

City of Sammamish Health & Human Services Needs Assessment

Presentation to City Council

Allegra Calder and Kristin Maitt

July 10, 2017



Tonight's Presentation

- Report preliminary findings from the profile and inventory
- Identify areas of need emerging from this work
- Provide opportunity for Council comment prior to the policy workshop in September

Timeline



Council Meeting

Task Force Meeting

What we've done and who we've talked to

- Community Profile
- Provider Inventory
- **20** interviews, **3** focus groups, and **4** events with providers and relevant organizations, such as:
 - Eastside Fire and Rescue
 - Imagine Housing
 - India Association of Western Washington
 - Issaquah Food Bank
 - Lifewire
 - School Districts
 - YMCA

ISSAQUAH
Food & Clothing Bank



Sammamish and Basic Needs

- Sammamish by most metrics is well-off with high incomes, educational attainment, and good health outcomes
- Individuals and families who have trouble meeting basic needs still exist, even if at lower rates than in surrounding communities
 - ❑ Low-income individuals
 - ❑ Individuals with limited English proficiency
 - ❑ Seniors with transportation challenges and/or facing social isolation



Household Median Income

Sammamish **\$147,349**

King County \$75,302



Educational Attainment (high school graduate or higher)

Sammamish **98.2%**

King County 92.3%



Poverty Status in the last 12 months

Sammamish **2.9%**

King County 9.8%



Percent of Population who speak English less than “very well”

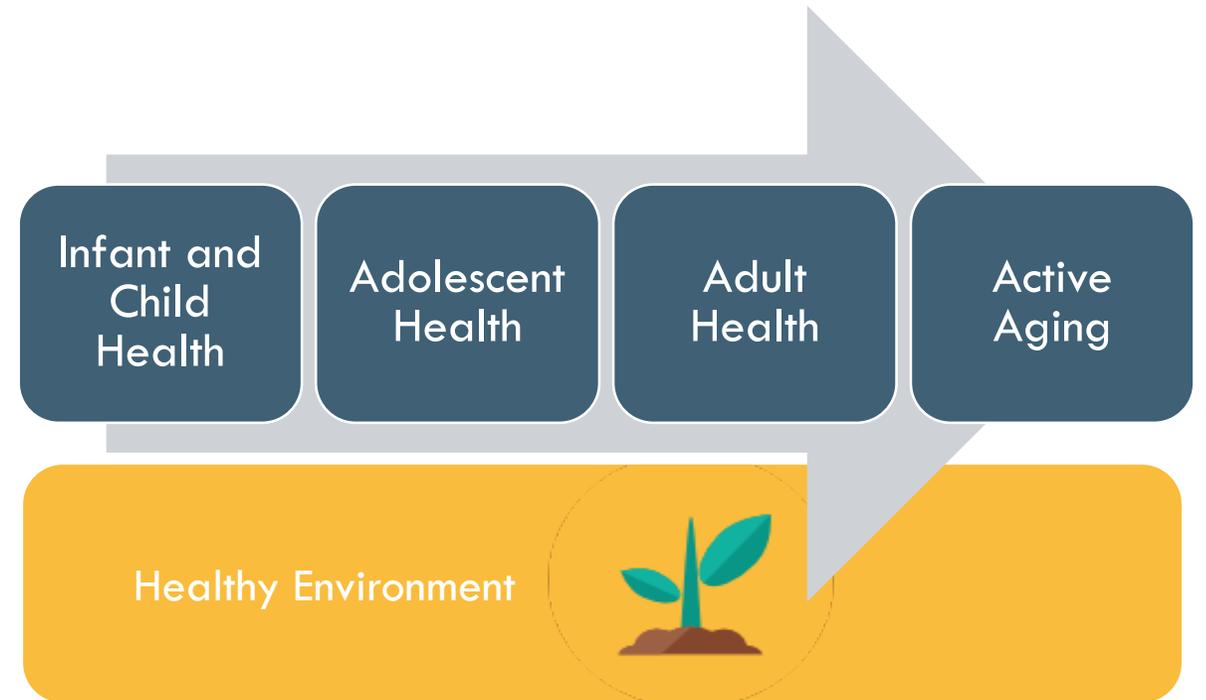
Sammamish **7.2%**

King County 10.5%

Source: U.S. Census Bureau (2015). American Community Survey 5-year estimates

Life Cycle

- Health and human services build well-being throughout people's lives.
- In childhood, access to early education builds a foundation for future success.
- Through the teen years, human services can provide support for healthy development.
- In adulthood, a focus on access to safe housing and mental health support keep communities healthy and vibrant.
- As older adults, services focused on inclusion and engagement maintain well-being.



Infant and Child Health

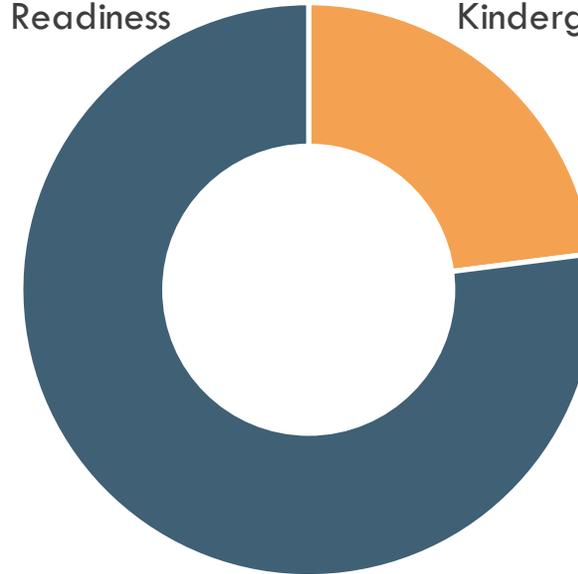
23% of children in Sammamish Elementary Schools do not meet Kindergarten Readiness Benchmarks, compared to:

- Issaquah School District: **26%** do not meet Kindergarten Readiness Benchmarks
- Lake Washington School District: **36%** do not meet Kindergarten Readiness Benchmarks

What we heard from the Kindering Center:

Rates of diagnosis of autism spectrum disorders was higher amongst children whose parents work in tech industries, as a result they see a higher incidence on the plateau.

Percentage Not Meeting Kindergarten Readiness Benchmarks
77%

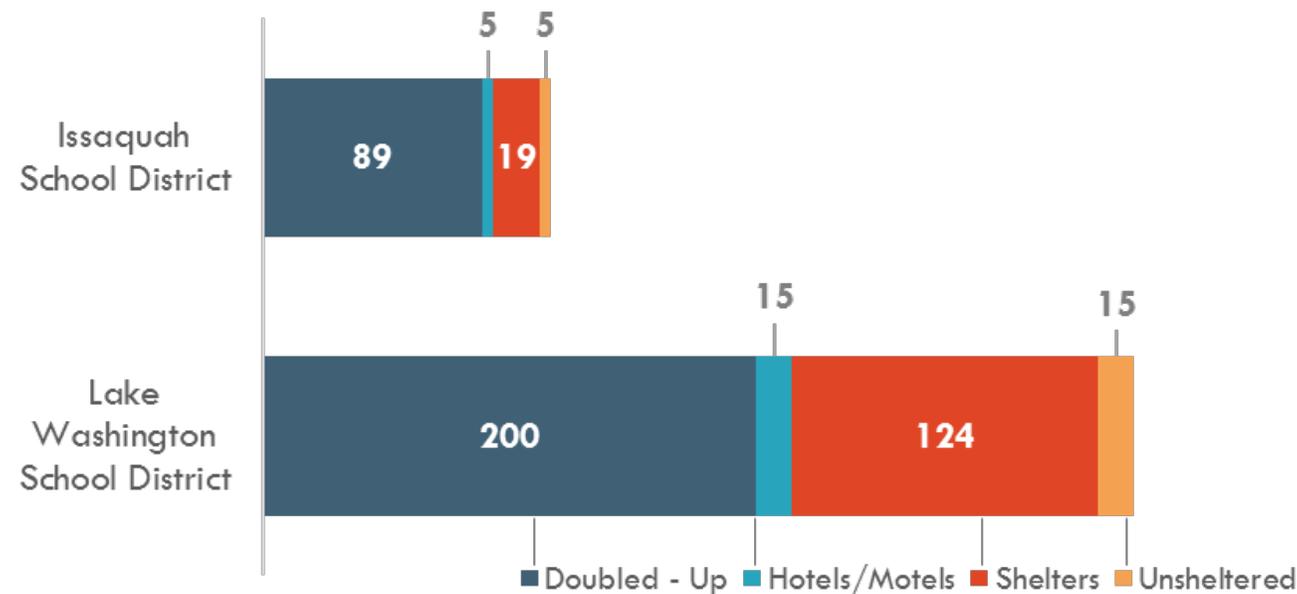


Percentage Not Meeting Kindergarten Readiness Benchmarks
23%

Infant and Child Health

Percent of children qualifying for McKinney Vento (all grades):

- **0.6%** of Issaquah School District children
- **1.3%** of Lake Washington School District children



What we heard from school districts and other youth service organizations

Kids from less wealthy or lower income families often:

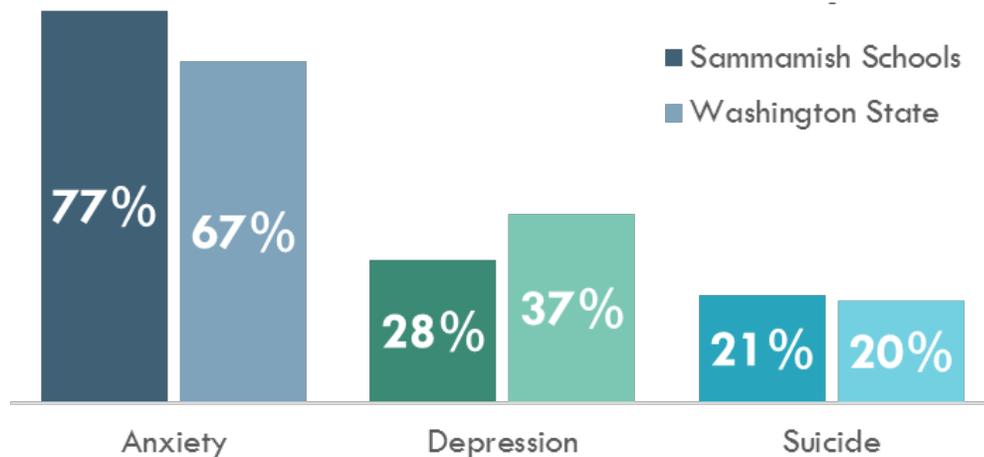
- *Struggle in school because they feel less accepted and like they don't fit in*
- *Participate less in sports and extracurricular activities because they can't afford them or they have responsibility for their siblings after school*
- *Experience increased social isolation and stress that can affect academic performance*

Sources: WAKids Inventory of Developing Skills and OSPI Homeless Students in Washington State by School District

Adolescent Mental Health – 12th graders

By the time students in Sammamish public schools reach the 12th grade, **21%** have considered suicide.

- **28%** have reported feelings of depression within the last year
- **77%** report feeling anxious in the last two weeks



What we heard from Youth Services Organizations:

Sammamish is a great, affluent community, but kids face pressures that can lead to serious mental health issues.

- *There are pressures to succeed academically, fit in, and deal with bullying.*
- *This can lead to stress, anxiety, eating disorders, family conflicts, and suicidal thoughts.*

“I feel more like a resume than a person.”
- Participant at Youth Outreach Event

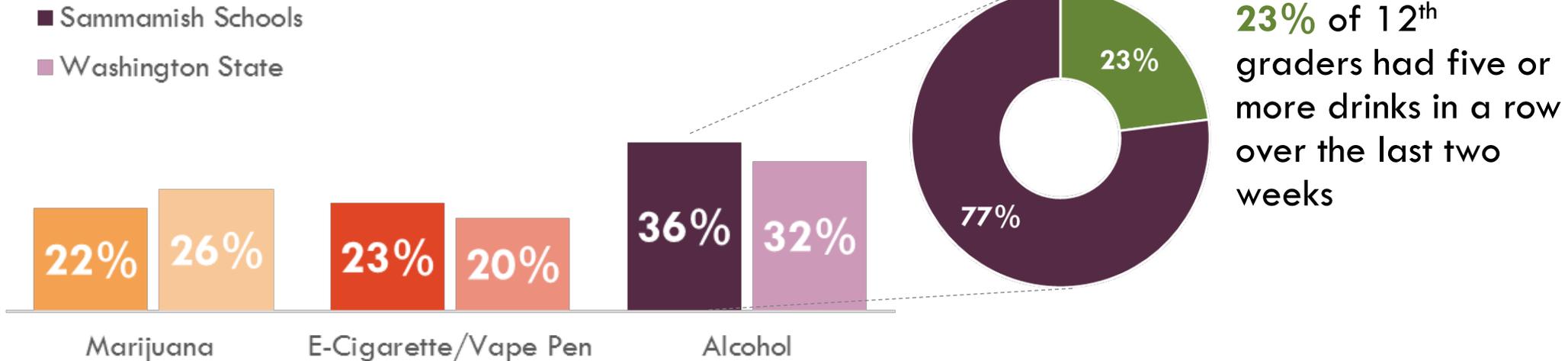
Adolescent Substance Use – 12th graders

In Sammamish, in the last 30 days:

- **22%** of 12th graders used marijuana at least once
- **23%** of 12th graders used an e-cigarette at least once
- **36%** drank alcohol at least once

What we heard from Friends of Youth:

Young people all face challenges as they transition to adulthood, but they will use drugs and alcohol when things are difficult. We see a lot of behavioral health issues for young people in a community that has high success and expectations.



Sources: 2016 Healthy Youth Survey Fact Sheets, Issaquah Schools Foundation, and True Bearing Consulting Action Youth Forum Presentation

Adolescent Health

Family and Community support of teens is high in Sammamish.

- **81%** of 12th graders feel they can ask their mom or dad for help if they have a personal problem
- **85%** of 12th graders feel there are adults in the community they can talk to about something important



What we heard from teens at the Healthy Youth Initiative:

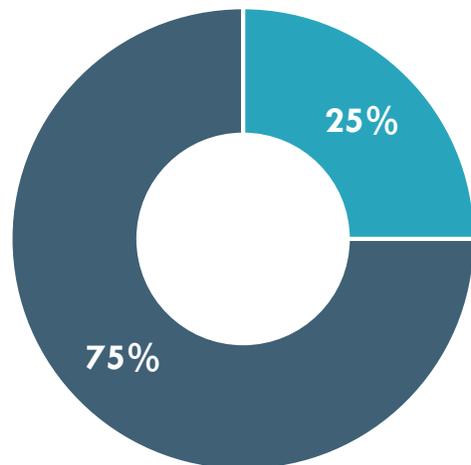
Hesitance to reach out to parents on issues like substance use or suicidal thoughts, for fear of getting into trouble.

What we heard from Lake Washington School District:

Youth looking for confidential help have very few options in Sammamish and may not have transportation access to places where they could find help outside the community.

Housing Affordability

25% of households are estimated to be cost burdened in 2015, spending 30% or more on housing costs.



What we heard from the majority of the agencies, non profits, schools, and community institutions we interviewed:

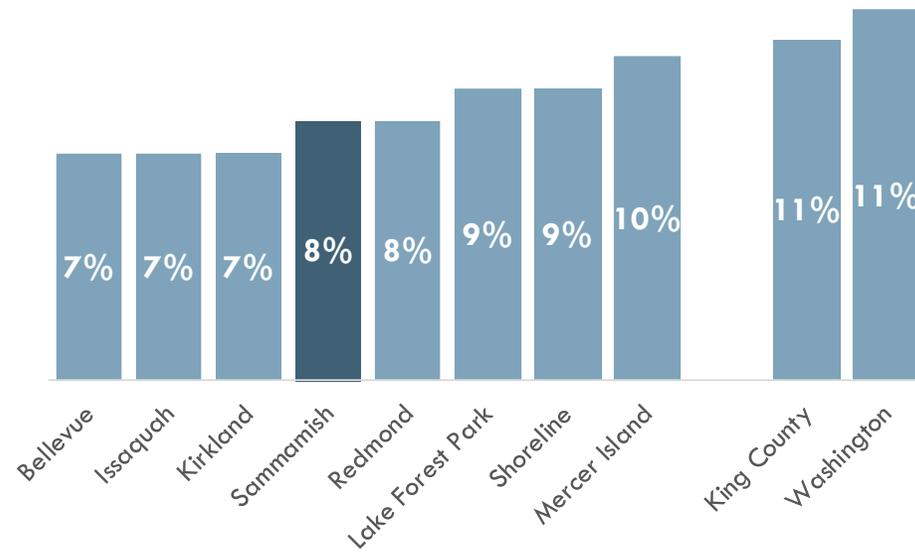
- *Housing affordability is an unmet need in the community.*
- *Adults and families with good employment and wages are making trade-offs (in areas such as healthcare, childcare, adequate food) in order to pay for housing.*
- *It is a significant source of stress for people in this community.*

Sources: ARCH, compiled data from 2006 – 2010 CHAS

Adult Health and Needs

8% of adults in Sammamish reported experiencing 14 or more bad mental health days in the past thirty days

14+ bad mental health days in the past 30 days



Sources: Public Health Seattle King County City Health Profiles, 2016.

Supporting Immigrant Families

What we heard from Eastside Youth Services:

- *Diversity is growing, especially Indian and Chinese cultures.*
- *Youth from different cultures may feel that they are bringing shame upon the family if they reach out for help.*

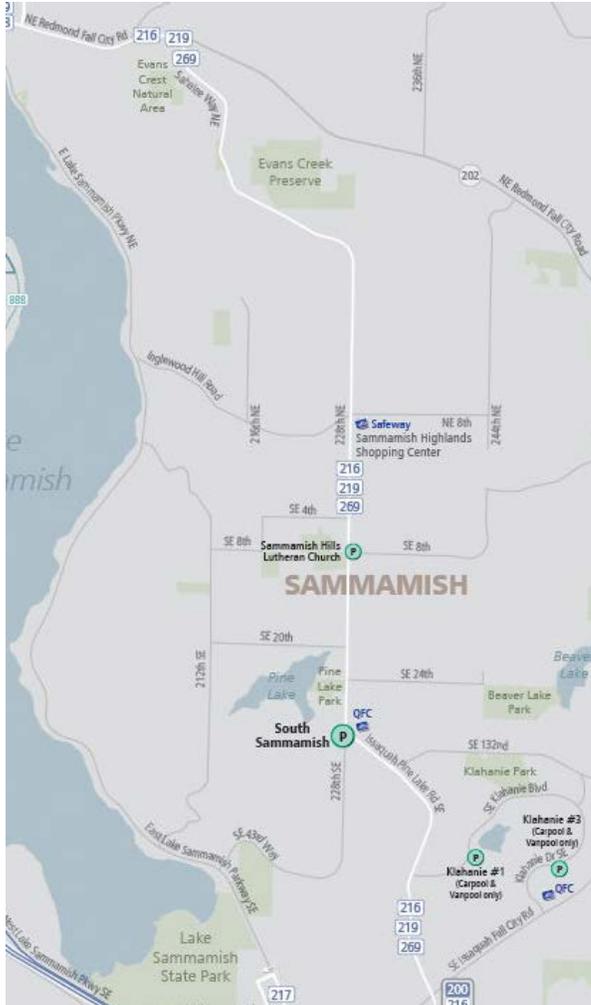
What we heard from Issaquah School District (Family Equity Partnership Specialist and Cultural Bridges Program staff):

Kids with immigrant parents have a foot in two really different worlds.

- *American culture is about personal, individual success, and forging one's own path.*
- *In Sammamish most of the immigrant cultures are collectivist and value duty, honoring the family, following the path set for you.*

Youth are left to navigate this duality on their own and are less likely to turn to parents and families for help.

Transportation



Community Connections and Transportation

- **3** buses run North/South on one street through the center of Sammamish.
- There are **4** park and ride lots
 - **2** on the main bus line
 - **2** for carpool and vanpool only, in Klahanie
- Residences can be as many as **4** miles away from the bus line and walking to 228th Ave SE can take up to an hour.

What we heard:

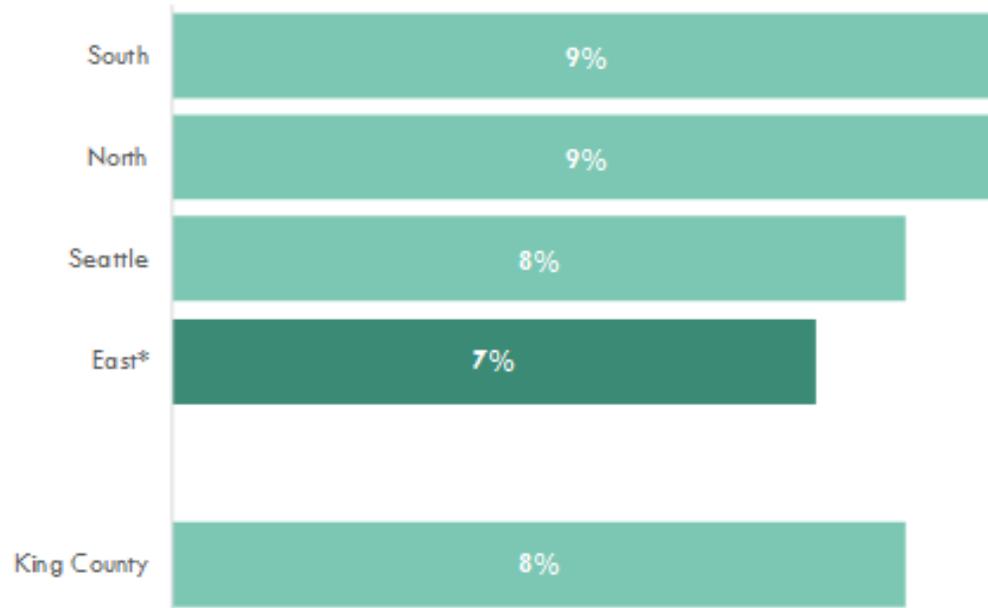
- *After affordable housing, transportation is the second most mentioned “unmet need”*
- *Lack of reliable and affordable transportation affects the ability to access services for seniors, youth, and adults with low income in the community*

Sources: King County Metro System Maps, and Public Health Seattle King County City Health Profiles, 2016

Active Aging

7% of older adults in the East Region of King County, which includes Sammamish, have been injured in a fall.

Percent of Older Adults (45+) Ever injured in a Fall by King County Region



Sources: Public Health Seattle King County City Health Profiles, 2016

What we heard from DSHS:

- *More single-adults with barriers to work (such as disabilities, mental health problems, domestic violence, or substance abuse) are moving to the East Side, including Sammamish. It is difficult for them to establish self-sufficiency due to lack of affordable housing and transportation options.*

Implications

- What role should the City play?
- What role should the Task Force play?
- What role should your partners play?

What we heard from organizations:

- **Appreciate partnerships with the City**
“I love the partnership we have with the City, and that the City supports that, and that this makes a big difference to kids and families, it really makes a difference!” – Eastside Youth Services
- **Continue and increase financial support**
- **Raise awareness and outreach/spreading the word about services**
- **Encourage and convene partners and partnerships**

Potential Roles and Support

- Raise awareness – inform and educate
- Centralize information/referrals to increase caregiver/parent capacity
- Pilot approaches or programs
- Convener/coordinator around a specific problem or to include specific voices
- Review and revise regulations related to housing or other determinants
- Advocate to address needs
- Fund services

Q&A