



The Relentless School Nurse

- Be Relentless in Your Practice, Whatever it is. -

**Robin Cogan, MEd, RN, NCSN, FNASN, FAAN**

*Student Health: School Nurses and Gun Violence Prevention*

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## **PLANNER, PRESENTER, AUTHOR DISCLOSURES**

- **I, ROBIN COGAN, DISCLOSE THE ABSENCE OF PERSONAL FINANCIAL RELATIONSHIPS WITH COMMERCIAL INTERESTS RELEVANT TO THIS EDUCATIONAL ACTIVITY WITHIN THE PAST 12 MONTHS**

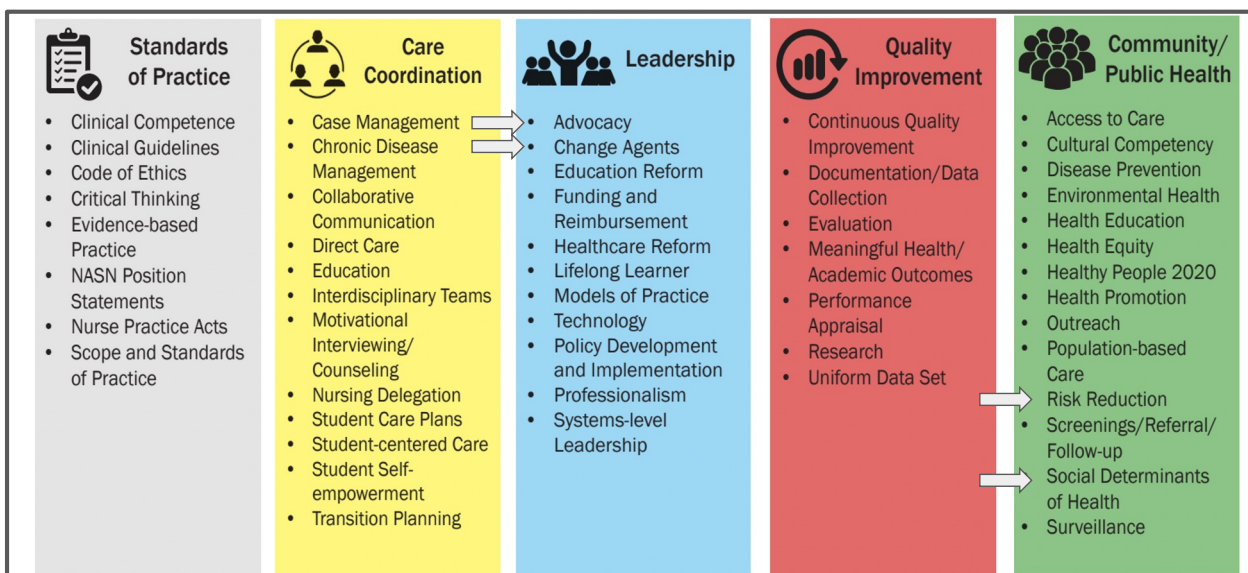
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# Learning Outcomes

As a result of participating in this educational activity, learners will be able to describe:

- **Why Gun violence is a public health issue and requires a public health approach to solve.**
- **Acknowledging that there are many forms of violence in school that do not involve firearms, the focus of today is firearm.**
- **School nurses have been first-responders to many forms of violence in school, including firearm violence.**
- **School nurses have been asked to participate in violence prevention strategies that may or may not be evidence-based.**

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ASCD & CDC. (2014). *Whole school whole community whole child: A collaborative approach to learning and health*. Retrieved from <http://www.ascd.org/ASCD/pdf/siteASCD/publications/wholechild/wsc-a-collaborative-approach.pdf>

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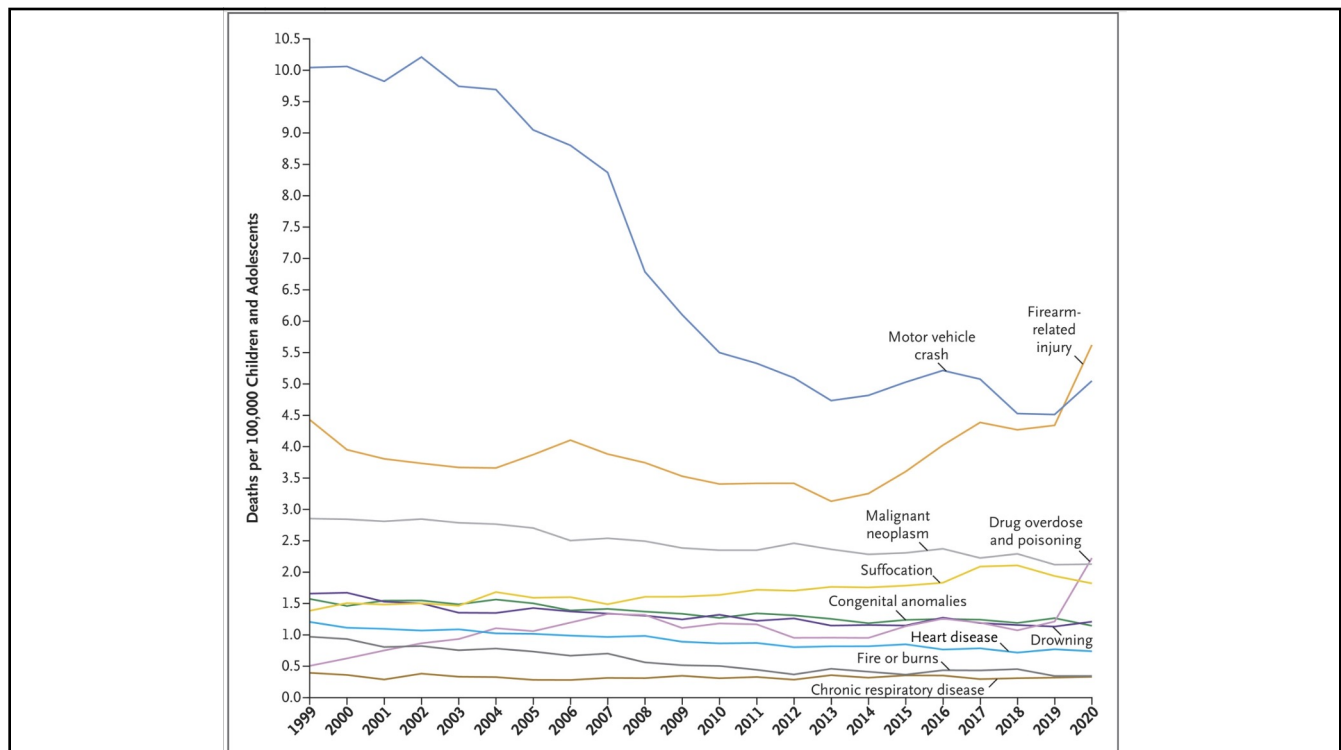
Rev. 10/6/16

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# What is the current leading cause of death in children and teens?

- A. Motor Vehicle Accidents
- B. Drug Overdose/Poisonings
- C. Malignant Neoplasms
- D. Fires
- E. Firearm Injuries
- F. COVID-19
- G. Drowning
- H. Congenital Anomalies
- I. Chronic Respiratory Diseases

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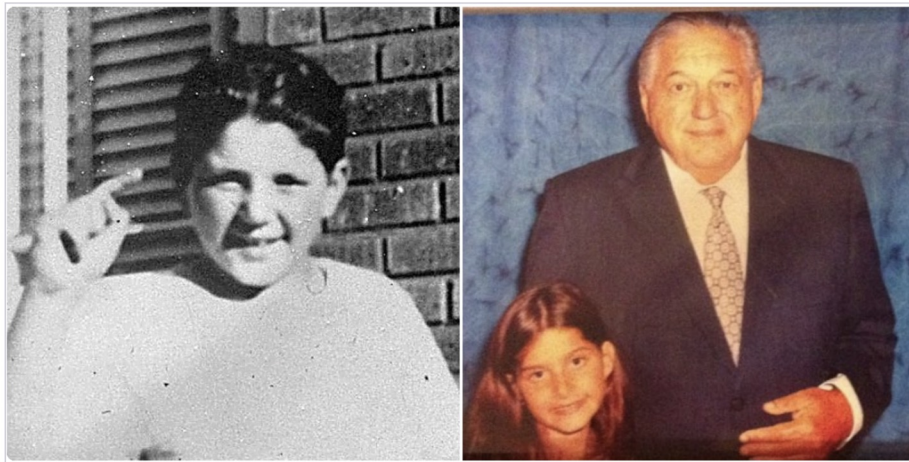
## The Drivers of Firearm Injury

- There are more guns than people in the United States by almost 100 million
- Unfortunately, only 46% of firearms are stored safely
- 2/3 of gun owners have not received formal gun safety training
- 1.7 million children live with unlocked, loaded guns - 1 out of 3 homes with kids have guns.
- Among younger children (ages 0-12 years) who are killed by a firearm, 85% are killed in their own home

<https://affirmresearch.org/impact>

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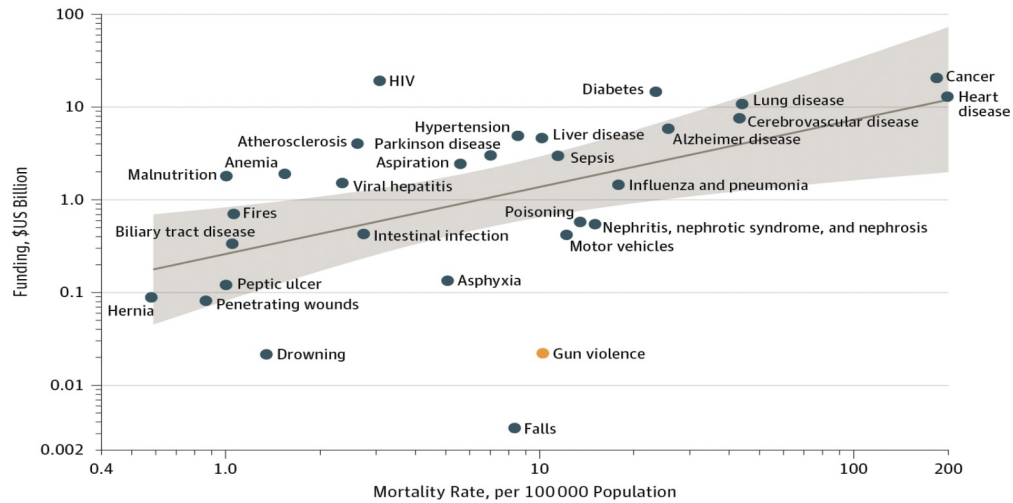
## Sharing My Why: Generational Trauma



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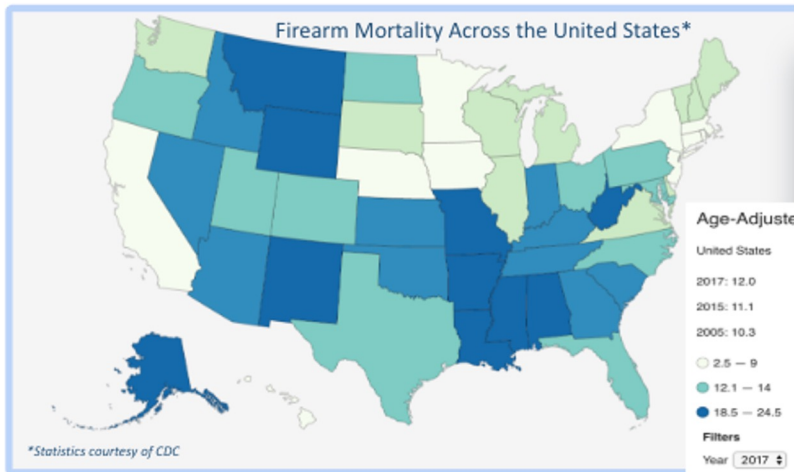
# What If We Treated Gun Violence Like A Public Health Crisis?



Source: JAMA

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## We all Know Someone Affected by Gun Violence



### Age-Adjusted Death Rates<sup>1</sup>

United States

2017: 12.0	2016: 11.8
2015: 11.1	2014: 10.3
2005: 10.3	

2.5 – 9	10.4 – 12.1
12.1 – 14	15.3 – 18.4
18.5 – 24.5	

Filters

Year 2017



\*Statistics courtesy of CDC

AFFIRM © | All Rights Reserved | 2019 | Slide 5 of 20

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GVA - Seven Year Review							
	2014	2015	2016	2017	2018	2019	2020
Deaths - Willful, Malicious, Accidental	12,418	13,537	15,112	15,679	14,896	15,448	19,411
Suicides by Gun	21,386	22,018	22,938	23,854	24,432	23,941	Pending
Injuries - Willful, Malicious, Accidental	22,779	27,033	30,666	31,265	28,284	30,186	39,492
Children (aged 0-11) Killed or Injured	603	695	671	733	664	695	999
Teens (aged 12-17) Killed or Injured	2,318	2,695	3,140	3,256	2882	3,122	4,142
Mass Shooting	269	335	382	346	336	417	611
Murder-Suicide	624	530	549	608	623	632	573
Defensive Use [DGU]	1,531	1,393	2,001	2,107	1874	1,597	1,478
Unintentional Shooting	1,605	1,969	2,202	2,039	1691	1,905	2,315

Number of Deaths, Injuries, Children, Teens Killed/Injured [actual numbers]  
 Mass Shooting, Murder-suicides, Defensive Use, Unintentional Shooting [number of incidents]  
 Suicide numbers supplied by CDC End of Year Report [actual numbers]

@gundeaths  
 www.gunviolencearchive.org  
 www.facebook.com/gunviolencearchive

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## GUN VIOLENCE ARCHIVE 2022

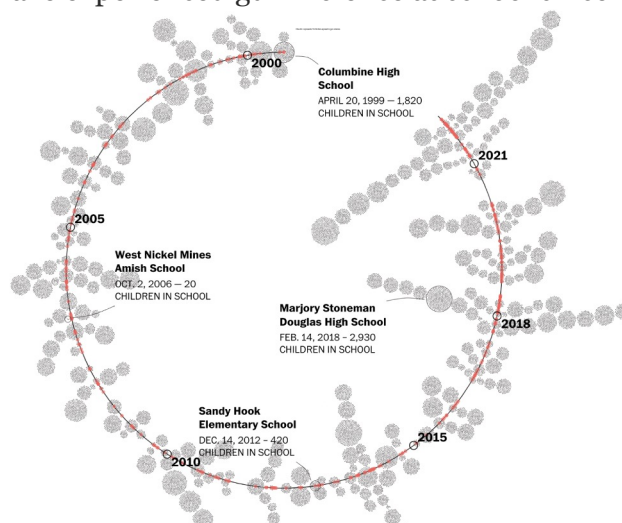
Evidence Based Research - since 2013

PUBLISHED DATE: July 15, 2022

Total Number of GV Deaths - ALL Causes <sup>4</sup>	23,758
Homicide/Murder/Unintentional/DGU <sup>1</sup>	10,822
Suicide <sup>3</sup>	12,936
Total Number of Injuries <sup>1</sup>	20,574
Mass Shootings <sup>2</sup>	338
Mass Murders <sup>2</sup>	15
Number of Children (age 0-11) <sup>1</sup>	Killed 187 Injured 406
Number of Teens (age 12-17) <sup>1</sup>	Killed 716 Injured 1,916
Officer Involved Incident <sup>1</sup>	Killed 37 Injured 200
Officer Killed or Injured	Killed 765 Injured 458
Subject-Suspect Killed or Injured	Killed 616 Injured 820
Defensive Use <sup>2</sup>	381
Unintentional Shooting <sup>2</sup>	
Murder/Suicides Incidents <sup>2</sup>	

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More than **311,000**  
 students have experienced gun violence at school since Columbine



[Washington Post database of school shootings](#) By John Woodrow Cox, Steven Rich, Allyson Chiu, John Muyskens and Monica Ulmanu  
 Updated May 27 at 3:10 p.m.

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[CDC speaks out on US gun violence epidemic after decades of near-silence - CNN Video](#)

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Although school shootings remain rare, active shooter drills happen in more than 90% of schools



[From the American Academy of Pediatrics Policy Statement Participation of Children and Adolescents in Live Crisis Drills and Exercises](#)

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Pinned Tweet



Alisa Valdés-Rodríguez, M.S.  
@AlisaValdesRod1

"I don't feel sorry for congress at all. Oh, I'm sorry, did you have to hide under your desk because of guns? Wah wah wah. I've only had to do that six times since kindergarten. School is terrifying. Maybe now they'll pass gun reform." - one of my 9th grade students, today

12:43 PM · Jan 7, 2021 · Twitter for Android

130.9K Retweets 6.3K Quote Tweets 655.4K Likes

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### Majority of U.S. teens worry a shooting could happen at their school

% of teens saying they are \_\_\_\_ about the possibility of a shooting happening at their school

	Very worried	Somewhat worried	NET
All teens	25	32	57
Boys	22	29	51
Girls	28	35	64
White	20	31	51
Black	27	34	60
Hispanic	37	36	73

Note: Whites and blacks include only single-race non-Hispanics. Hispanics are of any race. Figures may not add to net total due to rounding.

Source: Survey of U.S. teens ages 13 to 17 conducted March 7-April 10, 2018.

PEW RESEARCH CENTER

[www.childrensdefense.org](http://www.childrensdefense.org)

### Four in Ten Children Don't Feel Safe in School



#### When asked how they would change the world if they could make one change, children said:

- "To not have to wake up and be scared to do normal things, like go to the movies because [someone] decided to shoot it up one night. Nowadays it's scary to go anywhere because you never know what's going to happen," said a 16-year-old girl from New York.
- "I would change the policies about getting [a] gun. I would be more strict," said a 10-year-old girl from North Carolina.

#### When asked how they believe their worries about the world could be addressed, children said:

- "There should be stricter gun control. Schools need to have better security," said a 13-year-old girl from Indiana.
- "New laws are passed to help the schools be more secure and that guns are not sold to people without a thorough background check and training and registering and writing why they need to purchase a gun," said a 15-year-old boy from California.
- "Listening to concerns of the children. Not letting certain people own guns," said a 17-year-old boy from Texas.

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# What Can School Nurses Do?

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## Know the Signs



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**Schools can create a safety net and promote school connectivity**

- Develop school safety plans that are trauma responsive
- Eliminate zero tolerance discipline policies
- Support legislation that restricts gun access for children and teens under 21

**#ArmMeWith**  
**Textbooks**  
**SCHOOL SUPPLIES**  
 SOCIAL AND EMOTIONAL HEALTH RESOURCES  
**SMALLER CLASS SIZES**  
 COMMON SENSE GUN LAWS  
 schools that aren't falling apart  
 School Nurses

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## Schools can create a safety net and promote school connectivity

- Develop school safety plans that are trauma responsive
- Eliminate zero tolerance discipline policies
- Support legislation that restricts gun access for children and teens under 21

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What if we changed language from law enforcement centered to student centered?



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**Most attackers did not threaten their targets directly.**

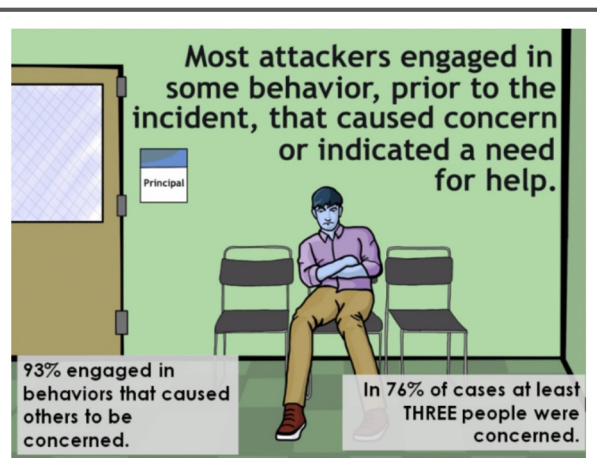
13% made verbal/written threats to the target.  
10% acted physically aggressive toward the target.



**Most attackers engaged in some behavior, prior to the incident, that caused concern or indicated a need for help.**

93% engaged in behaviors that caused others to be concerned.

In 76% of cases at least **THREE** people were concerned.



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**What if we made gun locks available in school health offices?**



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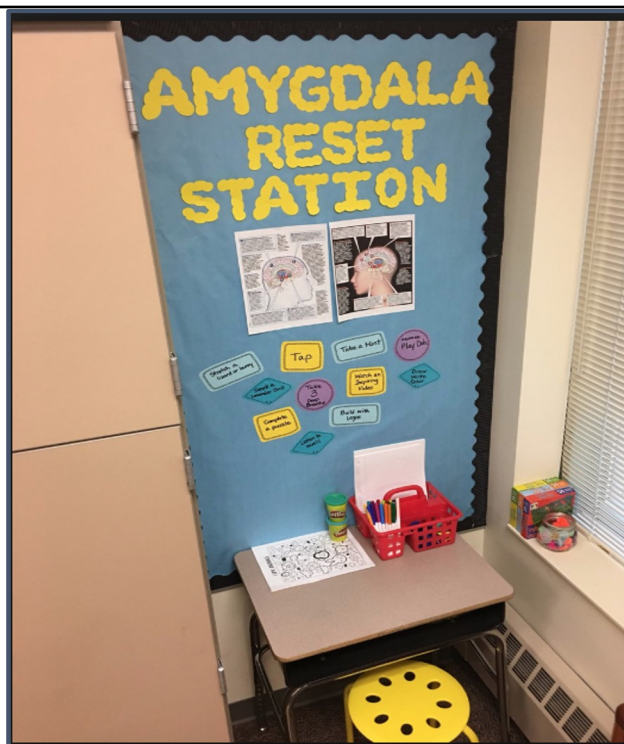
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- All Behavior Has Meaning
- Amygdala First Aid Stations
- Focused Attention Practices/Mindfulness
- Relationship-Building is Key
- Co-regulation led by Adults
- Regulate - Relate - Reason
- Trauma Responsive a Universal Precaution
- Healing-Centered Engagement



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## Five Ways to Promote Healing Centered Schools

1. Advocacy
2. Culturally Grounded
3. Heal the Healers
4. Build Empathy
5. Dream and Imagine

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## Art for Life

Camden school nurse whose relatives have escaped mass shootings leads effort to paint desks to inspire end to violence.

By Melanie Burney  
STAFF WRITER

**W**hen gun violence struck her family for a second time, two mass shootings a half-century apart, Robbin Cogan felt compelled to do something to send a message to stop the carnage.

A Camden school nurse, Cogan had an idea to create a grassroots arts campaign — “No More Empty Desks” — at Charles Brimm Medical Arts High School that she hopes will catch on around the country to drive home the message. The desks and the messages painted by students symbolize the countless young lives lost and the hopes of an outspoken generation trying to change the grim statistics.

So far, two desks have been completed — one painted by Christian Moreno, a senior, with a simple but haunting message, “I saved a seat for you,” and another



**Philadelphia Inquirer Article: Jan 28, 2019**

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COMMITTEE ON HOMELAND SECURITY  
COMMITTEE ON VETERANS AFFAIRS


  
**Congress of the United States**  
House of Representatives  
Washington, DC 20515

September 17, 2019

Dear Robin Cogan,

Thank you for agreeing to join me for a Gun Violence Prevention Press Conference on Thursday, September 26. Please plan to arrive in Longworth 1118 by 11:30 a.m. and remain in the Capitol building until approximately 3:00 p.m.

As a member of the Gun Violence Prevention Task Force, I am committed to addressing the gun violence epidemic through evidence-based policy and advocacy, and I am delighted you will be able to share your expertise at this press conference with the nursing community. I look forward to seeing you next week.

Sincerely,  
  
Lauren Underwood

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## TAKE ACTION NOT SIDES

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## The Intersection of gun violence and COVID

Robin

I have one child left

What should we do about school?

Thu 11:24 PM

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## Only one of their children survived Sandy Hook. Now school posed a new threat: The virus.

After losing their 6-year-old daughter in a mass shooting, can Isaiah Marquez-Greene's parents bear to let him return to high school during a pandemic?



(Cox, J. W., 2020)

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## References

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[The State of America's Children 2020 - Gun Violence. \(2020, February 18\). Retrieved August 26, 2020, from https://www.childrendefense.org/policy/resources/soac-2020-gun-violence/](#)

[The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement](#)

[What School Shooters Have in Common Data-driven pathways for preventing gun violence](#)

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