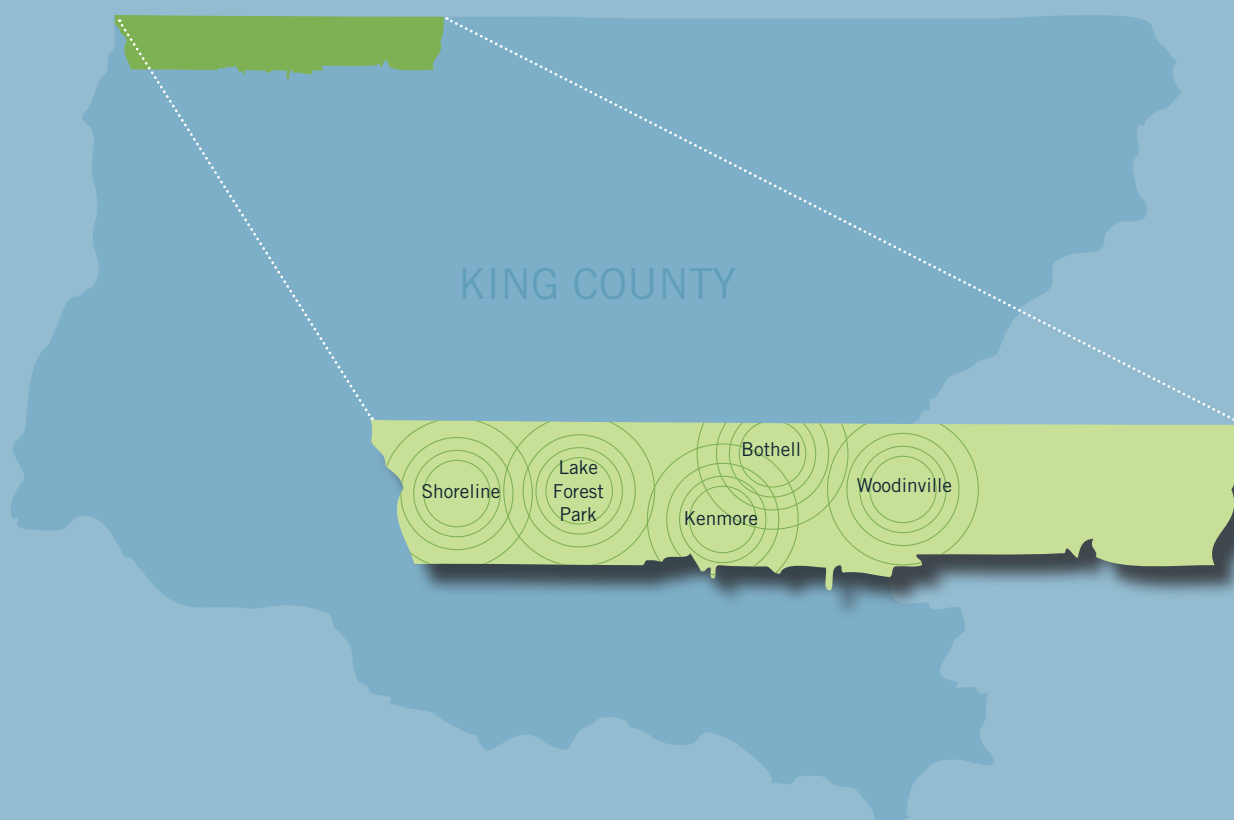


# North Urban Human Services Alliance



Report to Decision-Makers On Human  
Service Needs in North King County

[WWW.NUHSA.ORG](http://WWW.NUHSA.ORG)

## INTRODUCTION

This is the second **Report To Decision-Makers On Human Service Needs in North King County**. The North King County Sub-Region consists of the cities of Shoreline, Lake Forest Park, Kenmore, Bothell, Woodinville and adjacent unincorporated areas, and encompasses the Shoreline and North Shore School Districts. Where data is reported by Northshore and Shoreline Regions, it is from the American Community Survey, School District Data Set. The Northshore Region includes Woodinville, Bothell and Kenmore and the Shoreline Region Shoreline and Lake Forest Park.

## Economic Security

**How much money does one need to live independently?** There are three measures: *Poverty*, the federal government's definition; the *Self Sufficiency Standard* and the *Living Wage*. The poverty threshold, developed in the 1960's, is widely regarded as outdated, but it is still the only official national measure. In 2008, 6.8% of residents within the Shoreline region and 4.6% of residents within the Northshore Region lived below the federal poverty level (FPL) including 1,548 school-age children living in families experiencing poverty.<sup>1</sup> The highest rates of poverty are experienced by people over 65, and by households with children that are headed by single females.



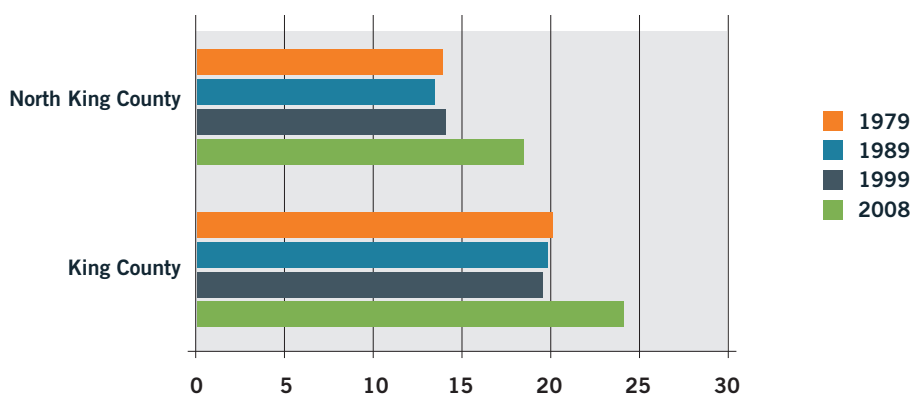
**Poverty Rates, Northshore and Shoreline Regions**  
American Community Survey, Three Year Estimates, 2006-2008

	Shoreline Region	Northshore Region
People 65 and over	8%	5%
Related Children under 18 years	5%	5%
All Families	3%	3%
Female Householder Families	7%	13%

The *Self-Sufficiency Standard*, a newer measure, calculates how much money working adults need to meet the basic needs of their families without subsidies of any kind. Unlike the federal poverty standard, the Self-Sufficiency Standard accounts for the costs of living and working as they vary by family size and composition and by geographic location. To find out what it costs to live in your city using the *Self Sufficiency Standard*, go to [www.thecalculator.org](http://www.thecalculator.org).

The *Living Wage*, defined as an income twice the poverty level, includes the cost of food, housing, transportation, health care, and child care.<sup>2</sup> The number of people in the North King County Sub-Region living below twice the poverty level remained relatively stable for twenty-five years and then began trending up beginning in 2004. Almost one in five households in the North King County Sub-Region lives on an income below twice poverty. In 2009, the poverty guideline for a family of four was \$22,050. A family at twice poverty would have an income of \$44,100. Individuals and families who earn less than living wage incomes have to compromise on their basic needs by making trade-offs, such as choosing between heat, food or sacrificing health coverage. People with incomes below twice poverty often rely on formal and or informal outside assistance and are more vulnerable to lapsing into poverty in the event of an unexpected life change.

Percent of Households Living Below 200% of Federal Poverty Level,  
King County and North King County Sub-Region, 1979, 1989, 1999 & 2008



Source: Communities Count, 2008 and American Community Survey, Three Year Estimates 2006-2008.

*North King County Sub-Region residents are trying to make ends meet in a context where the cost of living is rising faster than real wages and where unemployment is high.*

North King County Sub-Region residents are trying to make ends meet in a context where the cost of living is rising faster than real wages and where unemployment is high.<sup>3</sup> King County's unemployment rate reached 9.1% in May 2009 and dropped slightly to 8.6% by November of that year.<sup>4</sup> Even for those employed, conditions have worsened and average real wages have declined 3% since 1999.<sup>5</sup> As early as 2007, people looking for work across the state, found it difficult to find jobs paying a living wage.<sup>6</sup> Those employed have seen their hours cut, pay lowered, raises frozen and benefits reduced.<sup>7</sup>

The need for assistance by individuals and families experiencing economic hardship is evidenced by the fact that in State Fiscal Year 2007, 17% of North King County Sub-Region residents received one or more services from the Washington State Department of Social and Health Services (DSHS) totaling more than 130 million dollars, with economic and medical assistance the most used services.<sup>8</sup>

Another indicator of distress is the number of calls by North Sub-Region residents to 2-1-1, the Community Information Line. In the first quarter of 2009 calls increased over the first quarter of the previous year as follows: rental assistance 34%; food assistance 36%; and energy payment assistance 64%.<sup>9</sup>

Number and Percent of Population Using One or More DSHS Services,  
Amount Spent, by City, North King County Sub-Region, State Fiscal Year 2007

	Clients	Use Rate	Total Spent
Shoreline	10,558	20.80%	85,701,847
Lake Forest Park	1543	12.10%	7,215,886
Kenmore	3201	15.80%	9,835,897
Bothell	5299	15.70%	23,416,028
Woodinville	1353	13.20%	4,725,600
Total	21,954	17.0%	130,895,258

## Population Changes in the North King County Sub-Region

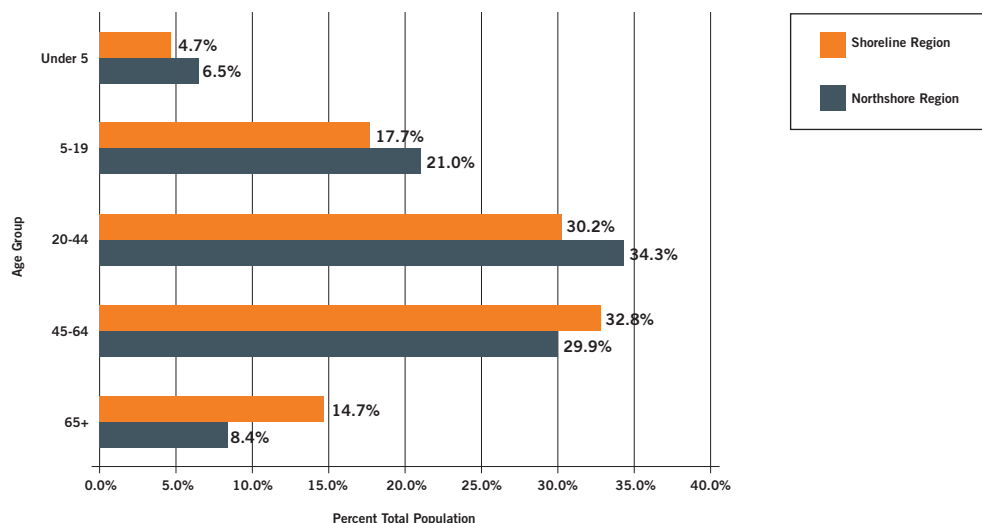
The population of the North King County Sub-Region's five cities is estimated at 115,520, increasing by 4% since 2000 with higher rates of growth in the Northshore Region. Including the unincorporated areas, the 2009 population of the North King County Sub-Region is estimated at 119,020.

**Population Change, North King County Sub-Region Cities, 2000-2009, Washington State Office of Financial Management, April 1, 2009 Population Estimate**

City	Census 2000	2009 Estimate*	Change
Shoreline	53,296	54,320	2%
Lake Forest Park	12,871	12,820	0%
Kenmore	18,678	20,450	9%
Bothell (King Co. Part)	16,119	17,260	7%
Woodinville	9,809	10,670	9%
Total	110,773	115,520	4%

One of the most marked demographic trends is the aging of the population. In King County the number of people 65 years of age and older is expected to increase by 36% between 2005 and 2015, whereas the overall population is expected to increase by 12%.<sup>10</sup> This has important implications for the provision of health care, food, and transportation assistance for older adults. Within the North King County Sub-Region, the Shoreline Region has almost twice as many older adults as the Northshore Region.

**Population by Age Group, North King County Sub-Region, American Community Survey, Three Year Estimates, 2005-2008**

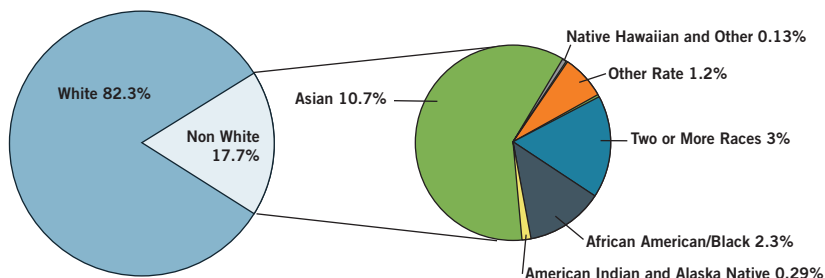


## The Diversity of North King County Sub-Region Residents

*In the Shoreline Region about one in four households with Spanish or Asian speaking members 14 years or older, has difficulty speaking and understanding English.*

The North King County Sub-Region is increasingly diverse as measured by the visible differences of gender, race, ethnicity and age. In the Shoreline Region 17% of residents and in the North Shore Region 13% of residents were born outside the U.S. In the Shoreline Region almost 12,000 people speak a language other than English at home and in the Northshore Region just over 17,000 speak a language other than English at home.<sup>11</sup> In the Shoreline Region about one in four households with Spanish or Asian speaking members 14 years or older, has difficulty speaking and understanding English. In the Northshore Region about one in ten households with a Spanish speaking member has difficulty with English and about one in ten Asian speaking households has someone with difficulty speaking or understanding English.<sup>12</sup>

2008 North King County Sub-Region Population by Race with Non-White Population Detailed



Source: American Community Survey, Three Year Estimates, 2006-2008



The largest non-white racial group is Asian, followed by people of two or more races. An estimated 4.6% of the total population of the North King County Sub-Region is ethnically Hispanic or Latino and may be of any race. Whether immigrants or not, socio-cultural differences among these racial and ethnic groups may affect peoples' experiences of accessing and utilizing human services. For example, some residents may require human services information in their native language, or require a translator in medical and legal settings, or culturally appropriate food at the food bank.

### Disability

Disability can make securing employment, attending school or even just moving from place to place a challenge, requiring public or private assistance to overcome.<sup>13</sup> In the Northshore Region approximately 10% of residents report living with a disability, as do 19% of residents in the Shoreline Region. Most people with

disabilities are not older adults. The rate of disability is higher among adults 65 and older but the number of adults with disabilities is highest for people in the 21-64 age group.<sup>14</sup>

## Veterans

There are an estimated 11,000 veterans living in the five cities of the North King County Sub-Region.<sup>15</sup> Whether they have lived as a civilian for years or just returned from duty, their experiences can have lasting effects on their health and well-being. For example, due to their increased exposure to trauma, veteran populations tend to experience higher rates of mental illness such as Post-traumatic Stress Disorder (PTSD) than the general population.<sup>16</sup> Veterans also make up a disproportionate segment of the homeless population.<sup>17</sup> This is likely due to a combination of factors, such as: a shortage of affordable housing; inability to secure a living wage income; lack of access to necessary health care while experiencing mental illness and substance abuse, as well as limited family and social support networks.<sup>18</sup>

## Financial and Asset Building Strategies

### Reduce the Cost of Being Poor

There are an estimated 52,000 households in King County that do not use mainstream financial institutions defined as a bank or credit union to conduct their financial affairs.<sup>19</sup> Mainstream financial institutions often do not meet the needs of low-income and poor people because of both the *real* and *perceived* higher costs that come with being a lower-income consumer.<sup>20</sup> Real costs include minimum balance requirements and overdraft fees. Perceived costs reflect lack of knowledge about different types of financial services that might assist the consumer. Lack of knowledge and accessibility may also be exacerbated by cultural and linguistic barriers.



As a result, many low-income individuals fall victim to high interest rates and service fees when trying to access basic financial services from payday lenders, check cashing outlets and pawnshops. In Washington State borrowers can take out a maximum of \$700 from any one pay day lender company and the maximum interest is 15%. However, a fairly standard 14 day \$500 loan that costs \$75 (the fee) is actually a 390% rate when annualized.<sup>21</sup> It is estimated that consumers of payday lenders paid nearly \$174 million in fees in Washington State in 2005, 89% of which could have been saved, if the consumer had used mainstream financial institutions such as select credit unions and banks.<sup>22</sup> See the **NUHSA Tool Kit for Taking Action in a Tough Economy**, available at [www.nuhsa.org](http://www.nuhsa.org) for no/low cost banking options.

The Earned Income Tax Credit is another important resource for increasing the assets of low income families. Each year the United Way and AARP sponsor free tax preparation sites in the North King County Sub-Region where families can file

without cost to obtain their tax refund. In the City of Shoreline alone, more than 2 million dollars was returned to low income tax payers in 2002, the latest year for which data is available. Refunds are typically spent on basic needs which stimulate the economy and helps sustain employment.



## Housing and Homelessness

Many individuals and families in the North King County Sub-Region find it difficult to attain or sustain affordable housing for themselves and their loved ones. It is estimated that at least 25,000 people in King County experienced at least one episode of homelessness in 2008.<sup>23</sup> In the North King County Sub-Region, 220 children were identified as homeless within the Northshore and Shoreline School Districts during the 2007-2008 school year.<sup>24</sup> The 2010 One Night Count found 45 unsheltered homeless people in the North King County Sub-Region, primarily along the Aurora Corridor in Shoreline.<sup>25</sup> The range of unsheltered homeless counted since 2003 in the One Night Count varies from a low of 23 to a high of 47. The 2009 One Night Count found that out of all the households in emergency or transitional housing in King County, 161 households (5% of the total) identified their last permanent home as being in the North King County Sub-Region.

For many, the cost of permanent housing is not affordable. Communities Count defines “reasonable” monthly payments as 30% of gross income for rental housing and 25% for owned housing.<sup>26</sup> Yet, within the Shoreline region approximately 42% of homeowners with mortgages, 17% of homeowners without mortgages, and 51% of renters spend more than the recommended amount of their income on housing.<sup>27</sup> For the Northshore region, the numbers are 36%, 17%, and 53% respectively. At the same time, the supply of affordable housing continues to decrease.<sup>28</sup> In 2007, King County rents grew at a faster rate than both income and home prices. Between 2006 and 2007 the percentage of rental units that were affordable for those earning 80% of median income went down from 93% to 80%, while the percentage affordable to those earning 50% of median income went down from 46% to 34%.<sup>29</sup>

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*Even living wage household budgets assume that households must spend an average of 19-23% of their monthly budget on transportation costs.*

## Transportation

Discussions of affordable housing must recognize the trade-off between finding affordable housing and minimizing transportation costs. Lower-income individuals and families often seek affordable housing by moving to less expensive areas which are further away from work.<sup>30</sup> However, the subsequent transportation costs may outweigh much of the savings. Even living wage household budgets assume that households must spend an average of 19-23% of their monthly budget on transportation costs.<sup>31</sup> Car ownership is expensive, yet public transportation in the North King County Sub-Region still does not allow individuals and families convenient, timely transportation to and from work, childcare and other sources of work supports and



human services.<sup>32</sup> In addition to low-income residents, senior citizens and disabled persons tend to be more dependent on the use of public transportation than other populations.<sup>33</sup> For example, while only 6% of King County households do not have access to a car approximately 22% of residents 65 or older do not have a vehicle at their home.<sup>34</sup>

## Hunger and Nutrition

Communities Count 2008 found that 8.2% of the North King County Sub-Region's households ran out of food money "often". Similarly, 8.9% of adults reported not being able to consistently afford eating balanced meals. Data on the Washington State Basic Food Program, which serves households up to 200% of the federal poverty level, served 6.4% of Shoreline residents, 3.6% of Bothell residents, 4.0% of Kenmore residents, 3.7% of Lake Forest Park residents, and 4.0% of Woodinville residents between June 2006 - June 2007.<sup>35</sup> The U.S. Department of Agriculture reports that the cost of feeding a low-income family of four rose 6% between 2007 and 2008 - the largest increase in 20 years.<sup>36</sup>

Between 2007 and 2008, more than 40,000 Washingtonians signed up for food stamps, a 6% increase from 2007.<sup>37</sup> Overall, food bank usage in King County increased 13% in the winter of 2009, compared to the same period the year before.<sup>38</sup> In the North King County Sub-Region, 33% more people used food banks in 2009 than in 2008.<sup>39</sup> Communities Count 2008 found that King County adults below the age of 45 were more likely to run out of food money than other age groups, with the highest need within the 18-24 year group. Overall, despite use of personal income, federal nutrition programs and nonprofit food banks/meal programs, low-income people in King County are still missing approximately 18% of the meals they need to have three nutritious meals a day.<sup>40</sup>

## Childcare and Early Education

In 2007, 50% of North King County Sub-Region children ages 5 and under were in regularly scheduled childcare<sup>41</sup> and 19% of school-age children were in childcare at least 25 hours a week. While many of these very young and school-age children were cared for in a formal care setting, 34% of younger children and 37% of school-age children received at least part of their care from family, friends and other informal care providers.<sup>42</sup>

Parents depend on childcare to be able to work. In choosing a provider, parents look for a trusted source, convenience in location and hours of operation and affordability.<sup>43</sup> Yet, many need to compromise on these preferences due to a lack of options. For example, in King County infant care can cost up to 23% of the regional median income. Preschool center care can consume up to 16% of 2007 median income.

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*The U.S. Department of Agriculture reports that the cost of feeding a low-income family of four rose 6% between 2007 and 2008 - the largest increase in 20 years.*



*Due to underfunding in 2007, only a fraction of North King County Sub-Region residents eligible for Head Start and the Early Childhood Education and Assistance Program (ECEAP) were actually served.*

Overall, the cost of childcare in King County has risen drastically - about 40% between 2001 and 2008.<sup>44</sup> Between June 2006 and June 2007, 1,170 residents of the North King County Sub-Region received the Working Connections Child Care (WCCC) subsidy in order to meet their childcare needs in light of these high costs.<sup>45</sup> However, many King County child care providers limit or do not accept at all the enrollment of children with subsidies because the public reimbursement rate is lower than their regular rate.<sup>46</sup>

Children who receive early learning are more socially, emotionally, and academically prepared for future education. In low-income communities, attendance in early education programs is correlated with reduced special education referral, improved test scores, and higher rates of graduation/college attendance later in life.<sup>47</sup> In 2004-2005 and 2008 the Shoreline School District administered the Early Development Instrument (EDI) survey and found that: 25.8% of children scored not ready for school in at least one area of readiness and 14.3% scored not ready in 2 or more areas of readiness.<sup>48</sup> Due to underfunding in 2007, only a fraction of North King County Sub-Region residents eligible for Head Start and the Early Childhood Education and Assistance Program (ECEAP) were actually served (22% in the Northshore School District and 31% in the Shoreline School District ).<sup>49</sup>

## Healthcare

Health care is the most volatile portion of a household budget for Washington State residents. Between 2002-2006 healthcare costs increased by 61.6%, real wages rose 9.8%, and cost of living increased 17%.<sup>50</sup> As firms curtail employee benefits to cut costs, and people lose their health insurance through job loss, the number of people able to afford health insurance decreases and the population of uninsured grows. In 2007, 11.9% of North King County Sub-Region adults 18-64 did not have health insurance.<sup>51</sup> Approximately 11% of North King County Sub-Region residents received medical services paid for, in whole or part, by DSHS between June 2006 and June 2007.<sup>52</sup> For working families, the prime users of the state's Basic Health Plan, enrollment has been cut by 35,000 and premiums increased by 70%. At the close of 2009, 80,000 people statewide were on the wait list for the Basic Health Plan. The only ray of hope for the unemployed in 2009 was a provision in the federal economic stimulus law that pays 65% of the COBRA coverage for eligible workers for 9 months.



## Mental Health and Substance Abuse

The focus of this update is on youth. How can local communities in the North King County Sub-Region help ensure that youth are more likely to experience positive mental health outcomes? Research suggests that enhancing protective factors can buffer children and adolescents from negative life events such as exposure to

violence, alcohol, drug and tobacco use and early sexual initiation.<sup>53</sup> The Center for Disease Control defines protective factors as:

*“Individual or environmental characteristics, conditions, or behaviors that reduce the effects of stressful life events; increase an individual's ability to avoid risks or hazards; and promote social and emotional competence to thrive in all aspects of life”.*

The percent of students in the Northshore and Shoreline School Districts reporting protective factors at the community, school and peer-individual level in the 2008 Healthy Youth Survey are shown below. The higher the percentage, the less likely the student is to engage in problem behaviors such as alcohol, tobacco or other drug use or other problem behaviors.

Percent of Students Who Report Specific Protective Factors by Grade, Northshore and Shoreline School Districts, 2008				
Protective Factor	School District	8th Grade	10th Grade	12th Grade
<b>Community</b>				
Rewards for Conventional Involvement (praised for their contributions)	Northshore	58.1	66	62.7
Opportunities for Community Involvement	Shoreline	56.2	62.7	66.8
<b>School</b>				
Rewards for Conventional Involvement	Northshore	76.3	77.9	81.2
Opportunities for Positive Involvement	Shoreline	76	72.7	82.1
<b>Peer</b>				
Belief in the Moral Order (belief in right and wrong)	Northshore	53.7	60.6	42.1
Positive Interaction with Peers	Shoreline	61.2	64.1	42.5
Social Skills	Northshore	63.1	61.4	64.5
	Shoreline	61.9	63.4	64.8
	Northshore	68.6	65.1	45.7
	Shoreline	68.5	70.1	58
	Northshore	62.9	61.6	52.7
	Shoreline	62.2	59	57.8
	Northshore	74.3	59.8	63.8
	Shoreline	75.9	64.1	72.1

Community protective factors that increase between 8th and 12th grade include rewards for conventional involvement and opportunities for community involvement. School protective factors increasing between 8th and 12th grade include opportunities for positive involvement.

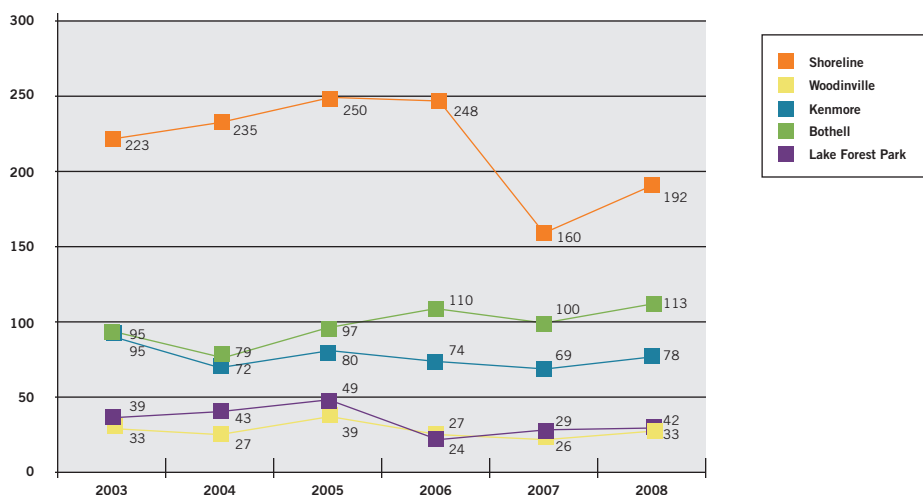
Peer protective factors decline between 8th and 12th grade with the greatest drop occurring in belief in a moral order or the ability to understand right from wrong. County-wide 69% of 12th graders report belief in a moral order, higher than for either North King Sub-Region School District.

## Domestic Violence and Sexual Assault

Domestic violence survivors are often made more vulnerable in situations of violence due to a lack of financial resources, lack of employment, legal entanglements (including those related to immigration), and lack of housing. Therefore, human services provision is integral in empowering individuals to escape violent relationships. Sexual assault can be a component of domestic violence. Yet, whether it is within or outside of domestic violence situations, sexual abuse has a detrimental impact on mental health and usually requires treatment to restore emotional well-being. Like veterans, survivors of domestic violence and sexual assault are at high risk for developing PTSD.<sup>55</sup>

In 2008, the Washington State Association of Sheriffs and Police Chiefs reported 458 domestic violence incidents and 24 incidents of rape in the North King County Sub-Region.<sup>56</sup> Note that these are very conservative estimates since domestic violence and sexual assault are traditionally underreported crimes.<sup>57</sup> The five year trend data shown above indicates the number of incidents of domestic violence are stable in Lake Forest Park and Woodinville, up slightly in Bothell and inconclusive

Domestic Violence Incidents by City, North King County Subregion, 2003 - 2008



for Shoreline, with a large drop in 2007 followed by an increase in 2008. The rates of domestic violence among the five North King County Sub-Region cities in 2008 varied from 3 to 4 incidents per 1000 people.

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## Footnotes

- 1 U.S. Census Bureau, American Community Survey, Three Year Estimates, 2006-2008.
- 2 These are the elements taken into account to calculate a "living wage". See Northwest Federation of Community Organizations, Living Wage Jobs In The Current Economy, Julie Chinitz , Dennis Osorio, Jill Reese and Gerard Smith, 2008, <http://www.nwfc.org/pubs/2007>.
- 3 See Communities Count, 2008, Living Wage Income and Poverty.
- 4 U.S. Department of Labor, Bureau of Labor Statistics, Economy at a Glance, Seattle-Bellevue-Everett WA, <http://www.bls.gov>
- 5 King County Bench Mark Program, Real Wages Per Worker, 1990-2008.
- 6 See Chinitz, J., et. al (2008).
- 7 P.M. Prah, Recession Pounds State's Budgets. See References.
- 8 This statistic is derived from a compilation of city-based DSHS data for Bothell, Shoreline, Kenmore, Lake Forest Park and Woodinville. See Washington State Department of Social and Health Services, Client Services by City.
- 9 Some of the increase could be due to increased knowledge about the service. See United Way Community Assessment (2008).
- 10 See King County Coordinated Special Needs Transportation Plan (2006).
- 11 U.S. Census Bureau, American Community Survey, 2006-2008 Three Year Estimates.
- 12 U.S. Census Bureau, American Community Survey, 2006-2008, Three Year Estimates.
- 13 The Census Bureau defines disability as "a long-lasting sensory, physical, mental, or emotional condition or conditions that make it difficult for a person to do functional or participatory activities such as seeing, hearing, walking, climbing stairs, learning, remembering, concentrating, dressing, bathing, going outside the home, or working at a job".
- 14 Area Plan on Aging, 2008-2011.
- 15 American Community Survey, 2006-2008, Three Year Estimates.
- 16 See Final Procurement Plan- Veterans and Human Services Levy 3.2 & 3.3. (2007). and Issues Facing Returning Veterans. (2007)
- 17 See Final Procurement Plan- Veterans and Human Services Levy 3.2 & 3.3. (2007) and Background & Statistics - Most Often Asked Questions Concerning Homeless Veterans. (2005).
- 18 Ibid.
- 19 Seattle King County Asset-Building Collaborative, Bank on Seattle-King County.
- 20 See Payday Lenders in Washington Communities. (2009).
- 21 Ibid.
- 22 Ibid.
- 23 See King County Benchmarks Affordable Housing 2008-2009 (2009).
- 24 Data provided by Northshore and Shoreline School Districts under the McKinney Vento act. Students self-identify as being homeless, so this number is likely and undercount.
- 25 See One Night Count, Summary in Selected Areas of King County (2010).
- 26 See Communities Count, 2008, Affordable Housing.
- 27 See King County Benchmarks Affordable Housing, 2008-2009.
- 28 See Communities Count (2008). Some interview data in the 2008 report was completed in 2007.
- 29 See King County Benchmarks Affordable Housing 2008-2009 (2009).
- 30 See Communities Count (2008).
- 31 Percentage calculated using budget estimates from the Northwest Federation of Community Organizations. See Chinitz, J., et. al. (2008).
- 32 See King County Coordinated Special Needs Transportation Plan (2007).
- 33 See King County Coordinated Special Needs Transportation Plan (2007).
- 34 See King County Coordinated Special Needs Transportation Plan (2007).
- 35 These percentages reflect the percentage of residents in each North King County city who were served under the Basic Food Program according to DSHS Client Services Data June 2006-June 2007. It is likely that more residents were eligible for the services than received them. Cities are ordered from most to least populated city.
- 36 Ibid.
- 37 See Chinitz, J., et al. (2008).
- 38 See Communities Count (2008).
- 39 Food Life Line, for period July 1 2008 – June 1 2009.
- 40 See Missing Meals Report (2008).
- 41 This includes pre-school .
- 42 See Communities Count (2008).
- 43 See Communities Count (2008).
- 44 See The Self-sufficiency Standard for Washington State. (2009).
- 45 This number is the total of DSHS clients receiving the WCCC in Shoreline, Bothell, Woodinville, Kenmore and Lake Forest Park. See Washington State Department of Social and Health Services (2009).
- 46 See Communities Count (2008).
- 47 See Communities Count (2008).
- 48 The survey is a measure of how ready kindergarten children are for school by rating them in five areas of school readiness: 1) physical health and well-being; 2) social competence; 3) emotional maturity; 4) language and cognitive skills; and 5) communication and general knowledge.
- 49 See Communities Count, 2008.
- 50 See Living in the Red: 2007 Washington Job Gap Study (2007).
- 51 Communities Count, 2008.
- 52 DSHS data does not include mental health services within medical assistance totals.
- 53 Centers for Disease Control and Prevention, School Connectedness, Strategies for Increasing Protective Factors Among Youth. Atlanta, GA: U.S. Department of Health and Human Services; 2009.
- 54 Communities Count, Social and Health Indicators Across King County, 2008.
- 55 See National Center for PTSD Fact Sheet
- 56 Washington State Association of Sheriffs and Police Chiefs Crime Statistics Reports: <http://www.waspc.org/index.php?c=Crime%20Statistics>; accessed on December 8, 2009.
- 57 See Lawrence A. Greenfeld et al. (1998).

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The North Urban Human Service Alliance (NUHSA) is an alliance of City and County staff, non-profit human service providers, United Way, school districts, faith communities and concerned citizens. Our mission is to build the community's capacity to respond to human service needs in North King County, encompassing the Cities of Shoreline, Lake Forest Park, Kenmore, Bothell and Woodinville.

Our goals:

- Provide a strong voice and leadership role in local and regional human service decisions.
- Identify and communicate emerging community human service needs and issues.
- Support cooperation, coordination and collaboration among providers, funders and the community to enhance resources and the ability to respond to need in the community.
- Advocate for a continuum of care that increases access to services.

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For inquiries or if you would like to volunteer with NUHSA or become a member please contact us at [nuhsa.staff@gmail.com](mailto:nuhsa.staff@gmail.com).