Virtual Forum

Gun Violence in the 21st Century - Its Effects, Treatments, and Solutions

May 11, 2024 | 1pm - 3pm EDT
Gun Violence Resource Group Presenters:

- Chair: Adrienne Adams MD, MS
- Co-presenters: Steven Berkowitz, MD
  Gregory K. Fritz, MD
  Sundeep Randhawa, MD
  Seleena Shrestha, MD
  Donald Simpson, II, MD

Acknowledgements: Linda Chokroverty, MD, Deborah Weisbrot, MD, Nancy Dodson, MD, Nina Agrawal, MD, Randy Gurak, MD
Participating With Zoom Webinar

1. All attendees will be muted with cameras turned off
2. Technological/logistical questions for AACAP staff should be entered into the Chat
3. Questions for our panelists should be entered into the Q&A
   1. You can “like” a question by clicking the thumbs-up icon under a question
   2. Clicking the now red thumbs-up icon will “unlike” the question
   3. Please note that due to time limitations, we may not answer all questions
Welcome and Intro
Dr. Adrienne Adams
From Victim to Perpetrator - The Cycle of Violence
Dr. Steven Berkowitz
Gun Violence Including Suicide in LGBTQIA+ Youth
Dr. Donald Simpson II
Urban Gun Violence and Systemic Disparities in BIPOC Youth
Dr. Sundeep Singh Randhawa
Rural Gun Violence and Extreme Risk Protection Orders
Dr. Seleena Shrestha
Guns 101 For Gun Control Advocates
Dr. Gregory Fritz
Empowering Physicians on Firearm Safety and Education
Dr. Adrienne Adams
Interactive Group Discussion/Final Wrap-Up Lessons
All Faculty
Learning Objectives

1. Discuss the balance of constitutional rights with advocacy for gun safety policies while enhancing awareness of gun safety issues, gunlocks, and storage methods, and how to evaluate and discuss these concerns with children, parents, and other clinicians.

2. Explore pathways to mass violence in addition to familiarizing clinicians with extreme risk protection orders, and how to implement them.

3. Understand the implications of gun violence in rural and urban communities, especially as it pertains to BIPOC and LGBTQIA+ youth and families.

4. Explore emerging legal developments around responsibilities of parents and the firearms industry when minors cause death by guns and by the end, present a toolkit accessible to ROCAP members for advocacy of gun safety.
Welcome to the Gun Violence Resource Group Virtual Forum

PREVENTION OF GUN VIOLENCE

It's not one size fits all. Solutions vary.
From Victim to Perpetrator - The Cycle of Violence

Steven Berkowitz, MD
Professor in Psychiatry and Pediatrics
University of Colorado, School of Medicine
Director, the START Center
Stress, Trauma and Adversity Research and Treatment
Disclosure

As we are discussing approaches outside of the evidence base, the talk reflects the opinion of the presenter.
An All-Too-Common Story

Kevin is an 18-year-old, he grew up in the Memphis area

- Father was an alcoholic and was physically and emotionally abusive
- Mother was and is a kind women who is very passive

Two years prior, Kevin and best friend were walking in their neighborhood

- Shots rang out, Kevin felt blood dripping down his face
- Looked around to find friend on ground bleeding profusely from his abdomen

Friend is paralyzed and has a permanent tracheostomy

Kevin was his primary caregiver for the first year
While visiting family in another state, he and friends were at a local park when several older (20's) men who were drunk began harassing them. His friend got involved in a fist fight with one of them. Kevin and the “leader of the group” tried to defuse the situation when Kevin was pushed into the “leader” who then reached into his back pocket. Kevin shot and killed him.

Kevin bought a gun days after the shooting

“I learned that you have to do it them before they do it to you”

He most likely developed PTSD

While visiting family in another state, he and friends were at a local park when several older (20's) men who were drunk began harassing them. His friend got involved in a fist fight with one of them. Kevin and the “leader of the group” tried to defuse the situation when Kevin was pushed into the “leader” who then reached into his back pocket. Kevin shot and killed him.
The 2016 National Crime Victimization Survey (NCVS) revealed U.S. residents experienced 5.4 million violent victimizations. Children are at higher risk for victimization; 61 percent of U.S. youth under age 17 were exposed to violence in the past year, and 39 percent of children and their caregivers reported multiple direct victimizations.

Theories:

- The intergenerational transmission: violent behavior is passed down through generations via social learning or a cycle of violence. Violence is observed to be an effective problem-solving technique employed when other options have not been positively reinforced.

- Routine activities/lifestyle perspective theory: lack of supervision combined with relationships with deviant peers allows individuals to commit violence. The same variables put the individuals at high risk for victimization. The social disorganization theory similarly suggests the environment and peer group membership lead to victimization which influences offending.

- Strain theory: coping response to exposure to violence or “strain” posits that people learn offending behavior from their own victimization experiences.
Impaired decision-making. In a study of youth, prior victimization influenced decision-making in situations that resulted in violent offending.⁷

Common characteristics and behaviors. College students who were victims of assault and their offenders had similarities—were more likely to be male with similar lifestyle behaviors, such as arrest in last six months and buying or selling illegal drugs.⁸

Learned from experiences. A meta-analysis by Stith and colleagues revealed a relationship between growing up in an abusive family and later involvement in a violent marriage. Victims learned violence from their victimization experiences which influenced their perpetration of violence.⁹
Victimized youth are therefore much more likely to dysregulated, impulsive, and aggressive.

They are also much more likely to appraise experiences as threatening or dangerous:
- More likely to obtain a gun for protection
- And to commit a crime (not necessarily with the intention of using it)

This toxic combination results in both increasing exposure to gun violence and increasing use of guns.

Guns are Ubiquitous
Why brawl when you can shoot?
Focus: gun safety

- Gun locks, smart guns, training on use, better enforcement

Since most children are victimized by adult caregivers and other familial adults focus on prevention

Preventing maltreatment

- Livable wage
- Parenting as part of school education
- Secondary prevention to prevent retaliation
- Support families to support their children

Solutions: But the Horse has left the Barn
Citations

Firearm Violence Including Suicide in LGBTQIA+ Youth

Donald Simpson, II, MD
Sr. Behavioral Health Clinical Director – Waianae Coast Comprehensive Health Center
Adjunct Clinical Assistant Professor
A.T. Still University School of Osteopathic Medicine
Associate Program Director Oklahoma State University - Griffin Memorial Hospital General Psychiatry Residency Program
No Disclosures

I have no actual, potential, or perceived financial disclosures or conflicts of interest to report.
School Shootings

Deadliest active shooter attacks at schools since 1970

1992
Olivehurst, Calif.
4 dead

1989
Stockton, Calif.
5 dead

2014
Marysville, Wash.
4 dead

1999
Littleton, Colo.
13 dead

1992
Olivehurst, Calif.
4 dead

2005
Red Lake, Minn.
7 dead

2012
Newtown, Conn.
26 dead

2006
5 dead

1998
Jonesboro, Ark.
5 dead

2021
4 dead

2018
Santa Fe, Texas
10 dead

2018
Parkland, Fla.
17 dead

Excludes gunmen who died in the attacks.

Source: K-12 School Shooting Database
Desensitized to Trauma

It’s become so common, we start to forget them.

It’s almost as if society is unintentionally normalizing this trauma.
Did you know?

25 X more likely to die by murder via firearm.
Violence and Mental Illness

Lifetimes prevalence of major mental illnesses meeting criteria
Adults: 46% and 9% meeting criteria for a personality disorder

Despite mental health disorders being prevalent, less than 2% meet criteria for “severe and persistent mental illness (SPMI)”

Studies suggest a relationship b/w severe forms of mental illness and the more typical acts of violence that can be captured in surveys, and its strongest among patients with SPMI

Adults who had childhood conduct D/O showed an increased likelihood to be violent

(Glied & Frank, 2014)
Violence and Mental Illness

Most of that 2% with SPMI DO NOT PROGRESS to violent acts against others

Patients with SPMI are far more likely to be victims of violent crimes

(Glied & Frank, 2014)
Risk Factors for Violence in Youth

- Previous aggressive or violence behavior
- Victims of abuse
- Exposure to violence in home/community
- Victim of bullying
- Genetic/hereditary factors
- Exposure to violence in media (TV, movies, etc)
- Alcohol and/or drug use
- Firearms in home
- Combination of stressful family socioeconomic factors
  - Poverty, severe deprivation, marital breakup, single parenting, unemployment, loss of support
- Traumatic Brain Injury

Violent Behavior in Children and Adolescents
aacap.org
Warning Signs for Violence in Youth

- Intense anger
- Frequent loss of temper
- Extreme irritability
- Extreme impulsiveness
- Becoming easily frustrated

Violent Behavior in Children and Adolescents (aacap.org)
Suicide AND Firearms
Suicide and Firearms

- Suicide is 2nd leading cause of death among youth and young adults

- 61% of suicides are by firearms
  - Accounts for 3/5 of firearm deaths in US
  - Twice the proportion of firearm homicides

- Suicide attempts by firearm usually lethal
  - 85% of the time results in death

- Research continues to show the relationship b/w presence of firearms in the home and the increased risk of suicide by firearm
  - Gun Violence Against Sexual and Gender Minorities in the United States - Williams Institute (ucla.edu)
Suicide and Firearms

CDC data indicates that two thirds of firearm deaths in the US are suicides.

Firearms carry a greater fatality rate than any other means of suicide.

(HRC, 2024)

Gun Violence Prevention - Human Rights Campaign (hrc.org)
Suicide and Firearms

- The most tragic are suicides by youth
- Often using their parents’ guns
  - Youths 18 years old and younger
    - 79% used a firearm belonging to a family member
    - 19% used their own firearm

(Barber, 2022)
Unintentional Shootings

- 500+ peoples are killed and thousands more injured annually by accidents

- Easy access to unsecured firearms increases the risk of unintentional injury and death by firearm

- Children are often impacted by unintentional firearm injuries by gaining access to an unsecured firearm owned by a parent

- Every 6 days a child under 10 years old is killed by unintentional shooting

  - Three-year Average, 2019-2021, CDC
  - Firearm Violence in the United States | Center for Gun Violence Solutions (jhu.edu)
Correlation doesn’t always equal causation.

But it increases the odds!
Firearms Impacts on LGBTQIA+ Community
Suicidal Ideation Prevalence Based On Sexual Orientation

- Driven by stigma and prejudice

- CDC’s Youth Risk Behavior Survey in 2017:
  - 47.7% of GLB students and 31.8% of heterosexual students has seriously considered suicide in the previous 12 months
  - (Gun Violence Against Sexual and Gender Minorities in the United States - Williams Institute (ucla.edu))
Suicide Attempts Among Youth

Figure 4. Suicide attempts among youth in 1-year period, by sexual orientation

Gun Violence Against Sexual and Gender Minorities in the United States (April 2019)
THE WILLIAMS INSTITUTE
Suicidal Ideations and LGBTQIA+ Communities

Trend of increase in suicidal ideations in sexual and gender minority persons and the high incidence and lethality of using firearms.

This is particularly concerning for transgender individuals and LGBTQ+ youth, with 40% of transgender people and one third of LGBTQ+ youth reporting suicidal ideation.

HRC, 2024
Gun Violence Prevention - Human Rights Campaign (hrc.org)
Suicide attempts are highly prevalent among transgender youth, with one recent study finding 34.6% of transgender youth had attempted suicide in the past year, compared to 9.1% of cisgender girls and 5.5% of cisgender boys (Johns et al. 2019).

Williams Institute
Gun Violence Against Sexual and Gender Minorities in the United States – Williams Institute (ucla.edu)
School Violence Data

- Sexual and gender minority students are more likely to be threatened with a weapon
- Mixed studies showing some sexual minority students bringing weapons (including firearms) to school  
  - Presumably for self-protection
- Very limited data specifically focusing on LGBT people using firearms or acting as perpetrators in the community
**DV in LGBTQIA+ Communities**

- Intimate partner violence poses another significant threat to the LGBTQIA+ community

- Even greater threat towards transgender individuals and youth

- According to FBI, 50 women are shot to death by intimate partners each month in the US

- Over half of transgender respondents in a 2015 survey had experienced some form of intimate partner violence, and LGBTQIA+ youth experience dating violence at double the rate of their non-LGBTQIA+ peers
Homicides by Gun Against Transgender community

>90% increase in murder against trans people over the last 4 years
  • 75% via firearm

Increasing rates against trans people of color and especially black trans women
  • Majority were black women under 30 years old

Transgender and non-conforming persons are affected by gun violence at higher rates
  • 66% of fatal incidents involve firearms since 2013
Gun Violence Against LGBTQIA+ Communities

Victims of Pulse Night Club Shooting
- Orlando, FL
- 2016
Gun Violence Against LGBTQIA+ Communities

Victims of Club Q Shooting
-Colorado Springs, CO
-2022
Normalizing Trauma: Bad Idea!

“You’re okay....everything is back to normal”
For those growing up in communities and homes with typical gun violence,...
normal is not okay for them....NOR is it safe.

Normalizing trauma normalizes hypervigilance and distrust within those homes and communities.
Thus....
Leads to presumptively-justified preemptive violence simply by reacting.

Remember: HURT PEOPLE HURT PEOPLE!
Should they have easy and under restricted access to firearms?
Urban Gun Violence and Systemic Disparities in BIPOC Youth

Sundeep Singh Randhawa, MD
RUSH University Medical Center
Rosalind Franklin School of Medicine
Ascension St. Elizabeth’s Children’s Center for Behavioral Health
Disclosures:

-No Relevant Disclosures
-I will not be discussing medications
Objectives

- Understanding the Crisis
- Risk Factors
- Interconnection: Disparities perpetuating Violence
- Clinical Connection
- Prevention Strategies
- Legal & Policy Context
URBAN AREAS & DYNAMICS

- Population Density
  - Higher
    - Population
    - Cultures
    - Backgrounds
  - Different dynamics of violence

- The Context is Different
  - Poverty
  - Gang Activity
  - Limited Resources
BIPOC: Facts

- Higher rates of gun violence compared to other demographic groups
  - Young black males—particularly at higher risk
- Receives disproportionate attention regarding gun violence
  - More scrutiny and policing compared to Caucasian communities
- Lower socioeconomic status
  - Fewer opportunities
  - Limited resources
    - Possibly due to systemic biases and historical factors
Historical Factors Influencing Urban Violence

- **Redlining**
  - Discriminatory practice in US
  - From 1930s to 1960s
  - Banks would refuse or limit financial help
    - Undesirable Inhabitants
    - Predominately inhabited by minorities: BIPOC
  - Goal: Economic disparities
  - Led to profound impacts on urban development & wealth disparities
## Urban Youth Under Fire: Stats

<table>
<thead>
<tr>
<th>Young African Americans</th>
<th>Young Hispanics</th>
<th>17 young people murdered with a gun each day in USA</th>
<th>57% of teenagers have fears of a school shooting</th>
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<tr>
<td>• Higher risk of being a victim of a gun homicide</td>
<td>• 4x higher rate of gun homicide compared to white peers</td>
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<td>• Ages-15 to 29-18x likely to be victim compared to white peers</td>
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Exposure to violence has detrimental effects

| Stress | Psychological dysfunction | Negative behavioral outcomes |

25% of inner-city youth across America are exposed to violence in their lifetime

The Impact Is Real
As a result of the prevalence of gun violence in the US, there is a 50.9% chance that a person’s social network contains a victim of gun violence.

True or False?
What Is the Typical ‘Violent’ Profile?

**WHO: No singular profile**

**Risk Factors**
- Alcohol use
- Police arrest
- Domestic violence
- Gang in the area (school, neighborhood, etc.)
- Recent triggers: altercation, serious fight

**Friends’ Influence Friends**
Impact of ‘Victimization’

- **Direct Victimization**
  - Witnessed events
  - Greatest predictor of offending
  - Correlations between victimization and delinquency were statistically significant.

- **Indirect Victimization**
  - Associating with peers who have been victims themselves

- **Peer Victimization**
  - Higher the age=Higher the peer influence towards delinquency
Risk Assessments: Gun Behavior

- Typical Initial “go-to” question?
  - “Access?”

- Gun Carrying Behavior

- Familiarity’ Matters
  - Language
  - Type-brand, model, ammo, etc.

- Motive(s): Retaliation, intimidation, protection, fitting in

- Concern of consequences
Slang & Culture Matter

- Urban slang associated w/guns
  - Influenced by: Music, social media, etc.
  - “I’ll be strapped”; “pull up on him and BLAP”
    - Wrong audience will often equal wrong response and attention
  - Can reinforce negative stereotypes and perception
- Understanding context is crucial
  - Not all statements or gestures signify REAL THREATS
Risk Assessments

- Be adequately trained and comfortable
- Understand developmental level
- Be aware of countertransference and biases
- Avoid pitfalls:
  - Mislabling as "violent" can have short- and long-term negative impact
  - Lead to improper treatment, medication and prognosis
Prevention: Takes Effort

- Effective strategies include:
  - Community based interventions,
  - Investment and education in youth programs
  - Enhanced gun control measures
  - Addressing economic disparities
  - Adequate mental health services
Prevention: Takes Action

- Support local violence prevention and intervention programs
- Support youth jobs programs
- Implement trauma-informed education programs
- Smart on crime approaches to criminal justice
- Support the CDC to research gun violence as a public health issue
THANK YOU!
References:

1. “The impact of exposure to gun violence fatality on mental health outcomes in four urban U.S. settings” Author links open overlay panel Melissa E. Smith MSSW, PhD a, Tanya L. Sharpe MSW, PhD b, Joseph Richardson MA, PhD c, Rohini Pahwa MA, MSW, PhD d, Dominique Smith MSW e, Jordan DeVylder MSSW, PhD f


Rural Gun Violence and Gun Legislation

Seleena Shrestha, MD
Southern Illinois University, School of Medicine
Disclosures

- No relevant disclosures
- I will not be talking about medications
Rural Health & Gun-Culture

• Health disparities: “Children in rural areas with mental, behavioral, and developmental disorders face more community and family challenges” (CDC)

• “Gun-culture encompasses how individuals and institutions consciously or unconsciously interact with firearms, through beliefs, thoughts, behaviors, social and legal norms, as well as social structures firearms project onto them.”

• Differences surrounding youth firearm violence
Youth Firearm-Related Violence Is an Urban Problem *(false)*

Higher rates in rural counties vs. urban:

1. Firearm suicide
2. Unintentional deaths due to firearm
Percent of Deaths from Firearms for those Aged 1-24
Based on Total Number of Deaths by County Metropolitan Status & Year

Sources: Mortality 1999-2020 & 2018-2021 on CDC WONDER Online Database

Graph credit: Sean McGinity (SIU)
Use of firearms in:
- Homicides: >75% of all homicides (2021)
- Suicides: >50% (Rural) of all suicides

Sources: Mortality 1999-2020 & 2018-2021 on CDC WONDER Online Database
Socio-Cultural and Ecological Differences

- Firearm ownership is more common in rural areas
- Use of firearm for sports or recreation
- Rural youth are more likely to be exposed to firearms at an early ages (12)
- Greater household firearm access
- Experience with formal training regarding firearm use and safety
Risk Factors of Firearm-Related Mortality in Rural Settings

• Higher exposure or access to firearm
• Higher health consequences
• Limited access mental health treatment
• Limited access to trauma centers
• Social inequities
Immediate Effects:
• Death
• Physical injury
• Psychological trauma

Lasting Effects:
• Disability
• Long lasting effects of trauma
• Health care costs
• Income
• Risk-taking behaviors

Multigenerational Effects:
• Violent norms
• Epigenetics
• Life opportunities
• Poverty
Cross-National Study of High-Income Countries

- 92% of all firearm-related deaths of 5-14-year-olds occurred in the US
- 96.7% of all children aged 0-4 years killed by guns were from the US
- Firearm homicide rate among 15-24-year-olds in the US was 31.1x higher

Solution

“A problem well stated is a problem half solved”
- Charles Kettering
Research in Gun Violence

1983: CDC adopted a public health approach to gun violence
1992: Kellermann
1996: “Dickey Amendment”
2009: Branas
2011: Extended to include NIH
2012: Sandy Hook Elementary Tragedy
2018: Marjory Stoneman Douglas High School Tragedy;
Clarification to the spending bill
2019: Congress allocated funds for research and data collection
on gun violence and injuries
2020: Several projects funded
2023: (First-ever White House) Office of Gun Violence
Prevention established!

Legislation That Reduce Firearm Violence

**Universal Background Checks**
- Homicide rates 15% lower
- More effective in larger cities

**Violent Misdemeanor Laws**
- More effective in preventing homicides in rural/suburban
- Associated with 18% reduction in homicide rates

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The Impact of State Firearm Laws on Homicide and Suicide Deaths in the USA, 1991–2016: a Panel Study
Universal Background Checks

- Federal law requires background check for guns sold through licensed firearm dealers
- Universal background checks would require ALL firearm transactions to be required to go through NICS
- Permit requirements associated with lower homicide rate in both urban and rural counties
Extreme Risk Protection Order Laws (ERPO)

- Allows various members to petition a court to prohibit someone who may be at risk of harming self or others from purchasing or possessing firearms for the duration of the order.
- 21 States and DC have ERPO laws
- Varies by state
- www.erpo.org (The national ERPO Resource Center at the Center for Gun Violence Solutions)
Child Access Prevention (CAP) Laws

- Safe storage laws associated with:
  - 13.1% reduction in adolescent firearm suicide
  - 17% reduction in firearm homicides committed by juveniles
- 26 states and the District of Columbia have CAP laws


Violent Misdemeanor Laws

- Federal law prevent people with felony convictions and **domestic** violence (even if misdemeanor) from acquiring firearm
- This law would cover any misdemeanors other than domestic abuse
- 18% reduction in homicide rates
- 15 states have adopted this policy
Other Policies

- Ammunition regulation
- Assault weapons ban
- Regulation of ghost guns; sales and distribution of assault weapon
- Counteract gun trafficking and misuse
- **State Victims’ Access to Justice Law**: 8 States, laws to counteract gun industry immunity (Protection of Lawful Commerce in Arms Act or PLCAA exceptions)
Summary

• Gun violence in youth in the US is rising
• More (inclusive) research is needed to understand this crisis which will lead to development of effective solution
• Research and policies on firearm prevention is nuanced and dynamic and clinicians should be aware of the changes
• We all should take part in advocacy and education to help fight gun violence and to build safer communities
References


References


• The Impact of State Firearm Laws on Homicide and Suicide Deaths in the USA, 1991–2016: a Panel Study


• https://everytownresearch.org/rankings/law/no-gun-purchases-after-violent-offense/

• https://giffords.org/lawcenter/gun-laws/policy-areas/other-laws-policies/gun-industry-immunity/

• https://www.cdph.ca.gov/Programs
Guns 101-For Gun Control Advocates

Gregory K. Fritz, MD
Professor Emeritus of Psychiatry
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Disclosures

Conflicts of interest: Financial/relationships: none

I am an avid bird hunter and life-long gun owner.
Rationale For This Talk

Too often liberal, urban professionals (including child and adolescent psychiatrists) are strong gun control advocates BUT have little or no knowledge or actual experience with guns.

This is problematic, for several reasons – (and it is easily remedied.)
Why Should Gun Control Advocates Know Something About Guns?

1. Obvious ignorance about guns undermines efficacy of advocacy
   -- Gun owners tend to “write off” suggestions of the uninformed.
   -- Mistaken assumptions lead to polarization.

2. Gun owners are critical to any change regarding guns: they have the guns.

3. Advocates must engage gun owners to be effective.
Child Psychiatrists Must Have Conversations About Guns in Relation to Suicidal Patients

Lack of comfort and knowledge about guns can lead to perfunctory questions and superficial discussions with suicidal patients and their families.

Human nature: avoid areas and topics that we know nothing about.
An AACAP First:  
Assessment of Basic Gun Knowledge

For the following statements or questions, think to yourself which answer is correct.

RULES:

1. Answer promptly – no Googling!

2. Guess if unsure – no abstaining!
Question #1

Approximately what percent of gun owners belong to the NRA?

a) 65%
b) 25%
c) 5%
Estimated number of gun owners in the United States is ~100 million.

NRA claims 5 million members (and the number is steadily declining).

Do not assume the NRA speaks for all gun owners!
Question #2

True or False: Assault rifles are, by definition, military grade automatic weapons that are more lethal than “regular” civilian guns because of their rapidity of fire.
Assault-style rifles are legally only semiautomatic

- **Semiautomatic** = pull trigger for each shot.
- **Automatic** = 1 trigger pull fires until trigger is released.
- **Bolt action or pump** = manually eject each spent shell.
STYLE, NOT FUNCTION, DEFINES AN ASSAULT RIFLE
Question #3

True or False: The ammunition that is commonly used in assault-style weapons at mass shootings is uniquely lethal (higher velocity, more destructive on impact, more “powerful”) than normal ammunition.
Question #3 Answer: False

-- Cartridges used in assault-style weapons are exactly the same as those used in civilian rifles.

-- Assault-style weapons often have interchangeable barrels that allow the use of a range of calibers.
What is the fundamental difference between a rifle and a shotgun?

a) A shotgun always shoots multiple pellets with each shot while a rifle shoots a single bullet.

b) A shotgun barrel is smooth while the rifle barrel has a spiral groove.

c) A shotgun is used only to hunt birds; rifles are used to hunt mammals of different sizes.
The spiral, corkscrew groove in the rifle barrel gives the projectile a spiraling flight, making it more accurate at long distances.

Shotguns can shoot either a single projectile or a pattern of many small pellets but both tumble in flight and lose energy quickly.
Question #5

True or False: High-capacity magazines ("clips") are readily available and legal in most states. These clips allow 30+ rounds to be fired in rapid succession in most rifles.
High-capacity magazines have no reasonable civilian use. Banning them should be a no-brainer.

Federal ban on assault rifles and high-capacity magazines passed in 1994 was allowed to sunset in 2004.

Now only 13 states have any magazine restrictions at all.
Question #6

True or False: Adolescents’ immaturity and impulsiveness is recognized in most states by prohibiting gun ownership by those under 18 years of age.
-- Adolescents in most states can own any long gun as long as it is gifted to them by parents.

-- Adolescents can readily make guns from kits or from Tik Tok videos. Owning such guns is illegal but extremely difficult to police.
Question #7

True or False: Most pistols are semiautomatic and can shoot 13 – 14 rounds as fast as you can pull the trigger.
Question #7 Answer: True

-- The relatively high-capacity magazine is in the handle.

-- Glock sells a small part (sear) that easily transforms the pistol to fully automatic.
True or False: Firearms safety classes are key to reducing gun deaths but are not now required.
Question #8 Answer: False

-- Many police, legislators, and advocates think this is true, believing that safe use will reduce gun accidents.

-- In fact, although training classes do teach safety, most such classes devote more time to discussing:
   a) vulnerability within our society.
   b) guns as crucial self defense tools.
   c) how to shoot an attacker effectively.
Question # 9

$565 million is the bottom line for which of the following?

a) The NRA income in 2020.
b) The annual budget of the Sierra Club in 2022.
c) The total raised by *Pheasants Forever’s* most recent conservation campaign.
Question #9 Answer:
(Pheasants Forever Conservation Campaign)

-- **PF**: The most successful conservation charity that you have never heard of!

-- NRA income in 2020 = $256 million.

-- Sierra Club annual budget for 2023 = $150 million.
Recommended Remediation

Spend ½ hour online with a google search for "firearm basics;” examples of useful resources include:

Wikipedia—clear, accurate information
Be SMART campaign—promotes safe ownership
CT.gov—22 pages with excellent diagrams

( https://portal.ct.gov )
Empowering Clinicians and Families on Gun Safety and Education

Adrienne Adams, MD, MS
Associate Clinical Professor, Psychiatry UIC/R
Associate Professor-Adjunct, RUMC
Medical Director, Rosecrance Inc, RGW
## Disclosures

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<tr>
<th>Source</th>
<th>Advisory/Voting Board</th>
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<td>Illinois Opioid Remediation Advisory Board</td>
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<tr>
<td>Illinois Psychiatric Society</td>
<td>X</td>
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<td>Illinois State Medical Society</td>
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<td>Illinois Society of Addiction Medicine</td>
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I will not discuss medications during this presentation.
Even in dark times, we not only dream, we do. We not only see what has been, we see what can be. We shoot for the moon, and then we plant our flag on it. We are bold, fearless, and ambitious. We are undaunted in our belief that we shall overcome; that we will rise up. This is American aspiration." –Kamala Harris
Gun sales dramatically increased since the pandemic

Per the literature, there is an association between having access to guns in their homes and increased rates of youth suicide

- In the US, there are 37.4 million households with youth
- 34% of these households have 1 or more guns
  - 21% store their guns in the least safe manner (loaded and unlocked)
  - 50% store their guns either loaded and locked or unloaded or unlocked

Fleegler, 2021
Parents’ Beliefs

75% of gun owners (GOs) feel their 4-12-year-old children can differentiate between toy and real handguns

25% GO parents believe their children can be trusted with a loaded gun

>50% Non gun owning (NGO) parents believe their children can distinguish between toy and real handguns

14% NGO parents feel they can trust their children with a loaded gun

¾ of parent groups feel that their children would not touch a discovered gun

Despite clinicians recognizing the problems with having accessible guns in their patient’s households it does not translate to counseling.

Reasons:
- Offending parents
- Lack of training or knowledge
- Unsure of what to say
- Not enough time
- Unsure about their state’s limitation
- Guns are not a part of their patients lives
- Not sure if it helps
The majority of patients and parents believe it is ok for their physicians to ask and provide gun safety education.

As of 2020 a health care provider can talk about guns with their patients and document.

Despite the training of 90% of boys (8-12 years old) by the Eddie Eagle GunSafe program advocated by NRA, 74% of them handled a discovered real gun, 48% pulled the trigger.

National Rifle Association Eddie Eagle GunSafe program (Internet)
Parental Interventions

Providing Protective Factors

- Keeping their children enrolled in school
- Close parental monitoring of their children’s activities and behaviors
- Ensuring their children’s educational goals
- Encouraging their children’s aspirations
The Asking Saves Kids (ASK) Campaign

- Non-political organization that provides an intervention to the problem of gun violence against children and families
- Gun violence prevention message proven to be effective according to studies by Harvard University and US Government Accountability Office
  - Is there a gun at your home where my child plays?
  - Are all guns stored in a locked gun safe?
  - Are guns and ammunition locked separately?
  - Who has the keys?

This 5-minute intervention can prevent tragedies
As a parent it is never too early to discuss gun safety even if your home does not own a gun, at some point your child will encounter a peer, family, or neighbors who will have accessible guns.
Good family connection- support healthy interaction-
(https://www.cdc.gov/violenceprevention/communicationresources/pub/technical-packages.html#technicalPackages)
Understanding Gun Safety – Project Childsafe
Home | Everytown
American Academy of Pediatrics website
AACAP website, our Gun Violence Resource Library
Clinical Individual Intervention

Check and Safety Evaluation - Youth

When you are feeling down or very sad, do you get thoughts of wishing you could disappear or never wake up from sleeping? Or have thoughts of death?

Do you ever feel like acting on those thoughts of dying?

Have you ever tried to end your life?

Do you have access to firearms?

Do your guardians/parents have any firearms at home or places you visit a lot?

Do you know where they are kept?

- The positive responses are greater than low risk.
- Suicidal risk (moderate/high) Triage
- Per your institutions policy for moderate to high suicidal risk.

Check and Safety Evaluation
Guardians/Parents Assessment

I work with many families and as part of my assessment I complete a safety check to see if there are any unspoken risks since current literature shows suicide rates with firearms are increasing.

Do you have firearms in your home or at places where your child visits?

Are the firearms stored in a locked area?

Are the bullet/cartridges kept in a different locked area from where the firearms are kept?

Have you ever discussed firearms or safe behaviors with your child?

Youth have a higher risk of injury with an unsecured firearm, as a clinician I am a care provider and a resource. If ok, I would like to go over with you several ways to possibly increase the safety in your home for you and your family.

- Gun locks- increases safety by 30%, I can give you one for free now to try it out.
- I also have additional resources including handouts on Gun Safety, would you like one?
- Most Police precincts are partners for safety and can provide you with additional resources or suggestions of gun safety: https://projectchildsafe.org/safety/get-a-safety-kit/
Physician Interventions

Individual Goals

- Empower yourself
- Check into your state's laws on firearms and become aware of any pending legislation involving firearm (quick google search)
- Get involved – Contact your regional organization of AACAP, check AACAP’s committees and task forces to attend a meeting
- If your state’s congressional leaders are not pursuing firearm safety, gun violence research, etc. as a constituent they work for YOU – contact via emails, calls regarding your concerns
**Physician/Clinician Resources**

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Physician Interventions

Microsystem Goals (Bronfenbrenner’s ecological theory)

Educator

• Include didactics regarding gun violence research
• In clinical supervision encourage trainees to implement gun safety assessment questions along with other safety assessments while evaluating for risks of suicide and homicide ideations
• Encourage a grand rounds regarding gun violence research

Child Psychiatrist

• Volunteer to provide a talk to schools or community groups in your neighborhood
Exosystem Goals

• Become the local expert for media communications as firearm and youth issues intersect
• Make your voice and colleagues voices heard by writing opinion pieces for your local newspapers
• Invite your state’s congressional leaders to attend a panel discussion for your ROCAP
Systemic Disparities and Its Association With Gun Violence

- Impoverished communities

- Less community engagement

- Increased empty homes, less home ownership

- Higher risk for illegal activities
Macrosystems Long-Term Goals

- Tax credits
- Affordable housing
- Affordable childcare
- Livable wages
- Equitable and well supported public schools
- Positive police community engagement (no over policing)
- Re-investment in neighborhoods - elimination of abandoned homes, poorly lit streets
References