%. 1 in every 945 homes was in foreclosure.

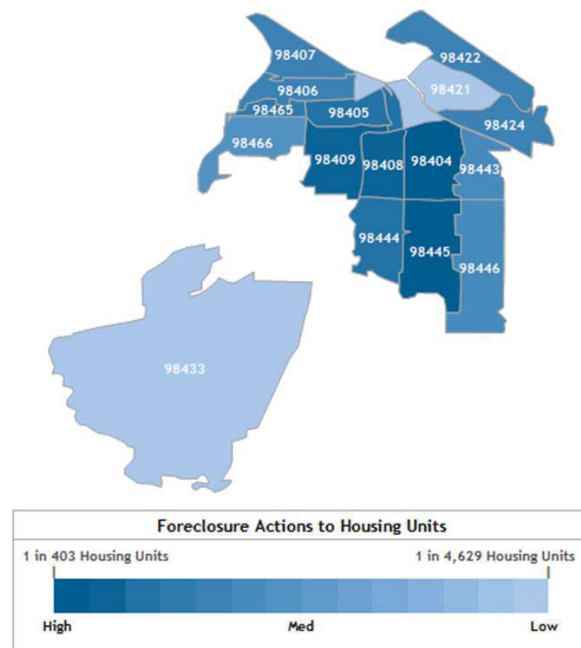
- Tacoma's foreclosure rate is:
 - Slightly lower than the Pierce County foreclosure rate (Pierce County: 0.11%)
 - Higher than the Washington and national rates (WA: 0.06%, National: 0.08%)
- Tacoma's foreclosure rates have decreased over the last few years. In May 2012 was 0.18%, 1 in every 542 Tacoma homes was in foreclosure.

Exhibit 13 Foreclosure rates, Tacoma zip codes with highest foreclosure rates



Source: RealtyTrac, April 2016

Exhibit 14 Foreclosure rates, by zip code, Tacoma



HOMELESSNESS AND HOUSING INSTABILITY

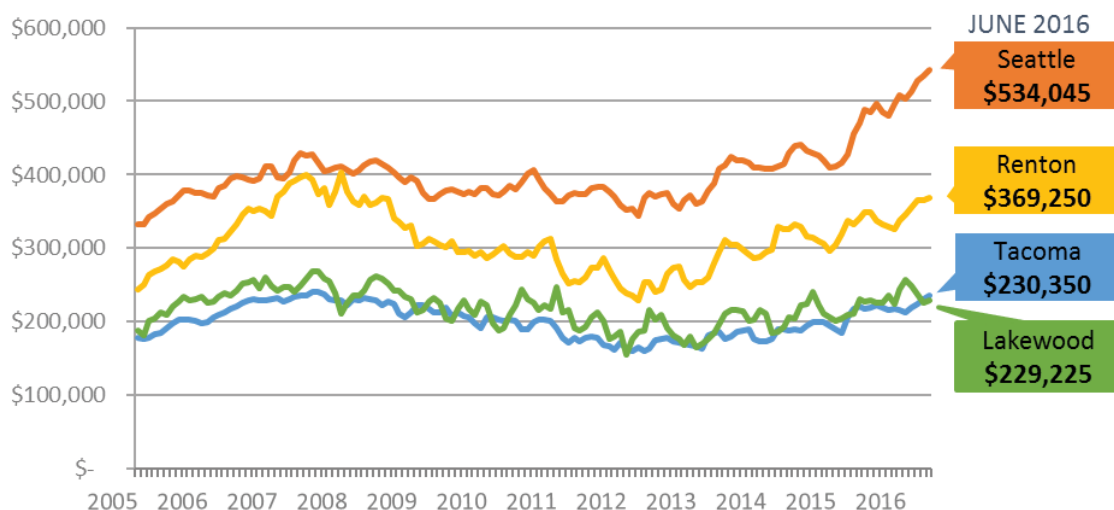
Structural factors determine why homelessness exists while individual factors explain who is most susceptible to experiencing homelessness. Affordable housing supply and adequate wages are necessary to support housing stability. Individual risk factors to homelessness include poverty, food insecurity, mental illness, domestic violence, and substance use disorder.

STRUCTURAL FACTORS

AFFORDABLE HOUSING SUPPLY

Housing in Tacoma is more affordable than in other Central Puget Sound cities, though prices have been increasing at rates comparable to other communities. **Exhibit 15** presents the median household sales price in Tacoma and comparable cities since 2005.

Exhibit 15 Median Sales Price Jan 2005 - June 2016



Source: Zillow, 2016; BERK, 2016.

Zillow.com also tracks current rental prices and provides annual midpoint estimates, presented in [Exhibit 16](#). For June 2016, Zillow estimates the midpoint rent in Tacoma to be \$1,441, substantially lower than the King County cities of Seattle (\$2,474), Renton (\$2,069), and Bellevue (\$2,660). While Tacoma's rental prices are lower, Tacoma experienced comparable growth in rental prices from last year (9%).

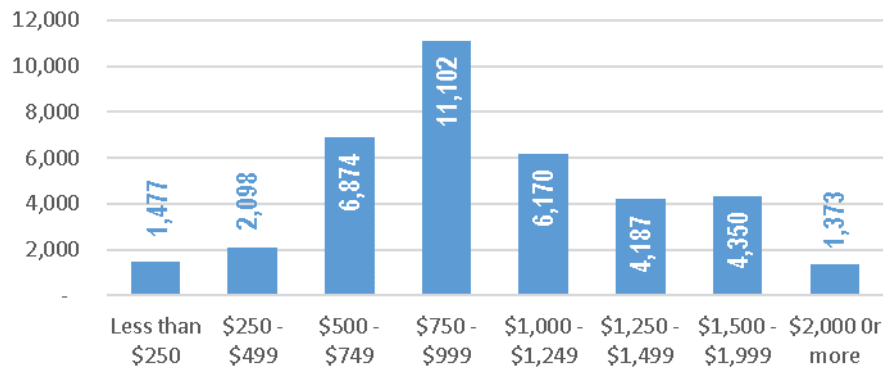
Exhibit 16 Estimated Midpoint Rents, Selected Cities

	June 2016		Annual Change	
Seattle	\$2,474	<div></div>	10.4%	<div></div>
Tacoma	\$1,441	<div></div>	9.0%	<div></div>
Renton	\$2,069	<div></div>	10.2%	<div></div>
Bellevue	\$2,660	<div></div>	10.2%	<div></div>
Everett	\$1,629	<div></div>	5.4%	<div></div>

Source: Zillow, 2016. BERK, 2016.

The American Community Survey (ACS) collects self-reported housing costs from households. Self-reported gross rents are based on what people pay, and therefore represent all of the housing subsidies and other affordable housing available in the City. [Exhibit 17](#) presents the distribution of monthly gross rent in Tacoma including units of all sizes.

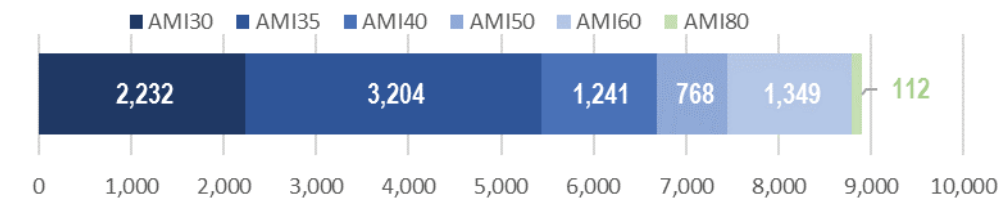
Exhibit 17 Self-reported Gross Rent by Household, Tacoma



Source: US Census American Community Survey, 5 year estimates, 2010-2014. BERK, 2016.

The bulk of rental units are in the \$500 - \$1,249 per month range. This data is the estimate for 2014 using 2014 dollars, the most recent estimate available from the ACS. Part of the difference in rental price estimates is due to different reporting approaches. Zillow tracks advertised prices for rental units and does not include any post market subsidies or discounts. The ACS tracks self-reported housing costs, that is what people pay for housing, and thus reflects all discounts and housing subsidies currently utilized in the market. A summary of units of subsidized housing made possible with federal, state, and local funding sources, incentives, and subsidies is presented in [Exhibit 18](#).

Exhibit 18 Tacoma Subsidized Housing Stock, 2013

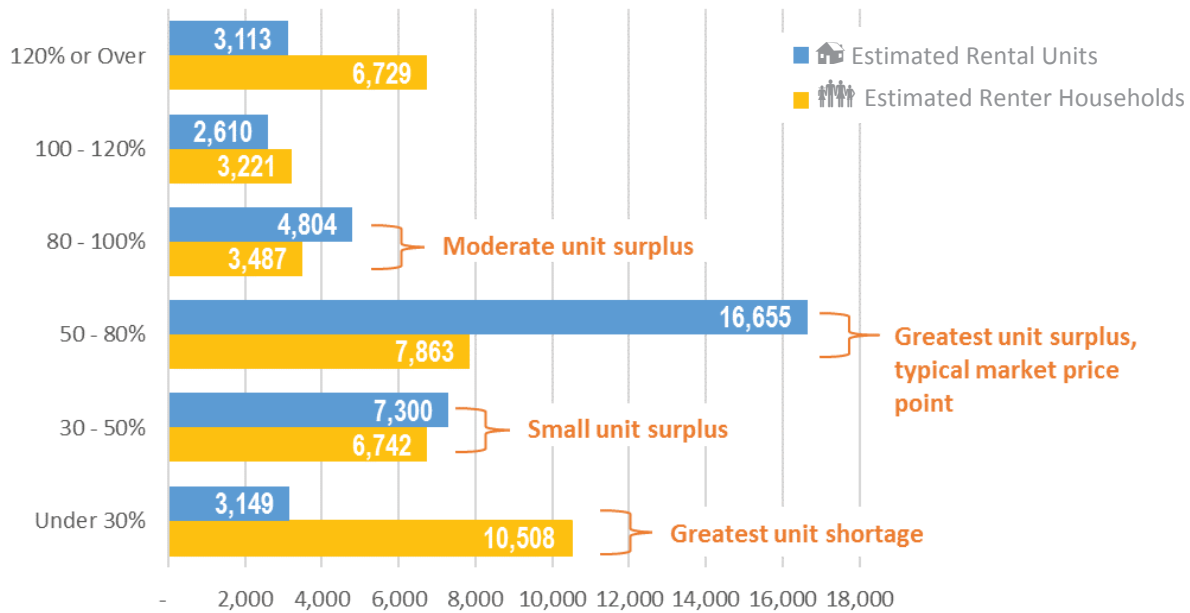


Source: PSRC, 2015; BERK, 2016

- In 2013, approximately 10% of Tacoma's housing stock, roughly **8,900** units, has a unit-based housing subsidy attached to it. This is higher than Seattle (8%), Kent (6%), and Renton (6%).
- Tenant-based housing choice vouchers add to the affordable housing stock.

[Exhibit 19](#) compares the current rental prices with household income distribution (2014 estimates based on self-reported income and self-reported housing costs). This analysis is intended to illustrate the relative gap in housing options in specific income ranges. Given data limitations numbers should be interpreted with caution. Based on these estimates, Tacoma has a gap of approximately 7,300 units affordable to households earning less than 30% of AMI. Surpluses in units affordable to those earning between 30% and 100% of AMI likely represent households that are paying more than 30% of their income on rent. Likewise, some higher earning households are likely occupying housing that costs less than 30% of their monthly income.

Exhibit 19 Gap Analysis of Rental Households by Income and Rental Housing by Gross Rent, Tacoma



Source: US Census American Community Survey, 5 year estimates, 2010-2014. BERK, 2016.

Income by Tenure

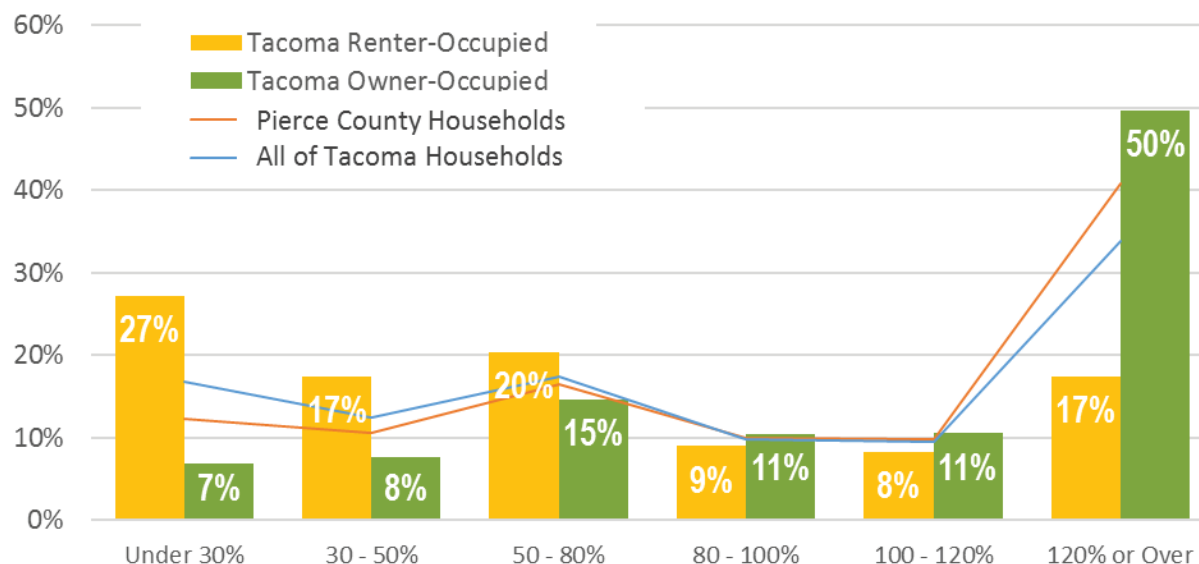
This section compares Tacoma’s household income patterns to Pierce County’s Area Median Income (AMI). AMI is typically used to understand the fit of a jurisdiction’s housing supply to the workforce. AMI thresholds are also used to determine eligibility to income-restricted housing units.

Tacoma has both renter and owner households in every income category, though it has a greater proportion of households in the lower income categories and a smaller proportion of households in the higher income categories than Pierce County.

80% - 120% of AMI includes households’ incomes ranging from \$48,000 to \$72,000 per year and is typically considered to be “middle class”. The distribution of Tacoma’s households is higher at both ends of the spectrum than these middle categories.

Tacoma has more than 13,000 households earning less than 30% of AMI, 79% of which live in rental housing. At this income level, many households will be challenged to meet their basic needs.

Exhibit 20 Percent of Households by Housing Tenure and Income Ratio Area Median Income, Tacoma and Pierce County



Ratio to Pierce County AMI 59,711	Rounded (1,000s) Income Ranges		Tacoma Owner- Occupied		Tacoma Renter- Occupied	
	Low	High	Estimated HHs	Percent	Estimated HHs	Percent
Under 30%	\$0	\$18,000	2,775	7%	10,508	27%
30 - 50%	\$18,000	\$30,000	3,114	8%	6,742	17%
50 - 80%	\$30,000	\$48,000	5,893	15%	7,863	20%
80 - 100%	\$48,000	\$60,000	4,224	11%	3,487	9%
100 - 120%	\$60,000	\$72,000	4,238	11%	3,221	8%
120% or Over	\$72,000		19,967	50%	6,729	17%
Total			40,211	100%	38,550	100%

* Percentages for occupancy type may not sum to 100% due to rounding.

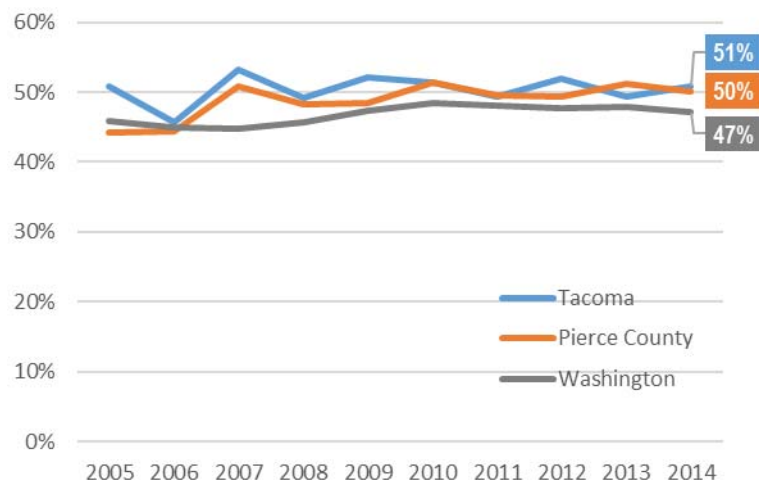
Source: US Census American Community Survey, 5 year estimates, 2010-2014. BERK, 2016.

HOUSING COST BURDEN

Tacoma has a higher rate of cost-burdened households in rental housing than the County and State.

HUD defines cost-burdened families as those who pay more than 30 percent of their income for housing. Severe rent burden is defined as paying more than 50 percent of one's income on housing. Individuals experiencing cost burden may have difficulty affording necessities such as food, clothing, transportation, and medical care.

Exhibit 21 Cost-Burdened Rental Households, Tacoma, Pierce County, and Washington



Source: US Census American Community Survey, 1 year estimates, 2005-2014.
BERK, 2016.

- In 2014, 51% of all rental households in the City were cost-burdened.
- Since 2005, the percentage of Tacoma rental households that are cost-burdened has trended higher than the statewide percentage.

Exhibit 22 Severely Cost-Burdened Rental Households, Tacoma, Pierce County, and Washington

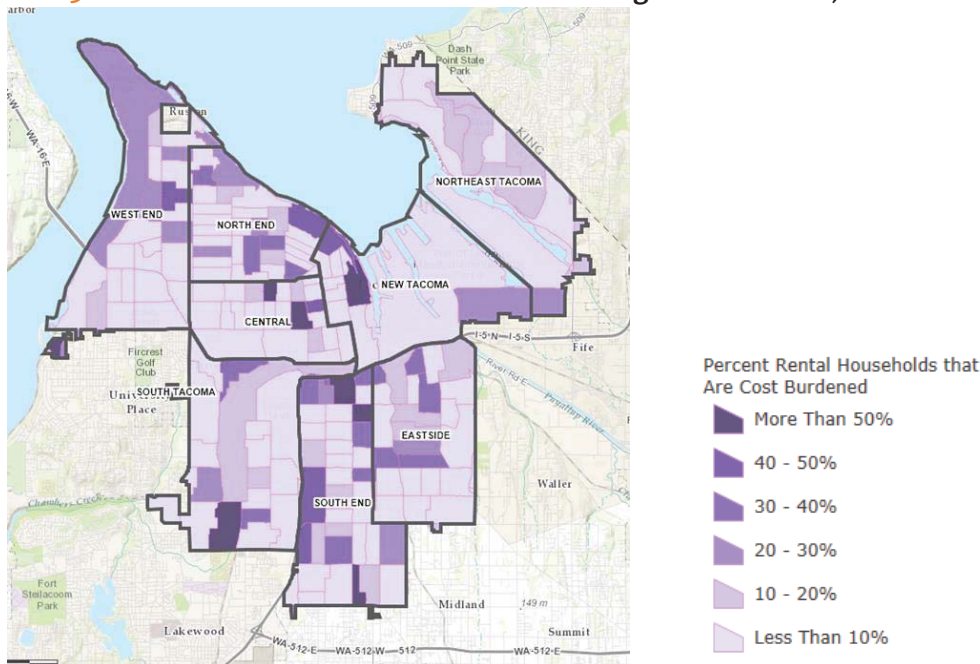


Source: US Census American Community Survey, 1 year estimates, 2005-2014.
BERK, 2016.

- In 2015, 27% of all rental households in the City were severely cost-burdened.
- Since 2005, City patterns in rental households that are severely cost-burdened have tracked with the Pierce County and Washington State

Exhibit 23 shows the distribution of cost-burdened households across the City. Further consideration of income and assets is needed to understand cost-burden's role in housing instability.

Exhibit 23 Percent of Rental Households that are Housing Cost Burdened, Tacoma



Source: US Census American Community Survey, 5 year estimates, 2010-2015. BERK, 2016.

INDIVIDUAL FACTORS

INCOME AND POVERTY

Household income in Tacoma is consistently lower than the County and the State.

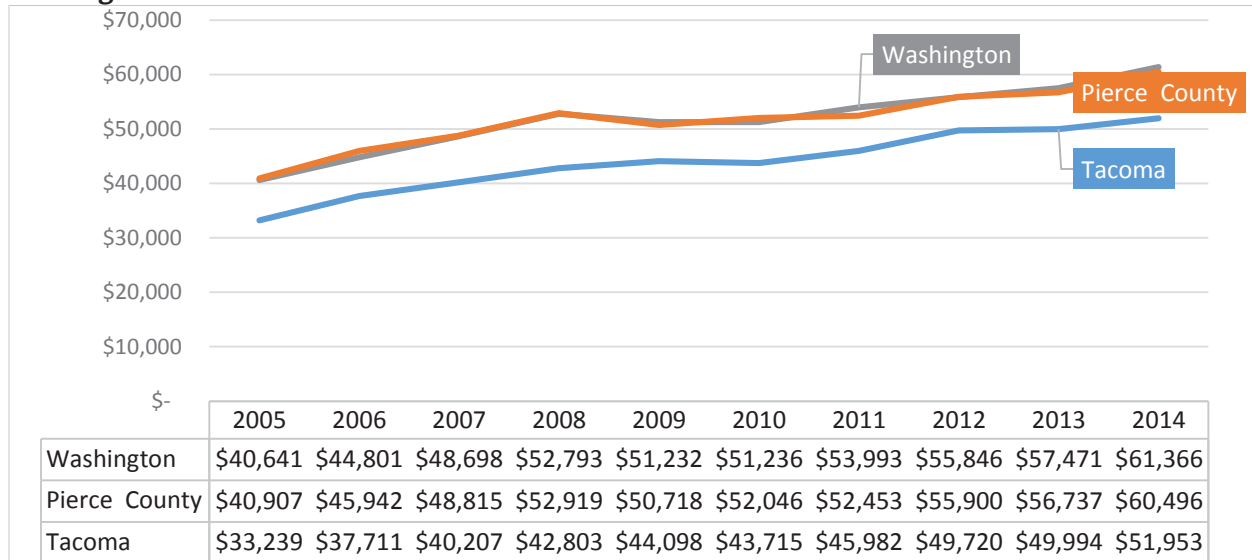
In 2014, the median household income in Tacoma was \$51,953, 15% lower than the state median income, \$61,366 (2014 dollars). The median household income in the City of Tacoma has been an average of 15% lower than the State and Pierce County average since 2005.

POVERTY THRESHOLDS – 2014

The poverty threshold is established by the U.S. Census Bureau for statistical purposes. It is calculated based on a family's income and a standard threshold of income according to the number of people in the household. It is updated annually. It does not count noncash benefits such as food stamps and housing subsidies. Many assistance programs use other guidelines for determining eligibility for benefits or services.

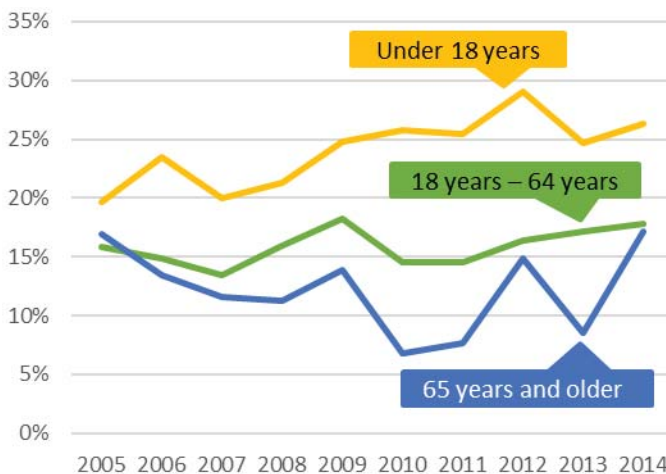
One person (unrelated individual)	
Under 65 years.....	12,316
65 years and over.....	11,354
Two people.....	
Householder under 65 years.....	15,853
Householder 65 years and over.....	14,309

Exhibit 24 Median Household Income, in 2014 Inflation-Adjusted Dollars. Tacoma, Pierce County, and Washington



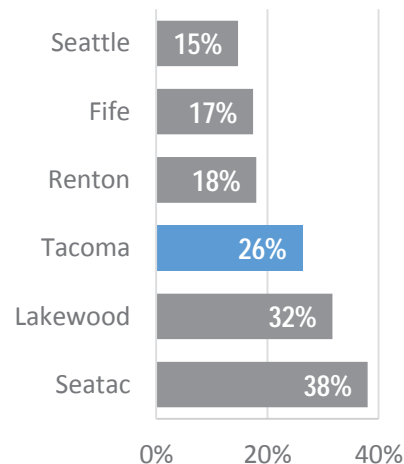
Source: US Census American Community Survey, 1 year estimates, 2005-2014. BERK, 2016

Exhibit 25 Population Living in Poverty, by Age Group, Tacoma



Source: US Census American Community Survey, 1 year estimates, 2005-2014. BERK, 2016

Exhibit 26 Population Under 18 years Living in Poverty, Selected Cities



Source: US Census American Community Survey, 5 year estimates, 2005-2014. BERK, 2016.

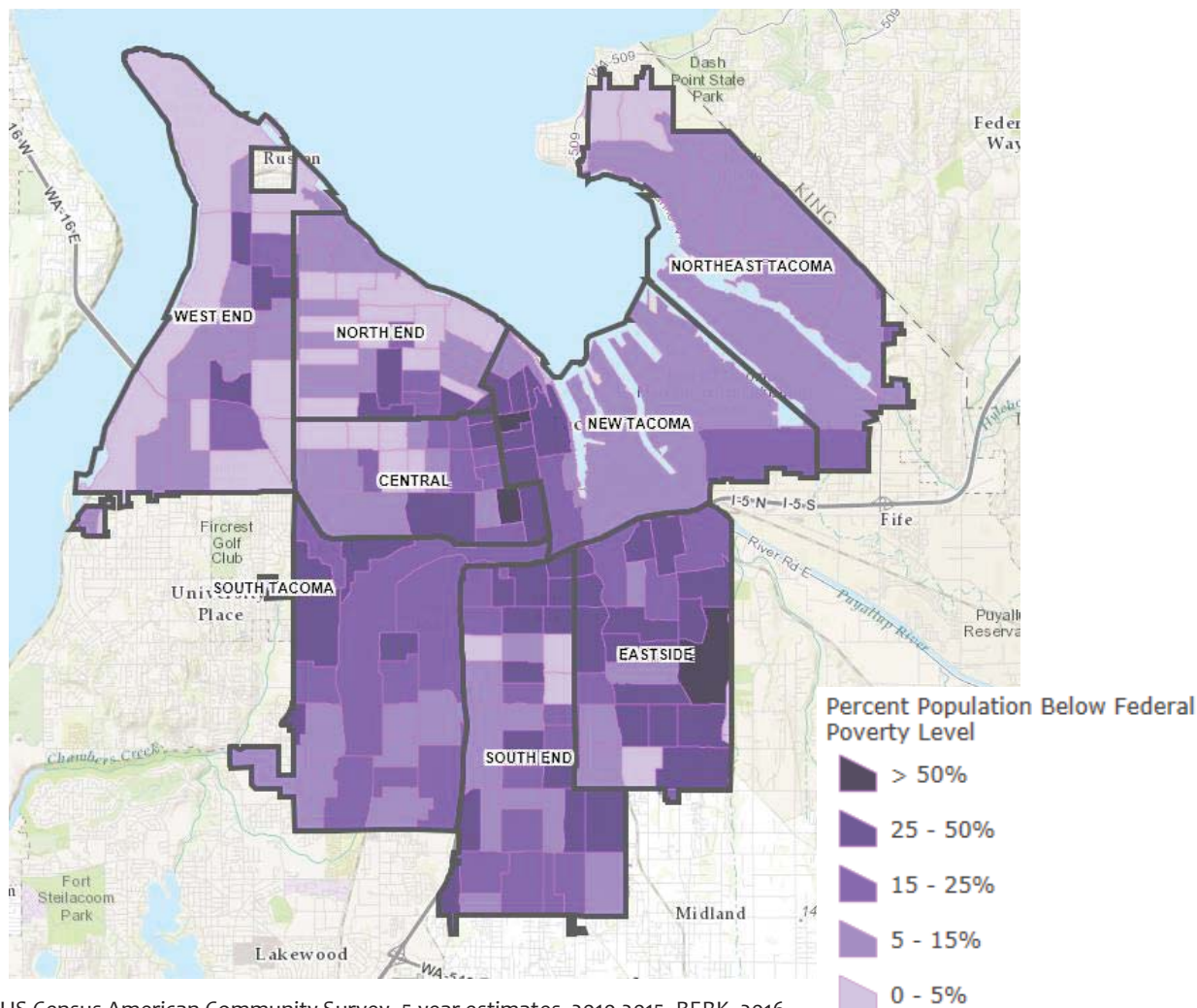
Since 2005, poverty among Tacoma residents:

- Under 18 years old has trended upward;
- 18 to 64 years old has remained fairly constant, ranged between 14-18%; and
- 65 years and over has fluctuated between 7-17%. Poverty increased from 9% in 2013 to 17% in 2014.

Exhibit 27 shows the percent of population below the federal poverty level across the City. Dark shades indicate higher percentages of individuals living under the federal poverty line.

In 2014, the federal poverty level for a household of 4 was \$23,850.

Exhibit 27 Percent of the Population Below the Federal Poverty Level, Tacoma



Source: US Census American Community Survey, 5 year estimates, 2010-2015. BERK, 2016.

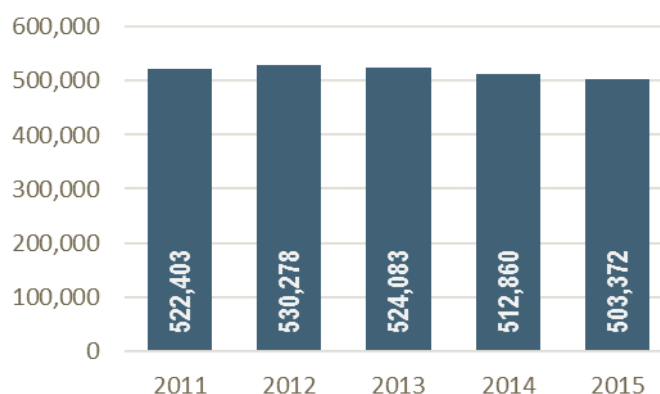
FOOD INSECURITY

Food insecurity is a limited or uncertain availability of or inability to acquire nutritionally adequate, safe and acceptable foods due to financial resource constraints. Factors that contribute to food insecurity include unemployment, poverty, and lack of access to food stamps. Research shows food insecurity is associated with poor academic performance, mental health issues, difficulty interacting socially, and obesity.

The Emergency Food Network (EFoodNet) provides 16 million pounds of food to 70 food banks, hot meal sites, and shelters to low-income families and individuals throughout Pierce County. In 2015, EFoodNet was affiliated with 22 food banks and meal sites across Tacoma. Total client visits to EFoodNet food sites in Tacoma has remained fairly consistent since 2011, decreasing by 4% between 2011 and 2015.

Visits to Tacoma food banks and meal sites by residents 55 years and older has increased since 2011, while visits among younger clients has slightly declined or remained fairly consistent during the same time period. For more information about senior food insecurity, please see the discussion of senior wellness in **Section 3**.

Exhibit 28 Total visits to EFoodNet Affiliated food banks and meal sites, Tacoma



Source: Emergency Food Network, 2011-2015. BERK, 2016.

Exhibit 29 Total EFoodNet affiliated Food Banks, Meal Sites, and Client Visits, Tacoma

Zip code	Total Food Sites as of 2011	Total Food Sites as of 2015	Total Client Visits 2011	Total Client Visits 2015
98402	3	2	91,219	14,719
98404	4	6	157,910	182,579
98405	4	5	212,800	243,481
98408	3	3	21,212	16,536
98409	0	2	-	7,870
98465	1	1	2,972	3,474
98466	1	2	20,506	31,072
98498	1	1	15,154	3,641
Total	17	22	521,773	503,372

Source: Emergency Food Network, 2011 & 2015. BERK, 2016.

National School Lunch Program

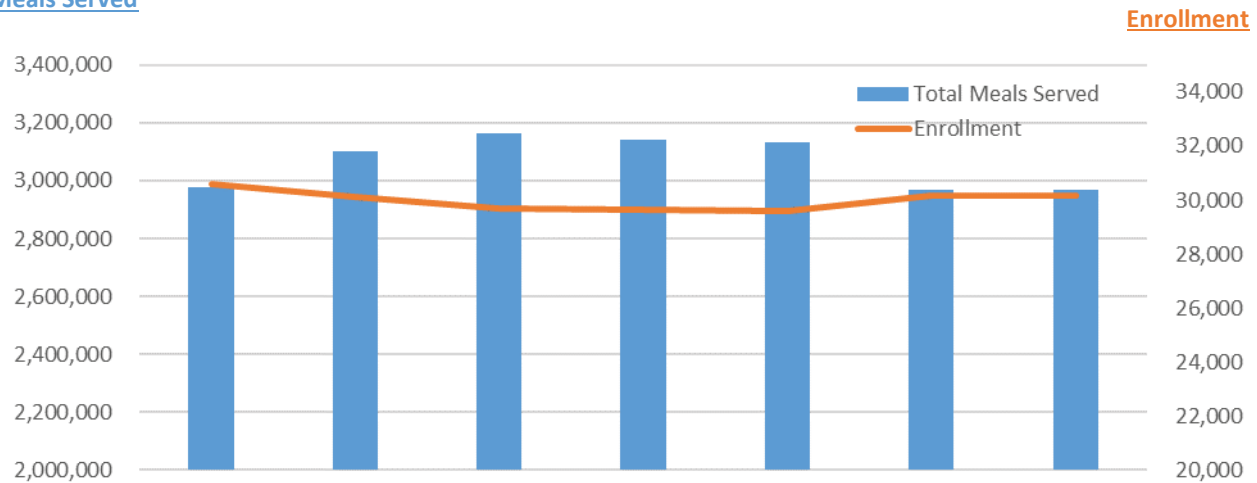
The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low cost, or free lunches to children each school day.

Any child at a participating school may obtain a meal through the program. Children from families with incomes:

- At or below 130% of the poverty line are eligible for free meals;
- Between 130-185% are eligible for reduced price meals (costing no more than \$.40); and
- Over 185% may purchase meals at full price, though their meals are subsidized to some extent.

Since 2008, Tacoma School District participation in the Program has remained fairly consistent. Total meals served increased during the recent recession (2008 – 2010), and has since returned to pre-recession levels.

Exhibit 30 National School Lunch Program, Total Meals Served and Enrollment, Tacoma School District
Meals Served



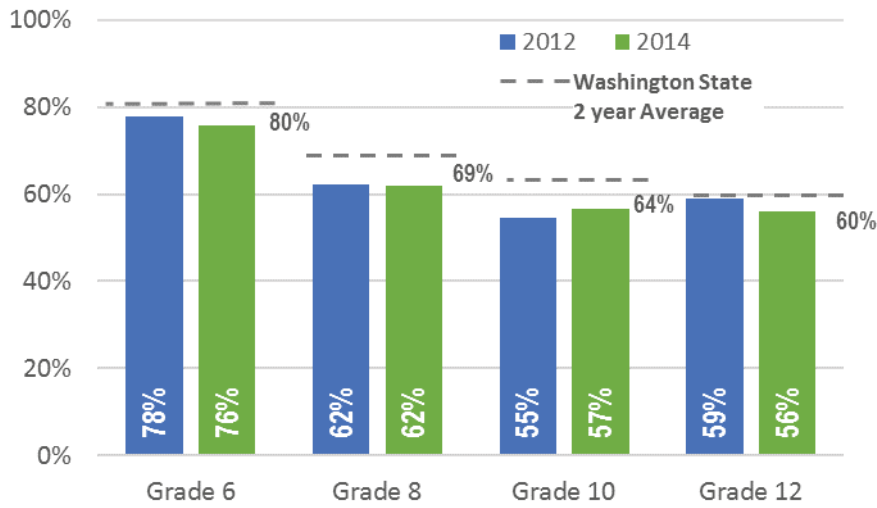
	2008	2009	2010	2011	2012	2013	2014
Enrollment	30,588	30,113	29,677	29,624	29,585	30,158	30,158
Meals Served	2,977,171	3,103,407	3,163,166	3,139,628	3,133,809	2,970,077	2,970,077

Source: Office of the Superintendent of Public Instruction, 2008-2014. BERK, 2016.

The Washington State Department of Health (DOH) administers the Healthy Youth Survey (HYS) in collaboration with the Office of the Superintendent of Public Instruction, the Department of Health, the Department of Social and Health Services' Division of Behavioral Health and Recovery, and the Liquor and Cannabis Board. Students in grades 6, 8, 10, and 12 answer questions about safety and violence, physical activity and diet, alcohol, tobacco and other drugs, and related risk and protective factors.

Respondents in each grade level were asked "Did you eat breakfast today?", results are listed in [Exhibit 31](#).

Exhibit 31 Percent of Students That Have Eaten Breakfast This Morning, Tacoma Public Schools and Washington



- A smaller percentage of Tacoma Public School District students reported eating breakfast the day they completed the HYS than the Statewide rate, in both 2012 and 2014 and across every sampled grade level.

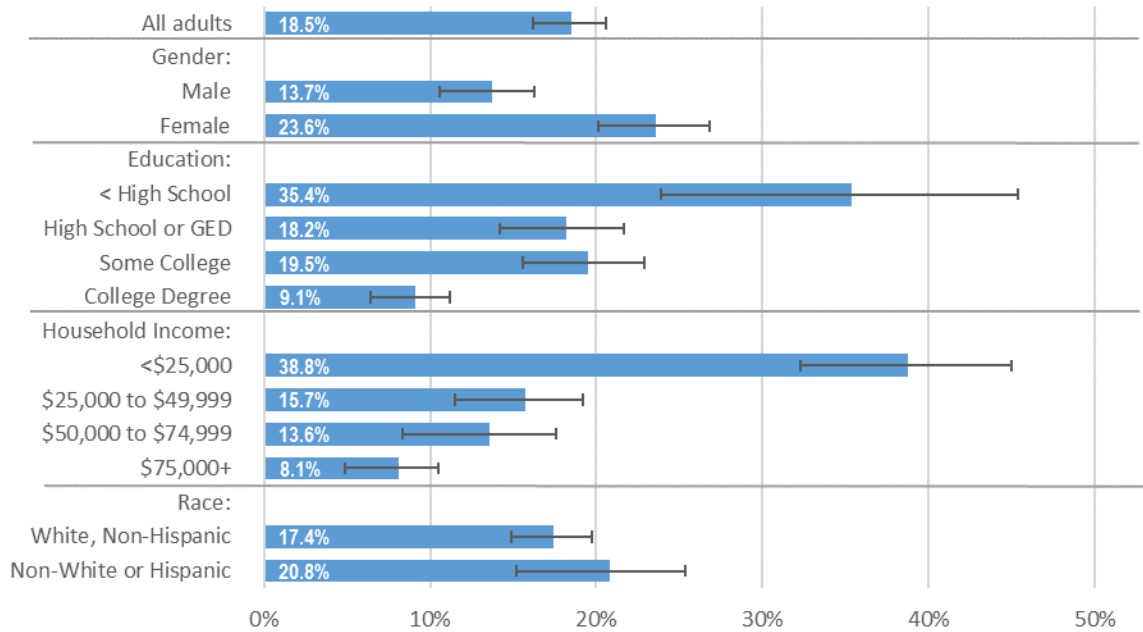
Source: Healthy Youth Survey, Available from OSPI, 2012 & 2014. BERK, 2016

MENTAL HEALTH

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with stress, can work productively, and is able to make contributions to his or her community (World Health Organization, 2016). Mental illness and poor mental health is thought to be caused by a variety of genetic and environmental factors including inherited traits, environmental exposures before birth, and brain chemistry (Mayo Clinic, 2015). Trauma and environmental stressors can also cause the onset of poor mental health including unemployment (Goldsmith & Diette, 2012) and poverty (Mani, Mullainathan, Shafir, & Zhao, 2013).

The Department of Health and CDC administer an annual survey, the Behavioral Risk Factor Surveillance System (BRFSS), to measure how the health of Washingtonians changes over time. The following 2013 BRFSS survey results were provided for Pierce County residents. Between 2011-13, approximately one out of five adults in Pierce County reported more than 14 days of poor mental health in the past month.

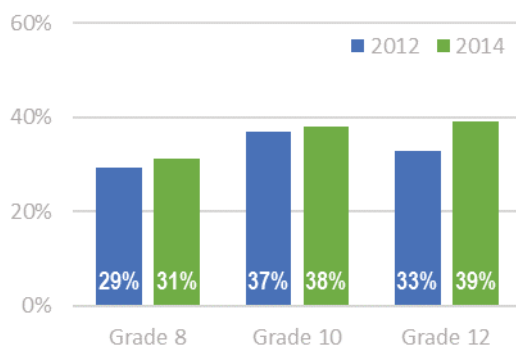
Exhibit 32 Adults Reporting more than 14 days of Poor Mental Health in the Last Month, Pierce County



Source: Tacoma-Pierce County Health Department – Health Equity Assessment, 2011-2013

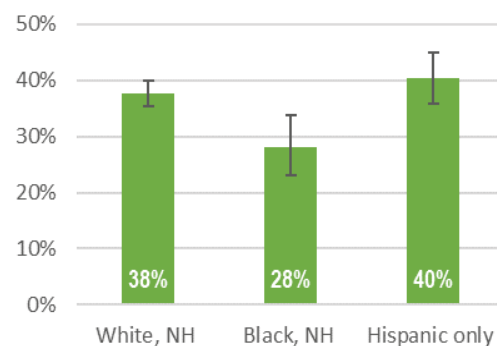
- Females report higher rates of poor mental health in the preceding month than males (24% and 14%, respectively)
- Adults with less than a High School or GED education report significantly higher rates of poor mental health than those with higher levels of education.
- Adults from households with household income less than \$25,000 report significantly higher rates of poor mental health than those in households with higher household income.

Exhibit 33 Percent of students reporting poor mental health, Tacoma Public Schools



Source: Healthy Youth Survey, Available from OSPI, 2012 & 2014.

Exhibit 34 Youth Depression, Pierce County



Source: Tacoma-Pierce County Health Department – Health Equity Assessment, based on Healthy Youth Survey, Grade 10, 2014.

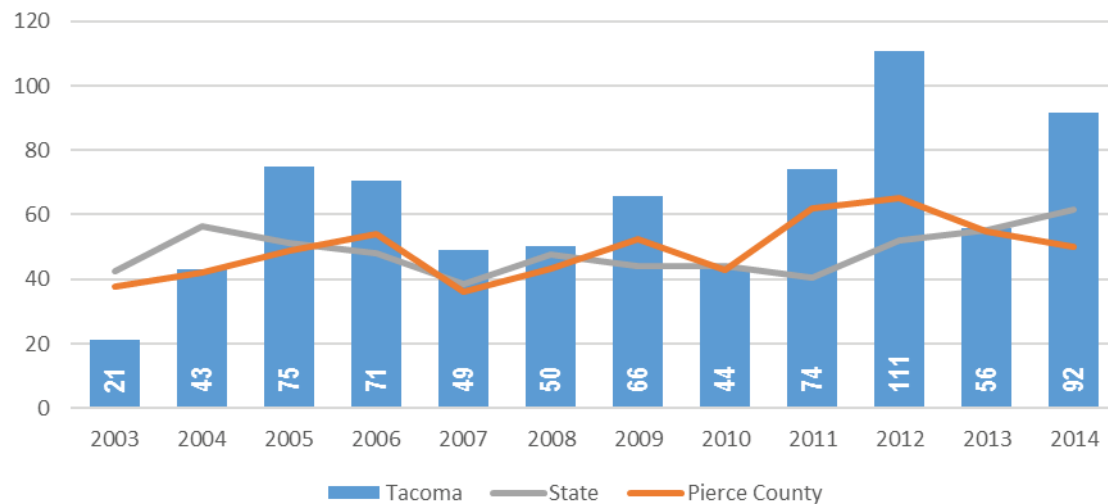
Analysis by the Tacoma-Pierce County Health Department shows that approximately two out of five Hispanic and white, non-Hispanic, and ten out of ten black, non-Hispanic, 10th graders felt so sad or hopeless for two weeks or more that they stopped doing their usual activities.

Suicide and suicide attempts among adolescents are significantly higher in Tacoma than County- and State-wide.

Exhibit 35 provides information regarding adolescents (age 10-17) who committed suicide or were admitted to the hospital for suicide attempts, per 100,000 adolescents. Suicides are based on death certificate information. Suicide attempts are based on hospital admissions, but do not include admissions to federal hospital.

In 2014, the Tacoma rate was 83% higher than the County rate and 49% higher than the State rate. The Tacoma adolescent suicide rate has generally been trending upward since 2010.

Exhibit 35 Suicide and Suicide Attempts, Adolescents 10-17 years old. Rate per 100,000. Tacoma



Source: Department of Social and Health Services Research and Data Analysis, 2003-2014. BERK, 2016.

DOMESTIC VIOLENCE

Domestic violence is abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner, often involving tactics such as physical assault, stalking, and sexual abuse.

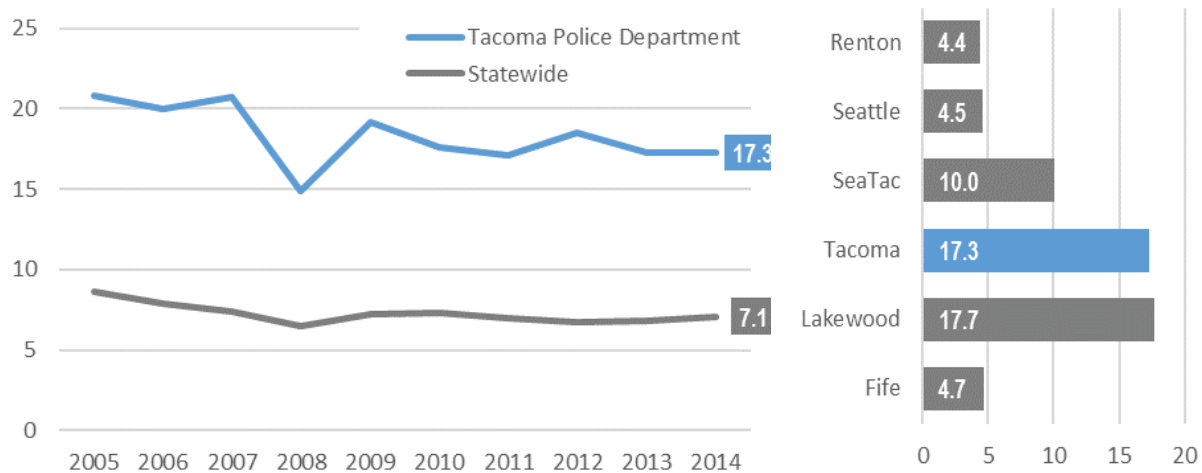
Due to the direct relationship between domestic violence and housing, many domestic violence victims, especially those with few resources, find themselves homeless. In 2015, 20% of cities surveyed by the U.S. Conference of Mayors cited domestic violence as a primary cause of family homelessness (The United State Conference of Mayors, 2015). Twenty-eight percent (28%) of homeless individuals included in the Pierce County PIT experienced domestic violence.

The rate of domestic violence offences reported to the Tacoma Police Department is higher than the rate reported statewide and to police departments of analogous cities.

Since 2005, the rate of domestic violence offenses reported to the Tacoma Police Department has been an average of 250% higher than the Statewide rate.

The rate of domestic violence offenses reported in Tacoma was four times higher in 2014 than the rate reported in multiple analogous cities: Renton, Seattle, and Fife. Lakewood experienced a similar rate of domestic violence offenses to Tacoma in 2014.

Exhibit 36 Domestic Violence Offenses. Rate per 1,000. Tacoma Police Department and selected police departments



Source: Washington Association of Sheriffs and Police Chiefs, 2005-2014. BERK, 2016.

Note: Prior to 2012, all data was calculated using the Summary UCR (SRS) reporting method. Beginning with 2012 data is calculated using the National Incident-Based Reporting System (NIBRS). Due to the significant differences in the reporting methods, SRS data cannot be compared to NIBRS data.

SUBSTANCE ABUSE

Early drug use represents multiple dimensions of risk to youth. Exposure to alcohol and drugs interferes with memory, positive emotional and social development, and is associated with low school performance and academic disengagement.

Early drug use is also an indicator of vulnerability to gang activity.

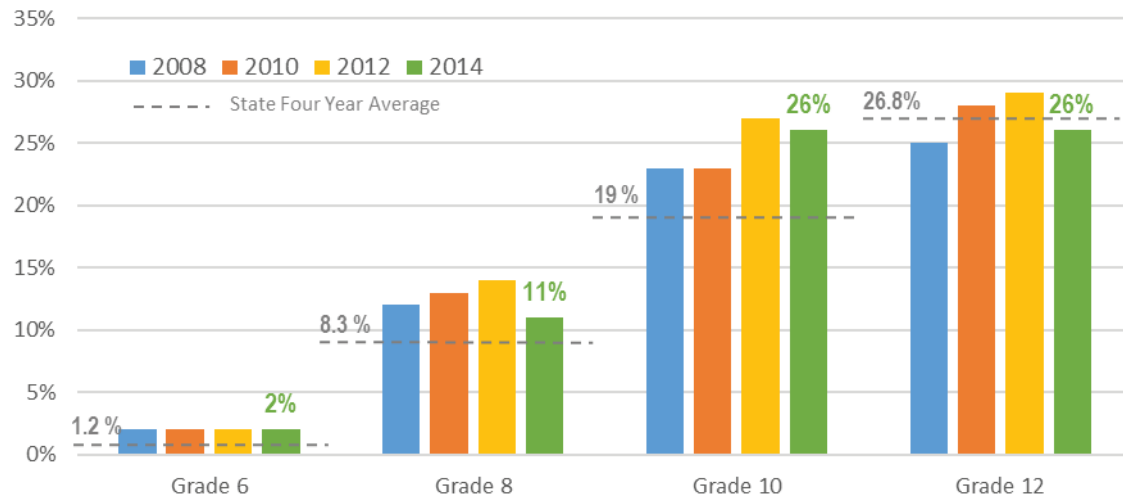
Tacoma youth report higher rates of marijuana use than similar aged children across Washington. Statewide, 6th graders who use marijuana are more likely to report lower grades in school compared to those who don't use. Lower grades in middle school are highly correlated with failure to complete high school. About 2% of Tacoma's sixth graders report having used marijuana in the last 30 days, twice as many report having ever used marijuana.

Incidence of use rises considerably from 6th to 8th grade and again from 8th grade to 10th grade. No increase in rate of use is demonstrated between 10th and 12th grade, but this is likely explained by students leaving school prior to the 12th grade.

Tacoma students have much higher rates of marijuana use than the state wide averages. The disproportionality is highest in 8th grade and 10th grade. Tacoma student use of alcohol, tobacco and drugs other than Marijuana largely follow statewide-patterns, with slightly higher use patterns in alcohol and prescription drugs.

A smaller percentage of Tacoma students report that adults in their neighborhood think youth marijuana use is "very wrong" compared to statewide norms. Only 54% of 8th graders report that marijuana would be "very hard" for them to get (the statewide rate is 66%). These factors speak to the commonplace nature of marijuana in some students' lives.

Exhibit 37 Percent of Tacoma Students Who Report using Marijuana in the past 30 days, Tacoma School District



Source: Department of Health & Tacoma School District, 2008 - 2014. BERK, 2016.

Washington has experienced an increase in trends in rates of maternal opiate, marijuana, and amphetamine use (Campo, 2016).

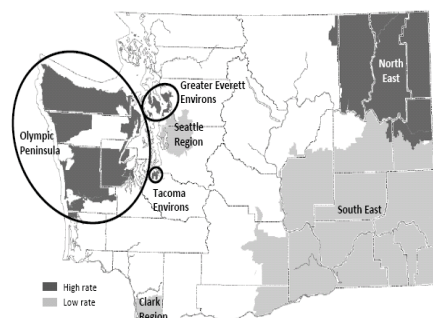
The Office of Financial Management investigated rates of maternal use diagnosis for Washington state from 2006 to 2016 (Campo, 2016). Nationally, there was a 33% increase in the rate of maternal stays that included a substance use diagnoses and a 71% increase in the rate of newborn stays with a diagnosis related to substance use. Rates in Washington have been higher than those seen nationally. Between 1990 and 2014, Washington State experienced a three-fold increase in the rate of maternal hospital stays and a three-fold increase in the rate of newborn hospital stays that included a substance use diagnosis. Of the eight drug-related diagnoses that are recorded, opiate use is the most common diagnosis and markedly trending upwards in Washington (1,524 cases).

Tacoma has a higher-than-expected rate of maternal stays with an opiate-related diagnosis at 31.8 per 1,000 (though not as high as the Olympic Peninsula and Everett environs). The rate for Western Washington is 16.9.

Data to reveal racial disparities are not available. Additional qualitative information may provide more insight into spatial patterns and which racial community groups are overly impacted.

Exhibit 38 Maternal Stays with an Opiate-Related Diagnosis, Washington

Graphic excerpted from (Campo, 2016).



Source: Office of Financial Management, Stays from 2012 – 2014.