AGENDA

City Council Study Session

6:30 PM - Tuesday, February 13, 2018

City Hall Council Chambers, Sammamish, WA

Page		Estimated Time
	CALL TO ORDER	**6:30pm**
	EXECUTIVE SESSION Potential Litigation Pursuant to RCW 42.30.110(1)(i)	**6:30 pm**
	PUBLIC COMMENT **Note:***This is an opportunity for the public to address the Council. Three-minutes limit per person or five-minutes if representing the official position of a recognized community organization. If you would like to show a video or PowerPoint, it must be submitted or emailed by 5 pm, the end of the business day, to the City Clerk, Melonie Anderson at manderson@sammamish.us. Please be aware that Council meetings are videotaped and available to the public.*	**6:50 pm**
	TOPICS	**7:20 pm**
3 - 152	1. Discussion: Draft Health & Human Services Needs Assessment View Agenda Item	
153 - 177	2. Review of Proposed Parks Capital Improvement Plan (CIP) View Agenda Item	
178 - 247	3. Transportation Planning Update View Agenda Item	
	ADJOURNMENT	**10:00 pm**
	LONG TERM CALENDAR	
248 - 255	View Calendar	

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Agenda Bill

City Council Study Session
February 13, 2018

SUBJECT:	Discussion: Draft Health & Human Services Needs Assessment
DATE SUBMITTED:	February 07, 2018
DEPARTMENT:	City Manager's Office
NEEDED FROM COUNCIL:	☐ Action ☐ Direction ☑ Informational
RECOMMENDATION:	N/A
EXHIBITS:	1. Exhibit 1 - Draft Health and Human Services Needs Assessment 2. Exhibit 2 - Memo from the Human Services Task Force 3. Exhibit 3 - PowerPoint for February 13, 2018

BUDGET:

Total dollar amount	N/A	☐ **Approved in budget**
Fund(s)	N/A	☐ **Budget reallocation required**
		☑ **No budgetary impact**

WORK PLAN FOCUS AREAS:

☐ Transportation	☐ Community Safety
☑ Communication & Engagement	☑ Community Livability
☑ High Performing Government	☑ Culture & Recreation
☐ Environmental Health & Protection	☐ Financial Sustainability

ISSUE BEFORE COUNCIL:

Does the City Council have feedback related to the draft Health and Human Services Needs Assessment?

KEY FACTS AND INFORMATION SUMMARY:

Summary Statement

The purpose of tonight's discussion is to hand-off the draft Health and Human Services Needs Assessment (Exhibit 1) from the Human Services Task Force to the City Council. The Task Force has prepared a memo (Exhibit 2) to assist with the hand-off, and Task Force leadership will be present at the meeting to help answer any questions. The Needs Assessment is currently (tentatively) scheduled for adoption at the regular City Council meeting on March 6, 2018.

Background

In early 2015, the City Council and staff began discussing the possibility of completing a *Human Services Needs Assessment*, also commonly known as a *Social Services Needs Assessment* or a *Community Needs Assessment*. Funding for this work was allocated in the 2017-18 budget, and subsequently, BERK Consulting was selected to lead the project. Since the project kicked off in early 2017, development of the Needs Assessment has been steadily progressing through the Human Services Task Force.

The "Need" for a Needs Assessment

It is a pivotal time in the Sammamish community, especially due to recent growth related to the Klahanie annexation, Town Center development and the increase in single-family residential development. The community needs are changing, as are the regional needs, and we need to understand those changes to better serve our citizens.

The information and data gathered from this assessment will help inform further development and refinement of the Human Services Grant Program. For example, the data we've gathered will be useful in determining Council-driven criteria for awarding grants. The data will also help frame staff priorities, particularly for the Community Services Coordinator position and other external service Departments, such as Police, Fire, Community Development, Public Works and Parks and Recreation. Equally important, the data and information compiled will be available for use by our community partners, the School Districts and other stakeholders. And finally, there is a clear demand/need for coordination of human service resources across jurisdictional boundaries.

The findings from the Needs Assessment will most certainly help guide future City Council discussions related to our role in supporting and addressing local and regional human service needs.

Task Force and Consultant Presentation on February 13

Included in your packet is the draft Needs Assessment, which includes appendices containing details on the outreach process and data collection. The Human Services Task Force has prepared a brief memorandum describing their recommended five focus areas, which is also included in your packet materials (Exhibit 2). Task Force leadership will also be attending the council meeting to discuss this information with the City Council. And finally, our consulting team from BERK will also present a high-level summary of the data and findings.

Next Steps

Now that the Needs Assessment is complete, the staff recommendation is to proceed with the development of a Strategic Plan, which will identify a list of prioritized future actions, including goals and policies for the City's human services program.

Given that a substantial amount of data and background information has already been compiled, the strategic planning process will only take 4 to 6 months to complete. The final product will be a <u>short document</u> outlining near-term and long-term priorities, and it will identify the resources needed to implement the recommended actions. The timeline to complete the strategic planning work is largely dependent on the complexity of the community outreach process. If the Council provides direction to proceed, the work can be completed in time to inform the 2019-20 budget deliberations this fall.

It's important to note that this is an iterative planning process, meaning that we opted to complete the Needs Assessment and data collection first. The City Council and staff felt it was important to receive the data and better understand the community profile before commencing the final strategic planning work. Much discussion still needs to occur about what role the City of Sammamish will play in delivering future human services programs, and that discussion needs to take place before we embark on developing an action plan.

Funding Status

A total of $100,000 was approved in the 2017-18 budget for the human services planning work. The contract with BERK for the Needs Assessment was $76,000, leaving a remaining balance of $24,000 to complete the strategic planning work. The remaining funds are sufficient to complete the strategic planning work.

FINANCIAL IMPACT:

N/A

OTHER ALTERNATIVES CONSIDERED:

N/A

RELATED CITY GOALS, POLICIES, AND MASTER PLANS:

N/A

HEALTH AND HUMAN SERVICES NEEDS ASSESSMENT

DRAFT Febuary 2018

City of Sammamish Washington

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- Tom Hornish
- Christie Malchow
- Karen Moran
- Jason Ritchie
- Chris Ross
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- Larry Wright, Co-Chair
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- Jane Dulski
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CITY OF SAMMAMISH, STAFF

- Jessi Bon, Deputy City Manager
- Angie Feser, Parks and Recreation Director
- Rita Badh, Community Services Coordinator

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City of Sammamish Health and Human Services Needs Assessment

DRAFT | February 2, 2018

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Executive Summary

In every community, people have human services needs at some point in their lifetime, and Sammamish is no exception. In fact, the invisibility of these needs makes them particularly urgent. In many cases people do not know where or how to get help. For a teen considering suicide, a senior who needs assistance with daily living, or a recent immigrant who does not understand the health care system, it can be confusing figuring out how to get help. In a community where it appears that most people have plenty people may feel stigmatized by reaching out even when they know what they need to do. If the city is to continue to thrive as a *"state-of-the-art community – engaged, responsive and generous in its support for the full range of human endeavor,"*[1] it must thoughtfully examine the role it plays in supporting health and human services. There are ways the City can help make a difference for those in the community that need support.

This Needs Assessment identifies community needs in the realm of health and human services, and the actions the City can take to support those needs. In most cases, the City is not a direct provider of health or human services. However, it does provide crisis response through its emergency services agencies, and recreation through the parks and recreation program. To date, the City has provided small grants that support agencies doing health and human services work that benefits local residents. In the future, the City should consider how it can leverage its existing efforts for additional impact, how it can take a leadership role in developing new resources through community partnerships, and how it can become a stronger advocate for health and human service needs.

The following table includes a list of recommended actions chosen for their potential to make an impact on community health and human service needs in the next three years. A few recommendations may have a longer timeline, but significant work could be completed within the next fwq years if the community is willing to engage. How quickly the City can accomplish these tasks depends on several factors: the availability of staff support, financial resources, and the cooperation of community partners.

[1] Sammamish Vision for 2035.

Recommended Potential City Actions to Support Health and Human Services

Action	Financial Support	Staff Support	Timeline
MENTAL WELLNESS	*21% of Sammamish teens have considered suicide in the last year.*		
Mental Health Awareness Campaign	$	👤👤	⏰⏰
Comprehensive Referral List	$	👤👤	⏰
Influence the Choice	$	👤👤	⏰⏰
Mental Health First Aid	$$	👤👤	⏰⏰
School Counselor Support	$$	👤	⏰⏰⏰
BASIC NEEDS	*Approximately 1,500 people in Sammamish live in poverty.*		
Home Modification	$$	👤👤	⏰⏰
Food Van	$$	👤👤	⏰⏰
Rotacare Clinic	$$$	👤👤	⏰⏰⏰
CULTURAL INCLUSION	*27% of Sammamish residents speak a language other than English at home.*		
Welcome and Orientation	$$	👤👤	⏰
Cultural Navigators	$$	👤👤	⏰⏰
Bi-cultural Programming	$$	👤👤	⏰⏰
Cultural Competency Training	$$	👤👤	⏰
SENIORS	*40% of residents over age 75 have a disability in Sammamish.*		
Home Modification	$$	👤👤	⏰⏰
Senior Volunteer Bank	$	👤👤	⏰
Aging in Place	$$	👤👤	⏰
Recreational Programming	$$$	👤👤👤	⏰⏰
Transportation Shuttle	$$$	👤👤👤	⏰⏰⏰
DOMESTIC VIOLENCE	*27% of women will experience domestic violence in their lifetime.*		
Domestic Violence Advocate	$$	👤👤	⏰
Regional Support	$$	👤👤	⏰
Domestic Violence Awareness Campaign	$	👤👤	⏰⏰
Bystander Training	$$	👤👤	⏰

Financial Support

$ Under $100,000
$$ $100,000 to $500,000
$$$ Over $500,000

Implementation Timeline Once Project is Started

⏰ Within a year
⏰⏰ Within 3 years
⏰⏰⏰ Greater than 3 years

Staff Support

Existing staff could be used, but may include a reassignment of work priorities
Additional staffing needed to manage or coordinate
Additional staffing needed to manage or coordinate and to implement

Introduction

The City of Sammamish promotes a healthy community where every person is considered essential, and meeting basic human needs is considered a shared responsibility. In 2017, the City launched its first ever Needs Assessment process working closely with its Human Services Task Force and supported by BERK Consulting. This Community Needs Assessment will help the City prioritize funding for addressing human and social needs and provide common baseline information shared by the City and community service partners. It will also serve as a roadmap for the newly formed Human Services Commission as it begins its work.

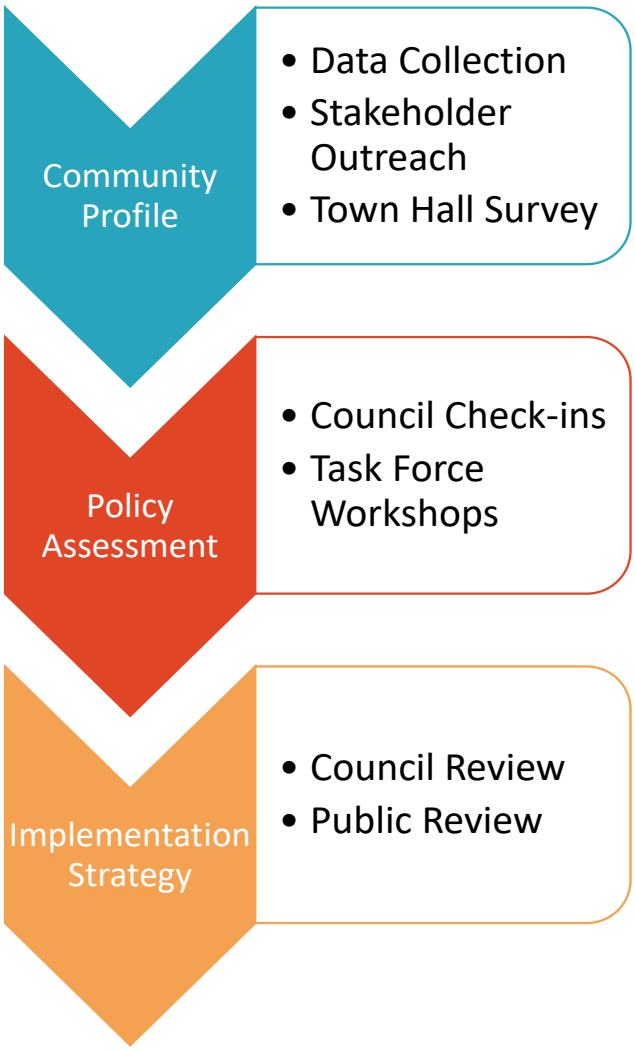
Currently, Sammamish does not directly provide human services, but acts as a resource for community members. The City provides grants of over $200,000 every two years to agencies that provide health and human services to Sammamish residents and maintains a list of resources that people can use for self-referral. It also supports a part time Community Service Coordinator, a position created in 2015 that allows the City to engage more deeply in Human Services than it has in the past.

PROCESS

Developing this Needs Assessment included three stages:

- **Creating a Community Profile** that describes the current well-being of Sammamish residents. This was developed through review of existing data sources, interviews, and outreach to service providers and community groups. Community input was collected during the summer of 2017 and included stakeholder interviews, three focus groups, four outreach events with providers and relevant organizations, and an online survey through a City of Sammamish Virtual Town Hall. The complete Community Profile and details about the outreach effort can be found in Appendix A.
- **Assessing policy** to understand current and potential strategies to address residents' needs. This included research on current efforts by the City and neighboring cities, presentation to City Council, and workshops with the Human Services Task Force.
- **Developing an implementation strategy** for the recommended policies and programs. This strategy will go through Council and public review.

Needs Assessment Process



The rest of this document examines community needs and recommends potential actions the City can take to support these needs. It outlines the current state of health and human services, including what roles the City takes on now, then identifies five priority issues and recommends potential City action on each. Each action is assessed to identify potential next steps and preliminary needs for financial support, staff support, and timing.

Priority Issues for Sammamish

The Community Profile looked at dozens of potential needs throughout the human lifecycle. Based on the results, the task force identified five priority issues for the City to pursue (not listed by priority). These issues do not represent all needs in Sammamish, nor are they intended to (see the Appendix for a complete inventory of needs). Some needs, such as assisting veterans, will be supported by a focus on larger priorities such as mental health, meeting basic needs, or helping seniors. Other needs, such as helping all kids prepare for Kindergarten, were not considered a priority at this time, but that is not an indicator that no need exists. The five priority areas for Sammamish are:

- **Mental Wellness** – This includes both behavior health and substance abuse. Data indicates that Sammamish youth and adults feel stressed, depressed, and anxious at relatively high levels. There is a lot of pressure to be successful. When unaddressed, these types of mental health issues can manifest themselves in reduced quality of life, poor relationships, substance abuse, and self-harm or thoughts of self-harm. Mental health support is one need that appeared to affect many different people in the community.
- **Basic Needs** – Many people in Sammamish are fortunate to have their basic needs met, but some local residents experience periods of acute emergency and insecurity related to basic needs such as housing, access to medical care, or access to food. In a community full of wealth, it is important to help everyone secure their basic needs.
- **Cultural Inclusion** – Sammamish is a community with a high percentage of immigrants. Although other Eastside communities share similar demographics, Cultural Inclusion is an opportunity for Sammamish to embrace its identity as a welcoming community and ensure it is adequately meeting the service needs of its whole population.
- **Seniors** – Sammamish feels a responsibility to provide a good quality of life for aging residents. The City strives to be a quality place for families to live, and that includes community elders.
- **Domestic Violence** – Domestic violence is a problem that affects communities regardless of income, ethnicity, or other demographics. Rates of domestic violence in Sammamish may be about average, but in a community of generally low crime rates, it is perceived as proportionally larger. Also, the high cost of living in Sammamish can be a barrier for those

CITY ROLES

The City can take on several roles to implement the Health and Human Services recommendations in this assessment. These roles include:

- Leverage existing programs, plans, or policies for additional action and results
- Create new partnerships
- Provide funding support
- Create new direct-service programs (where applicable)
- Advocate for regional change at the county, state, or federal level.

who want to get out of domestic violence situations but are economically dependent upon their abuser.

Each priority issue is summarized in this assessment. The summary includes key information from the Community Profile to help establish why this issue is important to Sammamish, and includes a story sidebar that illustrates how this issue affects someone in the community. Current City actions are listed next, followed by metrics that show how the City can measure its progress in responding to the needs. Case studies are included in sidebars to demonstrate how other communities respond to these types of needs. A set of recommendations identify potential actions the City can take in the next three years to respond to the need. An implementation table follows the recommendations. This table identifies the general timeline, level of effort, and financial support needed to implement each recommendation.

In addition to the five priority issues there are two advocacy issues that affect health and human services in Sammamish. Lack of affordable housing and transportation options were mentioned repeatedly as barriers that affect everyone in Sammamish, but are particularly stressful for people who have other human service needs. These issues reduce access to resources and hamper the ability to pay for other basic needs. Yet both affordable housing and transportation are complex regional problems. While the region works to address these issues in the long-term, advocacy is needed to provide short-term and medium-term solutions for Sammamish residents.

Current City Roles on Health and Human Services

The City is not a direct provider of health and human services, but some of the City's policies, services, and programs may intersect with health and human services issues. Where there are overlaps, there are opportunities to support community health and human services. This section describes City departments and programs that intersect with health and human services.

COMMUNITY DEVELOPMENT

The Department of Community Development maintains the Comprehensive Plan, which includes the development and implementation of policies that "improve our quality of life by promoting the health, safety and welfare of the community, protecting and enhancing the natural and built environment."[2] This includes policies and standards for housing and transportation. There is strong policy support for health and wellness in the community through physical activity, transportation options, and affordable housing.

The Comprehensive Plan includes goals and policies for a healthy community. Land Use and Transportation goals and policies support a land use pattern that promotes walking and bicycling between neighborhoods and to community facilities such as parks, schools, and shopping. Policies include supporting regional transit and transportation systems that meet the needs of non-driving populations (such as seniors, youth, people with low incomes, or people with disabilities), including shuttle service, ride share, car share, or bike share.

Land Use and Housing policies support a high quality of life for families, including a healthy community with a range of housing options that meet all people's needs. This includes supportive housing for people with unique needs such as seniors, people with disabilities, and people experiencing homelessness. Policies also support Sammamish's participation in ARCH (A Regional Coalition for Housing) which develops, manages, and provides affordable housing throughout the Eastside. Currently the City also supports a Habitat for Humanity project that is building10 homes in Sammamish to make homeownership options available to people with low incomes.

[2] https://www.sammamish.us/government/departments/community-development/

PARKS AND RECREATION

The Parks and Recreation Department provides parks, trails, and gathering spaces for meetings or events. The department also coordinates community events, which are offered to the community free of charge. Most of the recreational programs in the city are provided by other agencies such as the YMCA, the Boys and Girls Club, or the Issaquah Senior Center. These agencies allow low cost participation for those who are unable to pay fees for their programs. These services can promote physical and mental health for Sammamish residents through all stages of life.

Parks policies in the Comprehensive Plan focus on the planning, development, finance, and maintenance of facilities for active or passive recreational use. Such policies aim to ensure there are a variety of parks and trails that provide opportunities for fitness, play, exposure to nature, and social gathering, which are all components that support good physical and mental health. Recreation policies support the provision of indoor recreation opportunities that meet the needs of people of all generations, and developing strong partnerships. Currently the City is updating the Parks, Recreation, and Open Space (PRO) plan, which will build upon existing policies and programs.

POLICE AND FIRE

The Sammamish Police Department provides services related to public safety and law enforcement. Sammamish contracts with the King County Sheriff to provide police services in the City. Eastside Fire and Rescue provides fire and emergency services to Sammamish. Police officers and fire and emergency personnel are sometimes the first, or only, contact from the City for individuals with acute health and human service needs. This can be especially true for people in domestic violence situations, and can also be true for some people experiencing homelessness or with mental health issues. First responders have a list of agencies and referral information they can give to people. Personnel are trained to deal with acute or crisis-level health and human service needs. However, navigating the system can be difficult for many that face basic needs challenges.

COMMUNITY SERVICES COORDINATOR

The City employs a Community Services Coordinator who convenes the Human Services Task Force, and serves as the City liaison to community groups, social service providers, and other human services agencies. As a liaison between the City and the community, the Coordinator is responsible for maintaining a directory of community resources and supporting both formal and informal service networks. The Coordinator participates in a variety of community meetings, programs, and events on behalf of the City. Currently this is a part time position that is funded for approximately 30-hours per week.

TASK FORCE/COMMISSION

The 2017 Human Services Task Force is appointed by the City Council and represents faith groups, schools, human service providers, seniors, service organizations, public safety institutions, and the community at large. The task force guided this Needs Assessment and has the following responsibilities:

- Provide recommendations to the City Council on human service grant applications and related activities.
- Attend monthly task force meetings.
- Report quarterly to the Council Committee.

In late 2017, the City Council approved the formation of a seven-member Human Services Commission which will officially commence work in February 2018. The Human Services Task Force helped develop the proposal for the formation of the Commission.

REGIONAL COORDINATION

Many of the health and human service concerns facing Sammamish are common throughout the Eastside and Puget Sound area; regional coordination can result in collective solutions that benefit Sammamish residents. The City of Sammamish is active in both the Sound Cities Association and the Puget Sound Regional Council (PSRC), which appoint members to regional committees that address issues related to health and human services, including aging, homelessness, affordable housing, transportation, public health, domestic violence, and mental illness. City Council members, and sometimes staff, can be appointed to these committees if they apply through Sound Cities or PSRC.

The City is also a member of A Regional Coalition for Housing (ARCH), a coalition of Eastside cities that work together to ensure opportunities for affordable housing. Sammamish contributes to the ARCH trust fund and reduces developer impact fees for projects that include affordable housing units.

- Sammamish provided $200,000 for affordable housing through a City contribution to the ARCH trust fund in the 2016-2017 budget.
- Additional affordable housing contributions include an estimated $83,000 per year reduction in impact fees for affordable housing units from 2017 through 2026.

GRANT FUNDING 2016 - 2017

Sammamish provides grant funding for health and human services as part of the Human Service Funders Collaborative (HSFC), in addition to contributing to the ARCH trust fund. During the biennial budget process the City Council reviews and approves funding for the Health and Human Services Grant Program. A flat amount is awarded.

In the 2016-2017 biennium:

- Funds distributed totaled $249,670
- Spending equaled $4.08 per resident
- 51 programs were funded at 39 different organizations

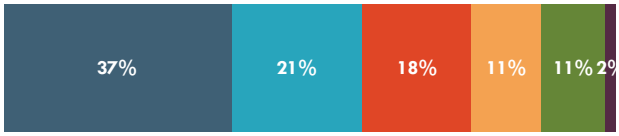
By Program (n=51)
Minimum Grant Size is $1,000
Maximum Grant Size is $10,000
Median Grant Size is $4,000

By Organization (n=39)
Minimum Grant Size is $1,300
Maximum Grant Size is $10,000
Median Grant Size is $6,088

Grant Distribution by Life Cycle

Lifecycle	Funds Distributed
Adults	$122,239
Youth	$85,931
Seniors	$26,500
Families & All Lifecycle Stages	$15,000
TOTAL	**$249,670**

Distribution by New Priority Area



Category	Funds Distributed
Cultural Navigation	$4,300
Seniors	$26,500
Domestic Violence	$28,039
Mental Health	$44,500
Basic Needs	$53,588
Other	$92,743
TOTAL	**$249,670**

Note: "Other" includes programs like adult education and job training, legal services, poison center emergency services, and birth-to-three early education opportunities.

MENTAL WELLNESS

Community Needs

Sammamish is a community with a need to address mental wellness, both in terms of behavior health and substance abuse. Information from the Community Profile revealed that adults and youth experience significant stress. For adults, it may stem from the pressures of balancing two working parents with child care, concerns about rising costs in the region, or simply too many demands on one's time. Youth described a pressure to excel in school, bullying, and a life that can produce anxiety or depression. Mental health services are not covered by all health insurance plans and accessing help can be challenging. Sammamish is a multi-cultural community in which there may be very different attitudes about mental health related to family expectations or culture of origin. There can also be considerable stigma around the issue, which may lead to underreporting.

Adult Mental Health

Mental health plays an important role in the overall well-being of individuals and families. Poor mental health, along with a lack of access to mental health support, can have long-term consequences on the emotional, physical, and financial health of households and communities.

- According to the Washington State Department of Health, which publishes an indicator of poor mental health, defined as having 14 or more poor mental health days in the past 30 days, 8% of adults *(approximately 4,900 people)* in Sammamish

UNDER PRESSURE

Dad is working long hours at his tech job. His team has been working on a project that has had trouble getting off the ground. He worries that his career is stalling and hopes that putting in additional effort will help him get a promotion. That promotion would take some of the pressure off the family finances and make their mortgage a little more affordable.

Mom loves her job, but she commutes into Seattle daily, spending almost two hours on the road each day. She is trying to support her husband by taking on a greater share of the responsibilities at home, but she feels pulled in several directions. She unwinds each night by drinking a bottle of wine.

Their daughter does well in school and has an active schedule of extra-curriculars with an eye toward college. Everything looks great on the outside, but she feels more like a resume than a person. She keeps it to herself because she doesn't want her parents to be disappointed in her. She doesn't want to add to their stress by telling them that she goes through periods of depression and has even had thoughts of suicide. [3]

[3] For each priority issue there is a story that illustrates the need. The characters in the stories are fictional, but they are a composite of real stories and experiences collected during the outreach phase of this project. School personnel, community organizations, and youth reported on the types of needs they encounter and people they know who are struggling.

reported that they had met this indicator.[4] This measure is used nationally by the Centers for Disease Control (CDC).

- Across King County, this measure has remained flat for the last 15 years with no significant increases or decreases in the share of residents experiencing bad mental health.
- Seniors, who are included in the adult figures for mental health, can experience mental health problems related to social isolation, the stress of living on a fixed income, and the deaths of friends and loved ones.

Adolescent Mental Health

Among adolescents, many factors can lead to anxiety, depression, and suicidal thoughts, including pressure to perform well in school, fixation on weight and appearance, and bullying, whether experienced in person or online. Untreated anxiety and depression can lead to substance abuse and even suicide. Currently, suicide is the leading cause of death for Washington teens aged 15 through 19. During outreach for the Community Profile, teens commented that they were stressed and tired from school. Other interviews revealed concerns about private access to mental health services. Cultural background, family expectations, and social stigma were all factors that make it important to some teens to have the ability to visit providers without peers or parents knowing about it.

The town hall survey conducted as part of this Needs Assessment showed that there is a felt need for mental health services, particularly for youth and teens who are struggling with stress, depression, and suicide. Respondents suggested coaching and counseling for children with attention-deficit/hyperactivity disorder (ADHD), stress management services for teens, and suicide prevention services for youth and teens.

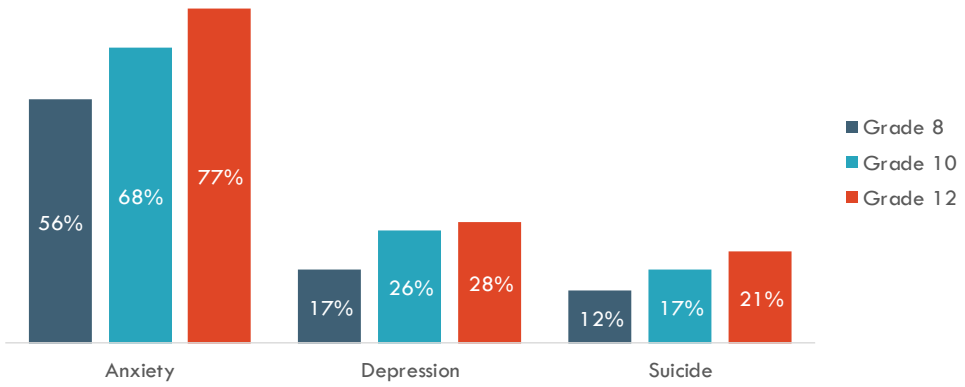
Data from the Healthy Youth Survey[5] is presented in the exhibits below on the state of Sammamish adolescents' mental health, substance use, bullying, and family and community support.

[4] Most data sources report results in percentages, not hard numbers. That is because the data is collected through a sampling process that looks at the number of occurrences in a statistically valid subset of the community. Throughout this report, where percentages are reported there may be a number in parenthesis next to it to represent the approximate number of Sammamish residents affected by an issue. Such numbers are not an exact count, but intended to help the reader better understand how many people are directly affected.

[5] The Healthy Youth Survey is a survey conducted by the State of Washington that looks at the health of adolescents. It measures risk factors and behaviors that contribute to illness, disease, death, and social problems in youth. In 2016, over 230,000 students participated in the survey. Survey reports are available showing results at the state, county, and local level. For more information, see Appendix 1.A or visit www.askhys.net.

Mental Health

Exhibit 1. Percentage of Sammamish Schoolchildren Who Reported Mental Health Issues, 2016

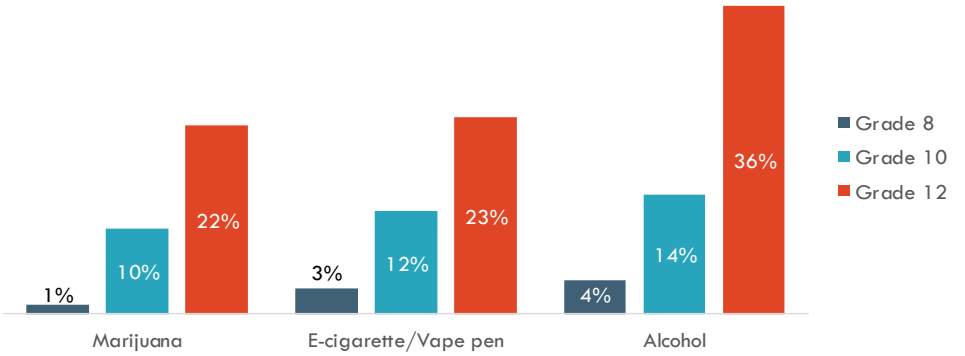


Source: Healthy Youth Survey Fact Sheets, 2016

- By the time students in Sammamish public schools reach the 12th grade:
  - 77% *(approximately 745 students)* reported being bothered by feeling nervous, anxious, or on edge for several days or more over the last two weeks.
  - 28% *(approximately 270 students)* reported feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
  - 21% *(approximately 200 students)* have considered suicide over the past 12 months.
- Anxiety, depression, and suicide all appear to increase from grades 8 to 10 to 12, potentially reflecting increased stresses as youth get older.

Substance Use

Exhibit 2. Percentage of Sammamish Schoolchildren Who Reported Substance Use, 2016

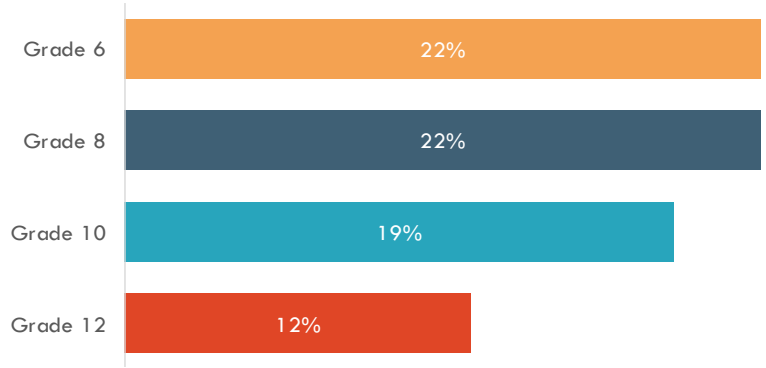


Source: Healthy Youth Survey Fact Sheets, 2016

- Among Sammamish public school 12th graders:
  - 22% *(approximately 210 students)* used marijuana at least once over the last 30 days.
  - 23% *(approximately 220 students)* used an e-cigarette at least once over the last 30 days.
  - 36% *(approximately 350 students)* drank alcohol at least once over the last 30 days.
- Marijuana, e-cigarette, and alcohol use all appear to increase as students get older.
- 8% *(approximately 80 students)* of Sammamish 10th graders and 23% *(approximately 220 students)* of 12th graders have had five or more drinks in a row in the past two weeks.

Bullying

Exhibit 3. Percentage of Sammamish Schoolchildren Who Reported Bullying, 2016



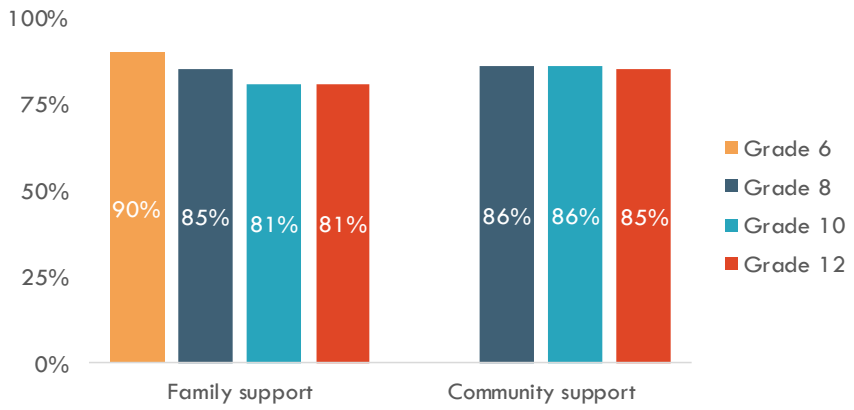
Source: Healthy Youth Survey Fact Sheets, 2016

When asked if students had been bullied at least once over the last 30 days, 22% of Sammamish 6th and 8th graders *(approximately 440 students in both grades)* responded that they had. This number is lower in higher grades, with 19% of 10th graders *(approximately 180 students)* and 12% of 12th graders *(approximately 120 students)* responded that they had been bullied in the last 30 days. It is unclear whether the drop in bullying in 12th grade is due to a reduction in bullying, the perception of being bullied, or a drop in reporting.

Family and Community Support

Family and community support can help youth be more resilient to mental health challenges by providing an outlet to talk about important issues and a sense that someone is in their corner. In addition to providing a safe space, these supports can help boost self-esteem, problem solving, and coping skills. The Healthy Youth Survey shows that many youth feel they can talk to their mom, dad, or an adult in the community about something important. However, panelists at the Action Forum for Youth, an event that brought together Sammamish youth and community leaders to discuss the results of the Healthy Youth Survey, suggested otherwise. At this even youth indicated that they hesitate to reach out to parents on important topics like substance use or suicidal thoughts for fear of disappointing them.

Exhibit 4. Family and Community Support in Sammamish Schoolchildren, 2016



Source: Healthy Youth Survey Fact Sheets, 2016

- 90% of 6th graders feel they can ask their mom or dad for help if they have a personal problem, but this decreases to 81% in the 10th and 12th grades.
- 85-86% of students in 8th through 12th grade feel there are adults in the community they can talk to about something important. This survey question was not asked to 6th graders.
- School nurses and district family liaisons reported that some families are reluctant to seek help for their children because they believe mental health is a family matter, or they fear social stigma.

Indicators of Progress

Some of the factors affecting mental health for adults and youth in Sammamish may be related to personal factors such as choice of job or home or influences such as family expectations or support systems. Yet school nurses, youth organizations, and mental health specialists reported that these issues broadly impact the wellness of the entire community. Programs that support people experiencing high levels of stress may help to reduce depression, anxiety, and poor mental health in Sammamish. The most significant way that the community can improve mental health is to:

- Improve access to mental health care, particularly for members of the community that may have trouble obtaining help (such as youth).
- Remove the stigma associated with seeking help.
- Improve opportunities for awareness and early intervention before a mental health issue becomes a crisis.
- Reduce incidence of teen drinking and substance use.

Current City Response

The City of Sammamish has several policies and programs in place to address mental health issues, though frequently at the point of crisis. In addition, the City provides grants to several

human service providers that offer services for those struggling with mental health issues or substance abuse, as outlined below.

Policies and Programs

- Eastside Fire and Rescue works with King County EMS and the State to fund low-acuity type response units, commonly called community paramedic units. These can help address non-emergent medical issues before they either become emergencies or impact response times because of inappropriate use of 911 services.
- Sammamish police officers must attend a mandatory 72 hours of mental health crisis intervention training.
- By the first quarter of next year, Sammamish police officers will attend a 40-hour in-service training that covers talking to mentally distressed people and crisis de-escalation. This is in addition to other required online training on a variety of topics.

City Grant Program

The City of Sammamish has provided grants to several human services providers that offer mental health services, totaling $44,500 in 2016-2017.[6] These included:

- Crisis Clinic – 24-hour Crisis Line
- Crisis Clinic – Teen Link
- Friends of Youth – Family Services
- HERO House: Self Recovery
- Issaquah School Foundation – VOICE mentoring program
- National Alliance for the Mentally Ill
- Therapeutic Health Services

Potential City Actions

Leverage Existing Policies and Programs

- **Awareness Campaign.** A public education campaign on mental health awareness can help reduce stigma and promote available resources. City staff could use materials from local or national mental health resources, such as NAMI (National Alliance on Mental Illness) or the Anxiety and Depression Association of America. Staff resources will be needed to research campaign materials, get permission for their use, customize them for Sammamish, and publish and distribute materials. This will also require community outreach, through existing or new events. Specific campaigns could target families, youth, seniors, adults, or particular ethnic groups. The Human Services Commission could be helpful in vetting materials and promoting events.

[6] Note that under the current grant program, the maximum grant amount is determined by the total budget assigned to the grant program and the number of applicants. It does not reflect the need or demand for services.

Potential Work Plan Outline:

- *City staff and Human Services Commission identify specific goals for the Awareness Campaign.*
- *City staff researches and presents materials for Commission review and recommendation, including an outreach plan.*
- *City staff customizes materials, conducts outreach.*

- **Comprehensive Referral List.** The City could create a comprehensive list of mental health referrals that is regularly updated and available online and wherever the City provides services. This would build off the list of resources already maintained by the Community Services Coordinator. Additional effort would be needed to reach out to service providers and verify the list regularly. More frequent updates would also require printing and distribution.
  - *Potential Work Plan Outline:City staff contact service providers and conduct research to develop and enhance existing resource list.*
  - *City distributes list in print and on the internet.*
  - *City establishes a review and update timeline.*

Influence the Choice. There have been several attempts to formulate a community effort to reduce youth alcohol and substance abuse, including The Idea Project and Influence the Choice. The Issaquah School District was working on a grant to fund the Influence the Choice program, and the Lake Washington School District was working on a similar program, but in both cases efforts stalled. The City could take a leadership effort in pulling together a partnership and coordinating efforts on a city-wide basis, financial support may depend upon the implementation steps developed by the group.

Potential Work Plan Outline:

- *City staff meets with school district representatives, including those from Eastside Catholic, to identify objectives for a program to reduce alcohol and substance use by teens.*
- *Local partners develop a plan of action and assign implementation tasks.*

Create New Partnerships and Programs

- **Mental Health First Aid.** The Lake Washington School District participates in a program called Mental Health First Aid (www.mentalhealthfirstaid.org), which teaches people how to identify, understand, and respond to signs of mental illness and substance abuse. Much like physical first aid, the training teaches people to recognize mental health issues and get people connected to help. Evergreen Health also sponsors Mental Health First Aid classes, including training for program instructors.

  A community partnership between the City, the Lake Washington School District, Issaquah School District, and Eastside Catholic could extend this program. Other community partners could include community agencies like the YMCA, the Boys and Girls Club, or the local

chapter of NAMI. However, the program does not need to be geared only toward youth. City involvement and other partners could focus on broadly educating the community to understand how to identify and respond to mental health issues. A citywide campaign could promote community-wide training events to ensure that every neighborhood, community club, or workplace has at least one person trained in mental health first aid.

Potential Work Plan Outline:

- Meet with Lake Washington School District, Issaquah School District, and Eastside Catholic and talk with representatives at the National Council for Behavior Health about the Mental Health First Aid program.
- *Convene local partners to develop a community-wide Mental Health First Aid campaign.*
- *Include a representative from the Human Services Commission in the partnership meetings.*

Provide Funding Support

- **School Counselor Support.** Provide direct financial support to school districts to increase access to mental health counselors, including culturally appropriate options, for students and their families. The Mercer Island Youth and Family Services program is an example of such a program. This could be run through the grant program or could be a special set-aside fund.

  Potential Work Plan Outline:

  - *Contact school districts to discuss this program.*

Case Study:
Mercer Island Youth and Family Services

Working in partnership with the Mercer Island School District, professional counselors from the Mercer Island Youth and Family Services (MIYFS) department are based on site in each public school on Mercer Island. Staff provide counseling services for children, adolescents and their families; hold classroom presentations; and organize group activities to deal with personal difficulties and to promote healthy emotional and interpersonal development.

At the high school and middle school, substance abuse services include prevention, education, intervention and assessment and referral. This is funded by the City General Fund, non-profit organizations, and grants garnered by the School District.

Implementation Table

The requirements to implement each of the potential actions are shown in the table below, along with a potential timeline for implementation.

Possible Action	Financial Support Needed	Staff Support Needed	Timeline for Implementation
Awareness Campaign	$ – Materials from local or national organizations can be used. Most of the cost investment is staffing.	Low to Medium – Some research and coordination by staff is needed at the low end. More effort will be needed for community outreach and for targeted campaigns, if desired.	Mid-term.
Comprehensive Referral List	$ – This is primarily and investment staff time.	Low to Medium – This would be an extension of duties for the Community Services Coordinator.[7]	Short-term.
Influence the Choice	$ – This is primarily an investment of staff time.	Medium – This work is outside the scope of the Community Services Coordinator, additional staff resources will be needed.	Mid-term.
Mental Health First Aid	$$ – Support will be needed for advertising, materials, training, community events, and leadership and facilitation.	Medium – This requires coordination with a team of community partners. The City would be a likely lead or co-lead, especially to get this effort started.	Mid-term.
School Counselor Support	$$ – This requires direct financial support or grant program funding.	Low – Some coordination with school districts is needed, but largely this is financial support.	Long-term to ensure sustainable funding.
	Financial Support: **$** – < $100,000 **$$** – $100,000 - $500,000 **$$$** - > $500,000	Staff support needed: **Low** – Current staff, may need to adjust work priorities. **Medium** – Additional staff to manage or coordinate action. **High** – Additional staff to manage or coordinate and to implement.	Implementation Timeline once initiated: **Short-term** – 1 year **Mid-term** – 3 years **Long-term** - >3 years

[7] This recommendation, as well as others in this document, is within the range of duties of current City staff. However, implementation of some recommendations may require adjusted work priorities, additional hours, or additional staffing.

BASIC NEEDS

Community Needs

Lower-income families often feel that their presence in the community is overlooked and that poor people are being pushed out of the City. In addition, families with moderate incomes who must spend a high proportion of their earnings on housing often struggle in silence. Affordable housing was mentioned as a specific need in nearly every stakeholder interview. After affordable housing, transportation was the second most mentioned unmet need in Sammamish. The lack of reliable and affordable transportation affects the ability to access services, particularly for seniors, youth, and low-income adults in the community. Economic pressures related to the cost of living in Sammamish can result in insecurity in access to food, health care, childcare, and other essentials. This section focuses on insecurity in access to basic needs such as health care and food, as well as helping with crisis situations such as lack of shelter. [8]

JUST GETTING BY

The family moved to Sammamish for the great schools. Their house was a little out of their price range and they figured they could cut back on a few extras and get by. The father works as a manager at a popular local restaurant and the mother is a programmer.

Things were okay until the mother's contract expired. Her company was in the middle of a transition phase and she lost her job. The job she found doesn't pay as much. They don't have a health plan with good coverage. Every time their daughter gets an ear infection it costs about a week's worth of groceries to get her to the doctor.

Unable to afford childcare, their 13-year old son comes straight home from school to take care of his 10-year old sister. They are home alone until their mom comes home around 8 p.m. Sometimes there isn't a lot to eat in the house, so the kids go visit a neighborhood friend and hope his mom invites them to stay for dinner.

They have used up their savings and strained their credit to the max. They don't have the money to move and can't afford the gas to commute to work if they did.

Access to Care

Accessing quality health care and preventative services is important not only to physical outcomes but also to social and mental health outcomes. Preventative services can help individuals detect health issues early, avoid illness, and even save lives. Health insurance is one aspect of access to health services, but the location and cost of quality care are other important factors. Reducing these barriers and matching providers to community needs can improve health and well-being.

[8] Although they underlie many health and human service needs, the long-term needs for affordable housing and transportation are very large issues for the region and best addressed by advocacy at a regional level. That is addressed in the section Future State of Health and Human Services in Sammamish.

Data on Sammamish residents' access to care and preventive services is shown in Exhibit 5.

Exhibit 5. Access to Care and Preventive Services

	Uninsured (Age 18-64)	Could not see a doctor 1+ times in past year due to cost	Does not have a personal doctor	No flu shot during the past year	Never had pneumonia vaccination (age 65+)
Washington	18%	15%	26%	63%	27%
King County	15%	14%	26%	60%	28%
Sammamish	**3%**	**9%**	**21%**	**58%**	**21%**
Bellevue	13%	11%	25%	61%	29%
Issaquah	9%	5%	19%	56%	35%
Kirkland	11%	10%	22%	58%	34%
Lake Forest Park	12%	11%	18%	51%	21%
Mercer Island	4%	4%	16%	46%	23%
Redmond	10%	13%	24%	61%	34%
Shoreline	16%	12%	23%	57%	23%

	No dental visit during the past year	No mammogram within 2 years (age 50-74)	No Pap test within 3 years (age 21-65)
Washington	33%	29%	32%
King County	29%	28%	22%
Sammamish	**19%**	**18%**	**23%**
Bellevue	25%	23%	25%
Issaquah	24%	19%	35%
Kirkland	25%	22%	20%
Lake Forest Park	19%	36%	27%
Mercer Island	12%	22%	21%
Redmond	26%	27%	16%
Shoreline	25%	26%	19%

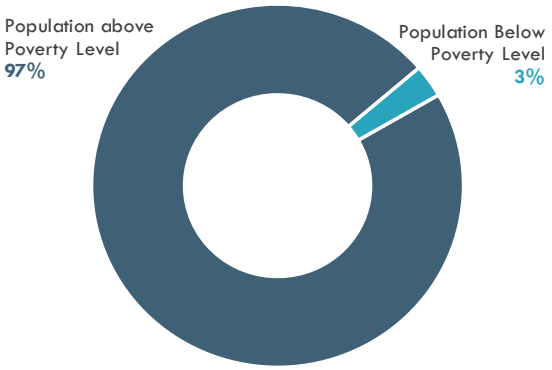
Source: Behavioral Risk Factor Surveillance System (BFRSS), WA State Department of Health, Center for Health Statistics via Public Health Seattle King County City Health Profiles, 2016.

- Over one-fifth of Sammamish residents *(more than 12,000 residents)* do not have a personal doctor that they see for routine visits.
- Nineteen percent of Sammamish residents *(approximately 12,000 residents)* did not see a dentist within the last year. Untreated dental diseases can lead to serious health issues.
- Sammamish residents had better access to care than the county for all measures except "no pap test within three years."
- Stakeholder interviews indicated that a lack of transportation or cultural barriers may provide challenges to access.

Household Insecurity

The Census Bureau defined poverty in 2015, the most recently available year of data, for an individual with an annual income less than $12,082 and for a family of four as less than $24,257.

Exhibit 6. Population Above and Below Poverty Level in Sammamish, 2015



Source: ACS 2015 5-year estimates, Estimate of Poverty Status in the Past 12 Months (Table S1701).

- In Sammamish, 3% of the population *(approximately 1,500 residents)* live in poverty as defined by the federal poverty level.
- In Sammamish, 300% of the poverty level is an annual income of $36,180 for an individual and $73,800 for a family of four. This represents over 8% of the families in Sammamish *(approximately 1,400 households fall into this category, or approximately 4,400 people)*. Given the cost of housing, it is likely that families under 300% of the poverty level experience insecurity in other basics needs.
- Both the Issaquah and Lake Washington School Districts noted that families well above the poverty line are struggling to make ends meet because of the high cost of housing in Sammamish. When families spend a majority of their income on housing they can struggle to pay for basic needs such as food, childcare, or healthcare.

Indicators of Progress

Sammamish is defined by is high quality of life and prosperity, but there are times when some families struggle to get by. Ensuring that the whole community has access to the basic essentials such as shelter, food, and health care can be accomplished by:

- Improving access to basic needs and services.
- Putting in place emergency measures for crisis response.

Current City Response

The City provides grants to several human service providers that offer housing, food, and other emergency assistance.

Policies and Programs

- Residents are entitled to King County Housing Repair Program for low income households

(income dependent for eligibility). This is the same program mentioned in the senior profile. In addition to modifications for disabilities, the program assists with weatherization and other minor home repairs.

- The Eastside Fire and Rescue's Union Local (IAFF 2878) has a benevolent fund that provides assistance to immediate needs such as food, clothing, minor repair work, etc.

Grants

The City of Sammamish has provided grants to several human services providers that offer services for basic needs, totaling $53,588 in 2016-17. These include:

- Catholic Community Services – Winter Shelters and Day Center
- Congregations for the Homeless
- Eastside Baby Corner
- Friends of Youth – The Landing Shelter
- Hopelink – Emergency Financial Assistance and Emergency Food
- Imagine Housing
- Issaquah Food and Clothing Bank
- St. Vincent de Paul – Mary Queen of Peace

Potential City Actions

Leverage Existing Policies and Programs

- **Home modification.** Expand eligibility for home repair program to include residents with moderate incomes and/or high housing costs (see recommendation for seniors for next steps).

Create New Partnerships and Programs

- **Food van.** Partner with the Issaquah Food Bank, Hopelink, or other agencies to develop a mobile food bank that provides regular and emergency food deliveries to Sammamish. Schools in Sammamish already distribute dozens of backpacks full of food to hungry kids to take home over the weekend so they have something to eat. Additional coordination could help families struggling with food insecurity get the help they need.

  Potential Work Plan Outline:

  - *Contact local agencies that provide emergency food service to begin planning for a mobile food bank.*
  - *Work through the grant program or another fund to support the mobile food bank.*

Case Study: RotaCare Clinic in Renton

In 2003 community partners in Renton including Valley Medical Center, Renton Rotary, Renton Technical College, and the Salvation Army launched a RotaCare Clinic. Volunteer medical personnel treat illness and minor injury regardless of ability to pay. Basic labs, x-rays, and medications are offered at no or low cost. Additionally, volunteers are available to help patients qualify for medication and treatment through state programs. The clinic accepts walk-in clients every Saturday morning and operates out of the Salvation Army Community Center and Food Bank.

- **Rotacare clinic.** Work with the local chapter of Rotary International to develop a free, walk-in medical clinic one or more days a week, available to anyone who needs care.

  Potential Work Plan Outline:

  - *Meet with the local chapter of Rotary International to work on a strategy for the Clinic.*
  - *Work through the grant program or another fund to support the Rotacare Clinic.*

Implementation Table

The requirements to implement each of the potential actions are shown in the table below, along with a potential timeline for implementation.

Possible Action	Financial Support	Staff Support	Timeline for Implementation
Home modification	$$ – The City would need to provide funding for the additional residents served, who might not be eligible for the existing program.	Low to Medium – This depends on the role assigned to City staff. This work is currently not performed by staff.	Mid-term.
Food Van	$$ – The City should contribute funding or grant program money to this project.	Medium – City staff is needed to initiate coordination, but once the program is going it could be lower if another agency takes the lead. Ongoing staff support will likely be needed.	Mid-term.
Rotacare Clinic	$$$ – The City should consider a financial contribution to this project.	Medium – City staff is needed to initiate coordination, but once the program is going Rotary volunteers could take the lead. Ongoing staff support will likely be needed.	Long-term.
	Financial Support: **$** – < $100,000 **$$** – $100,000 - $500,000 **$$$** - > $500,000	Staff support needed: **Low** – Current staff, may need to adjust work priorities. **Medium** – Additional staff to manage or coordinate action. **High** – Additional staff to manage or coordinate and to implement.	Implementation Timeline once initiated: **Short-term** – 1 year **Mid-term** – 3 years **Long-term** - >3 years

CULTURAL INCLUSION

FEELING AT HOME

Dadi (Grandma) came to Sammamish to live with her son and his family. The family takes care of each other and this has always been their way. Her dadi slept in her room when she was a little girl. She is proud of her son's success and happy to live here in America. There are other people here from her native country and she has made a few friends.

Yet these new friends aren't the same as her family and friends back home. There is no network of extended family to rely on, nor can they call on her, their favorite "auntie," to help. She sometimes feels a little lost and it's hard to know where she can get help when the family needs it.

Community Needs

In 2015, the Census Bureau estimated that a quarter of Sammamish residents were foreign born. Sammamish attracts immigrants who are part of the high-tech and global trade economy because of its proximity to companies and organizations with demand for highly skilled workers that come from all over the world. Many immigrants have intergenerational households, with parents living with their adult children and families for extended stays or permanently. For those seniors that do not speak English well or have limited transportation options, social isolation can be a problem.

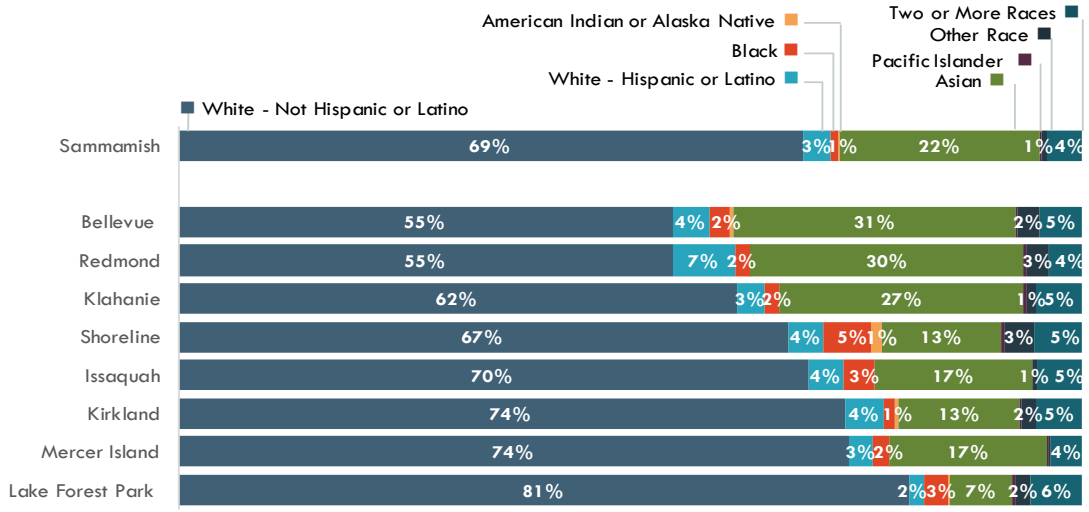
With diversity growing in the community, many children with immigrant parents have a foot in two different worlds. While American culture tends to emphasize individual success, many immigrant communities in Sammamish value a collectivist mindset. Youth struggle to navigate the tension between American values of forging new paths and their families' wishes to follow a set path. Faced with these pressures, youth may be less likely to turn to their parents and families for help.

Summary data on the race, ethnicity, and language spoken at home for Sammamish residents is shown in the following charts.

Race and Ethnicity

Exhibit 7. Race and Ethnicity in Sammamish and Peer Cities, 2010-2015

Sammamish	
White - Not Hispanic or Latino	69%
Asian alone	22%
Two or more races	4%
White - Hispanic or Latino	3%
Black or African American alone	1%
Native Hawaiian and Other Pacific Islander alone	0%
American Indian and Alaska Native alone	0%



Source: ACS 2015 5-year estimates, Demographic and Housing Estimates, BERK 2017.

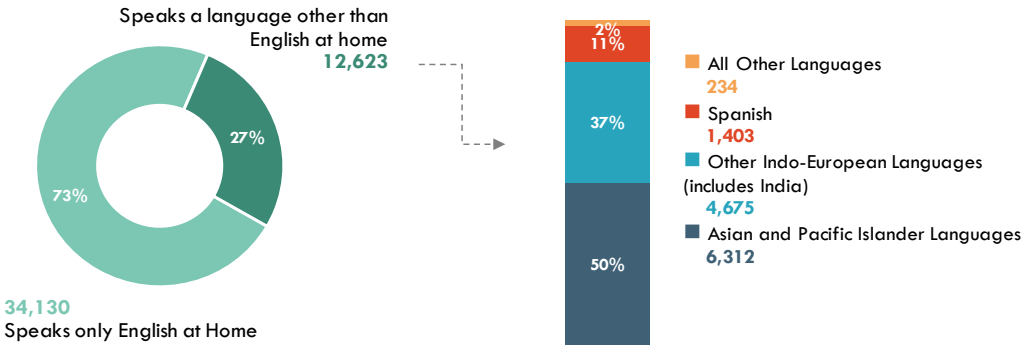
- The white non-Hispanic population in the State of Washington is close to 70%, similar to that of the U.S. overall. King County is more diverse with greater than a third of residents being Hispanic and/or not white alone.
- In Sammamish, most residents are White (69%), with a large proportion of Asian residents (22%). Approximately 3% of residents are White Hispanic and 4% identify as being two or more races. This is similar in racial makeup to neighboring cities of Issaquah and Mercer Island.
- In 2015, the Census Bureau estimated that a quarter of Sammamish residents were foreign born. Of those born elsewhere, the majority originate from Asia (62%), specifically Eastern Asia.
- Many non-citizen foreign born residents in Sammamish may work in the area. In FY2016 (October 1, 2015 – September 30, 2016) King County saw almost 4,000 certified H1B visas for Microsoft (Foreign Labor Certification, 2016).
- In recent decades, Sammamish has seen a decline in the number of foreign born residents

from Europe and Africa, and an increase in the share of residents born in Latin America and Oceania.

- Sammamish, prior to the annexation of Klahanie, saw similar proportions of foreign born Asians from Eastern Asia (42%), which includes China, and South-Central Asia (45%), which includes India. Klahanie has a much higher proportion of Asian residents from Eastern Asia (53%) and South-Eastern Asia[9] (16%) compared to Sammamish before the annexation.

Language Spoken at Home

Exhibit 8. Languages Spoken at Home in Sammamish, 2010-2015



Source: ACS 2015 5-year estimates, Language Spoken at Home (Table S1601), BERK 2017.

- A large percentage of Sammamish residents (27%) speak a language other than English at home. Of these, approximately 50% speak an Asian or Pacific Islander language, and 37% speak other Indo-European languages.
- Some families in Sammamish may speak another language at home, even if they are proficient at English. Of the population ages five and over in Sammamish, over 3,000 are estimated to speak English less than "very well" by the Census (7.2%). This is similar to the proportion in Kirkland, and a smaller share of the population than in neighboring Redmond (13.6%) and Bellevue (16.2%)
- Based on a 5-year American Community Survey sample from 2009-2013, 26% of King County residents over age 5 spoke a language other than English at home. These data are self-reported, and people may report they speak English at home if a family member speaks English.

[9] Southeast Asia refers to Bruneian, Burmese, Cambodian, Filipino, Hmong, Indonesian, Laotian, Malaysian, Mien, Papua New Guinean, Singaporean, Timorese, Thai, Vietnamese.

Indicators of Progress

Sammamish values the diversity of its community and wants to ensure that people feel welcome. Part of a strong network of health and human services is helping people feel connected to community and understand how to use the resources that are available to them. This is especially important for immigrant families who may not understand American institutions or conventions. Success in cultural inclusion will be marked in the following ways:

- Immigrant families and newcomers to Sammamish have the opportunity for a welcome and orientation to the community.
- People know where to find help in navigating health and human service resources.
- City operations and programs have an inclusive mindset based on embracing and engaging all cultures and facilitating shared community experiences.
- Greater participation in community events, programs, and by a variety of cultural communities.

Current City Response

The City has several policies and programs in place to increase cultural competence. In addition, the City provides grants to human service providers that foster cultural inclusion.

Policies and Programs

- Eastside Fire and Rescue's EMS training builds the cultural competency of firefighters and EMTs for their interactions with patients. Eastside Fire and Rescue has been attempting to utilize technology to improve communication with patients when English is either a second language, or not an option at all.
- The Sammamish Police Department participates regularly in diversity panels, forums, meetings, community events, and gatherings. Police Chief Bennett is involved in many community outreach and engagement efforts focused on cultural inclusion and immigrant concerns. This includes a Muslim Safety Forum, meetings with the Pacifica Institute, the Indian Association of Western Washington, the Issaquah Schools Foundation Cultural Bridges, and others, as well as community picnics and Ramadan Interfaith dinners hosted by the Muslim community.
- Police Chief Bennett created the Healthy Communities Coalition to identify key issues in the Sammamish community and strategize preventive actions and solutions. Over 20 different helping agencies serving the Eastside have attended meetings, and the coalition continues to grow. The top issue to address, as voted on by the coalition, was Cultural Bridges - assisting other cultures via education on both sides to create a healthy Sammamish community. The agencies who have expressed interest or attended meetings include:
- Athletes for Kids
- Boys and girls Club of King County
- CareNet of Puget Sound
- Central Washington University
- CrossPath
- Cultural Bridges

- Eastside Catholic
- Eastside Friends of Seniors
- Family to Family Senior Care
- Healthy Youth Initiative
- HeroHouse
- Hopelink
- India Association of Western Washington
- Influence the Choice - Drug Prevention
- Alliance for Youth
- Issaquah Food and Clothing Bank
- Issaquah Schools Foundation
- Kids without Borders
- King County Sheriff
- Kiwanis
- Lake Washington School District
- Lake Washington Schools Foundation
- Nourishing Networks
- Redmond Police
- Sammamish Arts Commission
- Sammamish Chamber of Commerce
- Sammamish Citizen Corps
- Sammamish Hills Lutheran
- Sammamish Rotary
- Sammamish YMCA
- TriAwareness
- YoungLife
- Youth Eastside Service

Grants

The City of Sammamish has provided grants to human services providers that offer services for Cultural Inclusion totaling $4,300 in 2016-17. These include:

- Cultural Navigator Program
- India Association of Western Washington

Case Study: Diversity Advantage Plan in Bellevue

People of color now represent over 40% of Bellevue's population. Like Sammamish, Bellevue sees its diversity as a strength, but it also presents some challenges.

The Diversity Advantage Plan is Bellevue's strategy for building inclusion and making sure there is equitable access to community resources including government, education, and human services. It recommends actions for improving cultural competency in government and in the community.

Potential City Actions

Leverage Existing Policies and Programs

- **Welcome and Orientation.** Enhance community welcoming activities and services. This could include a more robust "Welcoming Week" organized by the City, having "Welcome" on the front door in the different languages that residents speak, holding a City services roadshow, and distributing welcome and orientation packets for newcomers, working with existing partners.

  Potential Work Plan Outline:

  - *Create a staff interdepartmental "Welcome" team.*
  - *Use the team to help plan events, materials, and the roadshow.*

- *Work with partners such as the India Association of Western Washington and the Chinese Information and Service Center to create and distribute materials for specific communities.*
- *Enhance cultural competency, equity and inclusion training for all staff personnel.*

Create New Partnerships and Programs

- **Cultural Navigation.** Cultural Navigation is a program that offers free and confidential assistance to immigrants. Immigrants and refugees may not understand how to undertake common tasks like meeting with a child's teacher, applying for a job, riding the bus, starting a business, or finding housing or health care. This is because there are different ways of doing these things in their native countries. Sammamish could partner with the Cultural Navigation Program that is currently funded through health and human service grants. This effort could also build off the work of the Healthy Communities Coalition. The City could either provide funds and space to support additional work by the existing Cultural Navigation Program, or it could develop its own volunteer program run out of a community facility or mobile van.

  Potential Work Plan Items:

  - *City staff contacts the Cultural Navigation Program and other community partners to discuss options for Sammamish residents.*
  - *Human Services Commission evaluates options for Cultural Navigation and sends recommendations to City Council.*
  - *City Council provides funding and/or staff support for one of the options.*

Case Study: Crossroads Mini-City Hall in Bellevue

Originally opened as a neighborhood service center to save residents a trip to City Hall, it became clear early on that culturally competent services would be needed. More than half of the users of the Crossroads Mini-City Hall had a language and/or cultural barrier.

Over the past two decades this facility has become a hub for cultural inclusion. Residents can receive information and services in eight languages. It offers a Cultural Navigator program, healthcare information and referral, and computer skills help. Many of the specialized services are provided through partnership with agencies such as King County Public Health, King County Public Library, or through trained volunteers.

Direct Service

- **Bi-cultural Programming.** Develop recreational and community bi-cultural programming that both recognizes cultural identity and celebrates being part of American culture. The City has already been exploring some work in this area through its arts and culture program, planning for a Chinese New Year Event, and initial planning for a possible Klahanie Field Day. Partners such as the India Association of Western Washington, the Chinese Information and Service Center, and others may be strategic advisors for this work. The focus for bi-cultural programming should encourage people from different cultural communities to socialize,

recreate together, and get to know each other.

Potential Work Plan Items:

- *Develop an interdepartmental team to explore ideas and options for bi-cultural programming and community events.*
- *Vet ideas with the Human Services Commission, the Parks and Recreation Commission, and the Arts Commission.*

- **Cultural Competency Training.** The City of Sammamish staff, Council, Boards and Commissions work very hard in service of the residents of the city. However, the demographic composition of City staff and leadership does not reflect the full diversity of the people who live here. This is an issue that many communities face, particularly when the local population has a high proportion of immigrants (25% for Sammamish). A commitment to diversity and inclusiveness is an important step to ensure equity and to help people from all backgrounds feel comfortable in Sammamish. There are several steps the City of Sammamish can take to improve its cultural competency, provide the best service it can to all its residents, and strive to encourage participation in all levels of government.

  Potential Work Plan Items:

  - *Formally adopt an equity statement that outlines the City's commitment to inclusiveness and diversity. Consider working with the City's Boards and Commissions on recommendations that will be transformed into a formal statement through one or more Council workshops.*
  - *Work with a consultant to develop a cultural competency program for staff, elected officials, appointed officials, and volunteers. While the initial program may begin with a large one-time training event, this should be on-going program to ensure there is a consistent focus on inclusivity, diversity, and meeting community needs.*
  - *Develop communications strategies to reach culturally diverse groups in the community.*
  - *Gather an interdepartmental team to assess all aspects of City operations through a lens of equity, diversity, and inclusivity. The goal is to bring cultural competency awareness to all City policies, programs, and services.*

Implementation Table

The requirements to implement each of the potential actions are shown in the table below, along with a potential timeline for implementation.

Possible Action	Financial Support Needed	Staff Support Needed	Timeline for Implementation
Welcome and Orientation	$$– This requires materials development. There would be some costs related to sponsoring community events, small giveaways, etc., and expenses for staff training.	Medium –Participation in an interdepartmental team and development of marketing materials will require additional workload. It is likely this item will require additional staff resources.	Short-term.
Cultural Navigation Program	$$ – This would involve funding to support more time and investment in the existing Cultural Navigators Program or costs for training, development of materials, and potentially a dedicated space for a Sammamish- specific program.	Medium – Cultural navigation programs can be run by volunteers, but additional staff resources will be needed to lead, organize, and train them.	Mid-term.
Bi-cultural programming	$$ – Funds are need for program development and materials, programming space, event promotion, etc.	Medium – Additional staffing will be needed to plan and implement additional recreation programs or events.	Mid-term.
Cultural Competency Training	$$ - Funding is needed to hire a trainer and for on-going staff support.	Medium – Additional staffing needed to coordinate the training program and ensure on-going compliance.	Short-term.
	Financial Support: **$** – < $100,000 **$$** – $100,000 - $500,000 **$$$** - > $500,000	Staff support needed: **Low** – Current staff, may need to adjust work priorities. **Medium** – Additional staff to manage or coordinate action. **High** – Additional staff to manage or coordinate and to implement.	Implementation Timeline once initiated: **Short-term** – 1 year **Mid-term** – 3 years **Long-term** - >3 years

SENIOR SERVICES

Community Needs

As Sammamish seniors age, it is important that they have opportunities to engage with their neighborhood and to access resources that can help them maintain autonomy and independence. In the town hall survey, 41% of respondents indicated that their family would benefit from services or programs for seniors.

- In Sammamish, 6.6% of males and 7.1% of females are ages 65 and over. In Klahanie, 4.7% of males and 9.3% of females are ages 65 and over.
- Based on U.S. Census data, 40% of the Sammamish population 75 years and older has a disability, and 9% of the population ages 65-74 has a disability *(approximately 725 residents age 65 and older)*.

Aging in place is a concept focused on ensuring that individuals have the "ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability

HOLDING ON

He and his wife always dreamed of a beautiful home and they found it in Sammamish. It was a welcoming place for their children in their teen years and now they return each year with the grandchildren to spend the holidays together.

A couple years ago his wife passed away. His life isn't the same without her. Friends and neighbors really helped him overcome his grief.

When the kids came to visit last summer they told him they were really concerned about him. He's had two fender-benders in the last six months. They think he should stop driving, but how will he get to the doctor, the grocery store, or his volunteer job as a Salmon Guide at the Issaquah hatchery?

He would feel lonely and stuck at home. If he moved somewhere he can manage better without a car, how would he stay in touch with his friends? He would have to give up his volunteer job, which he loves, and find a new doctor. He doesn't like these options, but doesn't know what to do.

levels."[10] At the community level this often involves increasing the livability of a community by aligning housing, transportation, health services, cultural opportunities, and the physical environment around community needs of older adults.

Supportive services provide the incremental and tailored supports that enable an individual to meet their independent living needs as they age. Supportive services are typically offered by a decentralized network of services across a range of organizations, projects, and initiatives. Many seniors face barriers to accessing the services they need because there is insufficient information (or it exists, but is difficult to find or across multiple websites) on what is available.

In addition to services that address health care and mobility needs, opportunities for social interaction are also important (see also the section on Cultural Inclusion). Social engagement helps prevent cognitive decline in seniors, and those with no social ties face increased risk for cognitive decline compared to those with five or six social ties. (Bassuk, Glass, & Berkman, 1999)

There are several factors critical to maintaining independence:

- Affordability of the home;
- Condition and accessibility of the home (and whether it can be readily and affordably modified);
- Availability of supportive services, including formal and informal help from family and friends; and,
- Whether neighborhood characteristics foster independence or make navigation difficult or unsafe. (Spillman, Biess, & MacDonald, 2012)

Falls often take place in the home and can be a consequence of ill-adapted housing. Installing grab bars in bathrooms and railings on both sides of stairs, removing tripping hazards (e.g., slippery area rugs), and improving lighting around the home and on outdoor walkways are all low-cost measures that can decrease the likelihood of falls (JCHS, 2014).

The cultural values associated with the Boomer Generation, which includes many immigrants, will lead to several trends in service provision, including:

- Emphasis on personal choice and individualized services.
- Movement away from institutional care and toward home and community based services.
- Increased interest in "aging in place." Many Boomers will wish to stay near their adult children and remain an active, productive member of their communities.
- Demand for active hobbies and activity options (more sports and fitness opportunities). (BERK Consulting, 2015).
- Interest in lifelong learning and continuing education.

[10]Centers for Disease Control (2015) Healthy Places Terminology *http://www.cdc.gov/healthyplaces/terminology.htm*.

Indicators of Progress

Sammamish is a community for families, and that means a commitment to the whole family, a commitment to an intergenerational community. Keeping seniors engaged in the community provides a resource of people who can share their knowledge and skills, volunteer their time, and provide a watchful eye over our neighborhoods. We create a safe and healthy intergenerational community when our policies and programs:

- Help create safe and affordable places for older generations to live.
- Increase mobility.
- Encourage social engagement, inclusion, and connection.

Current City Response

The City of Sammamish has several policies and programs in place to address seniors and active aging. In addition, the city provides grants to several human service providers that offer senior programming, as outlined below.

Policies and Programs

- Eastside Fire and Rescue's firefighters and emergency medical technicians are mandatory reporters of suspected physical abuse and neglect of children and vulnerable adults. Mandatory reporting occurs through the Police Department or the Washington State Department of Social and Health Services.
- City of Sammamish residents are entitled to the home accessibility modification program through King County Housing Repair Programs such as grab bars, wheelchair ramps, etc. Eligibility is determined by gross annual income.
- Sammamish is working with King County Metro – Community Connections to come up with solutions moving people within Sammamish, and examining options beyond fixed transit. The Council is focused on "last mile" challenges of getting people from the park-and-ride to their homes. Some thought has been given to partnering with Uber and Lyft to address transportation gaps, but there are challenges in implementation. These improvements would help seniors and others without transportation access.

Grants

The City of Sammamish has provided grants to several human services providers that offer services for seniors, totaling $26,500 in 2016-17. These include:

- Eastside Friends of Seniors
- Sound Generations – Meals on Wheels
- Elder and Adult Day Services
- Providence Marianwood – Issaquah Nursing Home

Potential City Actions

Leverage Existing Policies and Programs

- **Home Modifications.** Expand eligibility for home modifications to those with moderate incomes and/or high housing costs. This may involve setting up a fund or offering grant money to King County.

  Potential Work Plan Items:

  - *City staff works with the Housing Repair Program to determine how to expand eligibility for Sammamish residents.*
  - *City publicizes the availability of the home repair program.*
  - *City dedicates funding to support expanded eligibility.*

Case Study: Kirkland Senior Council

Established by the Kirkland City Council in 2002, the Kirkland Senior Council (KSC) is a group of concerned citizens dedicated to ensuring that Kirkland is, and remains a safe, vibrant community for residents age 50+. As an advisory group to the City Council, they advocate, support, shape and create programs and services that meet the needs of adults age 50+.

- **Volunteer Bank.** Maintain a listing of community-wide volunteer opportunities that may be of interest to seniors. This would allow people to make connections and use knowledge and skills to serve their community.

  Potential Work Plan Items:

  - *City staff develops and maintains a list of volunteer opportunities for seniors, including serving on local boards and commissions, volunteering at one-time events, and ongoing service jobs.*
  - *Publish the list online and advertise it through other means.*

- **Aging in Place.** Review planning policies to address aging in place as part of the next Sammamish Comprehensive Plan Update. Include police recommendations as part of the Housing Strategy Plan (a component of the Comprehensive Plan scheduled to be updated in 2018).

  Potential Work Plan Items:

  - *City staff or consultants audit the Comprehensive Plan to identify existing policies and policy gaps for the components of aging in place: affordable housing, housing diversity and choice, social connection, recreation, and transportation and mobility.*
  - *Propose policy updates to support aging in place. These should be vetted with the Human Services Commission and the Planning Commission before being recommended to City Council for inclusion in a Comprehensive Plan Amendment.*

Direct Service

- **Recreational Programming.** Explore multiple ways of expanding social and recreational programing for seniors aimed at physical health, mental health, mental acuity, and social exchange. This could include things like bridge club, chair yoga, choir, meditation, silver sneakers, etc. Include programming of special interest to different cultures, multi-generational programming, and programming that is free or low cost. could the City may also build off of existing partnerships with the Issaquah and Redmond Senior Centers, the YMCA, or could integrate shared space with youth programming agencies such as The Boys and Girls Club.

  Potential Work Plan Outline:

  - *Develop a departmental team to explore ideas and options for enhanced inter-generational and senior-oriented programming and events.*
  - *Contact community partners to explore opportunities for collaboration.*
  - *Vet ideas with the Parks and Recreation Commission.*
  - *Develop a strategy for implementing senior programming.*
  - *Publicize the availability of programs and opportunities for seniors, including partner resources. For example, let people know they can participate in YMCA programs for free or low cost if they are unable to pay.*

- **Transportation Shuttle.** A Transportation shuttle bus for seniors could be used to attend recreational activities in Sammamish or surrounding communities, or for appointments or errands. There are many options for a transportation shuttle, including: a city operated shuttle, a partner operated shuttle (for example in coordination with King County Metro or a non-profit group), a volunteer operation, or even a subsidy of a for-profit system (such as Uber or Lyft).

  Potential Work Plan Items:

  - *Develop a departmental team to explore alternatives for a transportation shuttle. Conduct a study of alternatives and implementation strategies.*
  - *Vet ideas with the Human Services Commission and the Transit Committee before forwarding a recommendation to Council.*
  - *Council authorizes a Transportation Shuttle program and dedicates funding.*

Implementation Table

The requirements to implement each of the potential actions are shown in the table below, along with a potential timeline for implementation.

Possible Action	Financial Support	Staff Support	Timeline for Implementation
Home modification	$$ – The City would need to provide funding for the additional residents served, who might not be eligible for the existing program.	Medium – This depends on the role assigned to City staff. This work is currently not performed by staff.	Mid-term.
Senior volunteer bank	$ – This work is not currently included in staff work plans.	Low to Medium – This work is not currently included in staff work plans. Depending on the scope, additional staff resources may be needed.	Short-term.
Aging in place	$$ – Will require use of staff and/or consultant time to review existing policies.	Medium – Comprehensive Plan amendments are time consuming and will require additional one-time resources to complete the work.	Short-term.
Recreational Programming	$$$ – This would require additional staffing and funding for program development, program materials, implementation, and potentially program space.	Medium to High – This would require the development of programs and the hiring of staff to run them at the high end, and would require partnership coordination at a mid cost.	Mid-term.
Transportation Shuttle	$$$ – This would require funding by the City.	Medium to High – The City needs to examine alternatives and coordinate an implementation strategy. Staff needs depend on the role of the City in implementation and management.	Long-term.
	Financial Support: **$** – < $100,000 **$$** – $100,000 - $500,000 **$$$** - > $500,000	Staff support needed: **Low** – Current staff, may need to adjust work priorities. **Medium** – Additional staff to manage or coordinate action. **High** – Additional staff to manage or coordinate and to implement.	Implementation Timeline once initiated: **Short-term** – 1 year **Mid-term** – 3 years **Long-term** - >3 years

DOMESTIC VIOLENCE

Community Needs

Domestic violence affects people of all incomes and backgrounds in Sammamish. Economic abuse and lack of affordable housing options make it difficult for those experiencing domestic violence to leave relationships. In some cases, victims may feel shame about their situation and reluctant to seek help. Since crime rates are low in Sammamish, domestic violence represents a larger share of calls to police than might be typical in other communities (though the numbers are still low).

Domestic violence is physical harm, bodily injury, assault, or the infliction of fear of imminent physical harm, bodily injury or assault, between family or household members. It can include physical assault, sexual abuse, and stalking. The Bureau of Justice estimates that 27% of women and 12% of men have experienced domestic violence and then suffered significant impacts such as post-traumatic stress disorder and injury as a result (Breiding, et al., 2011).

Domestic violence is intimately linked to housing and homelessness, and the fear of becoming homeless is a major reason domestic violence survivors stay with their abusers. Research shows that the need for, and the financial means to maintain, safe housing are two of the most pressing needs among women who are leaving or who have left abusive partners (Clough, Draughon, Njie-Carr, Rollins, & Glass, 2013).

Economic abuse is a common tactic used by abusers to gain power and control in a relationship; it may include tactics to limit the partner's access to assets or to hide information and accessibility to family finances. Financial abuse is a powerful method of keeping a survivor trapped in an abusive relationship, and research shows that financial abuse occurs in 98% of abusive relationships (National Network to End Domestic Violence).

Women from immigrant communities who are experiencing domestic violence may feel additional isolation and may not feel comfortable going outside of the family or cultural community for help with a

SURVIVING ABUSE

From the outside most people think that she has a great life. She lives in a beautiful house and has quiet, well-behaved children. Her husband makes good money and she doesn't have to work.

Yet she holds on to a secret that makes her feel ashamed. Her husband becomes jealous if she takes too long picking the boys up from soccer or unexpectedly stops at the grocery store for a gallon of milk. First comes the accusations, then the name-calling, and then the rage.

Although she is afraid for herself and her children, she is not sure where to go. She doesn't have family that can help and they have only lived in Sammamish a few years. It's hard to make friends when you can't spend any time with them. He says she can't be trusted with money, so her name isn't even on most of their accounts. When she has tried to leave, he threatened retribution.

She needs a safe place to go, affordable housing, financial support to get on her feet, help to keep her kids in school, counseling, and legal assistance. She isn't sure where to start or how to navigate the systems that might be in place to help her.

private matter. (Senturia, Sullivan, & Ciske, 2000).

For those who leave a domestic violence situation there is emergency shelter on the Eastside, but longer-term shelters are only in Seattle, and housing resources are mostly available in South King County. Housing and employment options and low-cost access to physical and mental health care in Sammamish would help families experiencing domestic violence.

Barriers to accessing resources in Sammamish include a lack of case management and programs that require income eligibility.

Indicators of Progress

Domestic violence occurs across the community regardless of ethnicity, income, or other demographic factors. Often when people leave domestic violence situations they are at most risk of harm. The region needs a variety of safe and confidential spaces and a secure and available referral network to get people the help they need. Sammamish will not solve this problem alone, but the community can do its part to make regional improvements in domestic violence support, such as:

- Improving the availability of safe houses and shelter resources for domestic violence survivors.
- Increasing awareness of help and resources for those affected by domestic violence.
- Educating the community about the warning signs of domestic violence and harassment.
- Increased contributions of time and funding to regional efforts to address domestic violence.

Current City Response

The City has several policies and programs in place to address domestic violence, and provides grants to human service providers that offer services for victims of domestic violence.

Policies and Programs

- The City contracts with King County Sheriff for a full time Domestic Violence Advocate that covers the City of Sammamish and other local communities. The advocate's job is to contact victims of domestic violence to provide further assistance.
- Eastside Fire and Rescue's firefighters and emergency medical technicians are mandatory reporters of suspected physical abuse and neglect of children and vulnerable adults. Mandatory reporting occurs through the Police Department or the Washington State Department of Social and Health Services.
- The City of Sammamish attends regional human service meetings of Eastside Cities' Human Services staff that can touch on domestic violence issues and funding.
- As the Fire Department becomes aware of issues, they assist customers with making contact with social services or the Eastside Fire and Rescue Chaplaincy program.
- At any domestic violence event, Sammamish police officers hand out the Domestic Violence Protection Act form as seen below.

Exhibit 9. Domestic Violence Protection Act Form

Rights of Crime Victims and Witnesses

If you are a crime victim, a survivor of a crime, or a witness to a crime, the State of Washington provides that reasonable efforts be made to ensure you the following rights:

1. To be informed of the final outcome of the case.
2. To be notified of any scheduled changes in the court proceedings.
3. To receive protection from harm or threats of harm arising from your cooperation with law enforcement or prosecution.
4. To receive witness fees to which you are entitled.
5. To be provided, whenever practical, a secure waiting area during court proceedings, away from the defendant or the defendant's family.
6. To have any stolen or other property quickly returned by law enforcement or the superior court when it is no longer needed as evidence.
7. To have someone intervene with your employer if necessary when you are required to come to court.
8. To have access to immediate medical attention. With regard to victims of domestic violence, sexual assault or stalking (or their family members), to be allowed reasonable leave from employment to take care of legal issues, receive medical treatment or obtain other necessary services.
9. To have a crime victim advocate from a crime victim/witness program at any interviews.
10. To be present in court during trial if you are the victim or the survivor of a victim, after your testimony has been given and no further testimony is required.
11. To be informed of the date, time and location of the trial and, if requested, of the sentencing hearing in felony cases if you are the victim or the survivor of a victim.
12. To submit a victim impact statement to the court.
13. To present a statement personally or by representation at the sentencing hearing for felony convictions.
14. To have restitution ordered by the court in all felony cases, unless the court finds this inappropriate.

Rights of Child Victim and Witnesses

In addition to the rights that have been provided for all crime victims and witnesses, Washington law requires reasonable efforts be made to ensure the following rights for child victims and witnesses under the age of 18:

1. To have all legal proceedings and/or police investigations explained in language that can be easily understood by a child.
2. To have a crime victim advocate from a crime victim/witness program present at any interview.
3. To have, whenever practical, a secure waiting area provided for the child during court proceedings, and to have a support person or advocate stay with the child.
4. To not have the address or photographs of the child victim or witness disclosed by any law enforcement agency, prosecutor, defense counsel, or private or governmental agency involved in the case.
5. To allow the advocate to make recommendations about the ability of the child to cooperate with the prosecution and the potential effect of the proceeding on the child.
6. To allow the advocate to inform the court about the child's ability to understand the nature of the proceedings.
7. To provide information about social service agencies to assist the child and/or the child's family with the emotional impact of the crime, the investigation, and the judicial proceedings.
8. To allow the advocate to be present in court to provide emotional support to the child during testimony.
9. To inform the court as to the need to have other supportive persons present during the child's testimony.
10. To allow law enforcement agencies to enlist the assistance of other professional personnel such as Child Protective Services, victim advocates or prosecutor's staff trained in interviewing of child victims.

Domestic Violence Prevention Act
Victim's Rights

IF YOU ARE THE VICTIM OF DOMESTIC VIOLENCE, you may ask the city or county prosecuting attorney to file a criminal complaint. You also have the right to file a petition in Superior, District, or Municipal court requesting an order for protection from domestic abuse, which could include any of the following:

(a) an order restraining your abuser from further acts of abuse against you or your minor children;
(b) an order directing your abuser to leave your household;
(c) an order prohibiting your abuser from entering your residence, workplace, school, or your child(ren)s school or daycare;
(d) an order granting you temporary custody of your minor children;
(e) an order restraining your abuser from interfering with your custody or removing the children from the state.

The forms you need to obtain for a Protection Order are available in any Municipal, District or Superior court or at the King County Prosecuting Attorney's Protection Order Program:

King County Courthouse Seattle (Seattle) 206-477-1103
Regional Justice Center (Kent) 206-205-7406
http://www.protectionorder.org

Available 24 Hours a Day:

Information About Shelters and Alternatives to Domestic Violence
Washington State Domestic Violence Hotline..... 1-800-562-6025
National Domestic Violence Hotline..... 1-800-799-SAFE (7233)
TTY 1-800-787-3224
King County Domestic Violence Recorded Information Line 206-205-5555

Information Presented Here is Available in Alternate Formats
Voice: 206-296-4078 TTY Relay: 711

Information in other languages – Peace in the Home Helpline.....1-888-847-7205

Types of Orders for Victim Protection

Anti-Harassment Order ..... Reference RCW 10.14
No Contact Order ..... Reference RCW 10.99
Protection Order ..... Reference RCW 26.50
Restraining Order ..... Reference RCW 26.09 or 26.26
Sexual Assault Order ..... RCW 7.90
Stalking Protection Order ..... RCW 7.92
Vulnerable Adult Order ..... RCW 74.34
Extreme Risk Protection Order .....RCW 7.94

Grants

The City of Sammamish provided grants for 2017-2018 to several human services providers that offer services for victims of domestic violence totaling $28,039. These included:

- Harborview Sexual Assault/Traumatic Stress Services
- King County Sexual Assault Resource Center
- Lifewire
- Sophia Way

Potential City Actions

Leverage Existing Policies and Programs

- **Domestic Violence Advocate.** Improve awareness of the Domestic Violence Advocate by listing information and contacts on the City's website.

  Potential Work Plan Items:

  - *Develop page on City website with information about domestic violence, the services offered by the Domestic Violence Advocate, and contact information.*
  - *Include culturally appropriate materials in multiple languages.*

- **Regional Support.** Continue to work regionally to ensure there is adequate safe housing, affordable housing, and shelter space in and near Sammamish to keep families close to the community when it is safe to do so.

Potential Work Plan Items:

- *Work through the Sound Cities Association (and other regional groups) to ensure Sammamish representatives are placed on committees that work on issues that will improve options for survivors of domestic violence. This includes committees related to domestic violence, emergency shelter, and affordable housing.*
- *Develop a regular schedule of briefings and annual workshop where the regional committee representatives and the Human Services Commission exchange information and develop an advocacy strategy for domestic violence issues.*
- *Through the regional committee system, identify a specific need that the City of Sammamish can fund in the long term such as a safe house or emergency shelter.*

Create New Partnerships and Programs

- **Awareness Campaign.** The City could partner with Lifewire and other agencies such as King County Sexual Assault Resource Center to create an education and awareness campaign. It should include messages in multiple languages. There should be materials with information and referrals available throughout the community and include contact information for the Domestic Violence Advocate.

  Potential Work Plan Items:

  - *City staff contacts Lifewire and other community partners to develop a campaign. Multiple versions of the campaign may be needed for different cultural communities.*
  - *The partnership identifies specific goals for the Awareness Campaign.*
  - *City staff researches and presents materials for Commission review and recommendation, including an outreach plan.*
  - *City staff customizes materials, conducts outreach.*

Direct Service

- **Bystander Training.** Ensure that City Hall and other City facilities are recognized as safe places for people feeling threatened. This involves training for staff, particularly those working in high contact positions with the public, to recognize potentially threatening or abuse behavior and to quickly connect people to resources when needed.

  Potential Work Plan Items:

  - *City staff contacts Lifewire for help with Bystander Intervention Training.*
  - *Develop a sign or decal that facilities can display on their front door so people know they can safely ask for help.*

Implementation Table

The requirements to implement each of the potential actions are shown in the table below, along with a potential timeline for implementation.

Possible Action	Financial Support	Staff Support	Timeline for Implementation
Domestic Violence Advocate	$$ – Create a page on the City's website and potentially develop some informational materials. It may be possible to use materials from national or regional organizations. The Domestic Violence Advocate currently serves a limited scope of work. Expanding services will require additional funds.	Medium – This work is currently contracted and expanding the scope of work and/or implementing and advocacy campaign will require additional staff resources.	Short-term.
Regional Support	$ – Relies on elected official and staff support to attend regional committees. $$$ - Contributions to a regional project would require direct support or grant program support.	Low to High – Liaison duties with the Human Services Commission are within the duties of the Community Services Coordinator now. If work expands and the City becomes directly involved in managing or collaborating on a regional initiative, additional staff resources will be needed.	Short-term.
Awareness Campaign	$$ – It could be possible to use materials from Lifewire or other organizations.	Medium – Some coordination is needed at the low end. More effort will be needed for community outreach and for targeted campaigns. Additional staff resources may be needed.	Short-term.
Bystander Training	Medium – Fund a training program for City staff.	Medium – Additional staff resources will be needed to implement and maintain new training programs.	Short-term.
	Financial Support: **$** – < $100,000 **$$** – $100,000 - $500,000 **$$$** - > $500,000	Staff support needed: **Low** – Current staff, may need to adjust work priorities. **Medium** – Additional staff to manage or coordinate action. **High** – Additional staff to manage or coordinate and to implement.	Implementation Timeline once initiated: **Short-term** – 1 year **Mid-term** – 3 years **Long-term** - >3 years

Health and Human Services in the Future

A healthy community in which all people have their basic needs met will require the City to take action. Leveraging existing resources, taking a lead in developing partnerships, and providing a few direct programs will begin to improve health and human services in Sammamish over the next few years. In addition, the City should continue to track long-range issues that have impacts on health and human services. A lack of affordable housing and limited options for transportation complicate each of the priority issues, and these challenges were mentioned in nearly every stakeholder interview. Advocacy on these issues is essential to meeting health and human service needs.

ADVOCACY FOR AFFORDABLE HOUSING AND TRANSPORTATION

Affordable housing and transportation are complex, regional issues that cannot be solved by Sammamish alone. Yet the high cost of housing and lack of transportation options significantly impact health and human service needs in Sammamish. The City can benefit from investing in regional partnerships that catalyze and support long-term change in the community. In partnering with other peer cities on the Eastside and with local organizations in King County, it will be important to engage a range of community voices and to adopt an approach of information sharing, awareness building, and resource coordination. Legislative advocacy may also help to bring funding resources to the community.

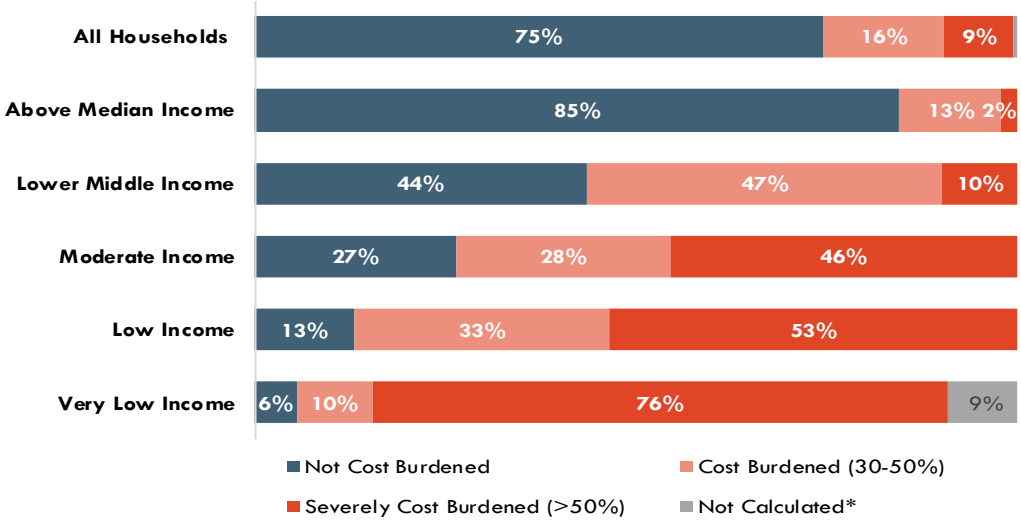
Need for Housing Affordability

Housing affordability is a significant concern in the Sammamish community, and rising housing costs across the region are a significant source of stress. This was echoed throughout outreach events and in the town hall survey. If families are housing cost-burdened, they will make trade-offs in areas such as healthcare, childcare, and adequate and nutritious food, to pay for housing. Families who wish to live in Sammamish because of the community or school district may sacrifice these basic needs.

The U.S. Department of Housing and Urban Development (HUD) deems housing to be affordable if a household spends no more than 30% of their gross income on housing costs (rent plus basic utilities or

gross monthly owner costs). Households are cost burdened if they pay more than 30% of their income for housing costs. Households paying more than 50% of their income for housing costs are considered severely cost burdened, leaving less income for other daily living expenses.[11]

Exhibit 10. Housing Cost Burden by Income Level – City of Sammamish



- One-quarter of households in Sammamish are housing cost burdened, paying more than 30% of their incomes on housing, and 9% are severely housing cost burdened, spending more than 50% of their incomes on housing.
- Some of the 13,240 households in Sammamish above area median income (AMI) have challenges with housing affordability. Fifteen percent of these households are cost burdened, paying more than 30% of their income on housing (almost 2,000 households), and 2% of these households are severely cost burdened, paying more than 50% of their incomes on housing (approximately 264 households).

Need for Transportation Options

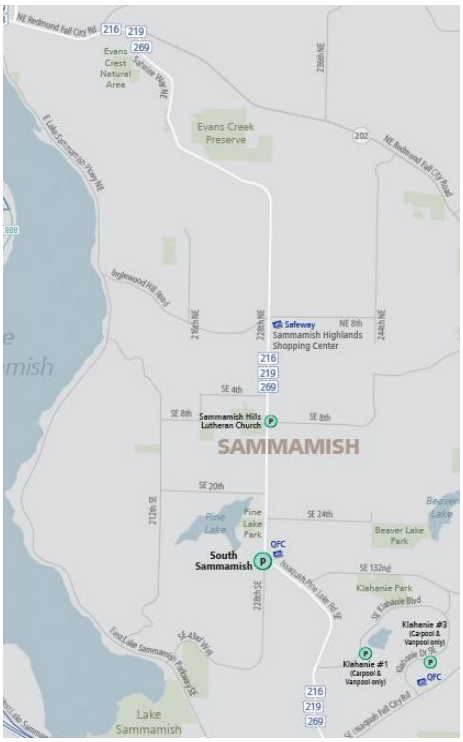
Sammamish is served by limited transit options, necessitating the need to drive most places, whether for work, school, or to grocery shopping or other errands. During outreach with seniors in the Indian community and with the YMCA, Sammamish residents and service providers highlighted a need for better

[11] HUD publishes cost burden estimates based on data from the ACS 5-year Estimates. The latest survey period for which cost burden data is available is 2010 to 2014. This means that cost burden estimates reflect income and housing costs as reported by a sample of residents in Sammamish during a rolling monthly survey between January 2010 and December 2014. This period includes the downturn in the housing market and rise in unemployment during and following the last economic recession. Housing costs have increased during the past few years, a fact that should be considered when interpreting cost burden data from HUD.

public transportation options.

There is minimal bus service in certain areas, and buses do not provide direct access to regional services and medical centers. In the town hall survey, Sammamish residents suggested several ideas related to improved transportation services: a small business service so that residents who don't drive can access the Issaquah Highlands or Redmond Bear Creek mid-day for medical services, or a circulator bus with access to retail centers, parks, the community center, and schools.

Exhibit 11. King County Metro Systems Map, Sammamish



Source: King County Metro System Maps

- Sammamish has three buses running north-south on one street through the center of Sammamish.
- Of the four park and ride lots, two are on the main bus line and two are for carpool and vanpool only in Klahanie.
- Residents can be as far as four miles away from a bus line. Walking to 228th Ave SE can take up to an hour.

Continued Advocacy

Sammamish should have continued presence on regional committees related to affordable housing, transportation, and health and human services. This may include elected officials applying for additional committees through the Sound Cities Association or PSRC. Part of the work of the Human Services Commission should include briefings on the work of these groups and developing strategies and policy direction to Council that could be forwarded to regional committees to advocate for improved funding and programming that could benefit health and human services in Sammamish.

When viewing complex issues such as transportation or affordable housing through the lens of health and human service needs, the following considerations may be useful:

- Short-term and mid-term solutions may be needed while the details of longer-term solutions are negotiated. For example, shuttle service may be needed as an interim solution while the region addresses mass transit options or develops mixed-use centers.
- Transportation options that increase the availability of alternate modes can positively address health and human service needs.
- Land use policies that make it more difficult to develop housing could negatively impact housing affordability, since a pipeline of housing is needed to develop affordable housing.
- Land use policies that directly or indirectly limit the production of diverse types of housing (townhomes, apartments, cottages, etc.) could negatively impact housing affordability.
- Coordinated land use and transportation policies that place medium or higher densities in a central location where people can walk, bike, or use transit for their daily needs are likely to help with both

housing affordability and transportation.

Legislative or Congressional Funding

The Washington State Legislature operates a biennial budget process to fund state agencies, programs, and services. In the 2015-2017 budget process, about one-third of the state general fund budget went toward human services. The United States Congress operates an annual budgeting process that distributes federal tax money, including the funding of major programs and federal agencies and the earmarking of funds for special projects. Careful work with local legislative and congressional delegations could result in additional funding to support housing affordability and transportation in Sammamish.

NEXT STEPS – DEVELOPOING AN IMPLEMENTATION STRATEGY

The previous sections identified potential actions the City could take to address human services needs in the City. These recommendations were based on early analysis and findings and were not prioritized. Taking action will require the City to make decisions about funding, staffing, and work program priorities. As an immediate next step, the City may consider developing a strategic plan with the following objectives:

- Define a clear strategy identifying the roles the City will play in each priority area. For example, will the City be a direct service provider? Or continue with indirect services through partnerships and grant funding?
- A work plan for implementing the City's desired model for staffing, funding, governance, phasing, and reporting.

Given that the bulk of the analysis was already done via the Needs Assessment, the final product will be a concise and simple document.

Appendix 1: Health and Human Services Community Profile

City of Sammamish Community Needs Assessment

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Health and Human Services Community Profile

City of Sammamish Community Needs Assessment

PURPOSE AND CONTEXT

The City of Sammamish conducted a Community Profile to better understand the health and human service needs of its residents. Currently, Sammamish does not directly provide human services, but acts as a resource for community members looking to find services. In addition, the City grants over $200,000 every two years to local non-profit organizations that provide health and human service programming to the Sammamish community. The purpose of this profile is to provide the City with a baseline understanding of the current conditions, help the City prioritize needs and where to put limited resources, and assess its role in addressing health and human service needs.

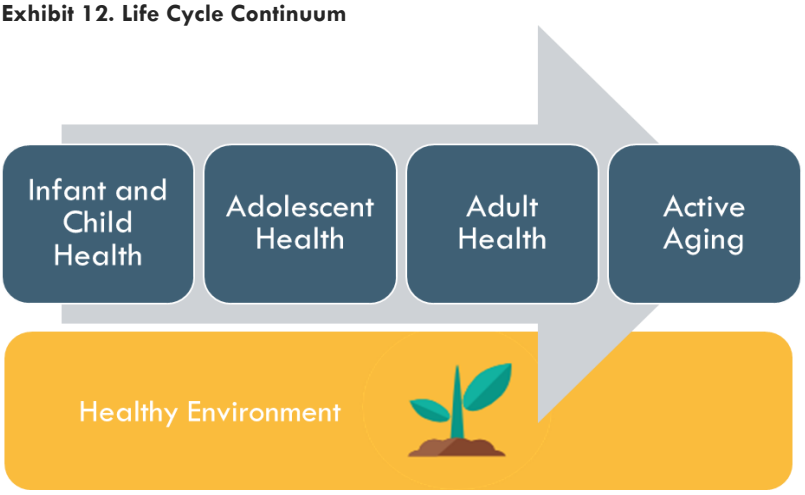
METHODS AND DATA SOURCES

This Community Profile was compiled between June and September of 2017. The approach uses various methods for data collection and analysis to create an understanding of the education, health, nutrition, and social service needs of the residents of the City of Sammamish.

Life Cycle Approach

The Needs Assessment is organized around the life cycle approach to exploring the health and human service needs in Sammamish. This approach follows the premise that health and human services build well-being throughout people's lives and is illustrated in **Exhibit 12**. The report looks at needs of Sammamish residents through each of these life stages. It also assesses the influence of environmental factors on community health such as housing affordability, transportation, and crime.

Exhibit 12. Life Cycle Continuum



Source: Frameworks Institute *Talking Human Services*, BERK illustration 2017.

1. Pre-natal care is critical to ensuring the health of the mother and baby.
2. In childhood, access to early education builds a foundation for future success.
3. Through the teen years, human services can provide support for healthy physical, social, and emotional development.
4. In adulthood, a focus on access to safe, stable housing, reliable transportation, and mental health support keep communities healthy and vibrant.
5. As adults age, services focus on inclusion and engagement to maintain well-being.
6. Supporting each stage of the lifecycle is the foundation of a healthy environment.

Secondary Data Sources

This report uses data from several data sources, which are summarized below.

7. **American Community Survey (ACS)**. In general, the analysis uses the 2010-2015 five year estimates to support analysis at the city level.
8. **Bureau of Labor Statistics**
9. **Center for Disease Control and Prevention**
10. **King County Metro**
11. **Office of Refugee Resettlement (ORR)**
12. **Office of Superintendent of Public Instruction (OSPI)**, including the Washington Kindergarten **Inventory of Developing Skills (WaKIDS)**
13. **Partners for Our Children (PoC) Data Portal**
14. **Public Health Seattle & King County (PHSKC) City Health Profiles**
15. **Seattle/King County Coalition on Homelessness**
16. **U.S. Department of Housing and Urban Development (HUD)**. HUD releases housing data annually under the Comprehensive Housing Affordability Strategy program (CHAS). Data is based on ACS 5-year estimates, and provides information on housing affordability, household income, and household composition.
17. **Washington Healthy Youth Survey**
18. **Washington State Department of Commerce and All Home, Seattle/King County Continuum of Care**
19. **Washington State Department of Health (DOH) Data and Statistical Reports**
20. **Washington State Department of Social and Health Services**
21. **Washington State Office of Financial Management (OFM) April 1 population estimates**. OFM develops inter-census estimates of the populations of all cities and towns in the state for April 1. These estimates are considered the official jurisdictional population and are used in state program administration and to allocate revenues.

Peer Cities

Where possible, data has been included on cities that neighbor Sammamish and/or could be considered peer cities. These cities were vetted with Sammamish city staff and the Human Services Task Force and include:

- **Bellevue**
- **Issaquah**
- **Kirkland**
- **Lake Forest Park**
- **Mercer Island**
- **Redmond**
- **Shoreline**

These peer cities were chosen due to their proximity to Sammamish, assumed similar socio-economic characteristics, or size. They serve as a point of comparison for Sammamish.

Klahanie

Sammamish annexed Klahanie in 2016 and the following data summaries attempt to treat the area this way as best as possible with the data available. Depending on the data source, we have approached including Klahanie differently. In most cases we've included Klahanie as a separate census designated place, because the most recent Census data pre-dates the annexation. There are several data sources, such as detailed Census tables and Public Health Seattle King County, that do not include Klahanie at all due to its small size prior to be annexed. In these cases, Klahanie is omitted from the data summaries and its omission noted appropriately. There are several local data sources, such as OSPI's Health Youth Survey, where data is reported by different geographic boundaries than city, such as school district or school. In these cases we have included Klahanie as part of Sammamish.

COMMUNITY INPUT

Community input was collected over three months from June to August 2017. This included 20 stakeholder interviews, three focus groups, and four outreach events with providers and relevant organizations. It also included an online survey through the Sammamish Virtual Town Hall.

Virtual Town Hall Survey

The City of Sammamish Virtual Town Hall website hosted an online survey to learn more about community needs from all members of the Sammamish community. The survey was voluntary and open from June 12 to July 28, 2017. 184 people elected to participate in this survey and the results are shown in more detail in Appendix 1.A – Virtual Town Hall Results. Since third-party data shows that the incidence of health and human services challenges are low in Sammamish, the intent of the survey was to capture more detail about those residents who *may be* facing health and human services challenges. Postcards with survey links were placed in locations throughout the community and distributed by members of the Human Services Task Force at a number of community events. The City provided electronic links to the survey on its website and through social media. In addition, staff and consultants promoted in the diverse stakeholder outreach events described below.

Community Stakeholders and Service Providers

With the help of the Human Services Task Force and city staff, the project team identified a variety of community stakeholders and service providers active on the Sammamish Plateau. To collect information about community needs, the project team contacted over 30 groups to participate in telephone interviews

or focus groups. Participants included:

22. City Clerk of Sammamish – administrator of the city's Health and Human Services Grant Program.
23. Department of Social and Health Services – administers social services to children and adults in East King County.
24. Eastside Catholic School – private middle school and high school.
25. Eastside Fire & Rescue – local life safety emergency service provider and community support.
26. Friends of Youth – youth service agency that helps address mental health and substance abuse.
27. Friends of Seniors – service agency that helps seniors connect with resources to improve daily living.
28. Imagine Housing – affordable housing developer, manages the Highland Gardens housing in Klahanie.
29. India Association of Western Washington – provides social support for Indian immigrants.
30. Issaquah Food & Clothing Bank – provider of food services and other short-term emergency needs.
31. Issaquah School District – public education provider.
32. Kindering Center – provides services to children and families with special needs.
33. King County Library System – library facility that includes programming for social and community support.
34. Lake Washington School District – public education provider.
35. LifeWire – connects those experiencing domestic violence to services and assistance.
36. Sammamish Police Department – law enforcement agency and community support.
37. YMCA – provider of community support and health and recreational services for children, adults, and seniors.
38. Youth Eastside Services – youth service agency that addresses mental health.

In addition to these community stakeholders, the project team conducted a focus group with staff from several peer cities to better understand the approaches that other cities take in helping to address health and human services needs.

Diverse Stakeholder Outreach

In accordance with the Diverse Stakeholder Strategy, the project team completed several outreach events to targeted groups, including youth, diverse communities (Chinese and Indian communities), low income individuals and families, and seniors. The project team held four outreach events within the local community from June to July 2017 to encourage attendees to complete the Town Hall survey. The following is a summary of outreach events to diverse stakeholders.

Diverse Communities: Chinese Play and Learn at KCLS Sammamish Branch Library

KCLS library staff allowed the project team to set up a table with surveys and flyers before and during their Chinese Play and Learn event at the Sammamish branch library on July 11, 2017. Two volunteer

Chinese language translators from Chinese Information and Service Center (CISC) also came to support the event. The Chinese Play and Learn attracted approximately 30 adults (grandparents, parents) and young children. We talked with many attendees to explain in Chinese what the needs assessment project is and why the City is seeking public input. A couple of attendees completed the survey, and this was a great opportunity to engage the Chinese community in Sammamish about health and human services and public participation in local government.

Diverse Communities: Chair Yoga Class

BERK and two task force members attended a morning chair yoga class at the Sammamish Teen & Recreation Center on June 19, 2017. The event was suggested by a contact at the India Association of Western Washington (IAWW), as a class with many Sammamish residents of South Asian/Indian heritage. Most of the attendees were also seniors. Surveys were distributed in English to attendees before the start of the class. About 25-30 surveys were completed at the event. Some attendees with limited English proficiency were not able to participate.

Youth: Sammamish Teen Center Summer Camp

The project team held a morning outreach event at the Sammamish Teen & Recreation Center on June 30, 2017. The Boys and Girls Club holds a summer day camp at this location with mainly tweens and teens. Campers were invited to fill out the survey, and morning breakfast treats and fruits were provided by the City. Approximately 20-25 youth completed the survey.

Youth: 2017Action Forum for Youth Breakfast

The Issaquah Schools Foundation hosted a breakfast and invited community stakeholders to a discussion on how to best support youth in Sammamish. Representatives of both the Issaquah School District and the Lake Washington School District attended the event which included a presentation of the 2016 Healthy Youth Survey results. This event also featured a panel of about a dozen middle school and high school youth that answered questions about teen experiences related to substance use, mental health, and community support. City staff and a member of the project team attended to capture the thoughts and insights of the youth panel.

Families with Low Incomes: Pizza Party at Imagine Housing in Klahanie

The project team worked with Imagine Housing, a low income and affordable housing provider, to hold an event at their Sammamish property, the Highland Gardens in the Klahanie neighborhood. The event was held from 11:30 to 1:30 pm on June 27, 2017. Many children and some parents attended and a pizza lunch was provided by the City. Parents and older children filled out the survey online. There were approximately 20-30 attendees.

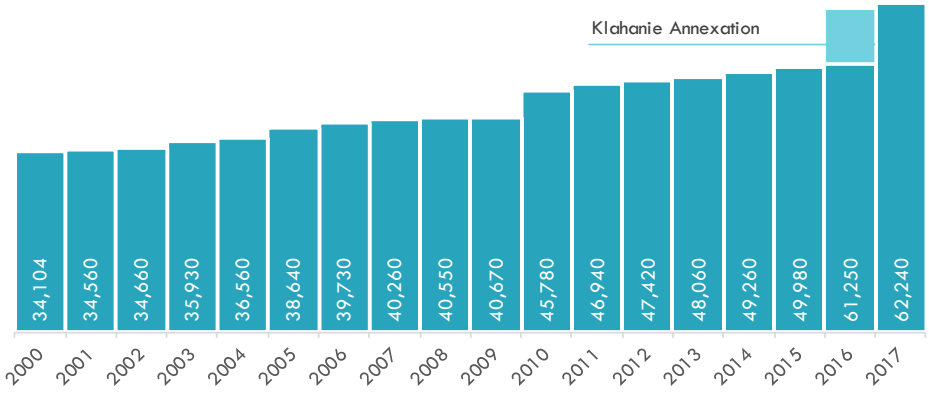
Population and Demographic Characteristics

By most measures, Sammamish is doing much better than average with high incomes and educational attainment, and good health outcomes. However, there are individuals and families who may need various forms of support at different times in their lives, even if that support is needed at lower rates than in surrounding communities.

POPULATION

Sammamish has grown steadily since its incorporation in August of 1999, almost doubling its population in just under 20 years. In 2000, the population was estimated to be just under 34,000 residents, and with the annexation of Klahanie in 2016, has grown to over 60,000, an increase of 83%. Prior to the annexation, from 2010 to 2015, Sammamish was growing at an average annual rate of 1.8%. This is a similar, but slightly higher growth rate to King County overall, which grew at 1.7% during the same period.

Exhibit 13. Sammamish Population, 2000 – 2016



Source: OFM April 1 population estimates, 2016 and BERK Consulting, 2017.

39. The 2016 Sammamish population of 61,250 includes the April 2015 annexation of Klahanie.
40. Prior to the annexation of Klahanie, from 2010 – 2015, Sammamish had an annual average growth rate of 1.8%.

AGE DISTRIBUTION

Exhibit 14. Percent of Sammamish and Klahanie Population by Year and Sex, 2015

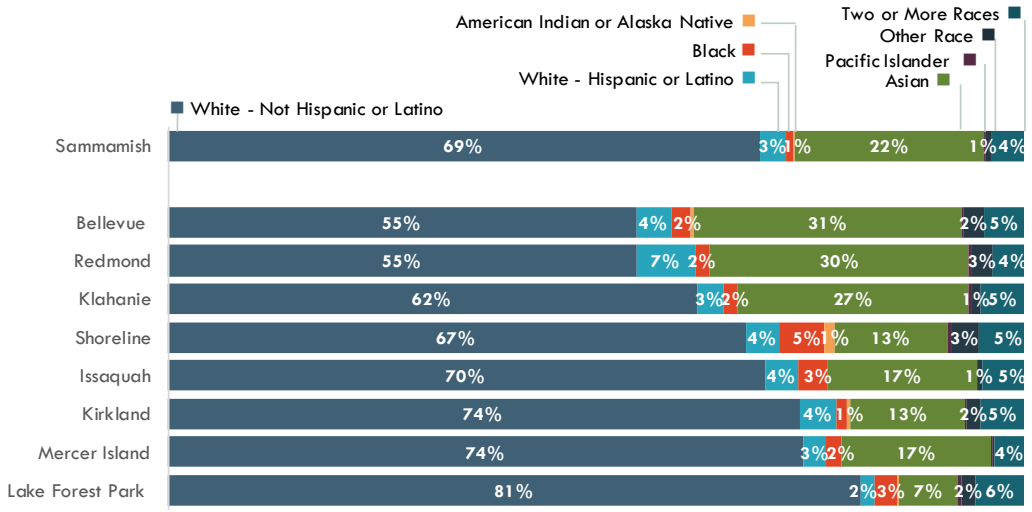
Source: ACS 2015 5-year estimates, Age and Sex, BERK 2017.

41. 1/3 of the Sammamish and Klahanie population is under the age of 18 (33%).
42. Klahanie has a slightly higher percentage of residents that are older than 55 compared to Sammamish. As of 2015, 19.8% of Klahanie was older than 55 years, while this age group represented only 17.6% of Sammamish residents. 2.1 percentage points of this population difference is driven by those aged 55 to 64.

RACE AND ETHNICITY

Exhibit 15 presents the distribution of people among the federal race categories and Hispanic ethnicity for the City of Sammamish and nearby cities. The white non-Hispanic population in the State of Washington is close to 70%, similar to that of the U.S. overall. King County is more diverse with greater than a third of residents being Hispanic and/or not white alone.

Exhibit 15. Race and Ethnicity



Source: ACS 2015 5-year estimates, Demographic and Housing Estimates, BERK 2017.

43. Sammamish has a similar racial makeup to neighboring Issaquah, as well as Mercer Island. Most residents are White (69%), with a large proportion of Asian residents (22%). In addition, approximately 3% of residents are White Hispanic and 4% identify as being two or more races.

IMMIGRANT POPULATION

In King County, the immigrant population is highly diverse with significant variations in life history. Sammamish likely attracts immigrants that are part of the high-tech and global trade-focused economy because of its proximity to companies and organizations that have created demand for highly skilled workers that come from all over the world.

In addition, the diverse ethnic population in King County makes the region attractive for economic immigrants. Long-standing, multi-generational immigrant communities can sponsor the immigration of family members from their home country or from the countries their family members fled to at the time of their displacement.

What we heard from Youth Eastside 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.

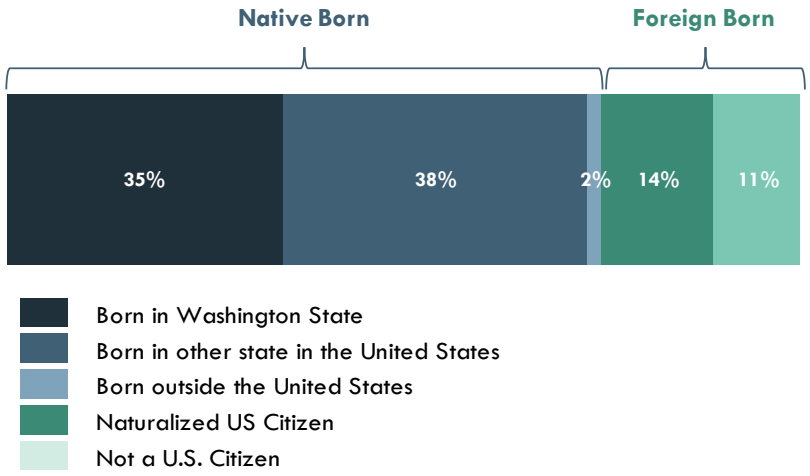
What we heard from Issaquah School District

- Kids with immigrant parents have a foot in two very 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.

Foreign Born

In 2015, the Census Bureau estimated that a quarter of Sammamish residents were foreign born, as seen in **Exhibit 16**. Of those born elsewhere, the majority originate from Asia (62%), specifically Eastern Asia, as seen in Exhibit 17 and Exhibit 18.

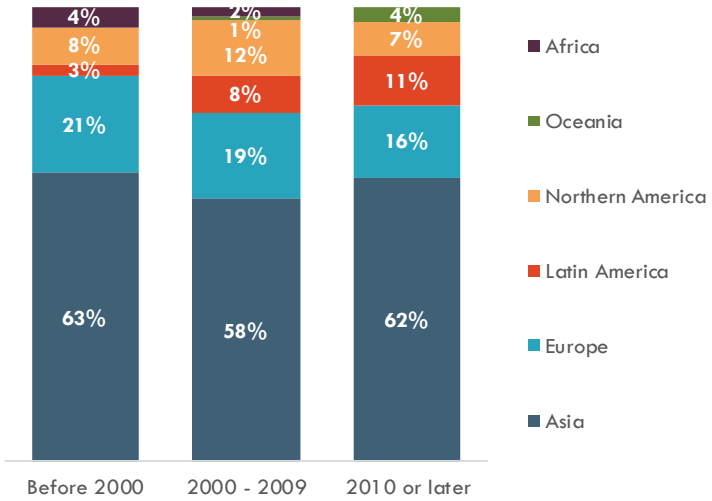
Exhibit 16. Place of Birth by Nativity and Citizenship Status



Source: ACS 2015 5-year estimates, Place of Birth for the Foreign-Born Population in the U.S. (Table B05002); BERK, 2017.

44. Many non-citizen foreign born residents in Sammamish may work in the area. In FY2016 (October 1, 2015 – September 30, 2016) King County saw almost 4,000 certified H1B visas for Microsoft (Foreign Labor Certification, 2016).

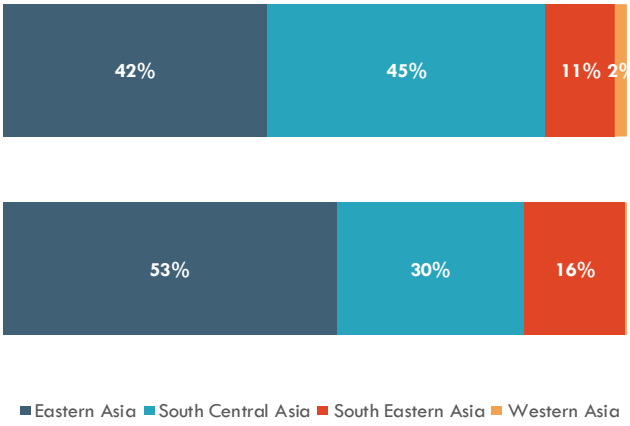
Exhibit 17. Sammamish Place of Birth for the Foreign-Born Population by Year



Notes: Oceania includes Australia and the nations of the Pacific. Similar information for Klahanie was not available in 2015.
Source: ACS 2015 5-year estimates, Place of Birth by Year of Entry by Citizenship Status for the Foreign-Born Population; BERK, 2017.

45. In recent decades, Sammamish has seen a decline in the number of foreign born residents from Europe and Africa, and an increase in the share of residents born in Latin America and Oceania.

Exhibit 18. Place of Birth for Asian Born Population, Sammamish and Klahanie, 2010 – 2015



Source: ACS 2015 5-year estimates, Place of Birth for the Foreign-Born Population in the U.S. (Table B05006); BERK, 2017.

46. Sammamish, prior to the annexation of Klahanie saw similar proportions of foreign born Asians from Eastern Asia (42%), which includes China, and South-Central Asia (45%), which includes India.

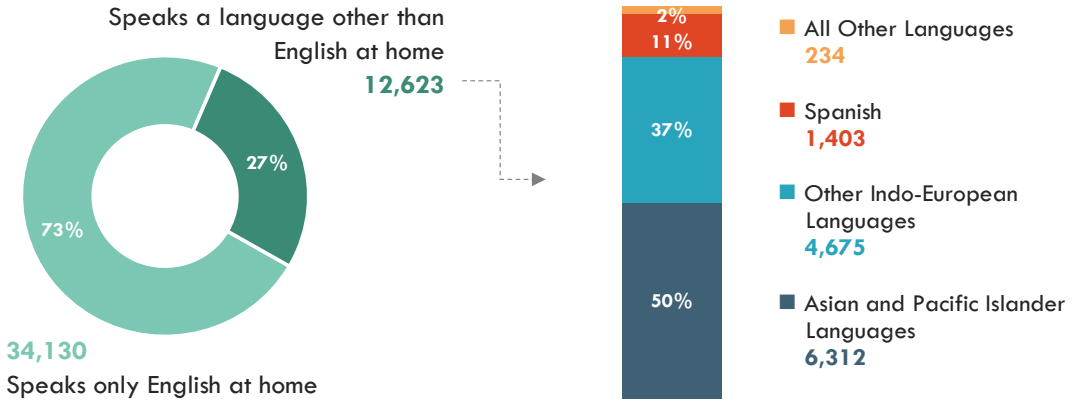
47. Klahanie has a much higher proportion of Asian residents from Eastern Asia (53%), and South-Eastern Asia (16%) compared to Sammamish before the annexation.

Language Spoken at Home

Analysis of language spoken at home provides insight into both the needs of the community (in terms of barriers to information due to English ability) as well as detail on the ethnic and identity diversity of the community.

In Sammamish, most the population speaks only English at home. However, there is a large percentage (27%) that speaks a language other than English at home, the majority of which speak an Asian or Pacific Islander language (50%) as seen in **Exhibit 19**.

Exhibit 19. Languages Spoken at Home in Sammamish, 2010 – 2015

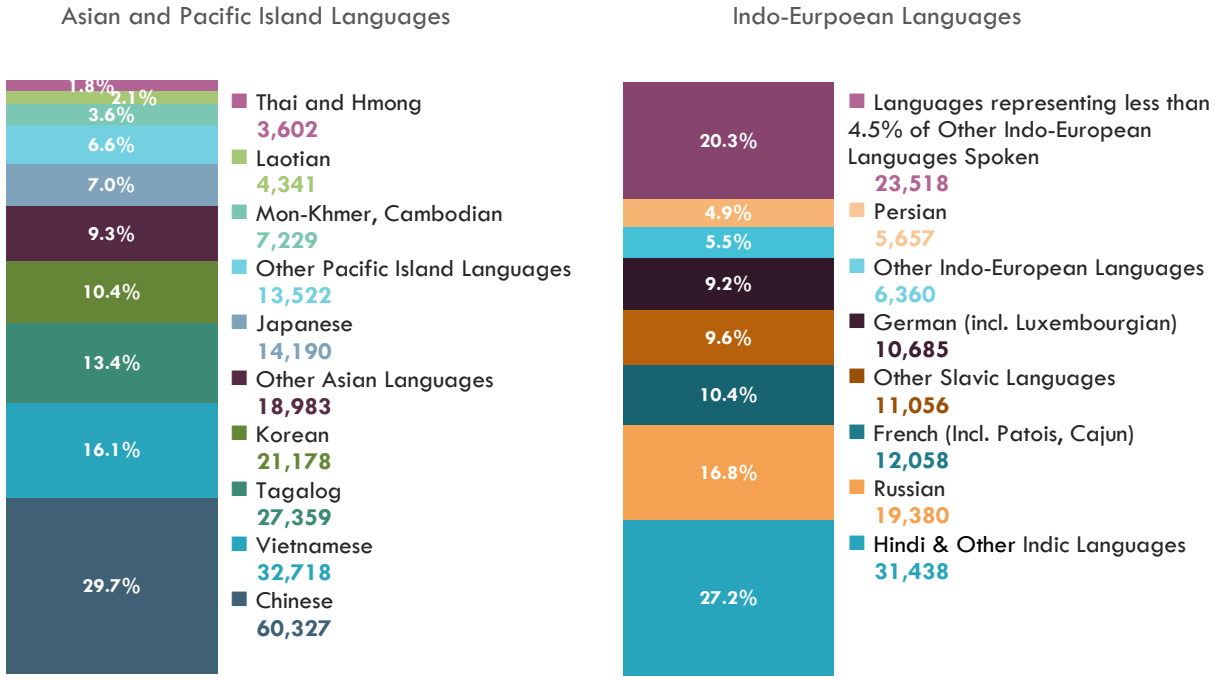


Source: ACS 2015 5-year estimates, Language Spoken at Home (Table S1601), BERK 2017.

Non-English speakers in Sammamish are mostly made of Asian and Pacific Islander Language speakers as well as other Indo-European language speakers. Although detailed language information is not available at the city-level, the U.S. Census published greater language detail based on an earlier American Community Survey sample (2009 – 2013, 5-year estimate) for King County. These data provide more detailed counts on many more languages than are typically published as part of the routine ACS data summary. In that year, there were more than 1.8 million people over the age of 5 in King County, 26% of whom spoke a language other than English at home. It should be noted that these data are self-reported, and people may report they speak English at home if a family member speaks English.

Exhibit 20 displays the detailed language breakout for King County for the two most prevalent language categories in Sammamish.

Exhibit 20. Detailed Languages Spoken at Home in King County, 2009 – 2013



Source: Detailed Languages Spoken at Home and Ability to Speak English for the Population 5 Years and Over for King County, WA: 2009-2013. Release Date: October 2015.

Some families in Sammamish may speak another language at home, even if they are proficient at English. To get a sense of individuals that may feel isolated or need outreach in another language, Exhibit 21 shows the level of English proficiency for residents of Sammamish and peer cities.

Exhibit 21. English Proficiency, 2011 – 2015

	Population Five Years and Over	Percent of Population who Speak English only or "very well"	Percent of Specified Population who Speak English less than "very well"
Lake Forest Park	12,358	97.5%	2.5
Mercer Island	22,992	95.4%	4.6%
Issaquah	31,175	95.3%	4.7%
Kirkland	79,092	92.9%	7.1%
Sammamish	46,753	92.8%	7.2%
Shoreline	51,966	90.3%	9.7%
Redmond	53,383	86.4%	13.6%
Bellevue	126,672	83.8%	16.2%

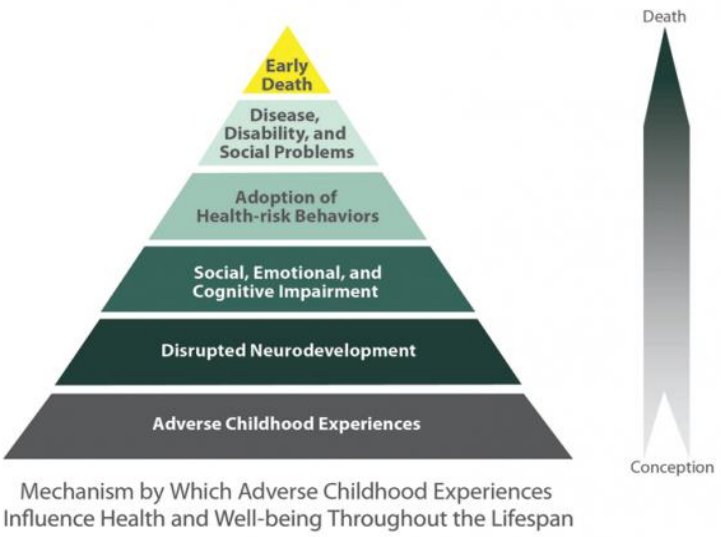
Source: ACS 2015 5-year estimates, Language Spoken at Home (Table S1601), BERK 2017.

48. Of the population five and over in Sammamish, over 3,000 are estimated to speak English less than "very well" by the Census (7.2%). This is a similar percentage to the population in Kirkland, and a smaller share of the population than in neighboring Redmond (13.6%) and Bellevue (16.2%)

Infant, Child, and Adolescent Health

Childhood experiences have a life-long impact on future health and wellbeing (Felitti, 1998). Children and youth who live in healthy and secure environments have been shown to enjoy better health and more success as adults. Children who experience three or more adverse childhood experiences (ACEs) show increased risk for substance abuse, chronic disease, poor work performance, violence, poor mental health, unintended pregnancies, and a whole host of other factors that affect the entire lifecycle. ACEs include situations such as: economic hardship, parental death, divorce, living with someone who is depressed or mentally ill, or living in a household with substance abuse or violence. The Felitti study shows that ACEs are very common – about two-thirds of study participants reported at least one ACE. However, children exposed to more ACEs or with longer duration of exposure, are at increased risk of lifetime effects on physical health, mental health, overall well-being, and personal success. The Center for Disease Control and Prevention uses the figure in **Exhibit 22** to show how ACEs influence a child throughout their lifespan.

Exhibit 22. Adverse Childhood Experiences Pyramid



Source: Center for Disease Control and Prevention, 2016.

Reducing exposure to ACEs and addressing other obstacles that prevent children and youth from developing to their full potential helps the whole community thrive. Not only does this have the potential to improve health and life outcomes for individuals, but communities tend to be more stable and prosperous when children grow up to be healthy, capable, and functional adults.

PRENATAL HEALTH AND BIRTH RISK FACTORS

Birth risk factors are important for understanding childhood outcomes. Low and very low birth weights are known to have adverse effects on long term developmental outcomes of children and can have impacts on chronic conditions in adulthood and on educational attainment (Hack, et al., 2002).

Exhibit 23. Birth Risk Factors, 2010 - 2014

	Low birth weight (<2500 g)/100 births	Late or no prenatal care/100 births	Very low birth weight (<1500 g)/100 births	Smoking during pregnancy/100 births
Washington	6.3	6.1	1.0	10.6
King County	6.5	5.5	1.0	4.4
Sammamish	6.0	3.1	0.8	0.9
Bellevue	7.3	6.2	0.9	1.4
Issaquah	4.9	3.4	0.9	1.4
Kirkland	6.0	3.4	0.7	2.4
Lake Forest Park	5.8	2.9	0.9	2.9
Mercer Island	6.5	2.2	0.8	0.8
Redmond	6.6	3.8	1.1	1.3
Shoreline	6.3	3.8	1.1	5.1

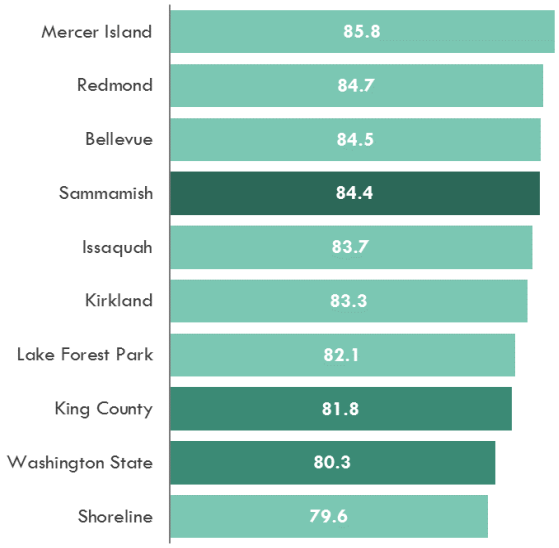
Source: Birth certificate and linked infant birth-death certificate data, Washington State Department of Health via Public Health Seattle & King County City Profile, 2016; BERK, 2017.

49. Indicators of birth risk factors are low in Sammamish compared to King County. The City of Sammamish has similar rates of birth risk factors to the cities of Kirkland and Lake Forest Park on many indicators. However, Sammamish has much lower rates of smoking during pregnancy than those jurisdictions (0.9 per 100 births compared to 2.4 and 2.9 respectively).

Life expectancy at birth is often used as an outcome measure for health improvement efforts and population health. The U.S. Office of Disease Prevention and Health Promotion often uses this indicator to measure progress of their ten-year national objectives for improving the health of the U.S. population. The estimate for life expectancy at birth for the United States was 79.8 in 2016. The life expectancy at birth for Washington State, King County, and Sammamish are longer as seen in **Exhibit 24**.

Life expectancy typically depends on multiple factors such as personal and family health, but is also correlated with income. While life expectancy for the wealthy and middle-class have increased, life expectancy for the poor has not (National Academies of Sciences, Engineering, and Medicine, 2015).

Exhibit 24. Life Expectancy at Birth (years of age), 2010 – 2014



Source: Death certificate and the Behavioral Risk Factor Surveillance System (BRFSS), Washington State Department of Health, Center for Health Statistics via Public Health Seattle & King County City Profiles, 2016l BERK 2017.

CHILDHOOD POVERTY & HOMELESSNESS

Childhood poverty presents many risk factors for children that lead to diminished opportunities and success throughout life. Early education and child development services have been demonstrated to improve outcomes for children as they enter elementary school including improved pre-reading, pre-writing, vocabulary, and literacy skills.

The range of children that experience challenges associated with lower incomes can range from children experiencing homelessness, to kids living in subsidized housing, to kids whose families are not in poverty but are severely housing cost burdened to the point that it affects the ability to adequately provide for other basic needs.

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, have problems finding transportation, or they have responsibility for their siblings after school.
- Experience increased social isolation and stress that can affect academic performance.

Free and Reduced-Price Meals (FARM)

One measure of family economic hardship is Free and Reduced-Price Meal (FARM) eligibility for school-aged children. The U.S. Department of Agriculture's Food and Nutrition Service determines meal eligibility for school-aged children based on federal poverty levels. Income guidelines are used by schools that participate in the National School Lunch Program, School Breakfast Program, Special Milk Program for Children, Child and Adult Care Food Program, and Summer Food Service Program. Children in foster care and those

receiving services under the Runaway and Homeless Youth Act are also eligible for FARM. **Exhibit 25** shows the number of students eligible for FARM in Issaquah and Lake Washington School Districts.

Exhibit 25. Enrollment and Eligibility for FARM, 2016-17 School Year

	Total Number of Students Enrolled	Non-FARM Eligible Students	FARM Eligible Students
Issaquah SD	20,399	93%	7%
Cascade Ridge Elem.	543	99%	1%
Challenger Elementary	573	95%	5%
Creekside Elementary	719	99%	1%
Discovery Elementary	587	99%	1%
Sunny Hills Elementary	638	95%	5%
Lake Washington SD	25,827	88%	12%
Blackwell Elementary	541	98%	2%
Carson Elementary	441	98%	2%
Margaret Mead Elem.	627	98%	2%
McAuliffe Elementary	533	98%	2%
Smith Elementary	639	99%	1%

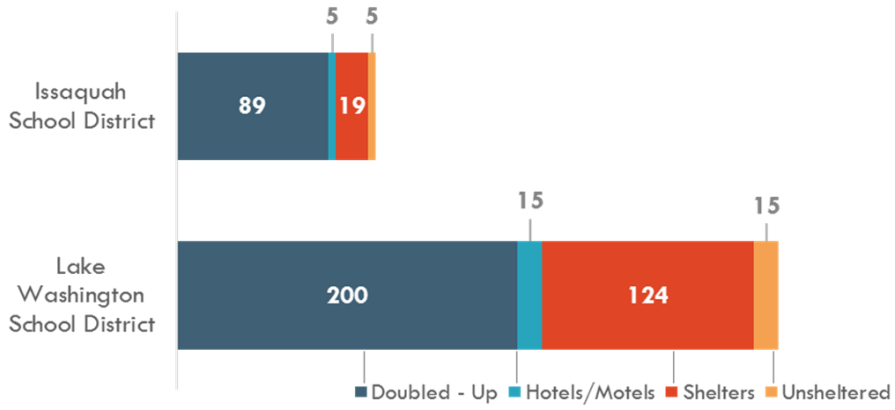
Source: OSPI, http://www.k12.wa.us/ChildNutrition/Reports.aspx

50. 7% of Issaquah School District students are eligible for free and reduced meals, while 12% of Lake Washington School District students are eligible for free and reduced-price meals. Students at schools in Sammamish are eligible for free and reduced-price meals at lower rates than district averages.
51. Schools in Sammamish have a lower percentage of students that are eligible for free or reduced-price lunch compared to the school districts overall.
52. Both Sunny Hills and Challenger Elementary Schools in the Issaquah School District have higher shares of FARM eligible students than other Sammamish elementary schools (5%)
53. The data not include children not-yet enrolled in school. Additionally, some families who qualify based on income may elect not to participate in the program due to dietary restrictions, not wanting to accept that they need the benefits, or other reasons.

Homeless Students

Homelessness has a particularly adverse effect on young children. Children who lack a nighttime residence that is fixed, regular, and adequate are considered homeless under the McKinney-Vento Act. This includes children from families sharing housing with others due to loss of housing, economic hardship, or other similar reasons, those living in shelters, motels, cars, and other places not designed for sleeping. **Exhibit 26** present the numbers of McKinney-Vento qualitied students in the Issaquah and Lake Washington School Districts.

Exhibit 26. McKinney Vento qualified students



Source: OSPI Homeless Students in Washington State by School District

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

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

KINDERGARTEN READINESS

There is a large body of evidence on the importance of early education for brain development and lifetime success. Long term evaluations show that children who attend high-quality preschools are better prepared to enter kindergarten. This has led cities like Seattle to focus on implementing universal preschool programs. However, there are still many children who would benefit from quality preschool who remain underserved because of cost, availability, or both (City of Seattle, 2015).

Student preparedness for kindergarten is measured by assessing incoming students in kindergarten according to age-appropriate developmental benchmarks across six domains: social-emotional, physical, cognitive, language, literacy, and mathematics. For the purposes of the following analysis, children who do not meet developmentally appropriate expectations for their age (age 5) are considered not kindergarten ready. Exhibit 15 presents a summary of the assessment of readiness for kindergarten for Sammamish elementary schools in both Issaquah and Lake Washington School Districts.[12] Children who did not meet developmental benchmarks for age 5 across all six domains are listed as not kindergarten ready.

[12] Eastside Catholic provides private middle school and high school education in Sammamish to students who live throughout the region. As a private school, it is not included in most sources of school-related data. However, Eastside Catholic is a community stakeholder and a staff member of the school was interviewed as part of the outreach for this report.

Washington Kindergarten Inventory of Developing Skills (WaKIDS) Whole Child Assessment

The WaKIDS Whole Child Assessment is one component of a transition process for students and families entering kindergarten. State-funded, full-day students are assessed when entering kindergarten with the goal of identifying ways to improve the transition for children with varying degrees of skills.

During the Whole Child Assessment, six domains of skills are assessed by teachers across the state. Example measures of each domain is included below.

Social Emotional. Manages feelings, follows limits and expectations, interacts with peers, makes friends, responds to emotional cues.

Physical. Demonstrates traveling and balancing skills, has gross-motor manipulative skills, uses fingers and hands, uses writing and drawing tools.

Language. Comprehends language, follows directions, engages in conversations.

Cognitive. Attends and engages, solves problems, recognizes and recalls, uses classification skills.

Literacy. Notices rhymes, notices discrete units of sound, interacts during reading experiences, identifies and names letters.

Math. Counts, quantifies, understands shapes, demonstrates knowledge of patterns.

Exhibit 27. Kindergarten Readiness, School Year 2016 - 2017

	Percentage Not Meeting Kindergarten Readiness Benchmarks			Percentage Meeting Kindergarten Readiness Benchmarks	Students Assessed
Issaquah School District	26%	356	1,039	74%	1,395
Cascade Ridge Elementary	33%	20	41	67%	61
Challenger Elementary	36%	51	89	64%	140
Creekside Elementary	20%	20	80	80%	100
Discovery Elementary	10%	9	77	90%	86
Sunny Hills Elementary	32%	28	60	68%	88
Lake Washington School District	36%	828	1,472	64%	2,300
Blackwell Elementary	25%	20	59	75%	79
Carson Elementary	29%	18	44	71%	62
McAuliffe Elementary	21%	18	68	79%	86
Mead Elementary	19%	23	97	81%	120
Smith Elementary	24%	20	64	76%	84

Source: OSPI, http://reportcard.ospi.k12.wa.us/DataDownload.aspx Data Files WaKIDS Scores by District and School; BERK 2017

55. The Issaquah School District has a lower proportion of children not meeting developmental benchmarks at age five than the Lake Washington School District. Note that these overall statistics

include schools outside of Sammamish.

56. Cascade Ridge Elementary in eastern Sammamish has the highest proportion of students not meeting developmental benchmarks at age five (33%), followed by Sunny Hills Elementary near Klahanie, with 32% not meeting developmental benchmarks at age five.

57. In the Lake Washington School District, Carson Elementary, in northern Sammamish, has the highest proportion of students not meeting developmental benchmarks at age five (29%).

58. In Sammamish Elementary Schools on the whole, 23% of children do not meet Kindergarten Readiness Benchmarks (176 students in each Sammamish Elementary School), compared to:
    - Issaquah School District: 26% do not meet Kindergarten Readiness Benchmarks.
    - Lake Washington School District: 36% do not meet Kindergarten Readiness Benchmarks.

Nationwide there is a widening income achievement gap that has continued to grow over the last three decades. (Reardon, 2013) The income achievement gap is indicated by low-income students as a group performing less well than high-income students on most measures of academic success. In Sammamish, there is an income gap in Kindergarten Readiness, with students from low-income households performing less well on kindergarten readiness benchmarks, as indicated in **Exhibit 28**.

Exhibit 28. District Level Kindergarten Readiness by Income

	Percentage Not Meeting Kindergarten Readiness Benchmarks			Percentage Meeting Kindergarten Readiness Benchmarks	Income Achievement Gap
Issaquah School District					
All Students	26%	356	1,039	74%	**32%**
Low Income	58%	64	46	42%	
Lake Washington School District					
All Students	36%	828	1,472	64%	**35%**
Low Income	71%	149	62	29%	

Source: OSPI, http://reportcard.ospi.k12.wa.us/DataDownload.aspx Data Files WaKIDS Scores by District and School; BERK 2017

59. Issaquah School District: 74% meet Kindergarten Readiness Benchmarks, while 42% of low income students meet benchmarks, leaving a 32-percentage point income achievement gap.

60. Lake Washington School District: 64% meet Kindergarten Readiness Benchmarks, while 29% of low income students meet benchmarks, leaving a 35-percentage point income achievement gap.

Although there are children with limited English that are not meeting Kindergarten readiness benchmarks, the achievement gap is not as great as with income as seen in **Exhibit 29**.

Exhibit 29. District Level Kindergarten Readiness by Limited English

	Percentage Not Meeting Kindergarten Readiness Benchmarks			Percentage Meeting Kindergarten Readiness Benchmarks	Limited English Achievement Gap
Issaquah School District					
All Students	26%	356	1,039	74%	**10%**
Limited English	36%	98	175	64%	
Lake Washington School District					
All Students	36%	828	1,472	64%	**10%**
Limited English	46%	334	390	54%	

Source: OSPI, http://reportcard.ospi.k12.wa.us/DataDownload.aspx Data Files WaKIDS Scores by District and School; BERK 2017

ACADEMIC PROGRESSION

Academic progression is fostered and measured by OSPI through the Smarter Balanced program. Smarter Balanced includes digital resources for teachers and a standardized test (the Smarter Balanced Assessment [SBA]) that assesses proficiency in English language arts and math (common core standards). These learning standards are designed to prepare students for college, careers, and life.

Meeting grade-level learning standards in elementary school is predictive of high school completion. Third grade reading specifically is predictive of later academic persistence. After third grade, students must rely on foundational literacy skills to make timely progress on later grade learning objectives. Those who do not meet grade-level expectations in third grade reading and language arts not only struggle in later grades, but often face a knowledge gap that grows through elementary and middle school.

Exhibit 30 presents the SBA results for third grade reading and language, while **Exhibit 31** presents the SBA results for fourth grade math. Both exhibits show assessment results for the elementary schools in Sammamish as well as for their parent school districts.

Exhibit 30. Issaquah and Sammamish School Districts, 3rd Grade English Language Arts Assessment Results

	Percent Not Meeting Standard	L1	L2	L3	L4	Percent Meeting Standard	Students Assessed
		Not Meeting Standard		Meeting Standard			
Issaquah SD	24%	159	235	367	849	76%	1,610
Cascade Ridge Elem.	22%	5	8	11	75	78%	132
Challenger Elementary	49%	23	22	24	22	51%	91
Creekside Elementary	16%	9	20	33	70	84%	97
Discovery Elementary	22%	5	11	19	62	78%	116
Sunny Hills Elementary	27%	11	14	33	58	73%	110
Lake Washington SD	17%	275	122	492	1.433	83%	2,322
Blackwell Elementary	13%		41	17	77	87%	70
Carson Elementary	10%		9	9	52	90%	97
McAuliffe Elementary	11%		9	1	23	64	89%	108
Mead Elementary	10%		10	2	20	76	90%	123
Smith Elementary	5%		9	3	22	89	95%	158

Source: OSPI, http://reportcard.ospi.k12.wa.us/DataDownload.aspx 2016 Data Files AIM-EOC-MSP-SBA Assessments School

61. On average, 15% of students in elementary schools in Sammamish are not meeting third grade reading and language standards.
    - On average, 22% of Sammamish students in Issaquah School District elementary schools are not meeting reading and language standards, compared to 24% of students that are not meeting reading and language standards throughout all the elementary schools in the Issaquah School District.
    - On average, 9% of Sammamish students in Lake Washington School District elementary schools are not meeting reading and language standards, compared to 17% of students that are not meeting reading and language standards throughout all the elementary schools in the Lake Washington School District.

Exhibit 31. Issaquah and Sammamish School Districts, 4th Grade Math Assessment Results

	Percent Not Meeting Standard	Not Meeting Standard L1	Not Meeting Standard L2	Meeting Standard L3	Meeting Standard L4	Percent Meeting Standard	Students Assessed
Issaquah SD	22%	83	251	495	720	78%	1,549
Cascade Ridge Elem.	15%	4	13	36	61	85%	114
Creekside Elementary	22%	4	20	31	52	78%	107
Challenger	19%	4	13	31	40	81%	88
Discovery Elementary	12%	1	9	30	44	88%	84
Sunny Hills Elementary	21%	3	15	28	39	79%	85
Lake Washington SD	19%	130	292	544	1,288	81%	2,254
Blackwell Elementary	12%	2	9	22	59	88%	92
Carson Elementary	18%	1	12	21	39	82%	73
McAuliffe Elementary	12%	1	8	19	46	88%	74
Mead Elementary	11%	1	10	16	71	89%	98
Smith Elementary	10%	1	10	20	74	90%	105

Source: OSPI, http://reportcard.ospi.k12.wa.us/DataDownload.aspx 2016 Data Files AIM-EOC-MSP-SBA Assessments School

62. On average, 15% of students in elementary schools in Sammamish are not meeting fourth grade math standards.
    - On average, 18% of Sammamish students in Issaquah School District elementary schools are not meeting math standards, compared to 22% of students that are not meeting math standards throughout all the elementary schools in the Issaquah School District.
    - On average, 12% of Sammamish students in Lake Washington School District elementary schools are not meeting math standards, compared to 19% of students that are not meeting math standards throughout all the elementary schools in the Lake Washington School District.

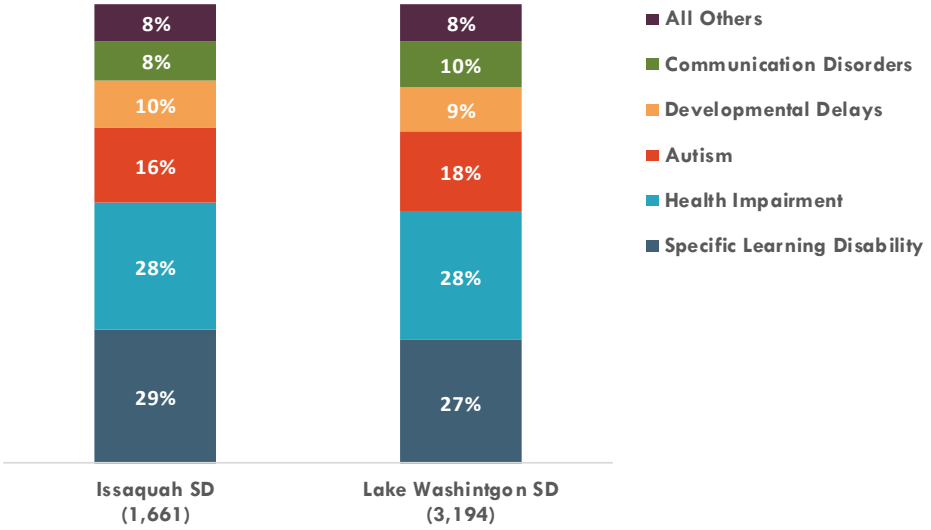
PREVALENCE AND TYPE OF DISABILITIES IN SCHOOL CHILDREN

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.

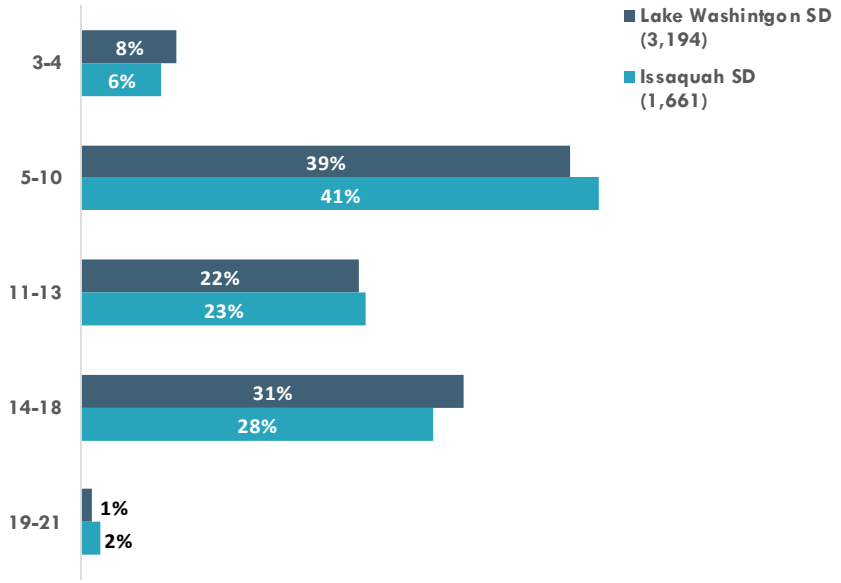
The Office of Superintendent of Public Instruction (OSPI) collects data on the numbers and types of special education students by disability category. Documented developmental disabilities may include speech delays or other special needs. This data is available at the school district level by special request and may be helpful for understanding the types of disabilities and prevalence of those disabilities in Sammamish. While **Exhibit 32** shows the shares of the most prevalent disabilities in Sammamish schools, **Exhibit 33** shows details on the number of students by age in each school district that are experiencing these developmental disabilities.

Exhibit 32. Prevalence and Type of Disabilities in School Children, All Ages



Source: OSPI Special Request, 2015 Federal LRE and Child County Data

Exhibit 33. Age Distribution of All Disabilities, 2016-2017 School Year



Source: OSPI Special Request, 2015 Federal LRE and Child County Data

63. Children with developmental disabilities represent 8% of students in the Issaquah school district and 11% in the Lake Washington School District.

64. Both specific learning disabilities and health impairments together make up most of documented disabilities in both school districts serving Sammamish.

Exhibit 34. Prevalence and Type of Disabilities in School Children

	Issaquah SD						Lake Washington SD					
Age Group	***3-4***	***5-10***	***11-13***	***14-18***	***19-21***	***3-21***	***3-4***	***5-10***	***11-13***	***14-18***	***19-21***	***3-121***
Developmental Delays	55	119	<10	<10	<10	174	92	211	<10	<10	<10	303
Emotional/Behavioral Disability	<10	<10	14	28	<10	51	<10	46	29	38	<10	113
Orthopedic Impairment	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Health Impairment	<10	131	119	193	<10	452	16	239	257	370	10	892
Specific Learning Disability	<10	148	157	180	<10	485	<10	284	271	299	<10	857
Intellectual Disability	<10	<10	<10	13	<10	29	<10	18	10	26	12	66
Multiple Disabilities	<10	<10	<10	10	<10	16	<10	11	14	16	<10	50
Deafness	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Hearing Impairment	<10	<10	<10	<10	<10	13	<10	<10	<10	<10	<10	11
Visual Impairment	<10	<10	<10	<10	<10	14	<10	<10	<10	<10	<10	<10
Deaf-Blindness	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Communication Disorders	33	101	<10	<10	<10	140	45	252	24	<10	<10	325
Autism	22	113	57	72	<10	264	47	246	117	136	16	562
Traumatic Brain Injury	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Total	**126**	**648**	**367**	**507**	**13**	**1,661**	**203**	**1,320**	**726**	**897**	**48**	**3,146**

Note: Age groups with fewer than 10 listed disabilities are subject to suppression for privacy reasons. The totals are the sum of all listed disabilities.
Source: OSPI; BERK, 2017.

HEALTH AND NUTRITION

The Healthy Youth Survey provides information on eating habits and nutrition of Washington State school children.

Exhibit 35 shows the percentage of Sammamish youth in the 8th, 10th, and 12th grades who are obese, according to their body mass index, based on their reported height and weight. The data is self-reported for each of the three grades and shows an average of Sammamish schools. Obese measures are based on age and gender specific charts developed by the Centers for Disease Control and Prevention. For example, a thirteen year old boy, with a height of 5 feet weighing 125 pounds is considered overweight, but the same boy weighing 130 pounds would be considered obese.

Exhibit 35. Obesity in Sammamish Schoolchildren, 2016

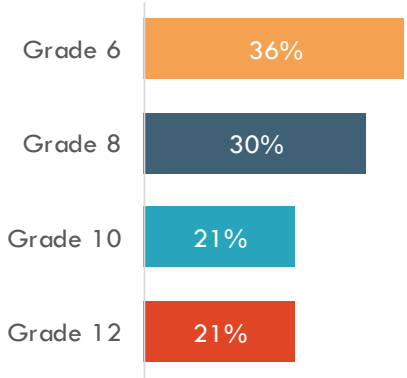
Source: Healthy Youth Survey Report of Participating Schools, Issaquah School District and Lake Washington School District, 2016.

65. Among Sammamish schoolchildren, only 2% of 8th graders, 4% of 10th graders, and 6% of 12th graders are reported as obese, based on their height and weight.

66. These numbers are relatively lower than overall obesity rates across Issaquah and Lake Washington School Districts, where on average 4% of 8th graders, 5% of 10th graders, and 7% of 12th graders are obese. Across King County, between 8-10% of 8th through 12th graders are obese.

Exhibit 36 shows the share of students who were physically active for at least 60 minutes per day over the past seven days. This is the recommended level of physical activity from the Center for Disease Control and Prevention (CDC) and encouraged by the Washington State Department of Health. The data is self-reported for each of the three grades and shows an average of Sammamish schools.

Exhibit 36. Percent of School Children Physically Active For at Least 60 Minutes per Day over the Past Seven Days, 2016



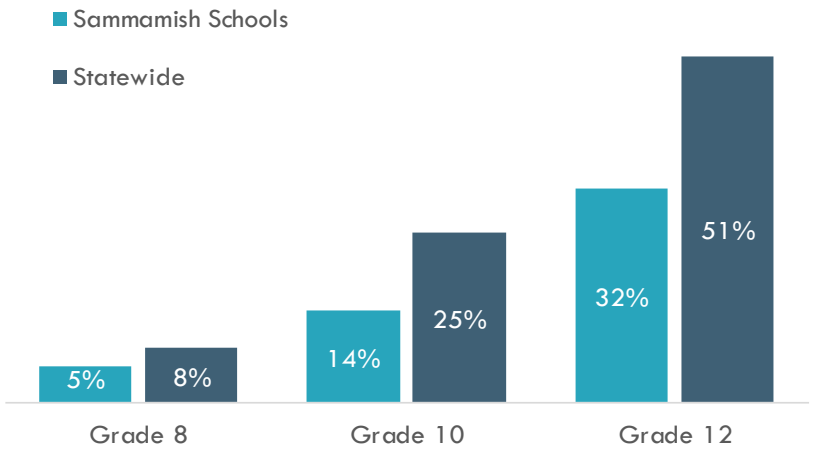
Source: Healthy Youth Survey Report of Participating Schools, Issaquah School District and Lake Washington School District, 2016.

67. 36% of Sammamish 6th graders completed the recommended level of physical activity – being physically active for at least 60 minutes per day – over the last seven days.
68. This number consistently decreases over time as students get older, and only 21% of Sammamish 10th and 12th graders were physically active for at least 60 minutes per day over the last week.

SCHOOL-AGED SEXUAL ACTIVITY

The Healthy Youth Survey asks children about sexual behavior, including if they have ever had sexual intercourse, how old they were when they first had sexual intercourse, how many people they have had sexual intercourse with, and if a condom was used. At the school district level, answers to each of these questions are reported. At the school level, only answers to lifetime sexual activity is reported, the results for all the middle and high schools in Sammamish are presented in **Exhibit 37**. Adolescent birth rate data is not available for Sammamish because the incidence is less than five.

Exhibit 37. Lifetime Sexual Activity, 2016



69. Sammamish students are less sexually active than students of similar age statewide.

SCHOOL-AGED MENTAL HEALTH & SUBSTANCE USE

Mental Health

Many factors can lead to anxiety, depression, and suicidal thoughts, including pressure to perform well in school, fixation on weight and appearance, and bullying. Untreated anxiety and depression can lead to substance abuse and even suicide. Currently, suicide is the leading cause of death for Washington teens aged 15 through 19. Professional care for depression and anxiety, treatable mental health conditions, help most people (Healthy Youth Survey Fact Sheets, 2016).

Many teens at the youth outreach event commented that they were stressed and tired from school. Other qualitative interviews revealed that there concerns about private access to mental health services. It was important so some teens that they could visit providers without peers or parents knowing about it.

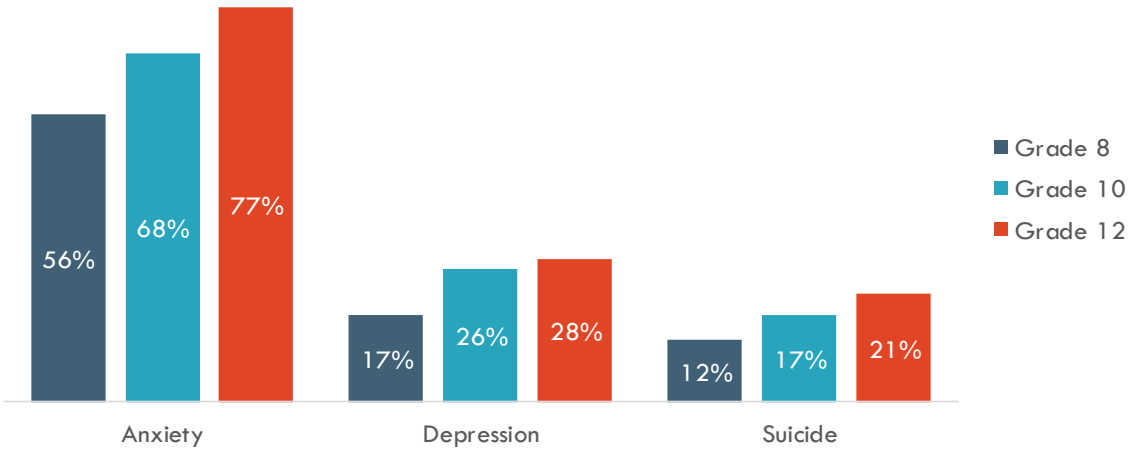
What we heard from Youth

- "I feel more like a resume than a person."
- Youth feel tremendous pressure to be perfect and live up to parental and family expectations.

What we heard from Schools

- Children of successful parents sometimes feel that they are disappointing their parents if they struggle in school or have other difficulties. This leads to anxiety and depression that school nurses reported in kids of all ages – even as young as elementary school.

Exhibit 38. Mental Health of Sammamish Schoolchildren, 2016



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

70. Of the students with suicidal ideation:
    - 8th Grade: 41 have attempted suicide
    - 10th Grade: 57 have attempted suicide
    - 12th Grade: 68 have attempted suicide
71. By the time students in Sammamish public schools reach the 12th grade:
    - 77% reported feeling bothered by feeling nervous, anxious, or on edge for several days or more over the last two weeks.
    - 28% reported feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
    - 21% have considered suicide over the past 12 months.
72. Anxiety, depression, and suicide attempts all appear to increase from grades 8 to 10 to 12.

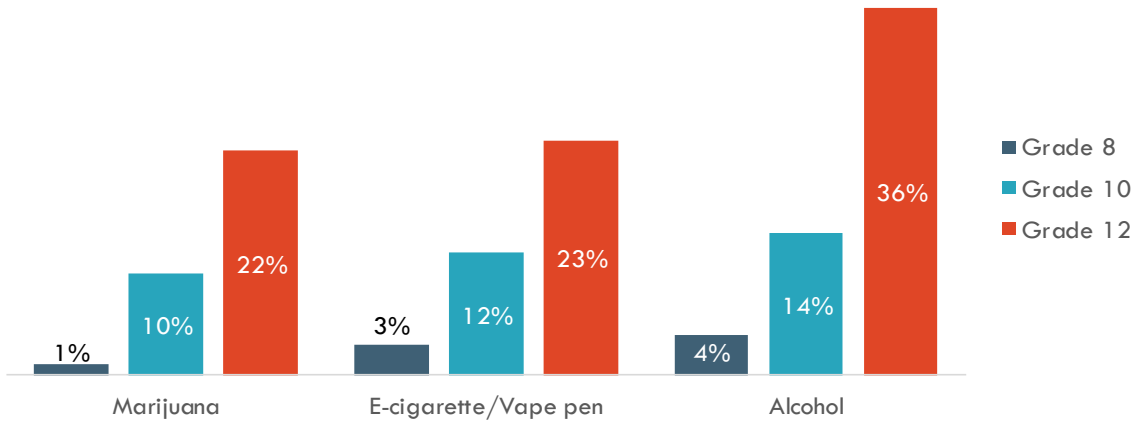
Substance Use

One administrator at the Lake Washington School District noted that drug and alcohol use is about the same or lower than state averages before grade 10 for schools in both the Issaquah and Lake Washington School Districts. The percentage of kids using drugs or alcohol at school, which is typically an indication of heavy users and addiction, are also like statewide averages. This indicates that the increased use at the 12th grade is due to social use. Panelists at the Action Forum for Youth event indicated that high school senior alcohol use may be higher because seniors have less parental supervision. In addition, panelists indicated that since most high school seniors will be exposed to alcohol at college, it's difficult for them to rationalize the importance behind waiting one year.

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.

What we heard from Youth
Attitudes about drinking, smoking, and drug use change. Middle schoolers at both the Healthy Youth Initiative Event and the Teen Center reported that there was a stigma about substance use amongst their peers. By high school, however, these activities are associated with independence and adulthood.

Exhibit 39. Substance Use by Sammamish Schoolchildren, 2016



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

73. Among Sammamish public school 12th graders:
    - 22% used marijuana at least once over the last 30 days.
    - 23% used an e-cigarette at least once over the last 30 days.
    - 36% drank alcohol at least once over the last 30 days.
74. Marijuana, e-cigarette, and alcohol use all appear to increase as students get older.

75. 8% of Sammamish 10th graders and 23% of 12th graders have had five or more drinks in a row in the past two weeks.

Family and Community Support

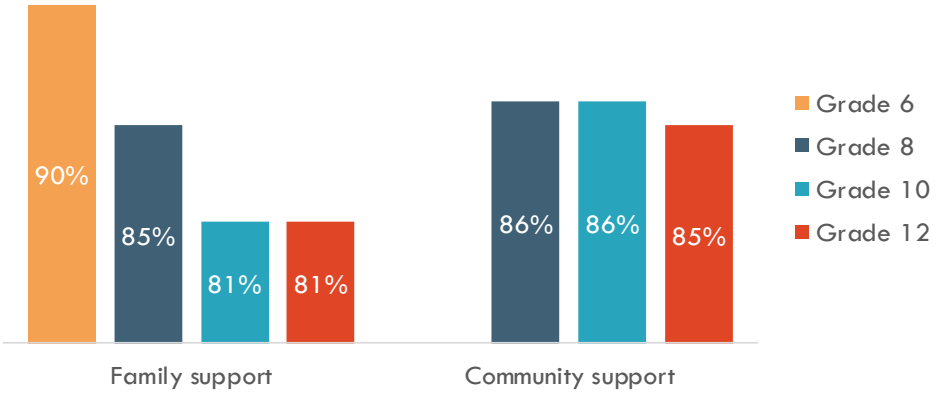
Family and community support can help youth be more resilient to mental health challenges by providing an outlet to talk about important issues and a sense that someone is in their corner. In addition to providing a safe space, these supports can help boost self-esteem, problem solving, and coping skills.

The Healthy Youth Survey shows that many youth feel they can talk to their mom, dad, or an adult in the community about something important. But, panelists at the Action Forum for Youth suggested otherwise, indicating that many youth hesitate to reach out to parents on important topics like substance use or suicidal thoughts for fear of disappointing them.

What we heard from youth
Hesitance to reach out to parents on issues like substance use or suicidal thoughts for fear of getting into trouble. Some teens also did not want to trouble parents who may be dealing with their own stressors.

What we heard from local schools
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.

Exhibit 40. Family and Community Support in Sammamish, 2016



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

76. 90% of 6th graders feel they can ask their mom or dad for help if they have a personal problem, but this decreases to 81% in 10th and 12th grade.

77. 85-86% of students in 8th through 12th grade feel there are adults in the community they can talk to about something important. This survey question was not asked to 6th graders.

HIGH SCHOOL COMPLETION

Attrition from school has many causes, including non-academic factors such as housing instability or personal safety. Students that leave school early often have difficulty making the transition to other productive adulthood activities such as training and employment. Exhibit 41 presents the count and rate of high school dropouts for Issaquah and Lake Washington school districts overall and for the high schools in Sammamish. The measure is more inclusive as it allows a fifth year for completing high school, before considering a student has not completed school with a regular diploma.

Exhibit 41. Dropout Rates

	Cohort Dropout Count (5 years)	Cohort Dropout Rate (5 years)
King County	2,565	13%
Issaquah School District	78	6%
Lake Washington School District	62	4%
Sammamish High Schools		
Skyline High School	10	2%
Eastlake High School	9	3%

Source: OSPI, http://www.k12.wa.us/DataAdmin/Dropout-Grad.aspx

78. Only 2-3% of Sammamish high school students dropped out within a five-year period, which is lower than the overall rates for the Issaquah and Lake Washington school districts.

79. These rates are all lower than those for King County, where the overall high school dropout rate is 13%.

Bullying

Feeling safe at school is a protective factor associated with high school persistence and academic performance. Students who are bullied or harassed are likely to get lower grades than those who are not bullied.

The Healthy Youth Survey provides self-reported information on bullying and harassment.

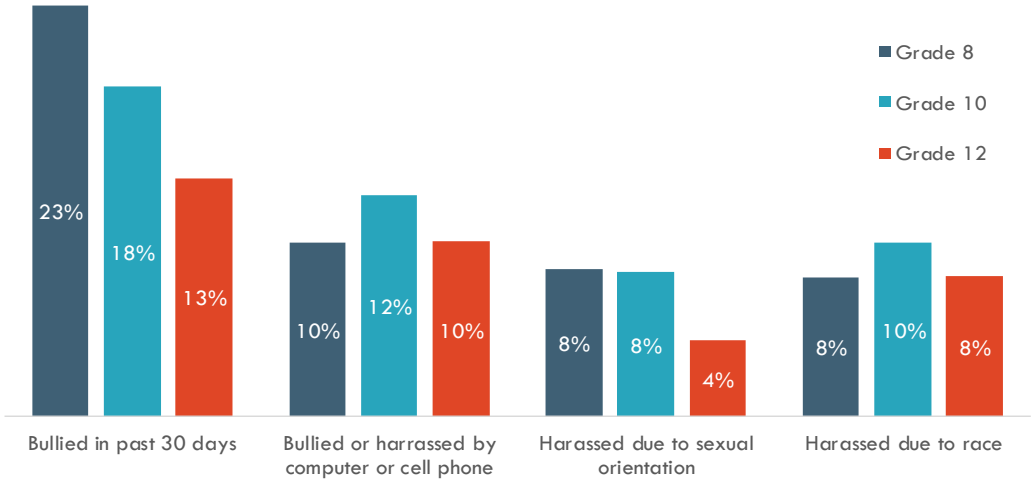
Exhibit 42 shows student responses relating to bullying in Lake Washington and Issaquah school district schools. The data averages survey results from Issaquah and Lake Washington school districts. **Exhibit 43** shows responses for Sammamish schools; detailed responses for each type of bullying were not available at the school-specific level.

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.

Exhibit 42. Bullying in Children attending Issaquah and Lake Washington School District Schools, 2016

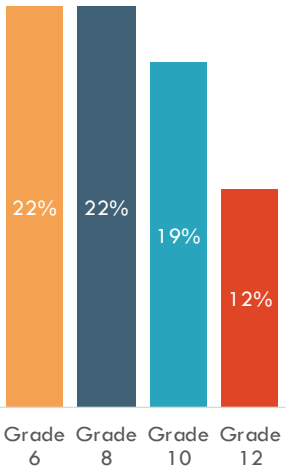


Source: Healthy Youth Survey, Issaquah and Lake Washington School District, 2016.

80. When asked if students had been bullied at least once over the last 30 days, 23% of 8th graders responded that they had. This number is lower in higher grades, with 18% of 10th graders and 13% of 12th graders responding that they had been bullied in the last 30 days.

81. Over the past 30 days, 10-12% of students reported that they were bullied by computer or cell phone, 4-8% were harassed due to sexual orientation, and 8-10% were harassed due to race.

Exhibit 43. Bullying in Sammamish Schools, 2016



Source: Healthy Youth Survey, Issaquah and Lake Washington School District, 2016.

82. When asked if students had been bullied at least once over the last 30 days, 22% of Sammamish 6th and 8th graders responded that they had.

83. This number is lower in higher grades, with 19% of 10th graders and 12% of 12th graders responding that they had been bullied in the last 30 days.

Adult Health

Communities thrive when they support the well-being and human potential of the whole population. There are many factors that affect the health and well-being of a community. Some are related to individual factors such as age, sex, and personal habits. Others are highly influenced by the opportunities available to people in the communities, by their living and working conditions, or by general socio-economic, cultural, or environmental conditions. The social, economic, and community influences are called *Social Determinants of Health* and are shown in the orange and blue portions of the graphic in Exhibit 44.

Exhibit 44. Social Determinants of Health

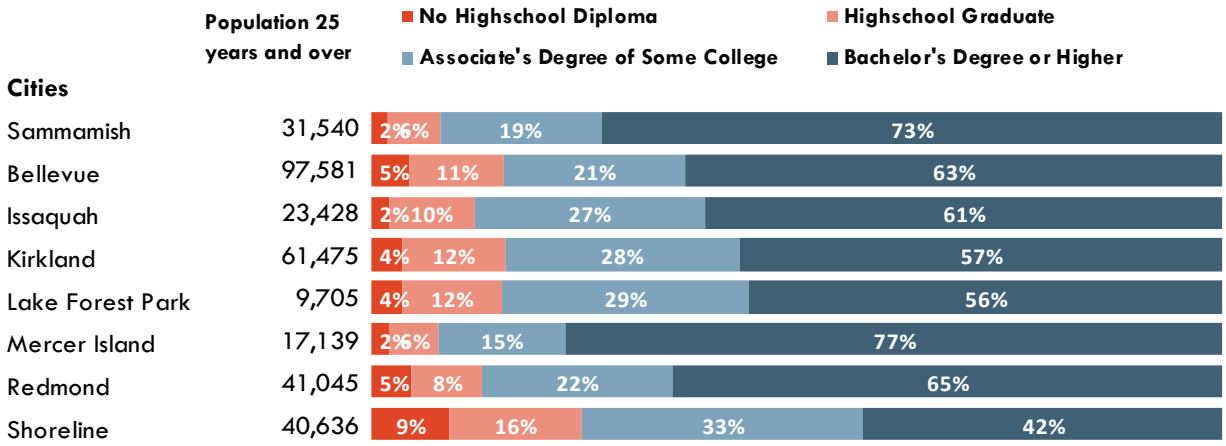
Source: Adapted from Dahlgren and Whitehead, 1991.

Throughout adulthood social determinants have a direct impact on health and well-being. Although people with low incomes are more likely to be affected by social determinants of health, people of all walks of life can be affected at some point in their life. Economic shifts can cause significant stress as people deal with unemployment, loss of insurance, housing affordability, and changes in income. Transportation options in a community may affect opportunities for work, education, housing, and health care as well as directly impact physical health. Connections to social and community networks are a key factor that help people cope in healthy ways with the everyday stress of work and home life, as well as major life events such as death of a loved one, divorce, immigration, or a disability. Community action to address social determinants helps communities thrive by addressing the systemic obstacles to well-being. Health and human service programs can provide support in the meantime by helping adults and families experiencing challenges.

EDUCATIONAL ATTAINMENT

Educational opportunity is significantly shaped by household economic factors. **Exhibit 45** shows adult educational attainment levels for Sammamish and peer cities.

Exhibit 45. Adult Educational Attainment



Source: ACS 2015 5-year estimates, Educational Attainment (Table S1501); BERK, 2017.

84. Across Sammamish's adult population years 25 and older, 73% received a Bachelor's degree or higher, 19% received an Associate's degree, and 6% received a high school diploma. Just 2% did not graduate from high school.

85. Sammamish has a relatively high rate of bachelor degree recipients, relative to peer cities.

ECONOMIC INDICATORS

Median incomes are growing in King County; between 2000 and 2015, the King County median household income increased from $53,157 to $75,302 (King County Office of Economic and Financial Analysis, 2017). However, economic booms in concentrated industries have raised median incomes without lifting the incomes of middle and low-income groups. Unequal economic growth disproportionately hurts those who are already struggling to meet basic needs.

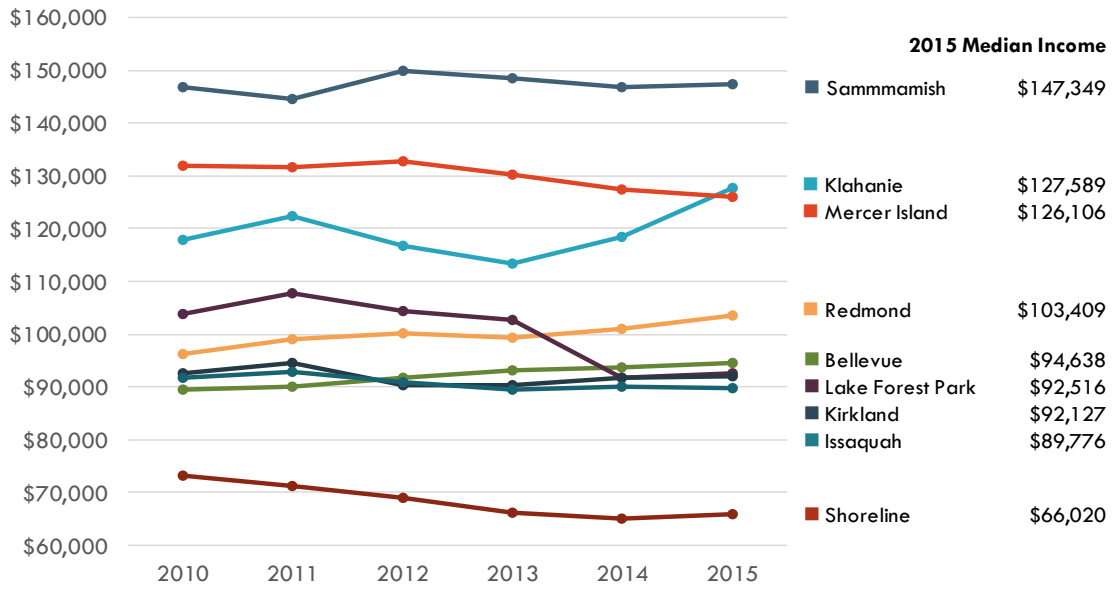
What we heard from DSHS

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

Income

Sammamish and Klahanie have high median household incomes compared to their peer cities. Exhibit 46 shows the median income, in 2015 dollars, by city, between 2010 and 2015.

Exhibit 46. Median Household Income by Service Area, Adjusted for Inflation, 2010 – 2015



Note: Median Income shown in 2015 inflation-adjusted dollars.
Source: ACS 2010 - 2015 5-year estimates, Median Income; BERK 2017.

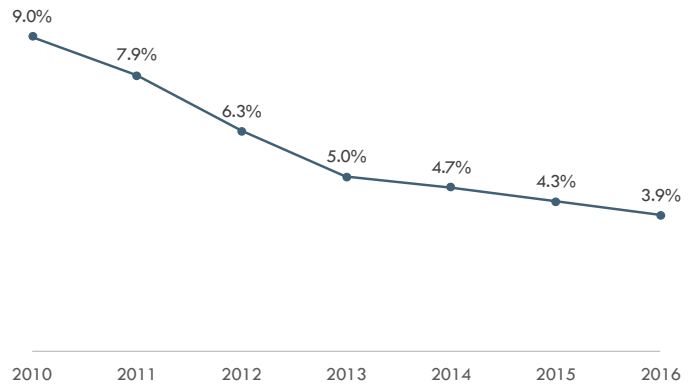
86. Sammamish has relatively high median income, compared to its peer cities. In 2015, the median household income was over $147,000. Over the last five years, the median household income in Sammamish has kept pace with inflation.

87. Median household incomes in Klahanie increased faster than inflation from 2013 – 2015, reaching the highest median income over the last five years of $127,589.

Unemployment

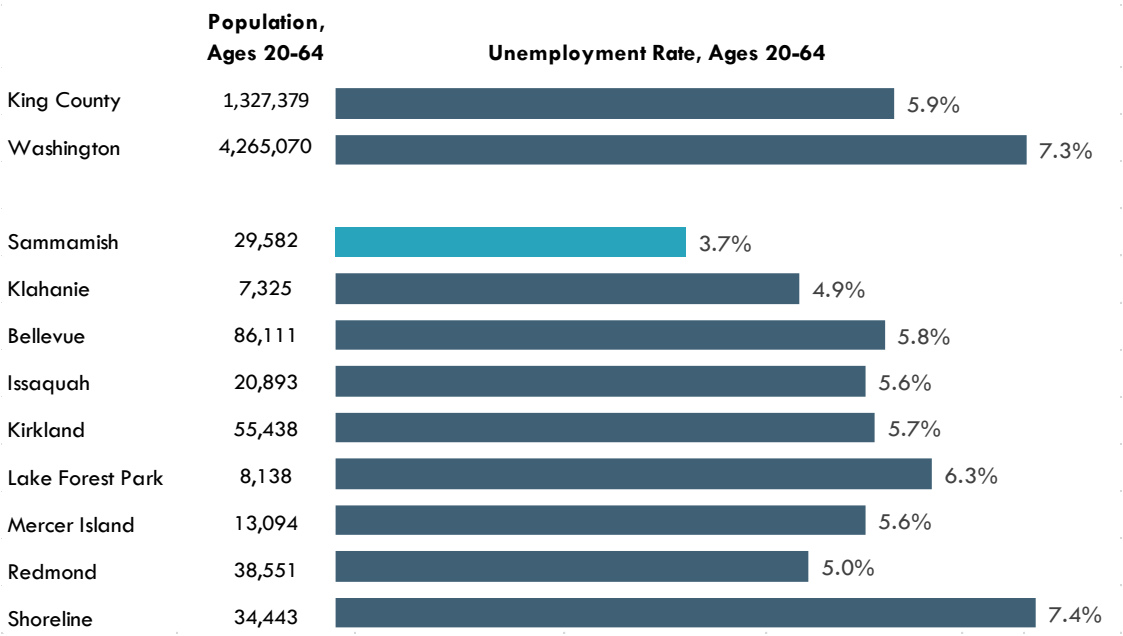
The U.S. economy has largely recovered from the Great Recession, and the unemployment rate has declined in King County over the past five years (**Exhibit 47**). The unemployment rate is relatively low in Sammamish compared to peer cities in King County. The Bureau of Labor Statistics provides unemployment rate information at the county level, but not at the city level. The unemployment rate information at the city level, shown in **Exhibit 48**, is provided by ACS as a five-year estimate of unemployment rates for ages 20-64.

Exhibit 47. King County Unemployment Rate, 2010-2016



Source: Bureau of Labor Statistics, 2010-2016.

Exhibit 48. Unemployment Rates in Sammamish and Peer Cities, Ages 20-64



Source: ACS 2011-2015 5-year estimates, Unemployment Status (Table S2301).

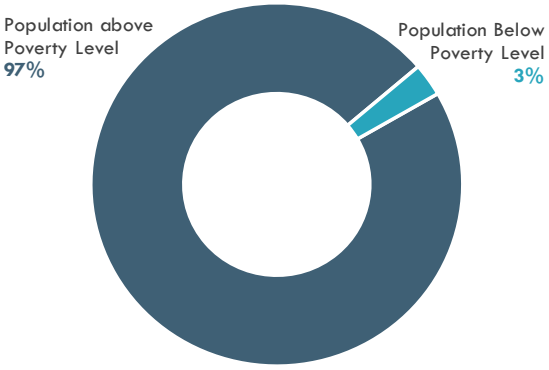
88. The unemployment rate in Sammamish for ages 20-64 was relatively low at 3.7%, compared to peer cities where the unemployment rate ranged from 5-7%.

89. The unemployment rate for ages 20-64 averaged 5.9% in King County and 7.3% in Washington state from 2011-2015.

Poverty

The Census Bureau defines the federal poverty level by size of family. The census defined poverty in 2015, the most recently available year of data, for an individual with an annual income less than $12,082 and for a family of four as less than $24,257.

Exhibit 49. Population Above and Below Poverty Level in Sammamish, 2015



What we heard from school stakeholders

Families well above the poverty line are struggling to make ends meet because of the high cost of housing in Sammamish. When families spend a majority of their income on housing they can struggle with affording basic needs such as food, childcare, or healthcare.

Source: ACS 2015 5-year estimates, Estimate of Poverty Status in the Past 12 Months (Table S1701).

90. Only 3% of the population in Sammamish is considered to be in poverty as defined by the federal poverty level.
91. 300% of the poverty level is an annual income of $36,180 for an individual and $73,800 for a family of four. 8.8% of the families in Sammamish fall into this category. Given the cost of housing, it is likely that families under 300% of the poverty level are unable to afford other basics. More information on housing affordability can be found in Exhibit 10.

Supplemental Nutrition Assistance Program (SNAP)

The Supplemental Nutrition Assistance Program (SNAP) is administered by the U.S. Department of Agriculture's Food and Nutrition Service. The program provides nutrition assistance to low-income individuals and families. **Exhibit 50** shows the number and percentage of total households who receive SNAP assistance in Sammamish, along with comparable measures for neighborhood cities.

Exhibit 50. Households Receiving SNAP benefits

		Households Receiving SNAP Benefits (Food Stamps)					
	Total Households	Households		HHs with Children		HHs with Elderly	
		#	%	#	%	#	%
Sammamish	16,201	270	2%	151	1%	106	1%
Bellevue	54,216	3,047	6%	1,186	2%	1,173	2%
Issaquah	14,018	720	5%	125	1%	346	2%
Kirkland	35,367	1,487	4%	540	2%	598	2%
Lake Forest Park	5,207	272	5%	153	3%	57	1%
Mercer Island	9,583	317	3%	180	2%	65	1%
Redmond	23,389	1,016	4%	437	2%	407	2%
Shoreline	21,668	2,262	10%	703	3%	848	4%
Issaquah SD	38,946	1,434	4%	284	1%	710	2%
Lake Washington SD	74,452	2,600	3%	1,029	1%	1,125	2%

Source: ACS 2015 5-year estimates, Food Stamps/SNAP (Table S2201); BERK, 2017.

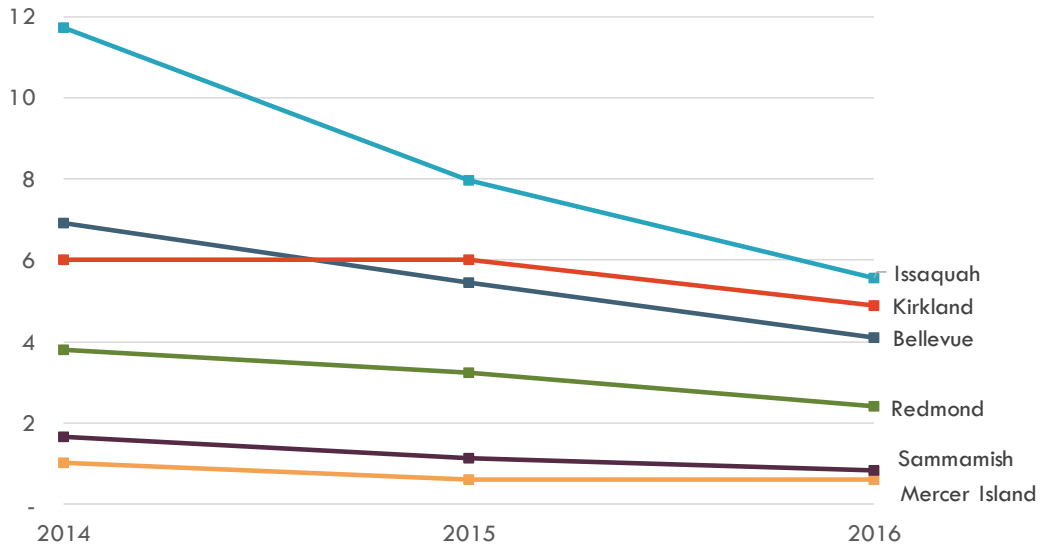
92. 2% of Sammamish households are receiving SNAP assistance. This is relatively low compared to peer cities, which range from 3% to 10% of households receiving SNAP assistance.

93. Just 1% of households with children and 1% of households with elderly are receiving SNAP assistance.

Temporary Assistance for Needy Families (TANF)

The Temporary Assistance for Needy Families (TANF) grant program is administered by the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Family Assistance. The program provides state funding to help needy families achieve self-sufficiency through temporary financial assistance. **Exhibit 51** shows client counts, per 1,000 residents, for TANF and State Family Assistance in Sammamish and peer cities. The data can provide insight on family assistance needs in these communities over the last three years.

Exhibit 51. TANF and Family Assistance Rate, per 1,000 population, by city, 2014-2016



Note: Originally collected at the zip code level, this data has been assigned to cities based on U.S. Postal Service default cities. Shoreline and Lake Forest Park are not included since USPS assigns their zip codes to Seattle.
Source: Washington State Department of Social and Health Services, 2015-2016; Washington State Office of Financial Management; BERK, 2017.

94. Client counts for TANF and state family assistance have decreased slightly in Sammamish as well as many peer cities on the Eastside over the last three years. It is unclear whether this is because of declining need or declining funding. The Center on Budget and Policy Priorities notes that "Over time, TANF has provided basic cash assistance to fewer and fewer needy families, even when need has increased" (2017).

95. Relative to its neighboring cities of Issaquah, Kirkland, Bellevue, and Redmond, Sammamish has a low client count of people receiving TANF. Its share of residents receiving TANF is slightly higher than that of Mercer Island.

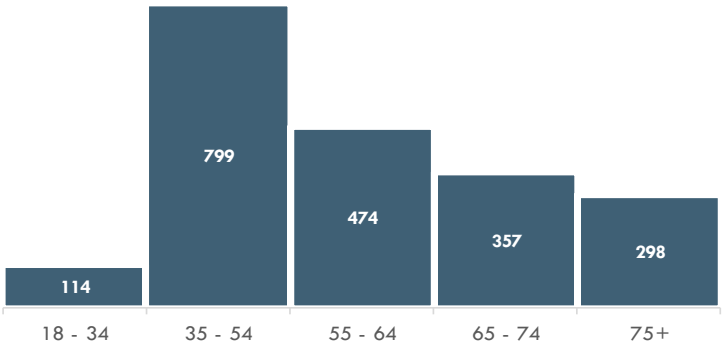
VETERANS

Veterans face unique challenges in transitioning to civilian life. According to the annual Military Family Lifestyle Survey conducted by Blue Star Families, over 40% of transitioning veterans felt stress about the transitioning process, and civilian employment was one of their top concerns (Brookings Institution, 2015). In this same survey, about half of veterans responded that they were not in their desired career field or did not find meaning in their workplace. Veterans also face mental health barriers; based on research from the RAND Center for Military Health Policy Research, 20% of veterans who served in Iraq or Afghanistan suffer from major depression or post-traumatic stress disorder (National Veterans Foundation, 2016). Job retraining and mental health services are essential to help veterans transition to healthy and meaningful civilian lives.

96. **Exhibit 52** shows the age distribution of Veteran's living in Sammamish. Among those 75 and older, almost 46% are veterans (298 individuals).

Exhibit 53 shows data on veteran populations, along with the proportion of veterans in poverty and with disabilities, in Sammamish, King County, and Washington.

Exhibit 52. Sammamish and Klahanie Veteran Population, Number and Share of Total Population, 2015



	18 - 34	35 - 54	55 - 64	65 - 74	75+
Veteran Population as a Share of Total population	3%	7%	15%	21%	46%

Source: ACS 2015 5-year estimates, Veteran Status and Age and Sex, BERK 2017

97. Although the largest number of veterans are found in the 35 – 54-year-old age group, they represent only 7% of the total population in Sammamish and Klahanie combined.

98. Among those 75 and older, almost 46% are veterans (298 individuals).

Exhibit 53. Veterans in Poverty and with Disabilities in Sammamish, 2015

		Veteran Population		Veterans Below Poverty Level		Veterans With Disability	
	Civilian Population 18+	Count	% of Civilian Population	Count	% of Veteran Population	Count	% of Veteran Population
King County	1,613,259	115,239	7%	8,226	7%	26,582	23%
Washington	5,340,310	564,864	11%	37,721	7%	153,745	27%
Sammamish	34,013	1,769	5%	17	1%	235	13%
Klahanie	8,348	273	3%	0	0%	16	6%
Bellevue	107,091	6,649	6%	228	3%	1,625	24%
Issaquah	25,171	1,538	6%	79	5%	389	25%
Kirkland	67,269	4,439	7%	141	3%	1,084	24%
Lake Forest Park	10,719	793	7%	33	4%	154	19%
Mercer Island	18,121	1,469	8%	33	2%	348	24%
Redmond	44,751	2,126	5%	39	2%	559	26%
Shoreline	44,566	3,991	9%	371	9%	946	24%

Source: ACS 2015 5-year estimates, Veteran Status, BERK 2017

HEALTH

Access to Care and Preventative Services

Accessing quality health care and preventative services is important not only to physical outcomes but social and mental health outcomes as well. Preventative services can help individuals detect health issues early, avoid illness, and potentially save lives. Health insurance is one aspect of access to health services, but the location and cost of quality care are other important factors. Reducing these barriers to care and matching providers to community needs can improve health and well-being. **Exhibit 54** shows several access to care and preventive services measures for the state, the county, Sammamish and peer cities.

Exhibit 54. Access to Care and Preventive Services

	Uninsured (Age 18-64)	Could not see a doctor 1+ times in past year due to cost	Does not have a personal doctor	No flu shot during the past year	Never had pneumonia vaccination (age 65+)
Washington	18%	15%	26%	63%	27%
King County	15%	14%	26%	60%	28%
Sammamish	**3%**	**9%**	**21%**	**58%**	**21%**
Bellevue	13%	11%	25%	61%	29%
Issaquah	9%	5%	19%	56%	35%
Kirkland	11%	10%	22%	58%	34%
Lake Forest Park	12%	11%	18%	51%	21%
Mercer Island	4%	4%	16%	46%	23%
Redmond	10%	13%	24%	61%	34%
Shoreline	16%	12%	23%	57%	23%

	No dental visit during the past year	No mammogram within 2 years (age 50-74)	No Pap test within 3 years (age 21-65)
Washington	33%	29%	32%
King County	29%	28%	22%
Sammamish	**19%**	**18%**	**23%**
Bellevue	25%	23%	25%
Issaquah	24%	19%	35%
Kirkland	25%	22%	20%
Lake Forest Park	19%	36%	27%
Mercer Island	12%	22%	21%
Redmond	26%	27%	16%
Shoreline	25%	26%	19%

Source: Behavioral Risk Factor Surveillance System (BFRSS), WA State Department of Health, Center for Health Statistics via Public Health Seattle King County City Health Profiles, 2016.

99. Over one-fifth of Sammamish residents do not have a personal doctor that they see for routine visits.

100. Just under one-fifth (19%) of Sammamish residents did not see a dentist within the last year. Untreated dental diseases can lead to serious health effects.

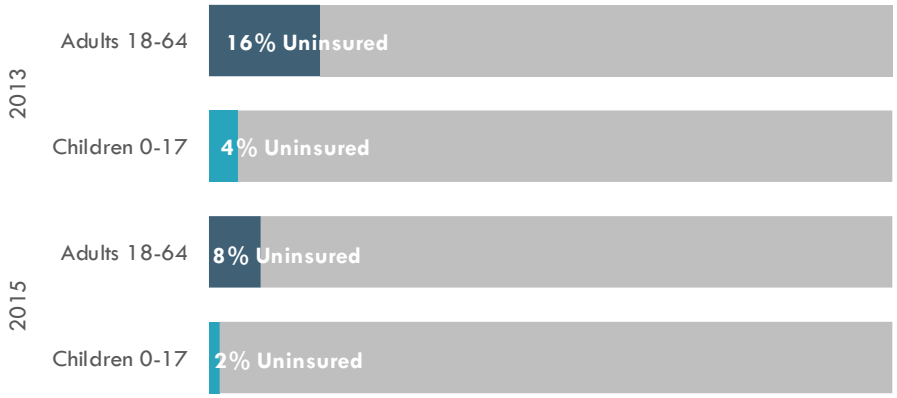
101. Shares for Sammamish were lower than for the county in all measures expect no pap test within three years, which is higher by one percentage point.

Insurance

Health insurance is an important aspect of ensuring that people receive the care they need. Uninsured individuals may be less likely to see a primary care provider; they may receive less timely care and have worse health outcomes. Lack of insurance also places a financial burden on families. Health insurance coverage data can help to understand these vulnerabilities.

The Affordable Care Act was followed by large declines in the share of uninsured adults and children in King County. In 2014, insurance coverage options expanded for all adults. **Exhibit 55** compares uninsured rates in 2013 and 2015 in King County. **Exhibit 56** shows the percentage change in various types of health insurance coverage.

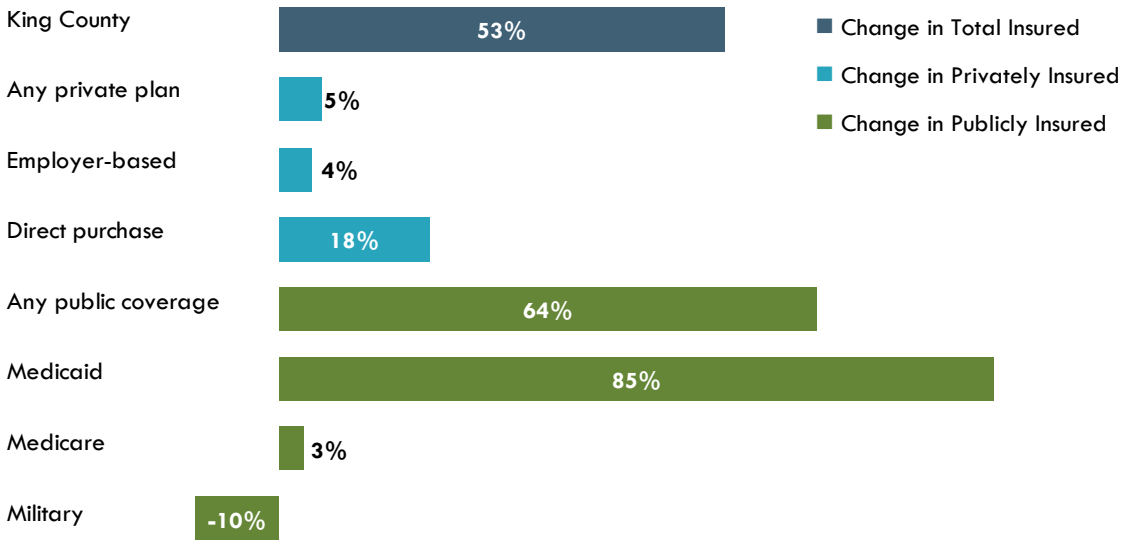
Exhibit 55. Uninsured Rates in King County, Before and After Affordable Care Act



Source: ACS, 2015; Public Health Seattle King County, Policy Development and Evaluation Unit, 2016.

- 16.4% of King County adults ages 18-64 were uninsured in 2013; this number declined to 7.7% by 2015. This is a 53% decline between 2013 and 2015.
- 4.3% of children ages 0-17 were uninsured in 2013; this declined to 1.6% in 2015.
- King County's decline in uninsured rates is similar to Washington State's average reduction in uninsured adults, which is also 53%; however, there is wide variation across the state.

Exhibit 56. Change in Coverage between 2013 and 2015, Adults Ages 18-64



Source: ACS, 2015; Public Health Seattle King County, Policy Development and Evaluation Unit, 2016.

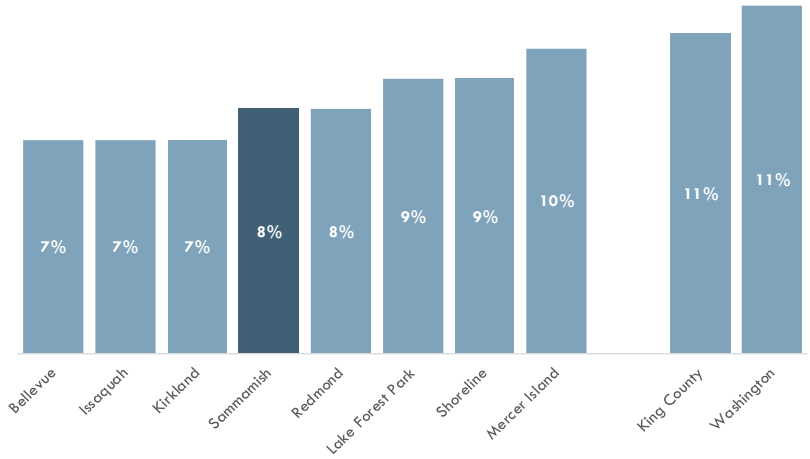
- There was a 5% increase in private plans, including a 4% increase in employer-based and 18% increase in direct-purchase.
- There was a 64% increase in public coverage, including an 85% increase in Medicaid and 3% increase in Medicare coverage. Military coverage decreased by 10% in King County.

Mental Health

Public Health Seattle & King County publishes community health indicators for many cities in the county in an effort to isolate determinants of health. One indicator reports mental distress of adults measured as having fourteen or more *poor mental health days* in the past 30 days. This measure *poor mental health days* is used nationally by the Center for Disease Control (CDC) and emphasizes those that are experiencing chronic and likely severe mental health issues. In this measure, poor mental health includes: stress, depression, and problems with emotions.

Countywide, this measure has remained flat for the last fifteen years with no significant increases or decreases in the share of residents experiencing bad mental health. King County residents experiencing poor mental health at rates higher than average include: younger residents (18 – 24), those residing in South King County, Hispanic residents, and those with household incomes below $25,000.

Exhibit 57. Frequent Mental Distress, Adults age 18+



Note: Frequent Mental Distress Indicator is for adults age 18+
Source: Risk Factor Surveillance System (BRFSS), Washington State Department of Health, Center for Health Statistics. via Public Health Seattle King County City Health Profiles, 2016.

102. Using this national measure of mental health, 8% of adults in Sammamish reported that they had experienced 14 or more bad mental health days in the past 30 days.

103. Poor mental health along with a lack of access to mental health support can have long-term consequences on the emotional, physical, and financial health of households and communities.

Health Risk Factors

Access to nutritious food and physical activity are important contributors to a community's good health. A lack of physical activity can contribute to increased risk of health conditions, including heart disease, diabetes, and some cancers (Robert Wood Johnson Foundation; Trust for America's Health, 2013). Half of adults in the U.S. do not meet the Center for Disease Control and Prevention's recommended levels of physical activity. Being overweight or obese increases the risk for many health conditions, including type 2 diabetes, heart disease, stroke, hypertension, cancer, Alzheimer's disease, dementia, liver disease, kidney disease, osteoarthritis, and respiratory problems (Robert Wood Johnson Foundation; Trust for America's Health, 2013).

Smoking kills 480,000 Americans each year, including 41,000 from exposure to secondhand smoke; over 16 million Americans are living with a disease caused by smoking (Center for Disease Control and Prevention, 2015). Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. The health consequences of smoking mean that tobacco use has financial implications for communities.

Exhibit 58 shows measures of several health risk factors and chronic diseases in Sammamish and in neighboring cities. The social determinants of health model shown in **Exhibit 44** shows how community factors can contribute to chronic disease. For example, a community's infrastructure can either support or limit opportunities for physical activity depending on the availability of sidewalks, safe biking routes, and access to parks and recreation facilities. Understanding the profile of chronic disease can help to identify

potential social determinants that need to be addressed through long-term efforts or through health and human services programs.

Exhibit 58. Health Risk Factors and Chronic Diseases

	Obese (BMI >= 30)	Did not participate in any physical activity	Have been told to have diabetes	Have high blood cholesterol	Had coronary heart disease or heart attack
Washington	28%	20%	9%	38%	4%
King County	22%	16%	7%	35%	3%
Sammamish	**15%**	**9%**	**3%**	**38%**	**3%**
Bellevue	16%	16%	5%	33%	3%
Issaquah	22%	15%	5%	23%	7%
Kirkland	22%	12%	5%	40%	3%
Lake Forest Park	19%	11%	3%	39%	2%
Mercer Island	12%	9%	5%	32%	2%
Redmond	16%	15%	6%	32%	3%
Shoreline	19%	13%	7%	37%	3%

	Current smoker	Have current asthma	Excessive alcohol consumption	Ever been told to have high blood pressure
Washington	17%	10%	19%	30%
King County	14%	9%	22%	26%
Sammamish	**5%**	**9%**	**16%**	**21%**
Bellevue	10%	6%	17%	26%
Issaquah	9%	12%	18%	22%
Kirkland	11%	10%	22%	31%
Lake Forest Park	8%	6%	18%	20%
Mercer Island	6%	7%	15%	26%
Redmond	8%	8%	14%	25%
Shoreline	13%	8%	19%	29%

Source: The Behavioral Risk Factor Surveillance System (BRFSS), Washington State Department of Health, Center for Health Statistics via Public Health Seattle King County City Health Profiles, 2016.

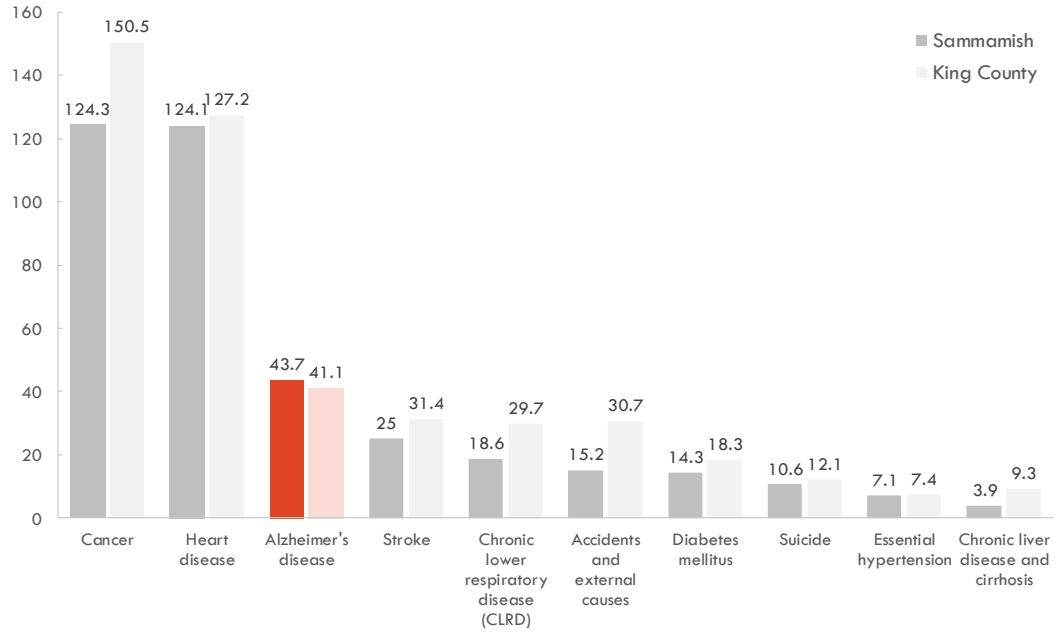
104. In 2016, 15% of Sammamish residents were considered to be obese, and 9% did not participate in any physical activity. 3% were told to have diabetes, 28% to have high blood cholesterol, and 3% have had coronary heart disease or a heart attack. Physical activity and diabetes rates are relatively good compared to neighboring cities, while the heart disease and high blood cholesterol rates are about average.

105. 5% of Sammamish residents are currently smokers, which is relatively low compared to peer cities or to King County or Washington State.

Leading Causes of Death

Leading causes of death can help illuminate the effectiveness of an area's health system and can help local health officials determine how to focus their resources. Many leading causes of death are related to healthy lifestyles and diets, such as heart disease, stroke, diabetes and hypertension. Others are less preventable, such as certain types of cancer, or Alzheimer's disease which has a higher prevalence in Sammamish than in King County overall. Recognizing symptoms, accessing care, and determining treatment plans, can help lessen the burden of these diseases.

Exhibit 59. Top 10 Leading Causes of Death in Sammamish, compared to King County, 2016



Source: Death certificate data, Washington State Department of Health, Center for Health Statistics via Public Health Seattle King County City Health Profile, Sammamish, 2016.

106. Sammamish has a higher rate of Alzheimer's disease, with 43.7 people per 100,000 residents, than King County overall (41.1 people per 100,000 residents).

Excessive Drinking

Excessive or binge drinking is defined different for women and men. For women, it is defined as consuming more than four drinks on a single occasion and for men it is more than five drinks. In 2014, the most recent year of data available, Public Health Seattle & King County reported that 20% of adults binge drink (or had done so in the last 30 days).

In the East Region of King County, the percent of adults that excessively drink is slightly lower at 16%, compared to 26% in Seattle.

Drug Induced Deaths

Drug induced deaths are deaths due to drug poisoning. These deaths include accidental, intentional, and

undetermined poisoning by exposure to any drug, medication, or biological substance. In King County in 2014, the most recent year of data available, there were 313 drug-induced deaths, or 14.1 deaths per 100,000 residents. For the East Region of King County, the rate was lower with 8.2 deaths per 100,000 residents.

The country is in the midst of an opioid epidemic with an estimated 59,000 to 65,000 people dying from drug overdoses in 2016. Drug-induced deaths are now the leading cause of death among Americans under 50. (Katz, 2017) Several recent studies suggest the opioid epidemic is partially caused by job loss, with areas experiencing economic hardship being more affected by the crisis. One study found that an unemployment rate increase of 1 percentage point results in an opioid death rate increase of 3.6 percent. (Hollingsworth, Ruhm, & Simon, 2017) Although Sammamish its surrounding Eastside peers are partially insulated from this epidemic by strong economics, high incomes, and low unemployment, they have not been completely untouched. In 2016 a 26-year-old man was arrested for heroin possession in Sammamish and in 2013 an Issaquah man was arrested and charged with homicide for allegedly selling heroin to a man that died from an overdose.

Active Aging

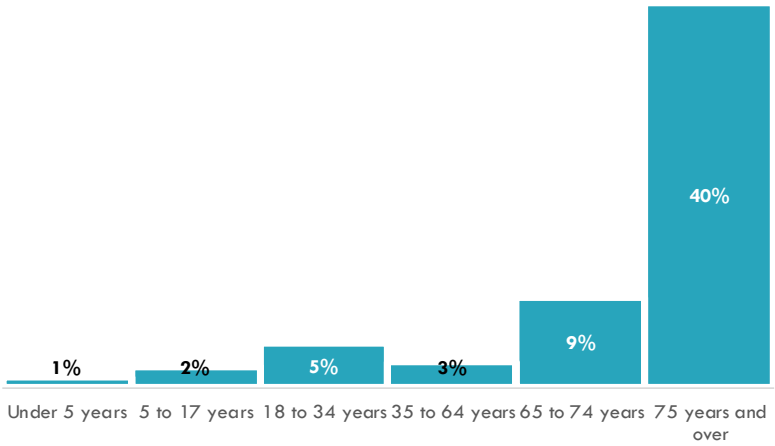
Active aging is the process of optimizing opportunities for health, participation, and security to improve the quality of life as people age (World Health Organization). This process allows people to continue to participate in society as they age, and it involves many aspects of wellness including physical, social, spiritual, vocational, emotional, environmental, and intellectual. As Sammamish seniors age in their community, it is important that they have opportunities to engage with their neighborhood and to access resources that can help them maintain autonomy and independence.

Physically, active aging means maintaining health and physical activity. Seniors with disabilities (see **Exhibit 60**) need special services both in terms of transportation and facilities. Seniors' elevated risk of falling brings implications for fire and medical emergency services as shown in **Exhibit 61**, which shows the percent of older adults who have ever been injured by a fall in various King County regions.

Emotionally and socially, seniors need to continue interacting meaningfully with members of their community. Mobility is an important component of independence and socialization, and seniors frequently depend on public transportation to access community spaces.

Understanding the senior community can provide insight on how the City of Sammamish can best serve its senior population.

Exhibit 60. Percent of Population in Age Group with a Disability in Sammamish, 2015



	Under 5 years	5 to 17 years	18 to 34 years	35 to 64 years	65 to 74 years	75 years and over
# in each Age Group with a Disability	47	363	338	798	283	514

Source: ACS 2015 5-year estimates, Sex by Age and Disability Status, BERK 2017.

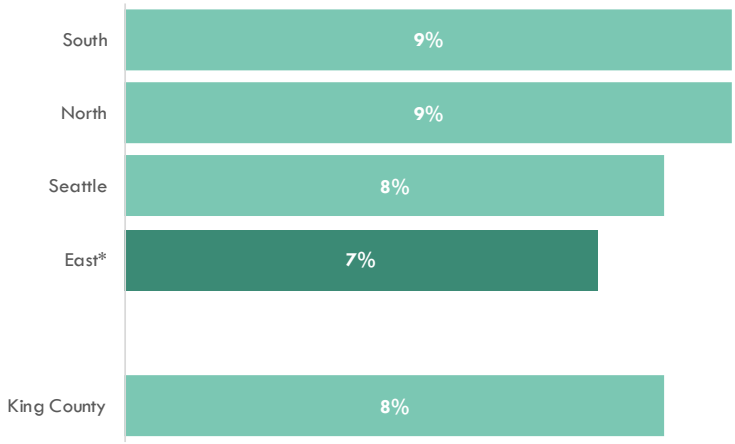
107. The population with disabilities in the age group 75 and older is large, and represents 40% of the total population in that age group (514 individuals).

108. 9% of the population aged 65 to 74 has a disability.

109. While only 3% of the total population aged 35 to 64 has a disability, that figure means that 798 adults in that age group have a disability. Improvements to make the community more accessible to

seniors will also improve quality of life for people with disabilities in every life stage.

Exhibit 61. Percent of Older Adults (45+) Ever Injured in Fall by King County Region, 2014



*East Region includes Sammamish
Source: Public Health Seattle King County.

110. 7% of older adults in the East Region of King County, which includes Sammamish, have been injured in a fall.

Healthy Environment

The National Research Council and Institute of Medicine jointly wrote in 2013 that "health determinants cannot be fully understood in isolation from the environmental contexts that shape and sustain them" (National Research Council and Institute of Medicine, 2013). They found that environmental factors related to the physical form of regions or neighborhoods exist even when controlling for socioeconomic and demographic differences, suggesting that environmental factors play an important role in health outcomes.

Some factors in the physical environment can affect health including air pollution, the way neighborhoods are designed and built, housing affordability, and access to recreational facilities and transportation systems. Factors in the social environment that can affect health are those related to safety, violence, and social connection (National Research Council and Institute of Medicine, 2013).

HOUSING

Housing Affordability

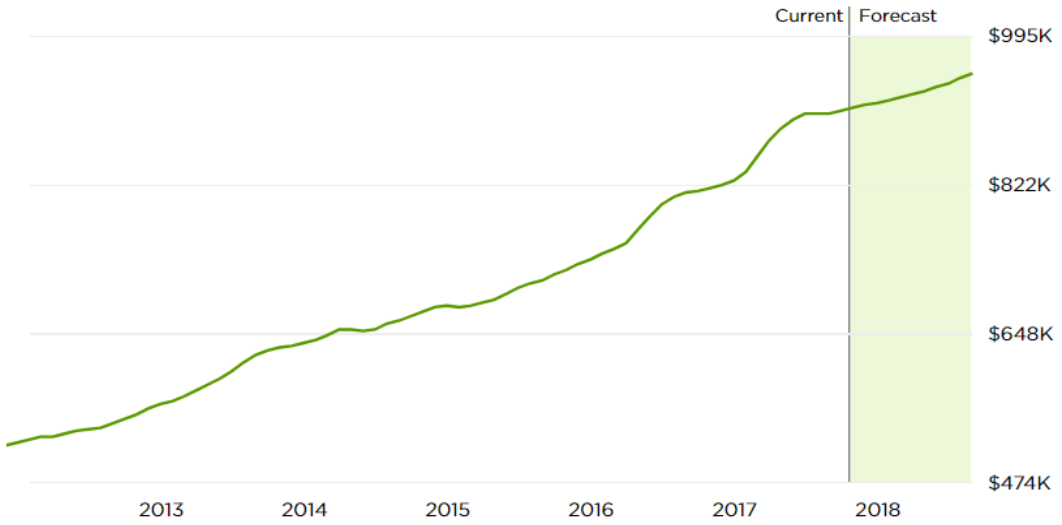
In 2016, Money magazine ranked Sammamish as the number 14 best place to live in the country. Credit for the ranking was given for schools, proximity to employers, and green space.

Along with being a great place to live, Sammamish has high home values. Zillow's home price index for Sammamish, a median current market valuation for the city, shows strong growth in home prices over the last five years and forecasts continued growth in 2018, as seen in **Exhibit 67**.

What we heard from a majority of sources

- 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) to pay for housing.
- Housing costs are a significant source of stress for people in this community.

Exhibit 62. Sammamish Home Value Index, 2017



Source: Zillow's Sammamish Home Value Index, retrieved October 24, 2017.

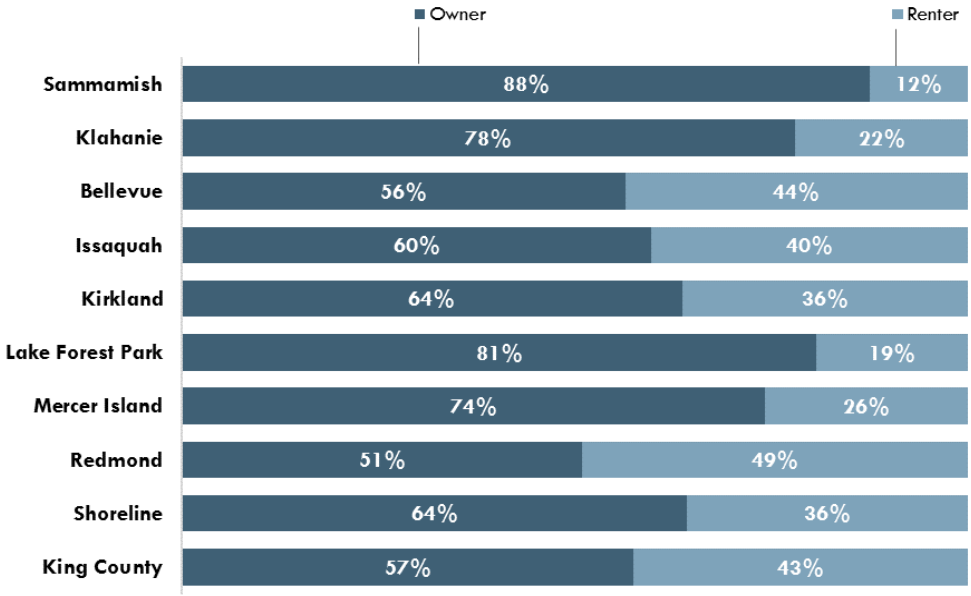
111. Zillow estimates that the median home value in Sammamish as of August 2017 was $905,800, up from $543,000 in August of 2012.

112. Zillow estimates that home values have gone up 11.4% over the last year and will continue to increase, at a rate of 5.1% over the next year.

Housing Tenure

Exhibit 63 shows housing tenure for Sammamish, peer cities, and all of King County. As shown below, Sammamish has a significantly higher share of owner households than neighboring cities at 88%. It also has nearly 30% more owner households than for King County overall.

Exhibit 63. Housing Tenure – Sammamish and Peer Cities



City / Place	Owner	Renter	All Households
Sammamish	13,855	1,965	15,820
Klahanie	3,165	890	4,055
Bellevue	30,035	23,200	53,235
Issaquah	8,275	5,595	13,870
Kirkland	22,110	12,650	34,760
Lake Forest Park	4,180	1,000	5,180
Mercer Island	6,990	2,440	9,430
Redmond	11,975	11,545	23,520
Shoreline	13,710	7,650	21,360
King County	**464,584**	**344,099**	**808,683**

Source: U.S. Department of Housing and Urban Development, Consolidated Housing Affordability Strategy (based on U.S. Census American Community Survey 5-yr Estimates, 2010-2014)

113. 88% of all households in Sammamish are owners (13,855 households), and just 12% are renters (1,965 households). Klahanie also has a high percentage of owner households (78%).

114. Sammamish and Klahanie have a higher percentage of owner households compared to neighboring cities and King County overall (57% owner households). Lake Forest Park is the only other city that has a similar proportion of owner households (81%).

Tenure by Income Level

The U.S. Department of Housing and Urban Development (HUD) calculates area median income (AMI) for King County. In 2017, AMI was $96,000 for a four-person household. The data in this section is presented relative to HUD AMI. It is prepared by HUD's Consolidated Housing Affordability Strategy (CHAS) program, based on ACS data, and gives a more accurate depiction of various household

attributes than is available using just the ACS data.

This section groups households based on income categories relative to the county AMI, rather than the Federal Poverty Level. Note that HUD accounts for household size when grouping households into income categories.

115. Very Low Income – Under 30% of AMI
116. Low Income – 30-50% of AMI
117. Moderate Income – 50-80% of AMI
118. Lower Middle Income- 80-100% of AMI
119. Above Median Income – Over 100% of AMI

Conversations with HUD indicate users of this data often use the Very Low-Income category – Under 30% of AMI – interchangeably with the Federal Poverty Level.

Exhibit 64 and Exhibit 65 summarize households in the City of Sammamish and King County within each income category, by housing tenure. Consistent with the data above in Exhibit 63which shows the high number of owner households in Sammamish, nearly 85% of all households in Sammamish have income above AMI ($96,000). Compare this to all of King County, where just 53% of all households have income above AMI.

In renter households, the gap is even wider. In Sammamish, 70% of renter households have income above AMI, whereas across King County, only 33% of renter households have income above AMI. Only 5% of all households in Sammamish are living in the Very Low-Income category, or living in poverty.

Exhibit 64. Tenure by Income Level – City of Sammamish

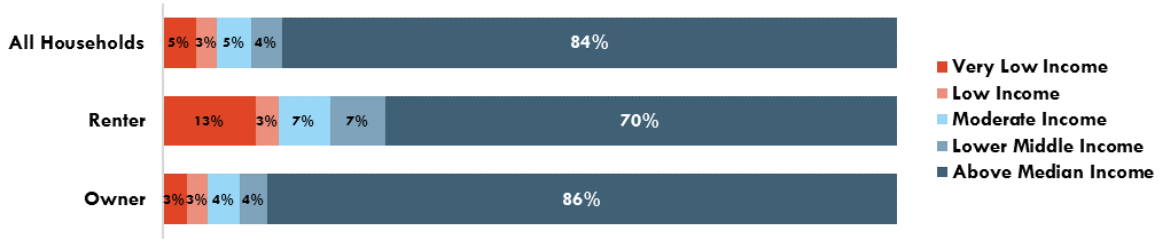
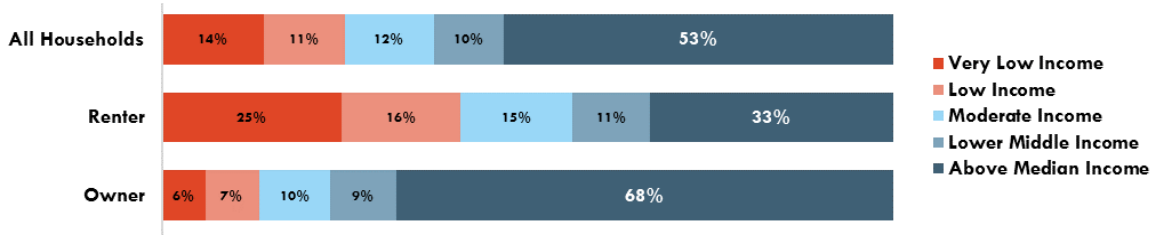


Exhibit 65. Tenure by Income Level – King County



Source: U.S. Department of Housing and Urban Development, Consolidated Housing Affordability Strategy (based on U.S. Census American Community Survey 5-yr Estimates, 2010-2014)

Household Composition by Income Level

Exhibit 66 shows the household income breakdown by household type, as well as descriptions for the HUD designated household types (household types are mutually exclusive). This data shows very low numbers of elderly non-family households living in Sammamish. Many people in this group are retired, living on a fixed income, and may or may not have additional retirement savings to help cover housing costs. These would also be households likely in need of public/private assistance of some variety. Conversely, many Sammamish households are small families with income above AMI, and are likely not in need.

Exhibit 66. Household Type by Income Level – City of Sammamish

	Very Low (<30%)	Low (30-50%)	Moderate (50-80%)	Lower Middle (80-100%)	Above AMI	All Households
Elderly Family	110	94	230	165	1,090	**1,689**
Elderly Non-Family	120	100	29	15	240	**504**
Large Family	35	50	65	60	1,610	**1,820**
Small Family	305	145	320	325	9,275	**10,370**
Other	140	65	95	100	1,025	**1,425**
Total	710	454	739	665	13,240	**15,808**

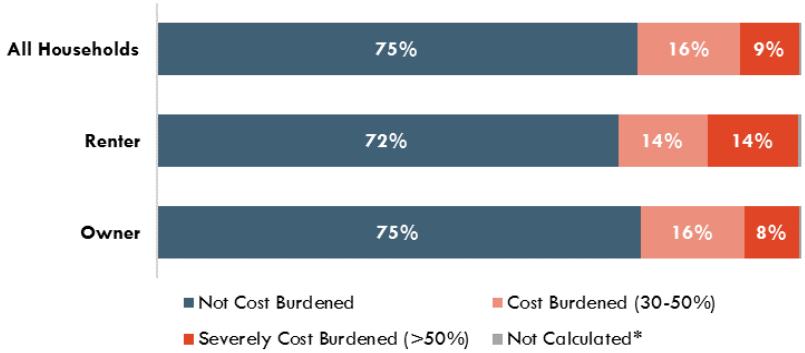
	Household Type Description
Elderly Family	2 persons, either or both age 62 or over
Elderly Non-Family	Age 62+, living alone
Large Family	Families with 5 or more members
Small Family	Families with 2-4 members (excluding elderly families)
Other	Non-family, non-elderly households

Source: U.S. Department of Housing and Urban Development, Consolidated Housing Affordability Strategy (based on U.S. Census American Community Survey 5-yr Estimates, 2010-2014)

Housing Cost Burden

HUD deems housing to be affordable if a household spends no more than 30% of their gross income on housing costs (rent plus basic utilities or gross monthly owner costs). Households are cost burdened if they pay more than 30% of their income towards housing costs. Households paying more than 50% of their income towards housing costs are considered severely cost burdened, leaving that much less income for other daily living expenses.[13]

Exhibit 67. Housing Cost Burden by Tenure – City of Sammamish



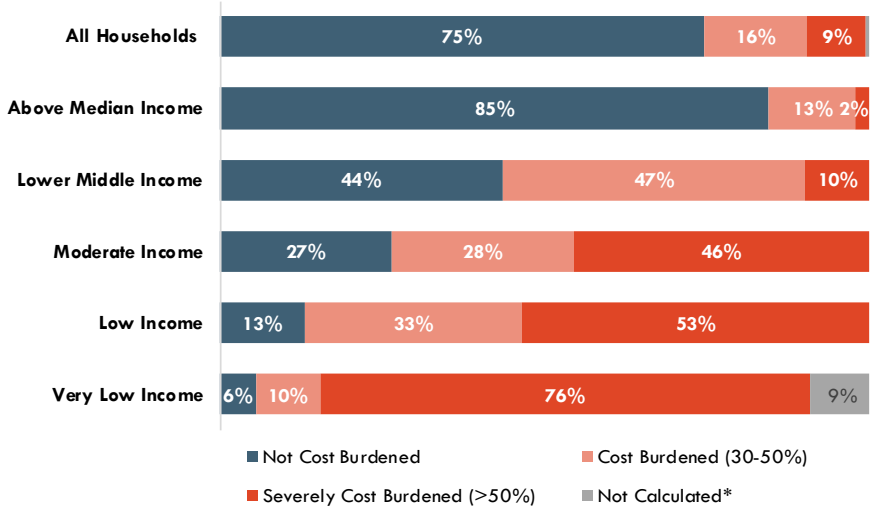
Source: U.S. Department of Housing and Urban Development, Consolidated Housing Affordability Strategy (based on U.S. Census American Community Survey 5-yr Estimates, 2010-2014)

120. One quarter of all households in Sammamish are cost burdened, spending 30% or more of their monthly income on housing costs.

121. Renter households are slightly more likely to be cost burdened than owner households, and about twice as likely to be severely cost burdened, spending 50% or more of their monthly income on housing costs.

[13] HUD publishes cost burden estimates based on data from the ACS 5-year Estimates. The latest survey period for which cost burden data is available is 2010 to 2014. This means that cost burden estimates reflect income and housing costs as reported by a sample of residents in Sammamish during a rolling monthly survey between January 2010 and December 2014. This period includes the downturn in the housing market and rise in unemployment during and following the last economic recession. Housing costs have increased during the past few years, a fact that should be considered when interpreting cost burden data from HUD.

Exhibit 68. Housing Cost Burden by Income Level – City of Sammamish



122. 25% of households in Sammamish are housing cost burdened, paying more than 30% of their incomes on housing, and 9% are severely housing cost burdened, spending more than 50% of their incomes on housing.

123. Some of the 13,240 households above AMI have issues with housing affordability. 15% of these households are cost burdened, paying more than 30% of their income on housing (almost 2,000 households), and 2% of these households are severely cost burdened, paying more than 50% of their incomes on housing (approximately 264 households).

Homelessness

All Home, the Seattle/King County Continuum of Care, conducts an annual point-in-time (PIT) homeless count. The PIT offers a snapshot of the number of people experiencing homelessness in emergency shelters, transitional housing, those sleeping outside and in other places not meant for human habitation. Even with the assistance of homeless providers and advocates, as a non-intrusive, visual enumeration of homeless individuals that occurs on one night, the PIT likely undercounts homeless individuals.

Exhibit 69 shows the total number of individuals experiencing homelessness, and whether they are sheltered or unsheltered. Exhibit 70 provides a more detailed breakout of where unsheltered individuals were found, whether it was outside, in a car, tent, or abandoned building.

Exhibit 69. Homeless Point in Time County by King County Region, 2017

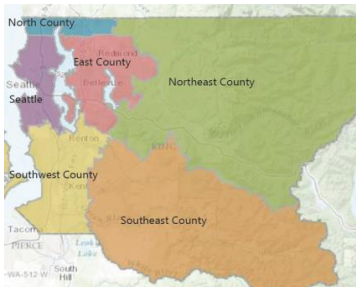
Region	Total Homeless Count	Unsheltered		Sheltered	
		Number	% of Region	Number	% of Region
East County	631	284	45%	347	55%
North County	201	53	26%	148	74%
Northeast County	166	119	72%	47	28%
Seattle	8,522	3,857	45%	4,665	55%
Southwest County	2,017	1,102	55%	915	45%
Southeast County	106	70	66%	36	34%
King County	**11,643**	**5,485**	**47%**	**6,158**	**53%**

Note: Contains data collected during the General Street Count, the Youth and Young Adult Count, and Count Us In Survey.

124. In "East County", which includes Sammamish, there were over 600 individuals counted as homeless with about 45% of them counted outside.

Exhibit 70. Unsheltered Persons by Region, 2017

REGION	PERSONS ON STREETS/OUTSIDE		PERSONS IN CAR/RV/VAN		PERSONS IN TENTS		PERSONS IN ABANDONED BUILDINGS		TOTAL UNSHELTERED PERSONS
	Number	% of Region	Number	% of Region	Number	% of Region	Number	% of Region	
East County	33	12%	201	71%	46	16%	4	1%	**284**
North County	16	30%	35	66%	-	0%	2	4%	**53**
Northeast County	22	18%	29	24%	66	55%	2	2%	**119**
Seattle	1,076	28%	1,550	40%	1,153	30%	78	2%	**3,857**
Southeast County	22	31%	39	56%	9	13%	-	0%	**70**
Southwest County	313	28%	460	42%	277	25%	52	5%	**1,102**
TOTAL	**1,482**	**27%**	**2,314**	**42%**	**1,551**	**28%**	**138**	**3%**	**5,485**



EAST COUNTY	NORTHEAST COUNTY	SOUTHWEST COUNTY	NORTH COUNTY	SOUTHEAST COUNTY
Beaux Arts Village	Carnation	Algona	Bothell	Black Diamond
Bellevue	Duvall	Auburn	Kenmore	Covington
Clyde Hill	Issaquah	Burien	Lake Forest Park	Enumclaw
Hunts Point	North Bend	Des Moines	Shoreline	Maple Valley
Kirkland	Skykomish	Federal Way	Woodinville	
Medina	Snoqualmie	Kent		
Mercer Island		Milton		
Newcastle		Normandy Park		
Redmond		Pacific		
Sammamish		Renton		
Yarrow Point		SeaTac		
		Tukwila		
		Vashon Island		

Source: One Night Count 2017

125. The majority of unsheltered individuals in East County are found living in a vehicle (71%), while most others are found sleeping on streets or in tents (28% total).

TRANSPORTATION

Sammamish is served by limited transit options, as seen in Exhibit 71, necessitating the need to drive most places, whether for work, school, or to grocery shopping or other errands.

During outreach with seniors in the Indian community and with the YMCA, Sammamish residents and service providers highlighted a need for better public transportation options.

What we heard from the community

- 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 low-income adults in the community.

Many seniors rely on public transportation to access community spaces and resource centers. Without a car and/or the ability to drive a car, seniors can struggle to access basic health and other resources. A lack of reliable and affordable transportation can also present barriers to socialization. Meaningful interaction with other members of the community is important for overall well-being, yet accessing senior activities such as trips, social gatherings, games, and events requires a means of transportation. The lack of mobility as a challenge for seniors was echoed through outreach events.

Exhibit 71. King County Metro Systems Map, Sammamish

Community Connections and Transportation

126. **Three buses run North/South on one street through the center of Sammamish.**

127. **There are four park and ride lots**
    - **Two on the main bus line**
    - **Two for carpool and vanpool only, in Klahanie**

128. **Residences can be as many as four miles away from the bus line and walking to 228th Ave SE can take up to an hour.**

Mid-day service recently started on Route 269 **serving Issaquah, Redmond, and Sammamish. This route now** provides 30-minute weekday service between 6am and 8:30pm where previously there were **infrequent transit options outside of commuting hours.**

Source: King County Metro System Maps

PERCEPTION OF SAFETY

Crime

The City of Sammamish contracts with King County to provide police services. Sammamish has relatively low crime rates that have remained steady over the last three years. The part 1 crime rate (including burglary, larceny, and other violent crimes) is 8 crimes per every 1,000 residents over the last three years (2014 – 2016).

The most prevalent incident types in Sammamish are car prowls and vandalism, with almost 200 car prowls and 150 vandalism reports in 2016. Aside from a high-profile drug case this year, the largest number of drug and alcohol crimes in most recent years has been Driving Under the Influence (DUI) (30+ crimes in 2016), and DUI accidents (almost 20 crimes in 2016). The third and fourth most prevalent drug and alcohol crimes are controlled substance violations (over 17 in 2016) and narcotic activity reports (16 in 2016). Over 90% of drug and alcohol crimes are committed by adults in Sammamish (Bennet, 2017).

Domestic Violence

Domestic violence is abusive behavior used by one in a relationship to gain or maintain power and control over another partner. It can include physical assault, sexual abuse, and stalking. The Bureau of Justice estimates that every year over one million women and almost 835,000 men are physically assaulted by an intimate partner. 27% of women and 12% of men have experienced domestic violence during their lifetime and then suffered significant impacts such as PTSD and injury as a result (Breiding, et al., 2011).

Domestic violence is intimately linked to housing and homelessness, and the fear of becoming homeless is a primary reasons domestic violence survivors stay with their abusers. Research shows that the need for, and the financial means to maintain, safe housing are two of the most pressing needs among women who are leaving or who have left abusive partners (Clough, Draughon, Njie-Carr, Rollins, & Glass, 2013).

In addition, economic abuse is a common tactic used by abusers to gain power and control in a relationship; it may include tactics to limit the partner's access to assets or to hide information and accessibility to family finances. Financial abuse is a powerful method of keeping a survivor trapped in an abusive relationship, and research shows that financial abuse occurs in 98% of abusive relationships (National Network to End Domestic Violence).

What we heard from LifeWire

- Domestic violence affects people of all incomes and backgrounds in Sammamish. Economic abuse and lack of affordable housing options make it difficult for those experiencing domestic violence to leave relationships.
- For those who leave a domestic violence situation there is emergency shelter on the Eastside, but longer-term shelters are only in Seattle and housing resources are mostly available in South King County.
- Housing and employment options and low-cost access to physical and mental health care in Sammamish would help families experiencing domestic violence.
- Barriers to accessing resources in Sammamish include a lack of case management and programs that require income eligibility.

Women experiencing domestic violence that are from immigrant communities may feel additional isolation and may not feel comfortable going outside of the family or cultural community for help with a private matter. (Senturia, Sullivan, & Ciske, 2000)

October 5, 2017

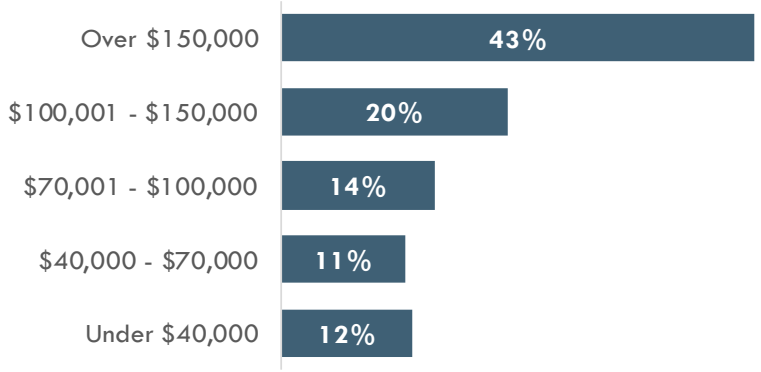
Appendix 1.A - Virtual Town Hall Results

A Virtual Town Hall online survey was hosted on the City of Sammamish Town Hall website to learn more about community needs from all members of the Sammamish community. The survey was open from June 12 to July 28, 2017. 184 people participated in this survey. Not all respondents answered every question.

Where did you hear about this Health and Human Services Needs Assessment?

177 respondents provided information on where they heard about the survey. 27% of respondents heard about this survey from their city email, followed by 16% from a friend or neighbor, 12% from a community event, and 8% from the city website. Other common sources were Facebook, Twitter, the Farmer's Market, Boys and Girls Club Teen Center Outreach Event, postcard in the mail, and a yoga class at Teen Center.

What is your annual household income?



Number of respondents: 152

129. Respondents that provided household income information reflect the spectrum of incomes in Sammamish. Data USA reports that the median household income in Sammamish is $147,349. The median income of those who responded to the survey falls within that range. 43% of respondents have an annual household income over $150,000, and 20% are between $100,000-$150,000. Only 12% of respondents have an annual household income under $40,000.

What kinds of services or programs would best support you or your family? These could be services or programs that you currently use or would like to have available to you.

182 respondents answered this question.

130. Physical health: 77% of respondents showed interest in staying physically active. There is also interest in good nutrition and accessing healthy food, affordable access to healthcare, and getting

adequate rest.

131. Mental and emotional health: 44% of respondents indicated interest in services to help manage stress, access to counseling or mental health services, and managing depression or anxiety.

132. Emergency support: 77% answered that they and their family do not need these support services. A small share of respondents indicated interest in temporary financial assistance, domestic violence help, food assistance, and short-term housing.

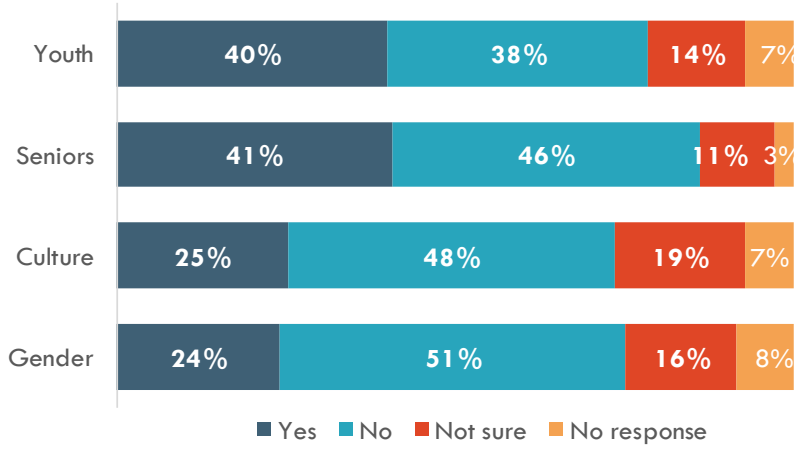
133. Youth support: 40% of respondents did not need these services; 39% indicated interest in teen activities, followed by 36% for academic support for kids and 33% for academic support for teens.

134. Senior support: 49% did not need these services; 40% were interested in senior activities and 36% in transportation assistance.

135. Community support: 51% did not need these services; there was moderate interest in job training, finding affordable housing, legal aid, and support for people with disabilities.

This question only addresses whether respondents currently use or desire services or programs. It gives an indication of which types of programs would be used by the respondents, it does not indicate if there are current gaps in services and program. Information on the locations of services and programs can be found in Appendix 1.B – Inventory of Services and Programs.

Would you or your family benefit from services or programs that offered support based on age, gender or sexuality, culture, or other factors?



Number of respondents: 182

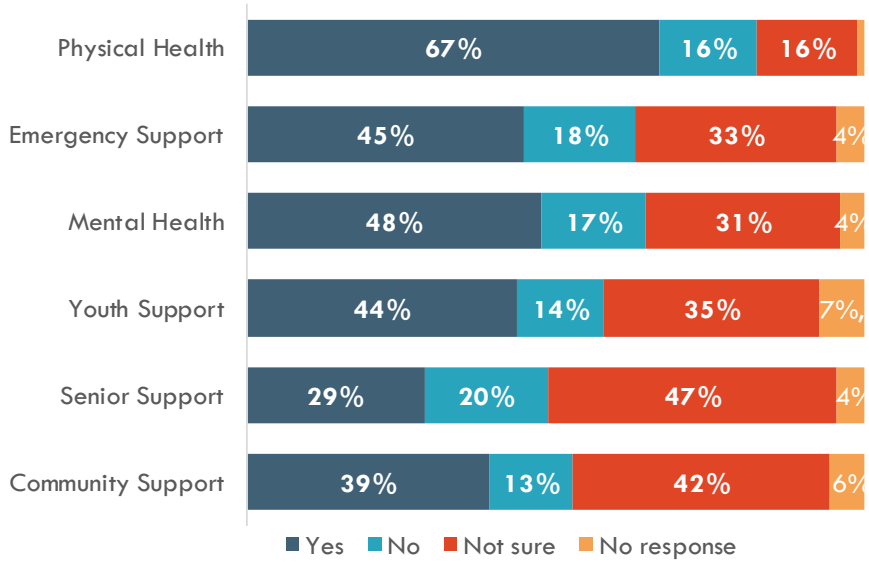
136. Among these areas, respondents showed the greatest interest in programs for seniors and youth.

137. Specific suggestions for youth programs included drug prevention programs, suicide prevention, and self-defense for women. Suggestions for senior programs included luncheons, trips, and transportation assistance.

138. Beyond these four areas, respondents indicated interest in community support and counseling for

children with attention-deficit hyperactivity disorder (ADHD), single parents, and those with disabilities.

Is support available to meet you or your family's health and human services needs?

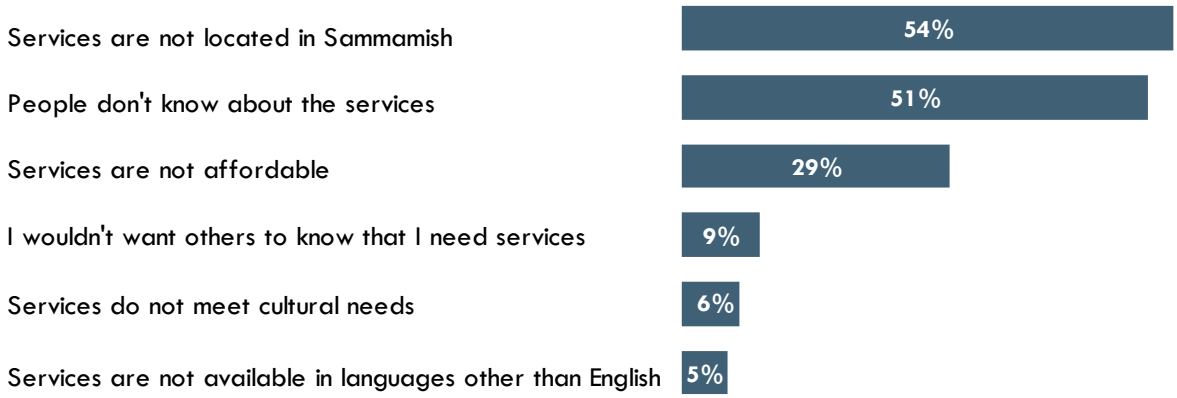


Number of respondents: 178

139. 67% of respondents felt that physical health services met their needs; 48% felt the same for mental health, 45% for emergency support, 44% for youth support, 39% for community support, and 29% for senior support.

140. Specific areas of concern were affordable housing, affordable healthcare as well as healthcare that accepts people's insurance, mental health services, and support for families with disabilities.

What prevents you or your family from getting the health and human services you need? (please select all that apply)



Number of respondents: 139

141. By far, the two main factors that respondents felt prevented them from getting the health and human services they need was location and information. Affordability of services was also an important concern. More information about the location of services and programs can be found in Appendix 1.B..

In your opinion, what are the three most pressing health and human service needs in Sammamish?

93 people responded to this open-ended question, and several key themes emerged as the strongest community needs:

142. **Access to transportation.** Transportation services are a pressing need for Sammamish community members. Residents need to be able to get around if they do not own a car. There is minimal bus service in certain areas, and buses do not provide direct access to regional services and medical centers.
    - "Need at a minimum a small business service to get residents who don't drive transportation to Issaquah Highlands or Redmond Bear Creek mid-day so they can get necessary medical services for health."
    - "A circulator bus providing access to the retail centers, parks, community center and better transit connections would be helpful for my family. Including access to the schools on a circulator bus might also help our students with classes and sports."
143. **Affordable housing.** As housing costs rise across the region, residents are increasingly concerned about affordable housing. There is a sense that Sammamish considers itself to be an affluent community but that lower income families who live in the area are struggling. Low income housing and transitional housing were mentioned as specific concerns.
    - "I can't even find an apartment that is affordable; they are just as much as renting a home. The low-income apartments have a four-year waiting list."
    - "Poor people are being pushed out of the city by excessive taxation and young professionals pushing us out."
144. **Mental health services.** There is a felt need for mental health services, particularly for youth and teens who are struggling with stress, depression, and suicide. Respondents suggested coaching and counseling for children with ADHD, stress management services for teens, and suicide prevention services for youth and teens.
    - "We are very stressed and tired throughout the school year."
145. **Teen activities.** Community members are interested in more teen activities that would keep teens safe in the community. Respondents expressed concerns facing teens related to drugs, alcohol, and cyber bullying. It seems there are activities available for middle schoolers, but not as many activities for high schoolers. One respondent suggested developing another teen center in South Sammamish.
    - "What do teenagers do on the plateau for good social fun?"
    - "We greatly lack older teen activities and young adult activities. Everything is geared around

young families."

146. **Support for people with disabilities.** Many respondents expressed a need for community support for people living with disabilities, as well as those on the autistic spectrum. Residents would benefit from community programs that support families with disabilities. There is a desire for more acceptance of diversity in all forms, as well as a suggestion for more inclusive schools that educate students with disabilities alongside non-disabled peers.
    - "Very important to our family to have support for our adult disabled family member. The lack of bus service midday has been a huge inconvenience for us, since he is unable to work eight hour shifts, but Access won't cover him since he is able to ride a bus independently."
    - "Community programs that help support families raising children/young adults with disabilities."

There is some tension between needs expressed by community members with different income levels. Lower-income families are looking to meet basic needs, such as financial support, food, transportation, and health care. Higher-income families tended to express interest in more activities and programs. Affordable housing and mental health were shared concerns across income groups.

A small number of respondents (less than 5%) expressed resistance toward the City taking any role in health and human services. These respondents do not see health and human services as a priority for the city and expressed a desire for the City to focus on other priorities.

Appendix 1.B - Inventory of Services and Programs

Questions for the Virtual Town Hall survey asked respondents about the usefulness of programs and services in six areas:

147. **Physical Health** included services and programs to support physical health such as: staying physically active, accessing healthy food, getting adequate rest, accessing birth control, treatment for drug or alcohol use, or access to affordable healthcare.

148. **Mental and Emotional Health** included services and programs in areas such as: managing stress, coping with depression or anxiety, supporting gender or sexual identity, access to mental health services, and parenting support.

149. **Emergency Support** included help with urgent issues such as: short term housing, domestic violence, food assistance, or temporary financial assistance.

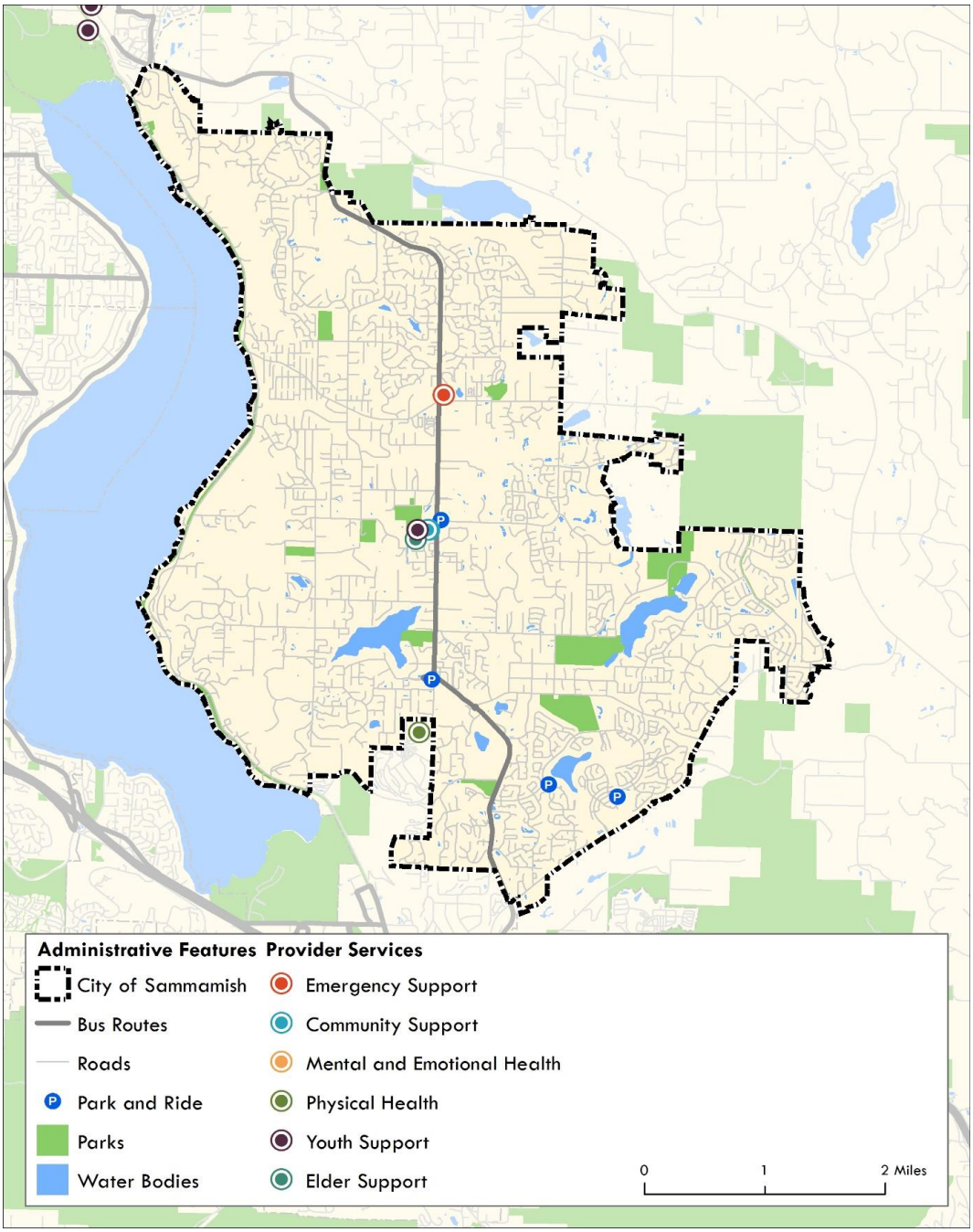
150. **Youth Support** included programs and services for children under age 18 such as: academic support, affordable childcare, or teen activities.

151. **Senior Support** included programs and services for the elderly including: transportation assistance, household help, memory care, or senior activities.

152. **Community Support** included a variety of programs and services to help with issues such as: job training, legal aid, support for people with disability, English language learning, finding culturally appropriate health care, or affordable housing.

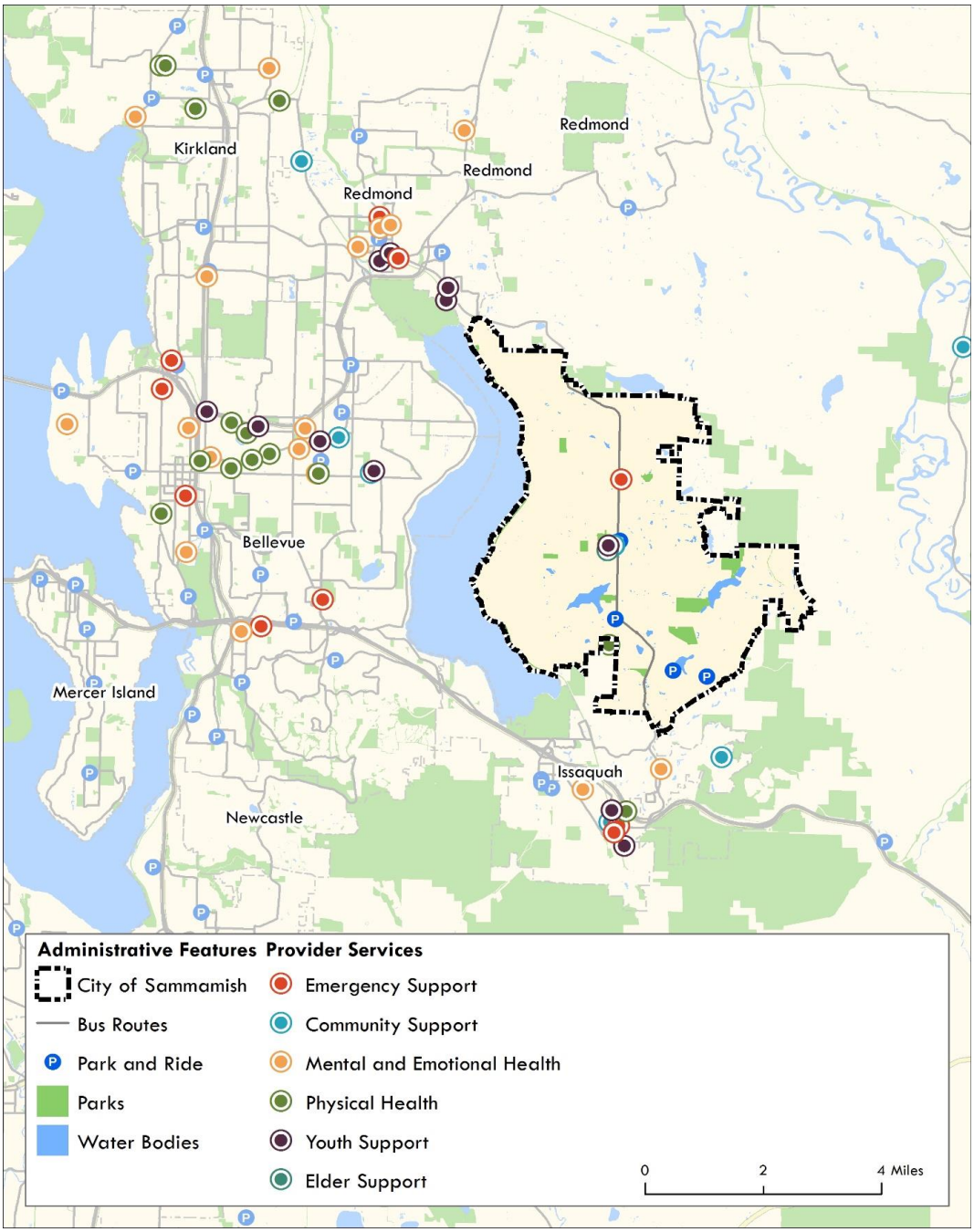
Services and programs in these six areas are shown on the maps that follow. **Exhibit 72** shows locations within Sammamish and **Exhibit 73** shows locations throughout the Eastside. There are few services and programs located in Sammamish proper. There are more service and program offerings elsewhere on the Eastside, but options for Senior Support or Community Support are the most limited. During our outreach process stakeholders, survey respondents, and interviewees mentioned repeatedly that access is a barrier to obtaining services that are needed or desired in Sammamish. This is particularly true for people who may not have access to automotive transportation, such as youth, seniors, or people with low incomes.

Exhibit 72. Sammamish Inventory Map



Source: City of Sammamish; Policy Map; BERK, 2017.

Exhibit 73. Eastside Inventory Map



Source: City of Sammamish; Policy Map; BERK, 2017.

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Memorandum

DATE: February 13, 2018

TO: City Council

FROM: Tom Ehlers, Chair of the Human Services Task Force
Larry Wright, Co-Chair of the Human Services Task Force

RE: Health and Human Services Needs Assessment

To the City of Sammamish City Council Members

We look forward to meeting with you on February 13th to present insights gained from the recently completed Health and Human Services Needs Assessment as well as our proposed priority issues and next steps. In preparation for the meeting, we would like to provide a brief overview of the Human Services Task Force's work to date, including an outline of anticipated areas of discussion.

As background, the seven-member Human Services Task Force was established in 2015. To date, many hundreds of hours have been contributed by its members, including work sessions, independent study and separate meetings with various community non-profits and providers. We've found the group to represent a strong cross section of our community and have enjoyed working together.

The Task Force's first assignment was to process the numerous Health and Human Services grants that Sammamish allocates each biennium and provide recommendations to the City Council. We then shifted our focus toward the City's Health and Human Services Needs Assessment in partnership with BERK Consulting, who has completed studies for cities similar to Sammamish. Throughout the process, we sought and received community input from several places, including surveys, in-person discussions and targeted stakeholder outreach. We also had direct discussions with our "sister city" Health and Human Services Commissions of Redmond, Issaquah and Bellevue, including a review of their past Needs Assessment studies.

Our research indicated there are numerous areas of need for health and human services in our community, and the challenge was to identify a select few to recommend for focused attention moving forward. Without such focus, we run the risk of diluting available scarce resources and not achieving real, measurable impact.

The following recommended priority focus areas for the City are supported by the BERK study as well as general social trends:

- **Mental Wellness** – Address pervasive pressure and stress in our community, particularly among teens. Includes both behavioral health and substance abuse.
- **Basic Needs** – Ensure access to food, clothing and medical care for all community members.
- **Cultural Inclusion and Engagement** – Seek to create a welcoming environment for new community members and ensure cross-cultural engagement.
- **Seniors** – Ensure access to needed care and address often-overlooked gaps in social connections.
- **Domestic Violence** – Ensure safe access for any community member in need.

In addition to these five focus areas, we established two advocacy issues that affect health and human services in Sammamish - lack of transportation options and affordable housing. These issues were mentioned repeatedly as barriers that affect everyone in Sammamish, but are particularly stressful for people who also have other human service needs.

Following the Council's confirmation of the priority issues and advocacy issues, we recommend proceeding with the creation of an in-depth *health and human services strategic plan* as the next step in this process. This plan will take the baseline data and analysis we've completed and use it to develop a strategic plan outlining the City's vision, guiding principles and priorities for health and human services in Sammamish. Important to note, that the plan will recommend specific actions along with associated resources for council consideration, particularly as we look towards preparation of the 2019-20 budget.

We appreciate the opportunity to further discuss these recommendations and look forward to our meeting on the 13th. Thank you.

Tom Ehlers, Chair Larry Wright, Co-Chair

City of Sammamish Draft Health & Human Services Needs Assessment

Presentation to City Council

February 13, 2018

BERK

Acknowledgements

Thank you for your contributions to this project!

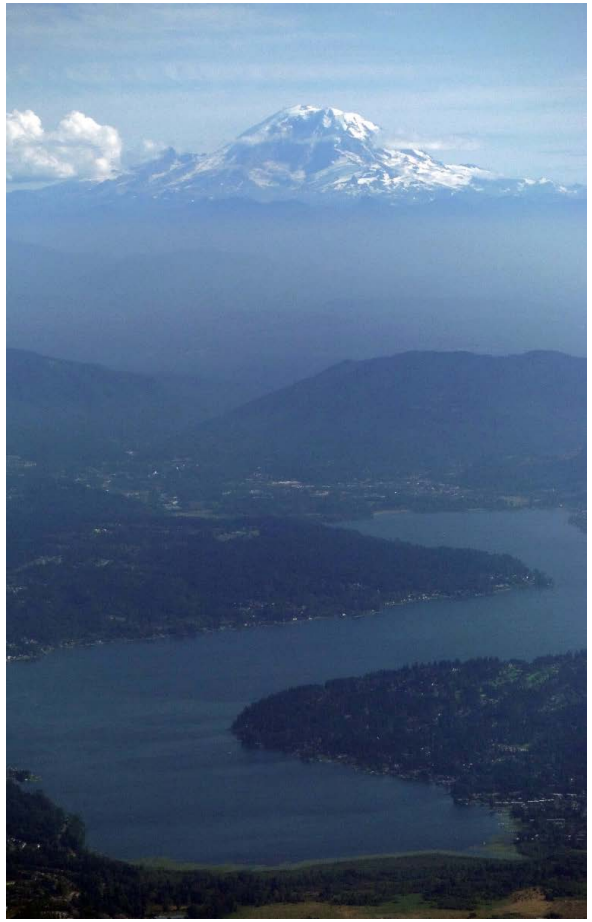
Human Services Task Force

C.J. Kahler
Joyce Bottenberg
Jane Dulski
Larry Wright
Nancy Johnson
Pat Castillo
Tom Ehlers

Background

Why complete a needs assessment?

- Community needs are changing resulting from significant growth and other factors like changing economic conditions.
- Understanding needs helps us better serve residents.
- Informs development of the Human Services Grant Program.
- Helps frame staff priorities across all departments.
- Helps clarify our role in regional human services.



Process

The Council and staff desired to better understand community needs before starting a strategic plan, so this process is being completed in two steps:

First Step: Needs Assessment

Provides the data and analysis necessary to make informed decisions about the community's needs.

Next Step: Strategic Plan

- Utilizes the data to inform a prioritized work plan.
- Identifies resource requirements.
- Sets goals and polices for the Human Services program.

Presentation of Data & Findings

BERK

Needs Assessment Development

- **Community Profile**
  What do we know about our community today?

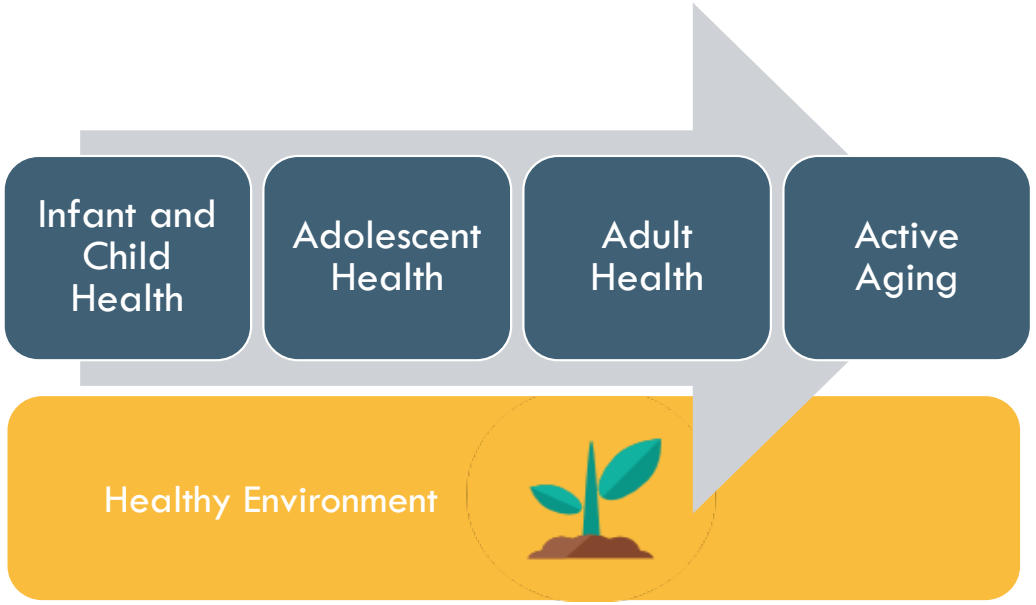
- **Inventory**
  Which providers serve our community?
  What services are offered?

- **Policy Development**
  What can the City do to help meet the community's needs?

- **Needs Assessment**
  What are the scope of needs in the community?
  What potential actions can we take?

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.



Data Collection

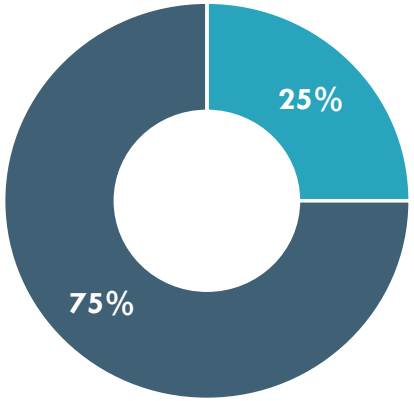
- Secondary Data Sources, such as:
  - American Community Survey
  - Bureau of Labor Statistics
  - Centers for Disease Control and Prevention
  - King County
  - Office of Refugee Resettlement
  - Office of Superintendent of Public Instruction
  - Partners for Our Children Data Portal
  - Washington Healthy Youth Survey
  - State of Washington
- Peer Jurisdictions

Outreach and Engagement

- Virtual Town Hall – 177 responses
- Task Force Outreach
- 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
  - Friends of Seniors

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

Sammamish and Basic Needs

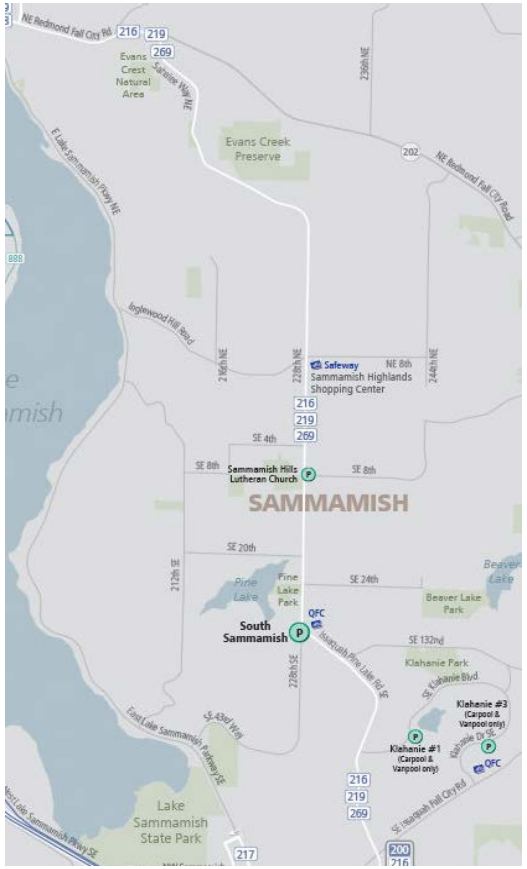
- Sammamish has individuals and families who struggle to meet basic needs
- People struggling with basic needs can experience insecurity in:
  - Housing
  - Food
  - Medical care
  - Childcare
  - Transportation

Poverty Status - 3% or 1,500 residents

300% of Poverty Level – about 4,400 people

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

Transportation



- 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

Supporting Immigrant Families

7.2% of Sammamish residents speak English less than "very well"

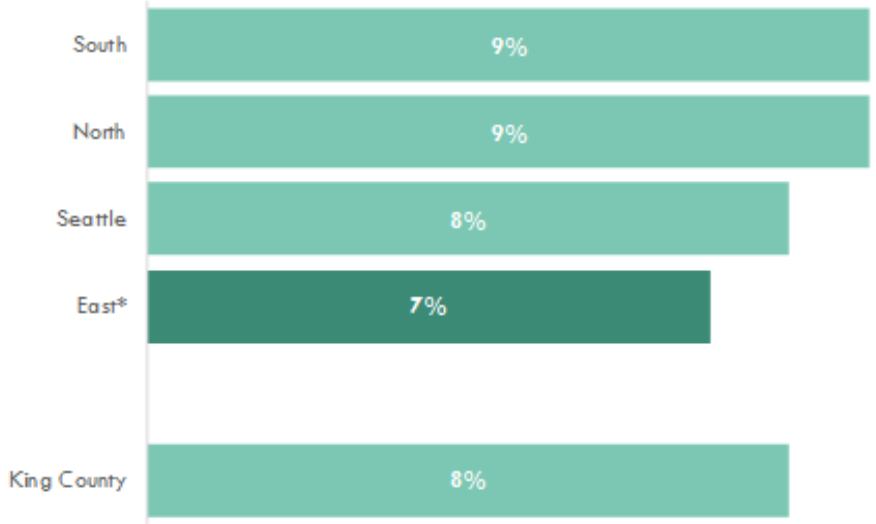
What we heard:

- *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.*
- *In extended families, grandparents may feel isolated by language and cultural barriers.*
- *Sometimes immigrant communities do not know how to access resources available to them.*

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



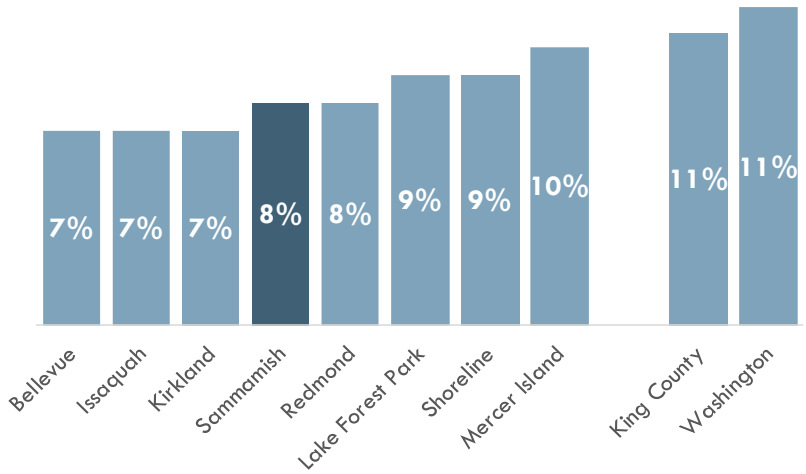
40% of people over age 75 have a disability

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

Adult Mental Health

8% of adults in Sammamish reported experiencing 14 or more bad mental health days in the past thirty days (approximately 4,900 people)

14+ bad mental health days in the past 30 days

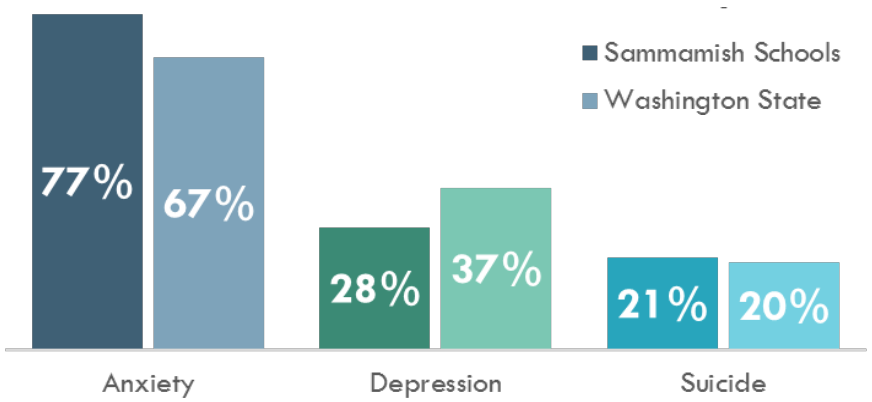


Sources: Public Health Seattle King County City Health Profiles, 2016.

Adolescent Mental Health – 12th graders

By the time students in Sammamish public schools reach the 12th grade, **21%** have considered suicide (approximately 200)

- **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

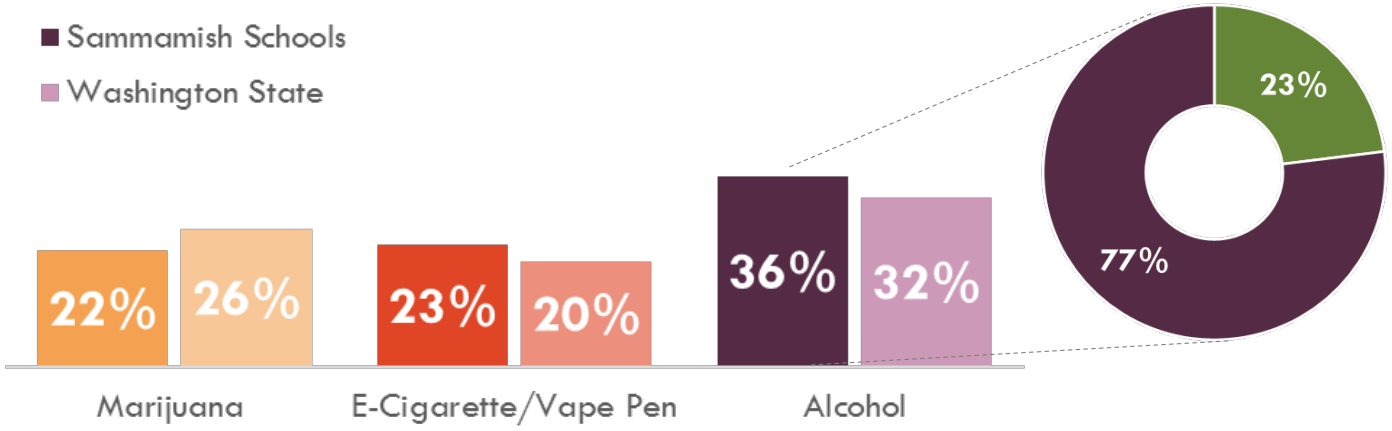
Sources: 2016 Healthy Youth Survey Fact Sheets, Issaquah Schools Foundation, and True Bearing Consulting Action Youth Forum Presentation

Adolescent Substance Use – 12th graders

In Sammamish, in the last 30 days:

- 22% of 12th graders used marijuana at least once (over 200 students)
- 23% of 12th graders used an e-cigarette at least once
- 36% drank alcohol at least once (over 350 students)

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.



23% of 12th graders had five or more drinks in a row over the last two weeks

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

Task Force Recommendation

BERK

Priority Issues

- Based on the results of the Community Profile, the Task Force identified five priority focus areas for Council consideration:
  - **Mental Wellness**
  - **Basic Needs**
  - **Cultural Inclusion**
  - **Seniors**
  - **Domestic Violence**
- These issues do not represent all needs in Sammamish.
- Helps focus our scarce resources to improve likelihood of achieving a real, measurable impact.

Recommended Potential City Actions to Support Health and Human Services

Action	Financial Support	Staff Support	Timeline
MENTAL WELLNESS	*21% of Sammamish teens have considered suicide in the last year.*		
Mental Health Awareness Campaign	$	2	2
Comprehensive Referral List	$	2	1
Influence the Choice	$	2	2
Mental Health First Aid	$$	2	2
School Counselor Support	$$	1	3
BASIC NEEDS	*Approximately 1,500 people in Sammamish live in poverty.*		
Home Modification	$$	2	2
Food Van	$$	2	2
Rotacare Clinic	$$$	2	3
CULTURAL INCLUSION	*27% of Sammamish residents speak a language other than English at home.*		
Welcome and Orientation	$$	2	1
Cultural Navigators	$$	2	2
Bi-cultural Programming	$$	2	2
Cultural Competency Training	$$	2	1
SENIORS	*40% of residents over age 75 have a disability in Sammamish.*		
Home Modification	$$	2	2
Senior Volunteer Bank	$	2	1
Aging in Place	$$	2	1
Recreational Programming	$$$	3	2
Transportation Shuttle	$$$	3	3
DOMESTIC VIOLENCE	*27% of women will experience domestic violence in their lifetime.*		
Domestic Violence Advocate	$$	2	1
Regional Support	$$	2	1
Domestic Violence Awareness Campaign	$	2	2
Bystander Training	$$	2	1

Financial Support
- $ Under $100,000
- $$ $100,000 to $500,000
- $$$ Over $500,000

Implementation Timeline Once Project is Started
- 1 Within a year
- 2 Within 3 years
- 3 Greater than 3 years

Staff Support
- 1 Existing staff could be used, but may include a reassignment of work priorities
- 2 Additional staffing needed to manage or coordinate
- 3 Additional staffing needed to manage or coordinate and to implement

Regional Needs

In addition to the five priority issues, there are two <u>critical</u> advocacy issues that cannot be solved by Sammamish alone:

1. **Affordable Housing**
2. **Transportation**

- These complex regional issues significantly impact health and human service needs in Sammamish.
- The City should have continued presence on regional committees related to affordable housing, transportation, and health and human services.

Next Steps

BERK

Next Steps

- **Adopt** the Health and Human Services Needs Assessment (tentatively planned for March 6).
- **Recommendation:** Proceed with the development of a Strategic Plan.
  - The planning process will take approximately 4 to 6 months and will be completed in time for budget deliberations this fall.
  - Much discussion still needs to occur regarding the City's role in human services.
  - Future policy work will be handled by the new Human Services Commission.

Q&A

Agenda Bill

City Council Study Session
February 13, 2018

SUBJECT:	Review of Proposed Parks Capital Improvement Plan (CIP)
DATE SUBMITTED:	February 06, 2018
DEPARTMENT:	Parks & Recreation
NEEDED FROM COUNCIL:	☐ Action ☐ Direction ☑ Informational
RECOMMENDATION:	Provide feedback and recommendations on the draft Parks CIP.
EXHIBITS:	1. Exhibit 1 - Parks CIP Summary 2. Exhibit 2 - Parks CIP Detailed Revisions 3. Exhibit 3 - Parks CIP Presentation

BUDGET:

Total dollar amount	$41,552,000	☐ **Approved in budget**
Fund(s)	Parks Capital Fund	☐ **Budget reallocation required**
		☐ **No budgetary impact**

WORK PLAN FOCUS AREAS:

☐ Transportation	☐ Community Safety
☐ Communication & Engagement	☐ Community Livability
☐ High Performing Government	☑ Culture & Recreation
☐ Environmental Health & Protection	☑ Financial Sustainability

ISSUE BEFORE COUNCIL:

Review the Parks CIP included in the draft Parks, Recreation and Open Space (PRO) Plan and consider both adopting it within the PRO Plan and using it as the 2018-2023 Parks CIP within the 2019-2020 City's Budget.

KEY FACTS AND INFORMATION SUMMARY:

This is the draft of the 2018-23 Parks Capital Improvement Plan (Parks CIP). This is a 6-year park planning document that has historically been updated every two years, consistent with the City's biennial budget process. An update of the Parks CIP is required as part of the Parks, Recreation and Open Space (PRO)Plan update (currently underway), and the final Parks CIP will be included as an appendix to that document. The Parks CIP is also required for the collection of park impact fees and maintains the City's eligibility for a variety of grant funds.

The projects included in the 2018-2023 Parks CIP are consistent with the priorities identified in the draft 2018 Parks, Recreation and Open Space (PRO) Plan.

The Parks CIP by itself does not authorize projects to move forward, nor does it provide funding for any of the listed projects; for that to occur individual projects must be funded through the City's normal biennial budget process. The timing of this planning process is such that the adopted 2018-23 Parks CIP will inform the 2019-20 budget process.

The last Parks CIP was adopted in June 2016. Since that time a number of changes have occurred in the parks system including acceptance of the donation of Site B at Big Rock Park, adoption of the Land Acquisition Strategy, and the development of the draft PRO Plan. A number of capital projects have also been completed in the past two years including artificial turf replacement at both Eastlake and Skyline High Schools, Klahanie field drainage and turf improvements, Beaver Lake Preserve Phase II, as well as the second and final phase of Sammamish Landing Park.

PRO PLAN COMPONENTS

The attached **PRO Plan Presentation (Exhibit 3)**, scheduled for the February 13th Study Session, will provide an overview of the draft 2018-23 Parks CIP. This will be an opportunity for the City Council and staff to review and discuss the proposed projects.

The Parks CIP document itself is broken into three broad categories:

- Parks CIP (capital construction projects)
- Parks Planning (development of master plans and similar projects)
- Other Parks CIP Projects (often times placeholders for capital projects that are not yet defined or do not have an assigned location)

Other general planning projects, such as the PRO Plan and Land Acquisition Strategy, are not included in the CIP, and are instead funded through the parks operating budget.

The revenue section of the document identifies the revenue sources that fund the Parks CIP including Real Estate Excise Tax (REET), Park Impact Fees, the King County 2014-2019 Parks Levy, King County Transfer of Development Rights (TDRs) funding, operating contributions from the General Funds, investment interest and anticipated grants.

As requested by Council, the projects are prioritized based on community priorities, availability of funding and partnership considerations. Because of the complex nature of capital project scheduling (phasing, partnership coordination, construction seasons, facility access etc.), prioritizing all of the projects in rank order is very difficult. Instead, the projects were grouped into three categories - Group A (high priority), Group B (medium priority) and Group C (low priority).

General Revisions/Updates from the 2016-21 Parks CIP

There are two versions of the draft 2018-23 Parks CIP included in the packet material. The first, **Parks CIP Summary (Exhibit 1)** is a "clean" version showing just the proposed changes. The second, Parks

CIP**Detailed Revisions (Exhibit 2)**identifies the detailed changes from the 2016-21 Parks CIP in "strike and delete" format. This 2018-23 Parks CIP is generally a continuation of the previous Parks CIP with recommendations falling into two categories:

1. Priority projects as identified by the community from the recent PRO Plan process (shown as orange highlights).
2. Adjustments to project timelines to better align with current resources (shown as yellow highlights).

All of the capital construction projects are renovations of existing parks. There are no new parks proposed, although we will ask the City Council to discuss the improvements needed to open Site B of Big Rock Park to the public if that is desired at this time.

The noteworthy revisions to the CIP are further summarized below.

Big Rock Park Site B - This 20-acre parcel was donated to the City after the 2016-21 Parks CIP was adopted. The site has existing trails, a significant Custom-Built Tree House, meadows and forested areas, several small buildings and the Reard-Freed Landmark House. The park site is currently not open to the public as it needs utilities and construction of street, driveway, parking and general improvements required to make it available to the public.

Park Planning Related to Town Center - There are a couple of park planning and development projects associated with the Lower Commons (LC) Park and the Town Center. Park planning and coordination is needed to plan for the future Green Spine within Town Center and possible regional stormwater facilities, which may include public park amenities.

Beaver Lake Park Athletic Field Complex Improvements - Slated for 2021-2023, these projects are added to this CIP resulting from PRO Plan recommendations and will convert natural to artificial turf of the three baseball fields, gain a multi-use rectangular synthetic field and lighting as well as improved support facilities including restroom, picnic shelter, sports plaza and play area.

Other Improvements - Two other projects were added resulting from the PRO Plan process including an additional off-leash dog park (location TBD) and installation of pickleball courts at East Sammamish Park. Also, the Parks & Recreation Commission is recommending consideration of a Plant Salvage Program/Facility. This would primarily be a holding facility for salvaged plants.

Additional park planning projects include a funding allocation for the YMCA/Pine Lake Property Development Plan (required by the City-YMCA lease agreement) and two signage projects recommended by the PRO Plan (Park System-wide Wayfinding program and Environmental Interpretation/Habitat Certification).

Council Guidance Requested

The Council has the authority to adjust any of the recommended projects by removing or adding projects, or changing the priority grouping. However, staff is specifically requesting guidance from the Council on the following two items:

1. The implementation of the Indoor Field House Feasibility Study. This includes two components - *Should there be an implementation of this feasibility study for the community in general, and if yes, should this be conducted specifically for the YMCA/Pine Lake property?* The Parks & Recreation Commission's recommendation is not to implement either due to results from the PRO Plan process (community feedback indicates an indoor field house is not a high priority) and site limitations on the YMCA/Pine Lake Property.

2. Consideration of an Athletic Field Study to better chart a long-term course for field development and renovations , on both city-owned and community partner field facilities. Does *the council support conducting an Athletic Field Study in 2018?*

Next Steps
The Parks CIP revisions recommended by the Council will be documented and included in the **February 27** meeting materials. The PRO Plan is scheduled to be adopted, along with the 2018-23 Parks CIP on February 27.

FINANCIAL IMPACT:

The total expenditure of the proposed Six-Year Park Parks CIP is $41,522,000 with a projected Ending Fund Balance in 2023 of $1,335,715. The Parks CIP is not a budget document, but a planning document used to inform the biennial budget process.

OTHER ALTERNATIVES CONSIDERED:

1. Adopt the PRO Plan Parks CIP within the PRO Plan but not formally identify it as the Parks CIP during the 2019-2020 budget process. As a result, the Parks CIP will be reviewed by the Council again during the budget development process.

RELATED CITY GOALS, POLICIES, AND MASTER PLANS:

Adopted 2016 Parks Capital Improvement Plan (CIP)

Exhibit 1

Sammamish Parks Six-Year Capital Improvement Plan

Staff Recommendation | *PRO Plan Recommendation*

Summary Revisions

PRIORITY		# (2017-2022 CIP)	PROJECT	2018	2019	2020	2021	2022	2023	6-year Total
PARKS CIP PROJECTS										
1	A	PK-47	**Mystic Lake - Trail Extension** City to design and pay construction costs over $15K, wetland buffer mitigation, developer to construct trail of approx. 650 lf.	$25,000						$25,000
2	A	PK-n	**Big Rock Park - Site B - Phase I Improvements** ROW improvements, driveway and parking lot, utilities, tree house ADA and general site improvments to allowing of opening of Parcel B.		$2,200,000					$2,200,000
3	A	PK-04	**Inglewood Middle School - Phase I- Synthetic Turf & Field Overlay** Upgrade existing football field with synthetic turf and lights. Includes restroom, soccer/lacrosse overlay, new drainage, irrigation.		$30,000	$390,000	$2,800,000			$3,220,000
4	A	PK-1 &2	**Beaver Lake Park - Athletic Fields** Reconfigure 3 existing natural turf softball fields to 3 artifical turf little league baseball fields, drainage, irrigation, fencing. One multi-use rectangular synthetic field with lighting.				$500,000	$1,500,000	$1,500,000	$3,500,000
5	A	PK-3	**Beaver Lake Park - Westside Plaza** New restroom, picnic shelter, sports plaza & play area between fields. Requires 3 baseball field reconfiguration.				$250,000	$1,000,000	$750,000	$2,000,000
6	B	PK-n	**Plant Salvage Program/Facility** Location and development of a facility to storage, water and maintain salvaged plant material for restoration/planting projects.	$50,000						$50,000
7	B	PK-25	**East Sammamish Park - Playground** New playground		$100,000	$1,000,000				$1,100,000
8	B	PK-26	**East Sammamish Park - Parking & Access Improvements** Parking lot expansion, frontage improvements, pedestrian lighting, tennis court access and trail to Margaret Mead.		$75,000	$675,000				$750,000
9	B	PK-09	**Pine Lake Park - Field Upgrades** Replacement irrigation in outfield, new infield surface and drainage, safety fencing, replacement backstop		$350,000					$350,000

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10	B	PK-06	**East Sammamish Park - Baseball Field Rehab** Infield/outfield remodel and drainage, natural turf replacement, potential new amenities			$640,000				$640,000
11	B	PK-n	**Off-leash Dog Park - site TBD**					$50,000		$50,000
12	B/C	PK-13	**Beaver Lake Park - Lakeside Improvements** Swim beach/shoreline improvements, parking lot expansion, new playground, stormwater, landscape and irrigation.	$100,000	$1,350,000	$1,350,000				$2,800,000
13	B/C	PK-43	**Evans Creek Preserve - Trail System & Habitat Improvements** Completion of internal trail system and habitat improvements.			$25,000		$25,000		$50,000
14	C	PK-29	**Lower Sammamish Commons - Restroom** Permanent restroom building with adjacent maintenance storage space. Sewer connection provided via Town Center developer		$550,000					$550,000
15	C	PK-36	**Skate Park - Rehabilitation/Repairs** Minor repairs to concrete, address design issues with planter boxes, expand skate bowl on north end of Skate Park.		$300,000					$300,000
16	C	PK-19	**Big Rock Park - Site A - Phase II - Restroom** Site A: Permanent restroom and septic field upgrade.		$35,000	$350,000				$385,000
17	C	PK-45	**Evans Creek Preserve - Highway 202 Access** Connect Alcott Elementary via a soft surface trail through the North Property and an enhanced crosswalk on 202.			$130,000				$130,000
18	C	PK-11	**Eastlake Community Sports Field 3 - Synthetic Turf Replacement** Turf and infill replacement. Includes new pad and anticipated coated crumb rubber infill materail or suitable alternate. (9-year estimate)				$100,000	$1,300,000		$1,400,000
19	C	PK-n	**East Sammamish Park - Pickleball Courts**			$150,000				$150,000
(A) SUBTOTAL PARKS CIP PROJECTS				**$175,000**	**$4,990,000**	**$4,710,000**	**$3,650,000**	**$3,875,000**	**$2,250,000**	**$19,650,000**

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Exhibit 1

PARKS PLANNING PROJECTS				2018	2019	2020	2021	2022	2023	6-Year Total
20	A	PK-n	**YMCA Property Development Plan** Preliminary plan for recreation facility improvements for property meeting YMCA/City lease agreement requirements.	$100,000						$100,000
21	A	PK-34	**Klahanie Park Master Plan** Complete Master Plan for Klahanie Park. Includes consultant, site analysis, public engagement and final plan.	$50,000	$200,000					$250,000
22	A	PK-n	**Athletic Field Study** Complete a community-wide gap analysis and prioritized implementation plan for outdoor athletic facilities.	$50,000						$50,000
23	A	PK-n	**Park Systemwide Wayfinding program** Unified directional signage for wayfinding to and through parks.	$12,000	$45,000					$57,000
24	B	PK-n	**Lower Commons - Master Plan Update** Update to reflect changed use with Town Center, Green Spine, Regional Stormwater	$25,000	$75,000					$100,000
25	C	PK-46	**Indoor Field House - Feasibility Study** Feasibility study to include an operations analysis for an indoor field house to be considered on the YMCA/Pine Lake Property.		$100,000					$100,000
26	C	PK-n	**Environmental Interpretation/Habitat Certification** Interpretative and habitat certification signage within the parks			$25,000				$25,000
(B) SUBTOTAL PARKS PLANNING PROJECTS				**$237,000**	**$420,000**	**$25,000**	**$0**	**$0**	**$0**	**$682,000**

OTHER PARKS CIP PROJECTS				2018	2019	2020	2021	2022	2023	6-Year Total
27	A	PK-C	**Community Garden** Placeholder for future community garden(s) with 40 to 50 planting beds in a location to be determined.	$50,000	$50,000					$100,000
28	A	PK-D	**Land Acquisition** Placeholder to acquire land for future parks and open spaces as opportunities become available.	$8,000,000	$1,000,000	$1,000,000	$1,000,000	$1,000,000	$1,000,000	$13,000,000
29	A	PK-E	**Capital Repair/Replacement Program (includes ADA upgrades)** This ongoing program allocates funds for the repair and replacement of parks structures and equipment.	$200,000	$200,000	$200,000	$200,000	$200,000	$200,000	$1,200,000
30	A	PK-F	**Capital Contingency Reserve (based on projects)** 10% contingency for Parks CIP projects	$17,500	$499,000	$471,000	$365,000	$387,500	$225,000	$1,965,000
31	A	PK-64	**Sammaish Commons Trail Connection Phase 1** Lower Sammamish Commons to Big Rock Park Trail	$100,000	$200,000					$300,000
32	B	PK-A	**Future Trail Connections** Placeholder for future trail projects to be determined upon completion of the PRO Plan and TMP. (Includes $500k carryforward from 2016 and 2017).	$500,000	$500,000	$500,000	$500,000			$2,000,000
33	B	PK-B	**Town Center Park Projects** Placeholder for future Town Center projects to include urban plaza, central green, playground relocation and/or other projects.		$150,000	$1,750,000	$175,000			$2,075,000
(C) SUBTOTAL OTHER PARKS CIP PROJECTS				**$8,867,500**	**$2,599,000**	**$3,921,000**	**$2,240,000**	**$1,587,500**	**$1,425,000**	**$20,640,000**
(D) TOTAL PARKS CIP EXPENDITURES (A+B+C)				**$9,279,500**	**$8,009,000**	**$8,656,000**	**$5,890,000**	**$5,462,500**	**$3,675,000**	**$40,972,000**

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Exhibit 1

PARKS CIP REVENUE		2018	2019	2020	2021	2022	2023	6-Year Total
	Real Estate Excise Tax (REET)	$2,450,000	$2,200,000	$2,200,000	$2,200,000	$2,200,000	$2,200,000	$13,450,000
	Park Impact Fees	$1,985,000	$1,985,000	$1,985,000	$1,985,000	$1,985,000	$1,985,000	$11,910,000
	King County 2014-2019 Levy Funding	$120,000	$120,000	-	-	-	-	$240,000
	King County TDR	-	-	-	-	-	-	$0
	Operating Contribution - General Fund	-	-	-	-	-	-	-
	Investment Interest	$5,000	$5,000	$5,000	$5,000	$5,000	$5,000	$30,000
	Anticipated Grants	-	$50,000	-	$50,000	-	$50,000	$150,000
(E) TOTAL PARKS CIP REVENUE		**$4,560,000**	**$4,360,000**	**$4,190,000**	**$4,240,000**	**$4,190,000**	**$4,240,000**	**$25,780,000**

PARKS CIP FUND 6-YR OVERVIEW		$2,018	$2,019	$2,020	$2,021	$2,022	$2,023
	Beginning Fund Balance	$17,077,715	$12,358,215	$8,709,215	$4,243,215	$2,593,215	$1,320,715
	Revenue -E)	$4,560,000	$4,360,000	$4,190,000	$4,240,000	$4,190,000	$4,240,000
	Expenditures -D)	$9,279,500	$8,009,000	$8,656,000	$5,890,000	$5,462,500	$3,675,000
ENDING FUND BALANCE		$12,358,215	$8,709,215	$4,243,215	$2,593,215	$1,320,715	$1,885,715

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Exhibit 2

Sammamish Parks Six-Year Capital Improvement Plan

Staff Recommendation | *PRO Plan Recommendation*

Detailed Revisions

List Number	PRIORITY	# (2017-2022 CIP)	PROJECT	2018	2019	2020	2021	2022	2023	6-year Total
PARKS CIP PROJECTS										
1	A	PK-47	**Mystic Lake - Trail Extension** City to design and pay construction costs over $15K, wetland buffer mitigation, developer to construct trail of approx. 650 lf.	$25,000						$25,000
2	A	PK-n	**Big Rock Park - Site B - Phase I Improvements** ROW improvements, driveway and parking lot, utilities, tree house ADA and general site improvments to allowing of opening of Parcel B.		$2,200,000					$2,200,000
3	A	PK-04	**Inglewood Middle School - Phase I- Synthetic Turf & Field Overlay** Upgrade existing football field with synthetic turf and lights. Includes restroom, soccer/lacrosse overlay, new drainage, irrigation.		$30,000	$390,000	$2,800,000			$3,220,000
4	A	PK-1 &2	**Beaver Lake Park - Athletic Fields** Reconfigure 3 existing natural turf softball fields to 3 artifical turf little league baseball fields, drainage, irrigation, fencing. One multi-use rectangular synthetic field with lighting.				$500,000	$1,500,000	$1,500,000	$3,500,000
5	A	PK-3	**Beaver Lake Park - Westside Plaza** New restroom, picnic shelter, sports plaza & play area between fields. Requires 3 baseball field reconfiguration.				$250,000	$1,000,000	$750,000	$2,000,000
6	B	PK-n	**Plant Salvage Program/Facility** Location and development of a facility to storage, water and maintain salvaged plant material for restoration/planting projects.	$50,000						$50,000
7	B	PK-25	**East Sammamish Park - Playground** New playground	(2017) ~~$100,000~~ ~~$1,000,000~~	$100,000	$1,000,000				$1,100,000
8	B	PK-26	**East Sammamish Park - Parking & Access Improvements** Parking lot expansion, frontage improvements, pedestrian lighting, tennis court access and trail to Margaret Mead.	(2017) ~~$75,000~~ ~~$675,000~~	$75,000	$675,000				$750,000
9	B	PK-09	**Pine Lake Park - Field Upgrades** Replacement irrigation in outfield, new infield surface and drainage, safety fencing, replacement backstop		$350,000					$350,000

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10	B	PK-06	**East Sammamish Park - Baseball Field Rehab** Infield/outfield remodel and drainage, natural turf replacement, potential new amenities			$640,000				$640,000
11	B	PK-n	**Off-leash Dog Park - site TBD**					$50,000		$50,000
12	B/C	PK-13	**Beaver Lake Park - Lakeside Improvements** Swim beach/shoreline improvements, parking lot expansion, new playground, stormwater, landscape and irrigation.	(2017) ~~$100,000~~ ~~$1,350,000~~ $100,000	$1,350,000	$1,350,000				$2,800,000
13	B/C	PK-43	**Evans Creek Preserve - Trail System & Habitat Improvements** Completion of internal trail system and habitat improvements.			$25,000		$25,000		$50,000
14	C	PK-29	**Lower Sammamish Commons - Restroom** Permanent restroom building with adjacent maintenance storage space. Sewer connection provided via Town Center developer	(2017) ~~50,000~~ ~~$500,000~~	$550,000					$550,000
15	C	PK-36	**Skate Park - Rehabilitation/Repairs** Minor repairs to concrete, address design issues with planter boxes, expand skate bowl on north end of Skate Park.		$300,000					$300,000
16	C	PK-19	**Big Rock Park - Site A - Phase II - Restroom** Site A: Permanent restroom and septic field upgrade.		$35,000	$350,000				$385,000
17	C	PK-45	**Evans Creek Preserve - Highway 202 Access** Connect Alcott Elementary via a soft surface trail through the North Property and an enhanced crosswalk on 202.	~~$130,000~~		$130,000				$130,000
18	C	PK-11	**Eastlake Community Sports Field 3 - Synthetic Turf Replacement** Turf and infill replacement. Includes new pad and anticipated coated crumb rubber infill materail or suitable alternate. (9-year estimate)				$100,000	$1,300,000		$1,400,000
19	C	PK-n	**East Sammamish Park - Pickleball Courts**			$150,000				$150,000
(A) SUBTOTAL PARKS CIP PROJECTS				**$175,000**	**$4,990,000**	**$4,710,000**	**$3,650,000**	**$3,875,000**	**$2,250,000**	**$19,650,000**

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Exhibit 2

PARKS PLANNING PROJECTS				2018	2019	2020	2021	2022	2023	6-Year Total
20	A	PK-n	**YMCA Property Development Plan** Preliminary plan for recreation facility improvements for property meeting YMCA/City lease agreement requirements.	$100,000						$100,000
21	A	PK-34	**Klahanie Park Master Plan** Complete Master Plan for Klahanie Park. Includes consultant, site analysis, public engagement and final plan.	$50,000	~~$50,000~~ $200,000	~~$200,000~~				$250,000
22	A	PK-n	**Athletic Field Study** Complete a community-wide gap analysis and prioritized implementation plan for outdoor athletic facilities.	$50,000						$50,000
23	A	PK-n	**Park Systemwide Wayfinding program** Unified directional signage for wayfinding to and through parks.	$12,000	$45,000					$57,000
24	B	PK-n	**Lower Commons - Master Plan Update** Update to reflect changed use with Town Center, Green Spine, Regional Stormwater	$25,000	$75,000					$100,000
25	C	PK-46	**Indoor Field House - Feasibility Study** Feasibility study to include an operations analysis for an indoor field house to be considered on the YMCA/Pine Lake Property.		~~$100,000~~					$100,000
26	C	PK-n	**Environmental Interpretation/Habitat Certification** Interpretative and habitat certification signage within the parks			$25,000				$25,000
(B) SUBTOTAL PARKS PLANNING PROJECTS				**$237,000**	**$420,000**	**$25,000**	**$0**	**$0**	**$0**	**$682,000**

OTHER PARKS CIP PROJECTS				2018	2019	2020	2021	2022	2023	6-Year Total
27	A	PK-C	**Community Garden** Placeholder for future community garden(s) with 40 to 50 planting beds in a location to be determined.	(2017) ~~$50,000~~ $50,000	$50,000					$100,000
28	A	PK-D	**Land Acquisition** Placeholder to acquire land for future parks and open spaces as opportunities become available.	(2017) ~~1,000,000~~ ~~$7,000,000~~ $8,000,000	$1,000,000	$1,000,000	$1,000,000	$1,000,000	$1,000,000	$13,000,000
29	A	PK-E	**Capital Repair/Replacement Program (includes ADA upgrades)** This ongoing program allocates funds for the repair and replacement of parks structures and equipment.	$200,000	$200,000	$200,000	$200,000	$200,000	$200,000	$1,200,000
30	A	PK-F	**Capital Contingency Reserve (based on projects)** 10% contingency for Parks CIP projects	$17,500	$499,000	$471,000	$365,000	$387,500	$225,000	$1,965,000
31	A	PK-64	**Sammaish Commons Trail Connection Phase 1** Lower Sammamish Commons to Big Rock Park Trail	(2107) ~~$300,000~~ ~~$~~100,000	$200,000					$200,000
32	B	PK-A	**Future Trail Connections** Placeholder for future trail projects to be determined upon completion of the PRO Plan and TMP. (Includes $500k carryforward from 2016 and 2017).	(2016) ~~$500,000~~ (2017) ~~$500,000~~ $500,000	$500,000	$500,000	$500,000			$2,000,000
33	B	PK-B	**Town Center Park Projects** Placeholder for future Town Center projects to include urban plaza, central green, playground relocation and/or other projects.	(2017) ~~$150,000~~ ~~$1,750,000~~	~~$175,000~~ $150,000	$1,750,000	$175,000			$1,925,000
(C) SUBTOTAL OTHER PARKS CIP PROJECTS				**$8,867,500**	**$2,599,000**	**$3,921,000**	**$2,240,000**	**$1,587,500**	**$1,425,000**	**$20,640,000**

(D) TOTAL PARKS CIP EXPENDITURES (A+B+C)	**$9,279,500**	**$8,009,000**	**$8,656,000**	**$5,890,000**	**$5,462,500**	**$3,675,000**	**$40,972,000**

DRAFT

Exhibit 2

PARKS CIP REVENUE		2018	2019	2020	2021	2022	2023	6-Year Total
	Real Estate Excise Tax (REET)	$2,450,000	$2,200,000	$2,200,000	$2,200,000	$2,200,000	$2,200,000	$13,450,000
	Park Impact Fees	$1,985,000	$1,985,000	$1,985,000	$1,985,000	$1,985,000	$1,985,000	$11,910,000
	King County 2014-2019 Levy Funding	$120,000	$120,000	-	-	-	-	$240,000
	King County TDR	-	-	-	-	-	-	$0
	Operating Contribution - General Fund	-	-	-	-	-	-	-
	Investment Interest	$5,000	$5,000	$5,000	$5,000	$5,000	$5,000	$30,000
	Anticipated Grants	-	$50,000	-	$50,000	-	$50,000	$150,000
(E) TOTAL PARKS CIP REVENUE		**$4,560,000**	**$4,360,000**	**$4,190,000**	**$4,240,000**	**$4,190,000**	**$4,240,000**	**$25,780,000**

PARKS CIP FUND 6-YR OVERVIEW		2018	2019	2020	2021	2022	2023
	Beginning Fund Balance	$17,077,715	$12,358,215	$8,709,215	$4,243,215	$2,593,215	$1,320,715
	Revenue -E)	$4,560,000	$4,360,000	$4,190,000	$4,240,000	$4,190,000	$4,240,000
	Expenditures -D)	$9,279,500	$8,009,000	$8,656,000	$5,890,000	$5,462,500	$3,675,000
ENDING FUND BALANCE		$12,358,215	$8,709,215	$4,243,215	$2,593,215	$1,320,715	$1,885,715

NOTES:

This CIP identifies planning-level cost estimates and does not assume the value of volunteer or other non-City contributions. Detailed costing may be necessary for projects noted.

This CIP is not an official budget and intended as a guiding document for City staff in the preparation of departmental budgets.

DRAFT

2018-2023 Parks CIP (PRO Plan)

City Council Study Session
February 13, 2018

Presentation Topics

- Overview of Parks CIP
  - Project Categories
  - Revenue Sources
- Revisions from 2016 CIP
- Council Guidance Request
- Next Steps

Parks CIP Components – Project Categories

- Parks CIP Projects
  - Renovation and Development
- Parks Planning Projects
  - Development and Master Plans
- Other Parks CIP Projects
  - Park System Development, less specific
- Not included
  - Overall park system planning projects

Parks CIP Components – Revenue Funding

- Real Estate Excise Tax (REET)
  - 1/4 of one percent
- Park Impact Fees
  - Updated in 2015
  - $6,739 per single family unit
  - $4,362 per multi-family unit
- King County 2014-2019 Levy Funding
  - $120,000 per year
- King County Transfer of Development Rights
  - Funding history
  - Additional is anticipated
- Operating Contribution - General Fund
- Investment Interest
- Anticipated Grants

Revisions Legend

Sammamish Parks Six-Year Capital Improvement Plan

Staff Recommendation | *PRO Plan Recommendation*

Detailed Revisions

List Number	PRIORITY	# (2017-2022 CIP)	PROJECT	2018	2019	2020	2021	2022	2023	6-year Total
PARKS CIP PROJECTS										
1	A	PK-47	**Mystic Lake - Trail Extension** City to design and pay construction costs over $15K, wetland buffer mitigation, developer to construct trail of approx. 650 lf.	$25,000						$25,000
2	A	PK-n	**Big Rock Park - Site B - Phase I Improvements** ROW improvements, driveway and parking lot, utilities, tree house ADA and general site improvments to allowing of opening of Parcel B.		$2,200,000					$2,200,000
3	A	PK-04	**Inglewood Middle School - Phase I- Synthetic Turf & Field Overlay** Upgrade existing football field with synthetic turf and lights. Includes restroom, soccer/lacrosse overlay, new drainage, irrigation.		$30,000	$390,000	$2,800,000			$3,220,000
4	A	PK-1 &2	**Beaver Lake Park - Athletic Fields** Reconfigure 3 existing natural turf softball fields to 3 artifical turf little league baseball fields, drainage, irrigation, fencing. One multi-use rectangular synthetic field with lighting.				$500,000	$1,500,000	$1,500,000	$3,500,000
5	A	PK-3	**Beaver Lake Park - Westside Plaza** New restroom, picnic shelter, sports plaza & play area between fields. Requires 3 baseball field reconfiguration.				$250,000	$1,000,000	$750,000	$2,000,000
6	B	PK-n	**Plant Salvage Program/Facility** Location and development of a facility to storage, water and maintain salvaged plant material for restoration/planting projects.	$50,000						$50,000
7	B	PK-25	**East Sammamish Park - Playground** New playground	(2017) ~~$100,000~~ ~~$1,000,000~~	$100,000	$1,000,000				$1,100,000
8	B	PK-26	**East Sammamish Park - Parking & Access Improvements** Parking lot expansion, frontage improvements, pedestrian lighting, tennis court access and trail to Margaret Mead.	(2017) ~~$75,000~~ ~~$675,000~~	$75,000	$675,000				$750,000
9	B	PK-09	**Pine Lake Park - Field Upgrades** Replacement irrigation in outfield, new infield surface and drainage, safety fencing, replacement backstop		$350,000					$350,000
10	B	PK-06	**East Sammamish Park - Baseball Field Rehab** Infield/outfield remodel and drainage, natural turf replacement, potential new amenities			$640,000				$640,000

Parks CIP Projects

Sammamish Parks Six-Year Capital Improvement Plan

Staff Recommendation | *PRO Plan Recommendation*

Detailed Revisions

List Number	PRIORITY	# (2017-2022 CIP)	PROJECT	2018	2019	2020	2021	2022	2023	6-year Total
PARKS CIP PROJECTS										
1	A	PK-47	**Mystic Lake - Trail Extension** City to design and pay construction costs over $15K, wetland buffer mitigation, developer to construct trail of approx. 650 lf.	$25,000						$25,000
2	A	PK-n	**Big Rock Park - Site B - Phase I Improvements** ROW improvements, driveway and parking lot, utilities, tree house ADA and general site improvments to allowing of opening of Parcel B.		$2,200,000					$2,200,000
3	A	PK-04	**Inglewood Middle School - Phase I- Synthetic Turf & Field Overlay** Upgrade existing football field with synthetic turf and lights. Includes restroom, soccer/lacrosse overlay, new drainage, irrigation.		$30,000	$390,000	$2,800,000			$3,220,000
4	A	PK-1 &2	**Beaver Lake Park - Athletic Fields** Reconfigure 3 existing natural turf softball fields to 3 artifical turf little league baseball fields, drainage, irrigation, fencing. One multi-use rectangular synthetic field with lighting.				$500,000	$1,500,000	$1,500,000	$3,500,000
5	A	PK-3	**Beaver Lake Park - Westside Plaza** New restroom, picnic shelter, sports plaza & play area between fields. Requires 3 baseball field reconfiguration.				$250,000	$1,000,000	$750,000	$2,000,000
6	B	PK-n	**Plant Salvage Program/Facility** Location and development of a facility to storage, water and maintain salvaged plant material for restoration/planting projects.	$50,000						$50,000
7	B	PK-25	**East Sammamish Park - Playground** New playground	(2017) ~~$100,000~~ ~~$1,000,000~~	$100,000	$1,000,000				$1,100,000
8	B	PK-26	**East Sammamish Park - Parking & Access Improvements** Parking lot expansion, frontage improvements, pedestrian lighting, tennis court access and trail to Margaret Mead.	(2017) ~~$75,000~~ ~~$675,000~~	$75,000	$675,000				$750,000
9	B	PK-09	**Pine Lake Park - Field Upgrades** Replacement irrigation in outfield, new infield surface and drainage, safety fencing, replacement backstop		$350,000					$350,000

Parks CIP Projects

10	B	PK-06	**East Sammamish Park - Baseball Field Rehab** Infield/outfield remodel and drainage, natural turf replacement, potential new amenities			$640,000				$640,000
11	B	PK-n	**Off-leash Dog Park - site TBD**					$50,000		$50,000
12	B/C	PK-13	**Beaver Lake Park - Lakeside Improvements** Swim beach/shoreline improvements, parking lot expansion, new playground, stormwater, landscape and irrigation.	(2017) ~~$100,000~~ ~~$1,350,000~~ $100,000	$1,350,000	$1,350,000				$2,800,000
13	B/C	PK-43	**Evans Creek Preserve - Trail System & Habitat Improvements** Completion of internal trail system and habitat improvements.			$25,000		$25,000		$50,000
14	C	PK-29	**Lower Sammamish Commons - Restroom** Permanent restroom building with adjacent maintenance storage space. Sewer connection provided via Town Center developer	(2017) ~~50,000~~ ~~$500,000~~	$550,000					$550,000
15	C	PK-36	**Skate Park - Rehabilitation/Repairs** Minor repairs to concrete, address design issues with planter boxes, expand skate bowl on north end of Skate Park.		$300,000					$300,000
16	C	PK-19	**Big Rock Park - Site A - Phase II - Restroom** Site A: Permanent restroom and septic field upgrade.		$35,000	$350,000				$385,000
17	C	PK-45	**Evans Creek Preserve - Highway 202 Access** Connect Alcott Elementary via a soft surface trail through the North Property and an enhanced crosswalk on 202.	~~$130,000~~		$130,000				$130,000
18	C	PK-11	**Eastlake Community Sports Field 3 - Synthetic Turf Replacement** Turf and infill replacement. Includes new pad and anticipated coated crumb rubber infill materail or suitable alternate. (9-year estimate)				$100,000	$1,300,000		$1,400,000
19	C	PK-n	**East Sammamish Park - Pickleball Courts**			$150,000				$150,000
(A) SUBTOTAL PARKS CIP PROJECTS				**$175,000**	**$4,990,000**	**$4,710,000**	**$3,650,000**	**$3,875,000**	**$2,250,000**	**$19,650,000**

Parks Planning Projects

PARKS PLANNING PROJECTS				2018	2019	2020	2021	2022	2023	6-Year Total
20	A	PK-n	**YMCA Property Development Plan** Preliminary plan for recreation facility improvements for property meeting YMCA/City lease agreement requirements.	$100,000						$100,000
21	A	PK-34	**Klahanie Park Master Plan** Complete Master Plan for Klahanie Park. Includes consultant, site analysis, public engagement and final plan.	$50,000	~~$50,000~~ $200,000	~~$200,000~~				$250,000
22	A	PK-n	**Athletic Field Study** Complete a community-wide gap analysis and prioritized implementation plan for outdoor athletic facilities.	$50,000						$50,000
23	A	PK-n	**Park Systemwide Wayfinding program** Unified directional signage for wayfinding to and through parks.	$12,000	$45,000					$57,000
24	B	PK-n	**Lower Commons - Master Plan Update** Update to reflect changed use with Town Center, Green Spine, Regional Stormwater	$25,000	$75,000					$100,000
25	C	PK-46	**Indoor Field House - Feasibility Study** Feasibility study to include an operations analysis for an indoor field house to be considered on the YMCA/Pine Lake Property.		~~$100,000~~					$100,000
26	C	PK-n	**Environmental Interpretation/Habitat Certification** Interpretative and habitat certification signage within the parks			$25,000				$25,000
(B) SUBTOTAL PARKS PLANNING PROJECTS				**$237,000**	**$420,000**	**$25,000**	**$0**	**$0**	**$0**	**$682,000**

Other Parks Projects

OTHER PARKS CIP PROJECTS				2018	2019	2020	2021	2022	2023	6-Year Total
27	A	PK-C	**Community Garden** Placeholder for future community garden(s) with 40 to 50 planting beds in a location to be determined.	(2017) ~~$50,000~~ $50,000	$50,000					$100,000
28	A	PK-D	**Land Acquisition** Placeholder to acquire land for future parks and open spaces as opportunities become available.	(2017) ~~1,000,000~~ ~~$7,000,000~~ $8,000,000	$1,000,000	$1,000,000	$1,000,000	$1,000,000	$1,000,000	$13,000,000
29	A	PK-E	**Capital Repair/Replacement Program (includes ADA upgrades)** This ongoing program allocates funds for the repair and replacement of parks structures and equipment.	$200,000	$200,000	$200,000	$200,000	$200,000	$200,000	$1,200,000
30	A	PK-F	**Capital Contingency Reserve (based on projects)** 10% contingency for Parks CIP projects	$17,500	$499,000	$471,000	$365,000	$387,500	$225,000	$1,965,000
31	A	PK-64	**Sammaish Commons Trail Connection Phase 1** Lower Sammamish Commons to Big Rock Park Trail	(2107) ~~$300,000~~ ~~$~~100,000	$200,000					$200,000
32	B	PK-A	**Future Trail Connections** Placeholder for future trail projects to be determined upon completion of the PRO Plan and TMP. (Includes $500k carryforward from 2016 and 2017).	(2016) ~~$500,000~~ (2017) ~~$500,000~~ $500,000	$500,000	$500,000	$500,000			$2,000,000
33	B	PK-B	**Town Center Park Projects** Placeholder for future Town Center projects to include urban plaza, central green, playground relocation and/or other projects.	(2017) ~~$150,000~~ ~~$1,750,000~~	~~$175,000~~ $150,000	$1,750,000	$175,000			$1,925,000
(C) SUBTOTAL OTHER PARKS CIP PROJECTS				**$8,867,500**	**$2,599,000**	**$3,921,000**	**$2,240,000**	**$1,587,500**	**$1,425,000**	**$20,640,000**
(D) TOTAL PARKS CIP EXPENDITURES (A+B+C)				**$9,279,500**	**$8,009,000**	**$8,656,000**	**$5,890,000**	**$5,462,500**	**$3,675,000**	**$40,972,000**

Revenue/Fund Balances

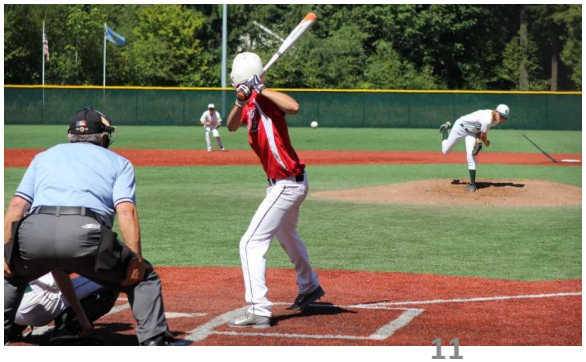
(D) TOTAL PARKS CIP EXPENDITURES (A+B+C)	**$9,279,500**	**$8,009,000**	**$8,656,000**	**$5,890,000**	**$5,462,500**	**$3,675,000**	**$40,972,000**

PARKS CIP REVENUE		**2018**	**2019**	**2020**	**2021**	**2022**	**2023**	**6-Year Total**
	Real Estate Excise Tax (REET)	$2,450,000	$2,200,000	$2,200,000	$2,200,000	$2,200,000	$2,200,000	$13,450,000
	Park Impact Fees	$1,985,000	$1,985,000	$1,985,000	$1,985,000	$1,985,000	$1,985,000	$11,910,000
	King County 2014-2019 Levy Funding	$120,000	$120,000	-	-	-	-	$240,000
	King County TDR	-	-	-	-	-	-	$0
	Operating Contribution - General Fund	-	-	-	-	-	-	-
	Investment Interest	$5,000	$5,000	$5,000	$5,000	$5,000	$5,000	$30,000
	Anticipated Grants	-	$50,000	-	$50,000	-	$50,000	$150,000
(E) TOTAL PARKS CIP REVENUE		**$4,560,000**	**$4,360,000**	**$4,190,000**	**$4,240,000**	**$4,190,000**	**$4,240,000**	**$25,780,000**

PARKS CIP FUND 6-YR OVERVIEW		**2018**	**2019**	**2020**	**2021**	**2022**	**2023**
	Beginning Fund Balance	$17,077,715	$12,358,215	$8,709,215	$4,243,215	$2,593,215	$1,320,715
	Revenue -E)	$4,560,000	$4,360,000	$4,190,000	$4,240,000	$4,190,000	$4,240,000
	Expenditures -D)	$9,279,500	$8,009,000	$8,656,000	$5,890,000	$5,462,500	$3,675,000
ENDING FUND BALANCE		$12,358,215	$8,709,215	$4,243,215	$2,593,215	$1,320,715	$1,885,715

Council Guidance

- Projects
  - Add/Eliminate
  - Changes to Priorities
- Indoor Field House Feasibility Study
- Athletic Field Study



Next Steps

- Revisions incorporated into PRO Plan
- PRO Plan Adoption – Feb 27

Questions / Comments

Agenda Bill

City Council Study Session
February 13, 2018

SUBJECT:	Transportation Planning Update
DATE SUBMITTED:	February 09, 2018
DEPARTMENT:	Public Works
NEEDED FROM COUNCIL:	☐ Action ☑ Direction ☐ Informational
RECOMMENDATION:	Provide direction on project revised schedule.
EXHIBITS:	1. Exhibit 1 - Memo TMP Status final 2. Exhibit 2 - TMP Update Presentation

BUDGET:

Total dollar amount
Fund(s)

☐ **Approved in budget**
☐ **Budget reallocation required**
☑ **No budgetary impact**

WORK PLAN FOCUS AREAS:

☑ Transportation
☐ Community Safety
☐ Communication & Engagement
☐ Community Livability
☐ High Performing Government
☐ Culture & Recreation
☐ Environmental Health & Protection
☐ Financial Sustainability

ISSUE BEFORE COUNCIL:

Shall the Council revise the TMP schedule?

KEY FACTS AND INFORMATION SUMMARY:

Transmitting Fehr & Peers technical memo which describes the history of transportation in Sammamish, opportunities and challenges, concurrency and level of service, work accomplished to date, and the proposed revised project schedule going forward.

FINANCIAL IMPACT:

N/A

RELATED CITY GOALS, POLICIES, AND MASTER PLANS:

Link to the Comprehensive Plan Transportation Element

FEHR PEERS

MEMORANDUM

Date: February 7, 2018

To: Jessi Bon, Steve Leniszewski, and Cheryl Paston, City of Sammamish

From: Kendra Breiland, Fehr & Peers

Subject: TMP Update at the February 13th Council Meeting

SE17-0536

On February 13th, Fehr & Peers will report on the Transportation Master Plan (TMP), including a proposed update to the project's approach and schedule. To frame this discussion, Fehr & Peers will provide a high-level overview of:

- Potential transportation planning schedule revisions
- Sammamish's transportation history and context
- Opportunities and challenges for the system and the rationale to create a TMP
- The issues with the City's current level of service (LOS) and concurrency policy
- The TMP and concurrency work performed in the last year

POTENTIAL TRANSPORTATION PLANNING SCHEDULE REVISION

In the spring of 2017, the staff and Fehr & Peers began working on the City's first Transportation Master Plan (TMP). At the same time, work was also underway on a Comprehensive Plan amendment to the Transportation Element. While the Comprehensive Plan update was originally planned to be a technical update, significant concerns were raised during the process regarding the City's Level of Service (LOS) and concurrency policy in relation to the amount of growth Sammamish was experiencing.

In the summer of 2017, the City Council directed staff to begin working on a full update to the concurrency policy and LOS. A number of meetings and presentations occurred through the fall of 2017 with the goal of drafting a new concurrency policy in the first quarter of 2018. During the latter half of 2017, work on the TMP was also moving forward, but at a much slower pace than planned given the focus on the concurrency policy update.

At the City Council meeting on January 16, 2018, the staff and consulting team presented the initial findings of three variations of the proposed intersection-based concurrency policy. This was

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www.fehrandpeers.com

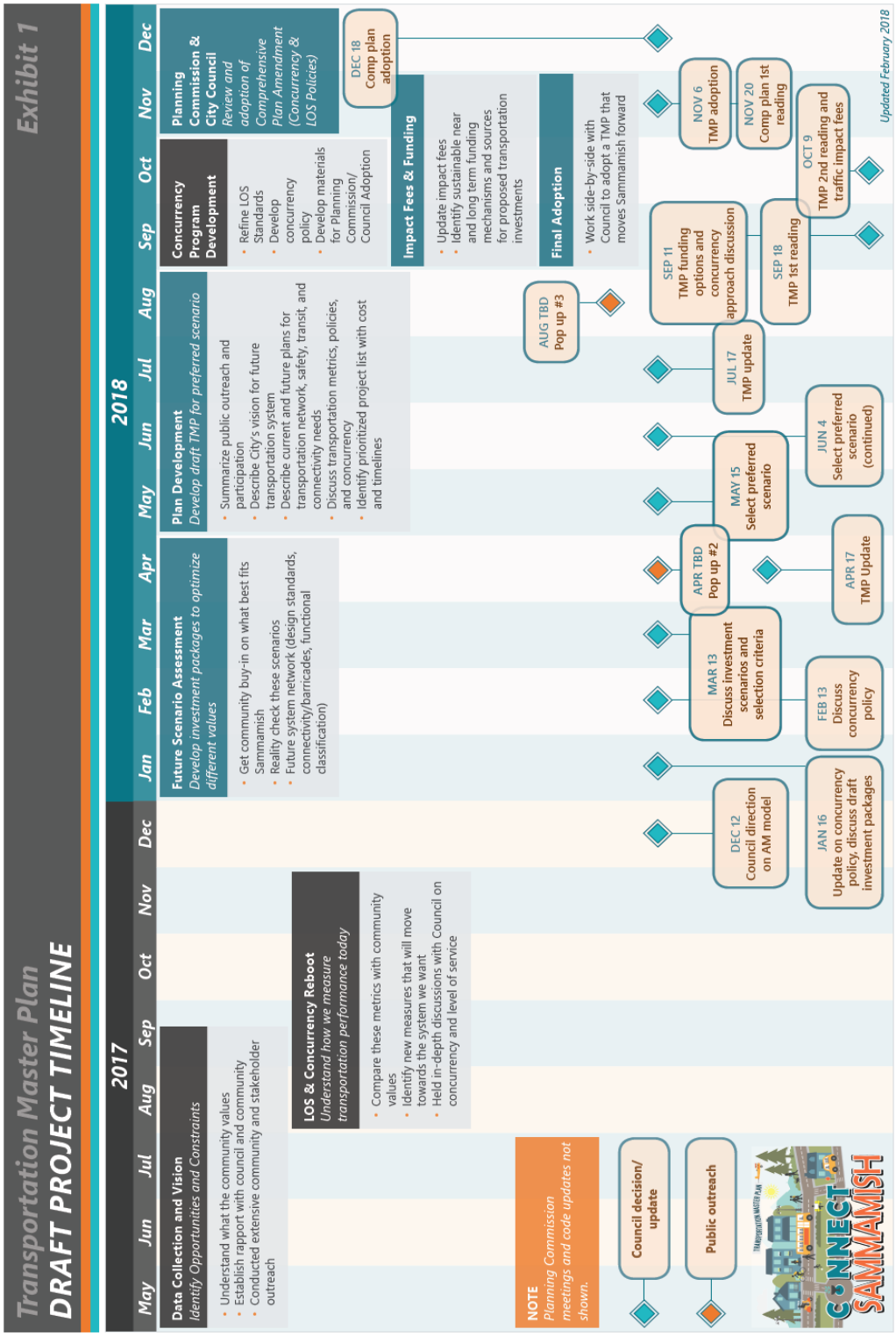
the first look at the preliminary list of intersection failures as projected to occur under each of the variations. The presentation raised additional questions, and there did not appear to be consensus amongst Councilmembers as to the preferred policy approach. Concerns were also beginning to surface regarding the order in which transportation planning issues were being undertaken. Specifically, the fact that a major transportation policy update is being undertaken without the benefit of a completed TMP. Staff and City Council both recognize that putting policy work in front of the TMP (a document that will include a clear vision, goals, priorities, a prioritized capital project list, and a funding analysis), will continue to be challenging.

Therefore, the staff and consulting team are proposing the City Council consider a new transportation planning schedule that will result in finishing the TMP first. This means that the other policy work will be briefly paused until the fall to allow resources to shift back to the TMP process. The draft concurrency policy will be prepared and ready for review and consideration by the City Council immediately following the adoption of the TMP. Working on the concurrency policies and the methodology without the guidance of the TMP will in all likelihood result in inconsistencies between the plan and the results.

This approach will enable the project team to develop the necessary background information and proceed with a more efficient planning process to assist the Council in making the appropriate policy decisions. It will also enable the Council to deliberate the issues and understand the consequences of each policy choice before finalizing them.

A proposed revision to the transportation planning schedule is shown in **Exhibit 1.** While not all of the work will be completed in 2018, this draft schedule aims to get as much done as possible before the end of the year. This is an aggressive schedule that will require dedicated Council meeting time and close coordination with the Planning Commission.

We welcome input and feedback from the City Council on the proposed schedule change. Additional information, including the transportation history and an overview of the planning work completed thus far, is provided in the following pages.


Transportation Master Plan
DRAFT PROJECT TIMELINE
Exhibit 1
2017
May Jun Jul Aug Sep Oct Nov Dec
Data Collection and Vision
Identify Opportunities and Constraints
Understand what the community values
Establish rapport with council and community
Conducted extensive community and stakeholder outreach
LOS & Concurrency Reboot
Understand how we measure transportation performance today
Compare these metrics with community values
Identify new measures that will move towards the system we want
Held in-depth discussions with Council on concurrency and level of service
NOTE
Planning Commission meetings and code updates not shown.
Council decision/ update
Public outreach
2018
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec
Future Scenario Assessment
Develop investment packages to optimize different values
Get community buy-in on what best fits Sammamish
Reality check these scenarios
Future system network (design standards, connectivity/barricades, functional classification)
Plan Development
Develop draft TMP for preferred scenario
Summarize public outreach and participation
Describe City's vision for future transportation system
Describe current and future plans for transportation network, safety, transit, and connectivity needs
Discuss transportation metrics, policies, and concurrency
Identify prioritized project list with cost and timelines
Concurrency Program Development
Refine LOS Standards
Develop concurrency policy
Develop materials for Planning Commission/ Council Adoption
Planning Commission & City Council
Review and adoption of Comprehensive Plan Amendment (Concurrency & LOS Policies)
Impact Fees & Funding
Update impact fees
Identify sustainable near and long term funding mechanisms and sources for proposed transportation investments
Final Adoption
Work side-by-side with Council to adopt a TMP that moves Sammamish forward
DEC 12 Council direction on AM model
JAN 16 Update on concurrency policy, discuss draft investment packages
FEB 13 Discuss concurrency policy
MAR 13 Discuss investment scenarios and selection criteria
APR TBD Pop up #2
APR 17 TMP Update
MAY 15 Select preferred scenario
JUN 4 Select preferred scenario (continued)
JUL 17 TMP update
AUG TBD Pop up #3
SEP 11 TMP funding options and concurrency approach discussion
SEP 18 TMP 1st reading
OCT 9 TMP 2nd reading and traffic impact fees
NOV 6 TMP adoption
NOV 20 Comp plan 1st reading
DEC 18 Comp plan adoption
Updated February 2018
CONNECT SAMMAMISH

SAMMAMISH'S TRANSPORTATION HISTORY & CONTEXT

The City's street network consists of principal and minor arterials, collectors, and local streets. These are shown in **Exhibit 2** and described in **Table 1**. Sammamish has three dominant features that impact the roadway network's ability to efficiently serve residents:

First, only a few streets provide meaningful connections to the regional network. These include:

- **228th Avenue SE/Sahalee Way NE**, which provides the north-south through central Sammamish, providing connections to Redmond and State Routes (SR) 202 and 520 to the north and Issaquah and Interstate 90 (I-90) via SE 43rd Way and Issaquah Pine-Lake Road/Issaquah Fall City Road to the south.
- **East Lake Sammamish Parkway SE** provides a slower, scenic north-south alternative connecting between Redmond and Issaquah, which skirts the far west side of the City.
- **244th Avenue NE** connects to SR 202 on the northeast side of the City.
- **SE Issaquah-Fall City Road/SE Duthie Road**, which connects East Lake Sammamish Parkway SE near the I-90 Front Street interchange in Issaquah and SR 202 to the east.

The full extent of these connections are not within the City's jurisdiction. For example, the north ends of Sahalee Way NE and 244th Avenue NE are in unincorporated King County, while the southern portion of Issaquah Pine Lake Road SE belongs to Issaquah. Thus, many of the most critical bottlenecks that impact Sammamish residents' ability to "get out of the city" are not directly within the City's control.

In-town circulation is impacted by an unconnected roadway system that results in traffic funneling onto just a few streets. In addition to the above regional connections, there are a limited number of continuous east-west and north-south options. Many of these connections are lacking due to a roadway network that was built incrementally over time by developers creating subdivisions centered on cul-de-sac streets. In other cases, streets are blocked by barricades preventing vehicular through access. The City has not yet adopted a holistic plan that establishes its desired future road network, therefore it cannot require developers to include new connections to help relieve traffic congestion.

This lack of connectivity results in drivers, school buses, and first responders having relatively few choices. It also results in a system that is overwhelmed during peak hours, which frustrates drivers with long wait times at signals and stop signs and can lead to unsafe behavior. **Exhibit 3** shows a

"street x-ray" developed to show the lack of connectivity in Sammamish's current roadway network.

Lastly, upon incorporation in 1999, the City inherited a roadway network that was built incrementally over time by individual subdivisions and King County. In general, these roadways are not built to standards that could be expected in a city – most streets lack basic amenities like curbs, gutters, sidewalks, bike facilities, and lighting. However, developers have been required to follow Sammamish's Public Works standards and incorporate those amenities since 1999 when they construct street frontage improvements. Developer-funded infrastructure has improved conditions, but has also resulted in a "patchwork," hence the frequent complaints about "sidewalks to nowhere"

Together, the above factors result in traffic operations challenges that have become a focus of public attention and one of the highest concerns of the City Council.

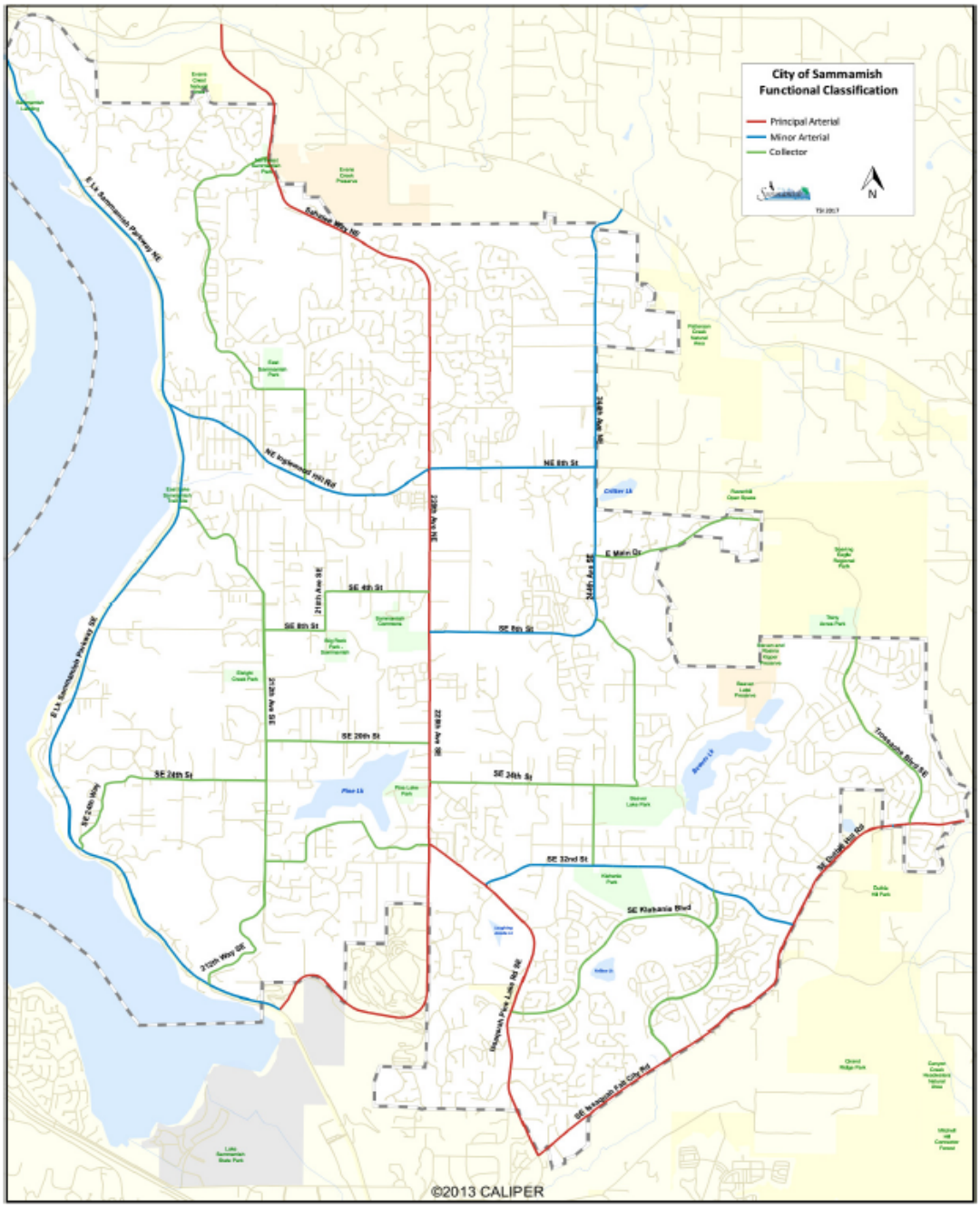


Exhibit 2 Functional Classification Map

Source: 2015 Comprehensive Plan

Table 1 Functional Classifications

Type	Description	Examples	Photo
Principal Arterial	Principal arterials carry the highest volume of traffic within Sammamish and provide connections to the rest of the region.	Sahalee Way 228th Avenue SE SE 43rd Way SE Issaquah-Pine Lake Road SE Issaquah-Fall City Road SE Duthie Hill Road	
Minor Arterial	Minor arterials are designed for higher volumes but do not carry significant regional traffic. Instead, they provide inter-neighborhood connections.	E Lake Sammamish Parkway NE Inglewood Hill Road NE 8th Street SE 8th Street 244th Avenue NE SE 32nd Street	
Collector	Collectors distribute trips between local street and arterials. They serve as transition roadways between commercial and residential areas.	216th Avenue NE 212th Avenue SE SE 20th Street E Main Drive SE 24th Street SE Klahanie Boulevard	
Local Streets	Local streets are the lowest functional classification. They provide circulation within residential neighborhoods.	205th Avenue NE (south of Inglewood Hill Road NE) NE 22nd Street (north of NE 20th Street) NE 5th Place 242nd Drive SE	

Source: 2015 Comprehensive Plan and Google Street View

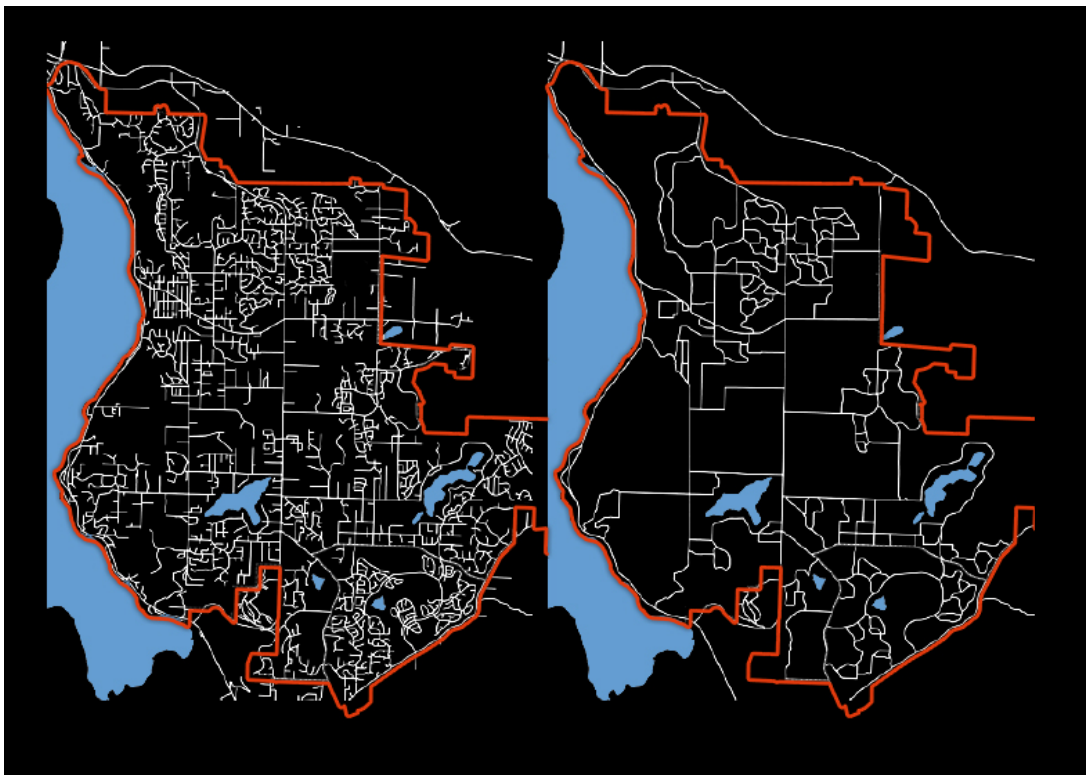


Exhibit 3 Street X-Ray

This image shows the current street network, left, and the effective network once the unconnected streets not considered. Source: Blue Zones

Non-Motorized Travel

According to an analysis in the 2015 Comprehensive Plan, the majority of principal and minor arterial streets have sidewalks, paved shoulders, or shared use paths. However, only half of the roadways classified as local roads have similar facilities. The existing inventory of non-motorized facilities within Sammamish is shown in **Exhibit 4**.

To better understand on-the-ground challenges for walking and biking in Sammamish, the TMP team conducted interviews with Sammamish residents, service providers (including Issaquah

School District and King County Metro), and City officials. Within Central Sammamish, the most pressing concern was providing a welcoming environment for all modes along 228th Avenue SE. While recent enhancements have greatly improved the pedestrian environment, crossing remains a challenge as controlled crossings may be too far apart to adequately serve pedestrians. Moreover, sections of the corridor remain unimproved.

Unimproved Section of 228th Avenue SE

Source: Google Maps

Improved Section of 228th Avenue SE

Source: Google Maps

Beyond challenges associated with crossing the 228th corridor, stakeholders indicated that infrastructure generally exists for walking and biking in central Sammamish, but that major gaps exist in other areas of the City. Interrupted sidewalks and bike lanes impact residents' ability to access parks, stores, and other public spaces by any mode other than driving. Moreover, the

unconnected nature of the City's street network funnels everyone (regardless of mode) into a small number of arterial corridors, when quieter local streets would be more inviting (and potentially safer) for people walking, pushing a stroller, or riding a bike.

Sammamish's topography was also cited as a challenge, limiting the attractiveness and popularity of cycling and walking. Though much of the community is located on a plateau, there are dips and hills that discourage casual walkers and bikers. The steep gradient into the central part of the City, and concerns over safety on the bike routes from Issaquah and Redmond also limit the number of bike commuters.

Sammamish is a relatively affluent community, and comparatively few of its children walk, bike, or ride the bus to school. Parents tend to drop-off and pick-up their kids from elementary and middle schools, and the students old enough to drive themselves tend to do exactly that in high

school. The lack of complete, safe, and accessible non-motorized facilities (notwithstanding the East Lake Sammamish Trail) certainly contribute to this trend. Sammamish may want to look to other affluent communities (e.g., Kirkland and Redmond) that have leveraged a robust non-motorized network to create a culture of walk/bike access to schools.

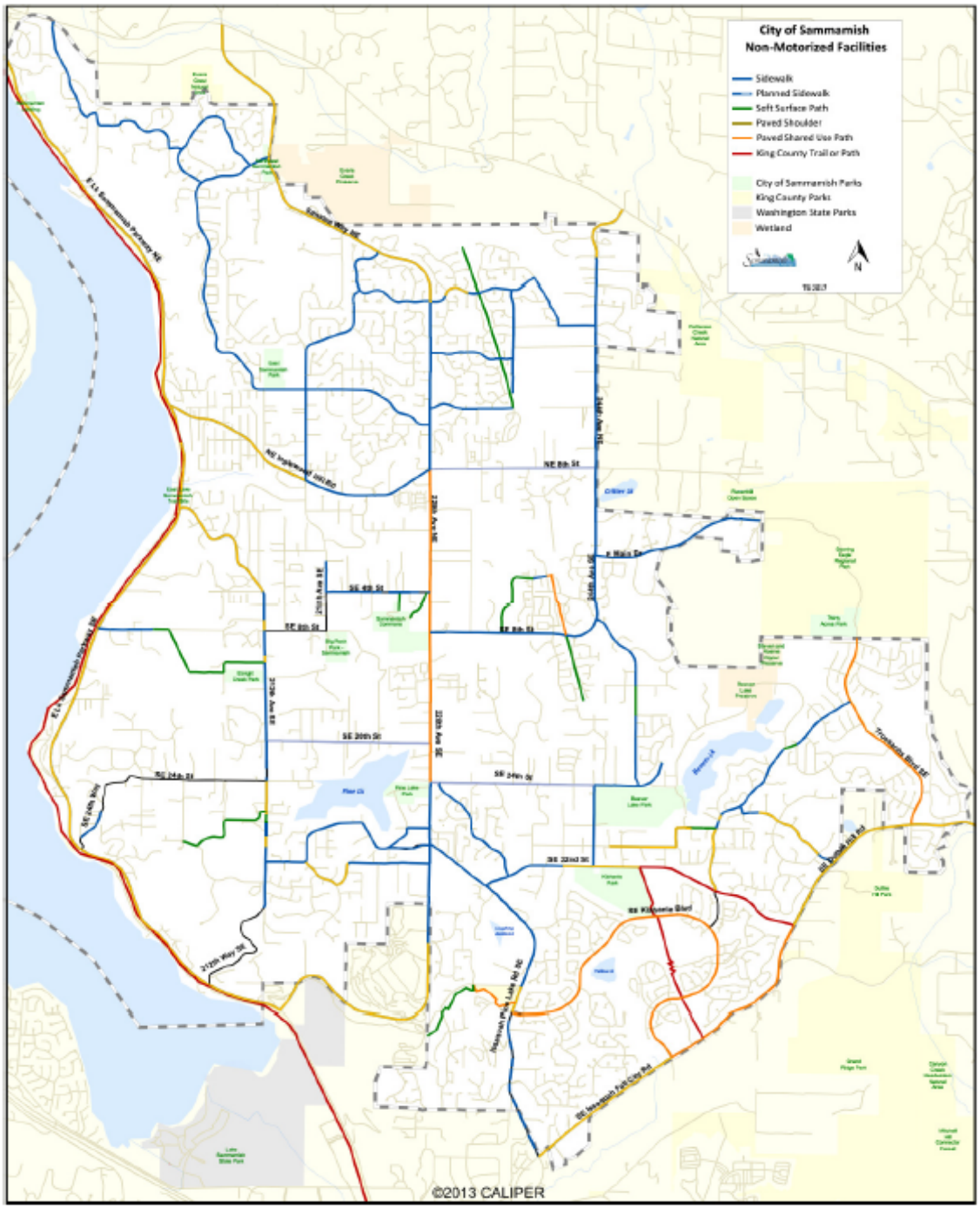


Exhibit 4 Non-motorized Facilities

Source: 2015 Comprehensive Plan

Transit

King County Metro and Sound Transit currently provide transit service to Sammamish. King County Metro Routes 216, 219, and 269 and Sound Transit Route 554 stop at the South Sammamish Park & Ride. Transit usage by Sammamish residents is limited by the low number of routes, the relative infrequency of service, the limited number of destinations served, and the lack of service during off-peak periods. Below is a summary of existing services:

- King County Metro Routes 216 and 219 connect Sammamish with the Issaquah and Downtown Seattle markets on weekdays only. They operate from Bear Creek Park & Ride in east Redmond to the Issaquah Transit Center along 228th Avenue NE and then to Downtown Seattle along I-90. They run westbound to the Issaquah Transit Center and Downtown Seattle in the morning and eastbound back to Sammamish in the evening with 20 minute headways.
- King County Metro Route 269 connects Issaquah Transit Center to the Overlake Park & Ride, stopping at the South Sammamish Park & Ride. It is a bidirectional route running at 20 to 30 minute headways on weekdays between 6 AM–8 PM. King County will add daytime Saturday service between Bear Creek Park & Ride and the Issaquah Highlands Park & Ride beginning on March 10, 2018 with 30 minute headways.
- Sound Transit Route 554 provides early morning and late night weekday service between east Redmond to Downtown Seattle via 228th Ave NE. Heading to Downtown Seattle, the routes stops at the City's P&R three times before 6 AM; heading to Sammamish the route stops four times after 7 PM.

Sammamish has three Park & Ride facilities, one with 54 spaces at Sammamish Hills Lutheran Church and one dedicated facility, South Sammamish Park & Ride, with 265 spaces. There is a carpool and vanpool-only park & ride at SE Klahanie Boulevard and 244th Place SE (30 spaces). Sammamish residents can use other nearby Park & Ride facilities at Tibbets Lot Park & Ride (170 spaces), Highlands Park & Ride (1,010 spaces), Issaquah Transit Center (819 spaces), and Bear Creek Park & Ride (283 spaces). All of the larger park & rides also have bike lockers. License plate studies show that many of Sammamish commuters also park at the Mercer Island Park & Ride to catch an express bus to Seattle. Existing transit routes and the one permanent Park & Ride within the City are shown in **Exhibit 5**.

Compared to other cities in the Puget Sound region, benefits from the added bus and train services due to Sound Transit 3 will be minimal to Sammamish residents. The only significant

improvement is a potential new Park & Ride in North Sammamish that will provide approximately 200 stalls for riders. Sound Transit estimates a construction completion date of 2024. Future light rail service in Redmond (by 2023) and Issaquah (2041) could benefit city residents so Sammamish may want to consider building transit-related investments by then to fully leverage these opportunities.

Exhibit 5 Transit Facilities

Source: 2015 Comprehensive Plan

Safety

Between January 2012 and April 2017 approximately 1,200 traffic collisions were reported in Sammamish. **Exhibit 6** shows the location and type of each reported collision. Roughly 3% of the collisions involved pedestrians or bicyclists and one in four collisions resulted in injuries. No fatalities were reported in the collision statistics.

Approximately 75% of the reported collisions occurred on Principal or Minor Arterials. While these roadways only account for 15 percent of the total centerline miles within the City, they tend to carry the lion's share of traffic volumes (see connectivity discussion above). To compare relative frequency of collisions across the City, the collision rate per 100 million vehicle miles (MVM) travelled was calculated. Overall, the following corridors exhibited elevated reported collision histories:

- **Highest collision rate:** 228th Avenue between SE 8th Street and SE 24th Street had the highest collision rate in the City (256 collisions per MVM); followed by 228th Avenue NE between NE 8th Street and SE 8th Street.
- **Most injuries:** NE Inglewood Hill Road between East Lake Sammamish Parkway and 228th Avenue NE had the highest rate of injury collisions (57 injury collisions per MVM).
- **Most collisions involving bikes/pedestrians:** again, 228th Avenue NE between NE 8th Street and SE 24th Street led on this measure, followed by East Lake Sammamish Parkway between NE Inglewood Road and 212th Way SE (5 and 4 collisions involvement a bike or pedestrian per MVM, respectively).

Freight and Truck Mobility

Sammamish has no major freight generators, nor do any interstates or major state roads run through it. Freight truck trips associated with FedEx sorting facilities in Issaquah and UPS sorting facilities in Redmond often travel along East Lake Sammamish Parkway. Local freight associated with retail moves along Issaquah Fall City Road, 228th Avenue SE and Sahalee Way. The currently designated freight routes are shown in **Exhibit 7**.

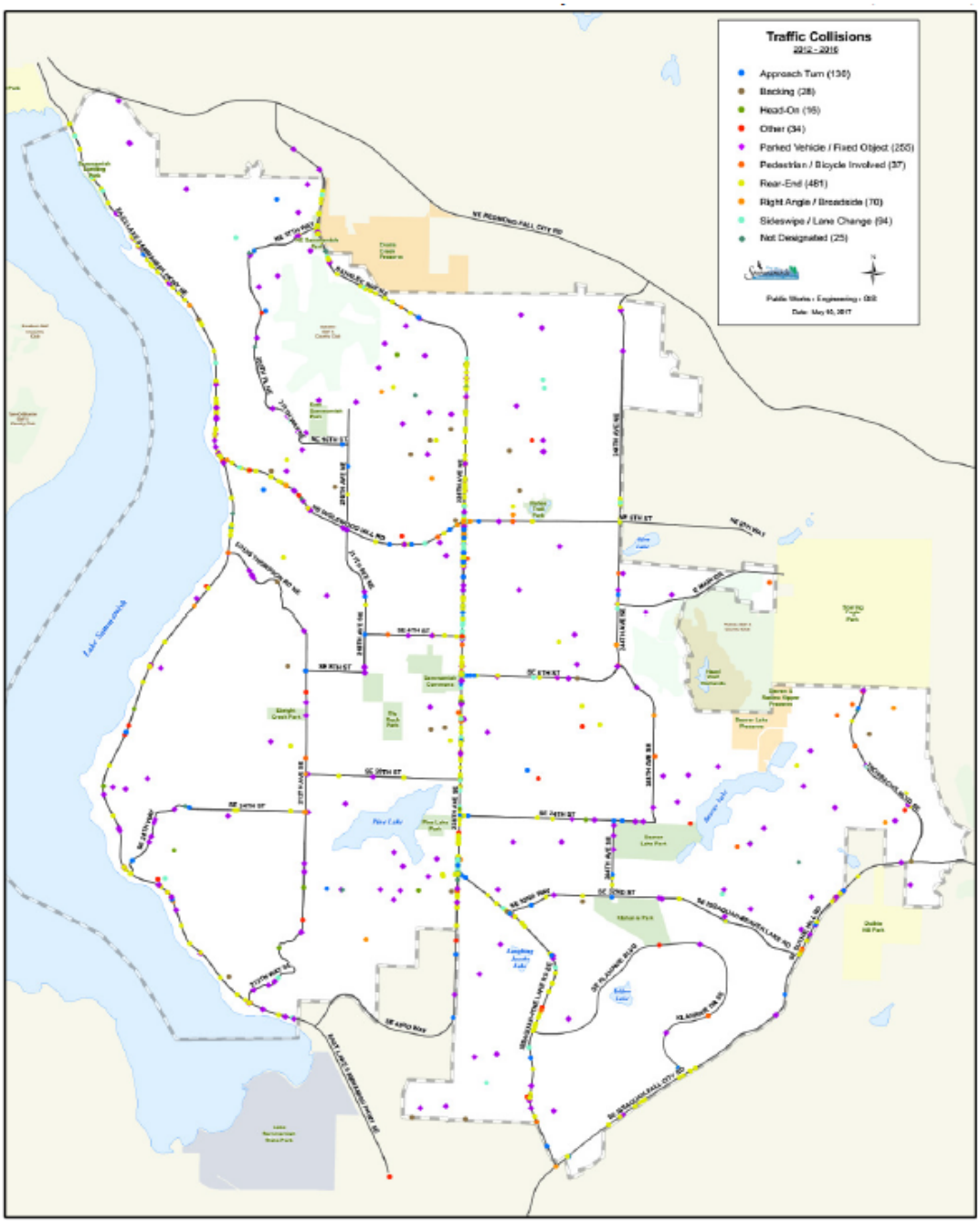


Exhibit 6 Traffic Collisions

Source: 2016 draft Comprehensive Plan Background Update

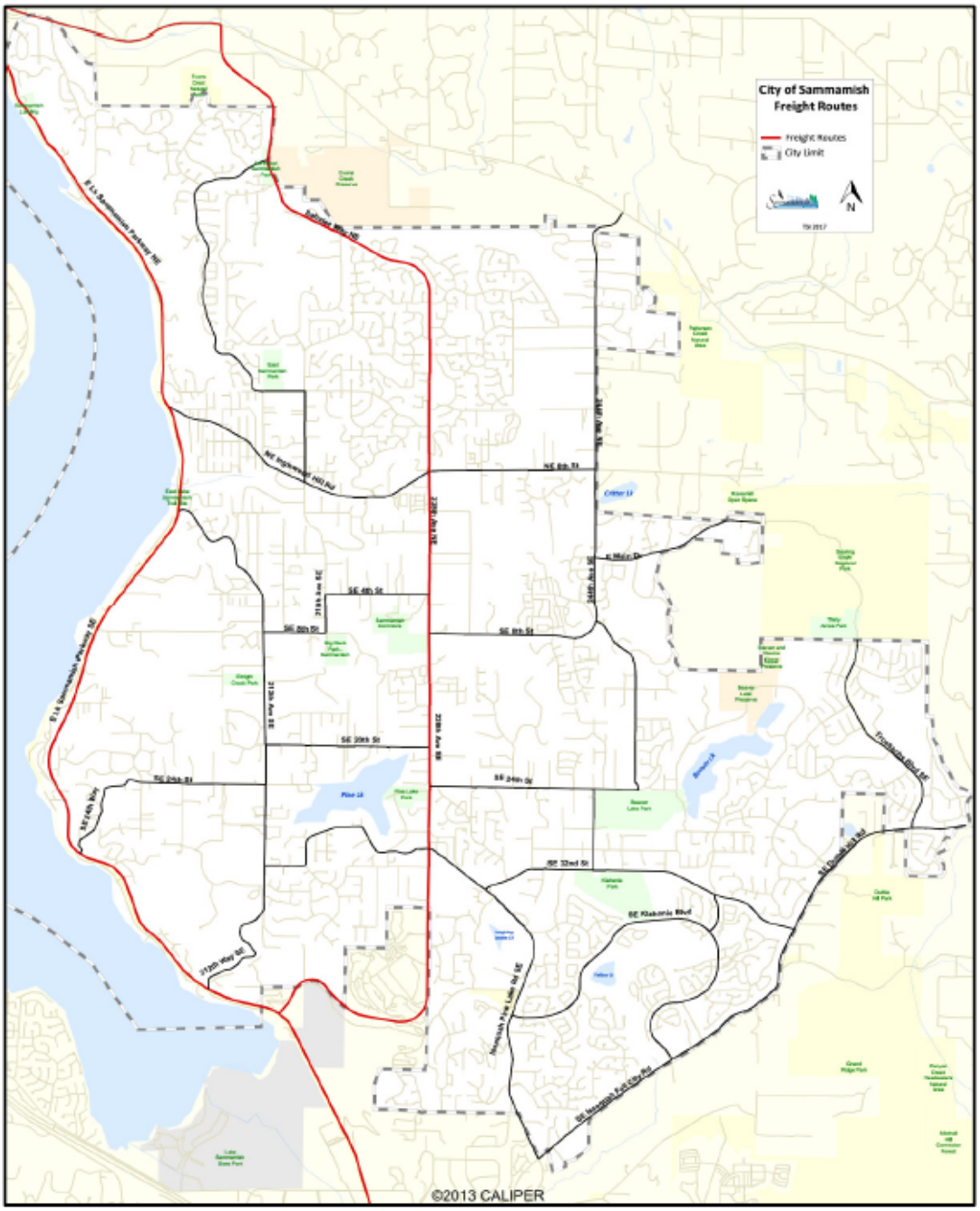


Exhibit 7 Freight Routes

Source: 2015 Comprehensive Plan

OPPORTUNITIES, CHALLENGES, & THE RATIONALE FOR CREATING A TMP

The City views this TMP as an opportunity to step back and develop a comprehensive future vision for transportation and traffic planning in Sammamish. A set of draft priorities for Sammamish's transportation system was developed based on input from stakeholders, the previous Council, and staff. Given the system that Sammamish has today, these priorities will take time to achieve. Below, we highlight some of the key challenges and opportunities for achieving each priority.

Priority #1: Efficient: People use the system's capacity efficiently to maximize benefits.

The current Comprehensive Plan recognizes that the City's transportation system is overtaxed. As a largely residential-centered community, virtually all trips are made by car, along the same routes due to a relatively unconnected grid, and often during peak travel periods (the morning and evening commute).

While the City's street system poses an undeniable challenge, there are a number of opportunities to make the system more efficient. Key opportunities include adding new street or trail connections (capital), improving the function of existing intersections through adaptive signal control or more efficient designs (operations), or through implementation of programs that have successfully shifted the mode of travel people are using in other communities, such as SchoolPool or Metro's Community Connections (programs).

Priority #2: Linked to Regional Destinations: People can get between Sammamish and other regional destinations easily, providing choices in jobs, commerce, and lifestyle.

The challenges of getting in and out of Sammamish are among the most common refrains we've heard from City residents. Better connecting Sammamish to regional destinations is probably the most challenging priority to achieve, as it looks to improve infrastructure that is not within the City's direct control. This TMP, however, provides the opportunity to identify those connections that really matter and start the dialogue with regional partners like Redmond, Issaquah, King County, WSDOT, Metro and Sound Transit. In the absence of this dialogue one thing is certain – the changes that residents would most like to see are unlikely to happen on their own.

Priority #3: Connected: Defined by seamless multimodal connections - you can go anywhere, whether it's on foot, on bike, in a car, in a shared ride, or by bus.

Sammamish's currently unconnected system makes many trips longer, hampering choices in how and when people travel. This TMP should look for opportunities to add connections in key locations. Also, the plan should look for ways to shift Sammamish's current unimodal system to one that offers more seamless connections between various modes – walking, biking, and transit – to the extent practical. Looking for opportunities to offer more safe routes to school, expand the number of destinations that one can access on a pleasant 15-minute walk or bike, and reduce emergency response times should be key focuses to create a more connected city.

Priority #4: Fiscally Sustainable: The City makes smart and timely investment decisions, considering the full costs of planning, construction, operations, and maintenance.

The City currently has a large balance in its capital budget along with even more substantial transportation capital needs. Developing the TMP provides a critical opportunity to identify priority investments in the transportation system and create a fiscally sound plan to pay for it. The City's high impact fee rate provides a real opportunity to ensure that growth pays for growth. It also provides desirable matching funds that can leverage outside grants or loans.

At the same time, the City has inherited a transportation system from King County that needs a lot of improvements to bring the system up to the City's Public Works Standards. As Sammamish makes wise investments in its transportation system, it will be critical that the long-term costs of these projects are considered to ensure transportation assets continue to meet future needs and minimize operational and maintenance costs.

Priority #5: Safe & Welcoming: Provides safe and welcoming connections for everyone.

The collision analysis highlighted locations where collisions are frequent, result in injuries, or involve the most vulnerable users (those walking and biking). Addressing these locations through improved designs; traffic calming that discourages speeding; constructing more complete facilities that give everyone a place on the road; and coordinating with the existing and proposed trail system in the City's 2018 Park, Recreation and Open Space Plan will go a long way toward providing a more safe and welcoming system.

Inheriting a rural system from King County is not an ideal starting point, but the goal of bringing the transportation system up to a modern, suburban standard as part of the TMP is a critical opportunity for this Council to carefully consider and take advantage of.

Priority #6: Supportive of Community Character: The transportation system right-of-way is viewed as a critical component of the public realm, reinforcing Sammamish's unique character that residents cherish.

One thing is apparent – people love living in Sammamish. The transportation system right-of-way takes up a significant portion of the City's land and it should be used wisely to achieve multiple objectives – not just moving people. The public wants a green city and a small town atmosphere. The design of streets and trails, inclusion of street trees, and planted medians are all ways to reinforce this desired character. The City's street standards and impact fee program provide a means to achieve this goal.

ISSUES WITH THE CITY'S CURRENT LOS & CONCURRENCY PROGRAM

In mid-2017, the City asked Fehr & Peers to perform a review of the City's current Level of Service (LOS) and concurrency program. The full details of our assessment are included in the memo provided for the September 6, 2017 Council meeting (attached to this memo), but the high points of our assessment were as follows:

Advantages of the City's current program:

- Volume-to-capacity calculation for roadway segments considers non-motorized facilities such as sidewalks, bike lanes and parallel trails. This methodology incentivizes the development of "complete streets," and helps make bike lanes, sidewalks, and other elements of an urban transportation system eligible for impact fee funding.
- The current City standards for roadway segments and intersections result in a low level of existing deficiencies, allowing the City to pay for more project costs with traffic impact fees.
- The program also considers average peak hour intersection delay, which is an accepted measure of driver experience for many cities.

Disadvantages of the City's program:

- Taking credit for non-motorized facilities in the capacity calculation does not connect well to the driver's experience, as adding an off-street trail or sidewalk does not tend to reduce vehicle delay.
- The practice of weighted averaging of segments to determine corridor concurrency standard provides flexibility but could miss key transportation issues on segments.

- Similarly, the use of daily traffic volumes in the segment and corridor calculations, instead of peak hour volumes, may miss peaking issues that impact Sammamish residents' daily commutes.
- The methodology used to derive capacities is poorly documented, which has led to defensibility concerns.
- The program focuses on arterials and as a result impacted segments tend to be in the north-south direction. This has led to the prioritization of investment along north-south corridors and relatively few east-west improvements. While this may make sense given that most of the City's main routes are north-south, it has failed to create a truly connected system.

Given the above issues, the previous Council directed Fehr & Peers to work with staff, Council, and the community to update the City's approach to LOS and concurrency.

WORK COMPLETED OVER THE PAST YEAR

Work completed in 2017 fell into two distinct categories:

- **Phase 1 of the TMP:** identifying the Community's priorities through interviews, outreach, technical analysis, and research.
- **Updates to LOS and concurrency:** working with the previous Council and staff to understand the existing program, identify potential alternatives, and begin crafting a new LOS/concurrency approach that is appropriate for Sammamish.

Phase 1 of the TMP

The context section of this memo summarizes outcomes from our interviews and initial technical analysis and research. Highlights of Phase 1 were the mid-August pop-up events held throughout the city, the online mini-poll, and the September 7th public workshop. In total, over **270 community members** visited our pop-up events and **565 community members** responded to the mini-poll (either online or via hard copy at the pop-up events). While the September 7th workshop was less well attended, it received substantial participation by Council members and allowed for a deeper discussion of community priorities.

The outreach yielded that the community's priorities for transportation are robust. In the mini-polls, citizens were asked to identify their position on a spectrum of four choices. Major findings are described below:

- **Reducing commute times vs. improving local streets** – Respondents indicated a slight preference towards reducing commute times. Further digging on this topic in the

September 7th workshop indicated that most felt both priorities are important and the TMP should balance its investments towards addressing both of these needs.

- **More connected streets vs. directing traffic to arterials** – Respondents indicated a slight preference towards creating more connectivity over directing all traffic to arterials. However, the desire for enhanced connectivity must be balanced with ensuring that new connections are both safe and maintain neighborhood character.
- **Congestion relief for cars vs. improvements for walking and biking** – Again, a slight preference was provided for congestion relief projects over enhancements for walking and biking. These findings reiterate the need to plan a robust, multimodal system that explicitly considers the driver's experience.
- **Support expanded transit options vs. transit isn't particularly feasible** – Of all the choices, respondents were most unified in the need for expanded transit services in Sammamish. While the City's topography and current level of connectivity make non-motorized access to transit service a challenge, the community seems very interested in how expanded transit service can be made a reality.

Community members were also asked to weigh in on the six draft priorities that Fehr & Peers presented to Council in July. The draft priorities were ranked on a scale of 1-6, with 1 representing the highest priority and 6 representing the lowest priority. A key takeaway is that none of the priorities received an average score close to 1 or 6 – thus the community values all of these priorities. However, the two that received the highest level of community emphasis were **focusing on system efficiency** and **connecting to regional destinations**.

Goal	Average rank
The system should be efficient, maximizing its capacity by synchronizing traffic signals, staggering work and school schedules, and encouraging transit.	2.35
Regional destinations should be easier to access, with more transit and less congestion on commute routes.	2.90
It should be easier to get places on foot, by bike or by car, with connected streets and trails, and improved bike connections.	3.59
Transportation system management should be fiscally sustainable, controlling investment costs, finding grants, and increasing local ability to pay.	3.61
Transportation should be safe & welcoming, with better street crossings, calmed traffic to slow speeds, and increased traffic enforcement.	3.89
The rights of way and trails should look great, enhancing the character that makes Sammamish unique.	4.58

Concurrency & LOS

Throughout the fall, Fehr & Peers presented several times to the prior Council on topics ranging from an assessment of the existing concurrency policy, to concurrency/LOS approaches applied by other communities, to feasibility testing of other approaches in Sammamish, to developing an AM peak traffic model. These presentations included reports at regular Council meetings and study sessions as well as two daytime technical meetings.

Key outcomes of these meetings included:

- **The previous Council supported the City leveraging other innovative data sources to provide a better understanding of current issues.** INRIX speed data is strongly supported, but Council members also asked about the availability and usefulness of other sources, including cell phone data to better understand travel patterns and transit performance data. As a result, the City has purchased INRIX data to monitor travel patterns. Fehr & Peers will report on other available data sources as a part of the TMP.
- **Council generally supported revising the City's concurrency policy to be based on intersections only.** While it was recognized that the City may eventually want to shift concurrency to measures like travel time and speed, basing concurrency on intersection performance was viewed as a reasonable proxy for driver experience in the near term. In response, it was decided that the City would update the Transportation Element of its Comprehensive Plan in early 2018 to remove the segment measures and adopt standards for intersection performance during the AM and PM peak hours.
- **Use the TMP process to identify needed improvements for walking, biking, and transit and ensure these improvements are eligible for impact fees.** Council recognized that by removing multimodal standards from concurrency, the City would have more flexibility in where it sites these improvements. The previous Council stressed that this change was not made to de-emphasize the importance of multimodal improvements, but to ensure that the City can better control where it builds projects like sidewalks, bike lanes, and trail connections to address identified needs like safe access to schools and transit stops.
- **Develop AM peak traffic models.** There was much discussion regarding whether the City's current PM peak traffic model, along with requiring developers to model the impacts of the proposed development on the AM peak period provided enough information for City staff to make the appropriate decisions on concurrency. Eventually, the Council directed staff to proceed with the development of AM peak traffic models, which are scheduled to be completed at the end of this month.

At the end of 2017, the previous Council directed the project team to work on the following items:

- **TMP:** Continue work focused on development of a prioritized six-year project list by early summer to allow for Council adoption as part of the 2019-2020 budget process.

This adoption would be accompanied by an update to the City's traffic impact fee program to ensure that growth continues to pay for growth.

- **Concurrency & LOS:** Update the City's Comprehensive Plan to incorporate a new LOS and concurrency policy by spring 2018.

PROPOSED TIMING FOR WORK IN 2018

Fehr & Peers and TSI presented findings related to preliminary testing of the proposed intersection-based concurrency policy and next steps for the TMP at the January 16th Council meeting. During the meeting, it was apparent that the new Council had reservations about whether the proposed intersection concurrency policy truly met Sammamish's transportation needs and whether it was premature to decide what it should be based on at this time. As such, Fehr & Peers and staff held three internal sessions with Council members to understand their perspectives and discuss all the tools available to the City to plan and manage its transportation system.

Below, we summarize some of the key points raised during the sessions.

Concerns with the Proposed Concurrency System

- **Is intersection-based LOS (or even approach-based LOS) a reasonable metric of driver experience?** While Councilmembers understood that most communities apply intersection LOS for concurrency, some reiterated whether a measure like travel time would be more suitable for Sammamish.
- **If we do adopt a new concurrency system in the spring, we won't yet have a prioritized project list to support it.** Councilmembers recognized that concurrency is intended to guide the implementation of infrastructure needed to support growth. However, without the TMP completed, that infrastructure hasn't yet been defined.
- **Are we approaching this process in the most logical fashion?** Councilmembers agree that the City's current system isn't leading to optimal outcomes (hence the need for the moratorium). They also realized that concurrency policy development is a step that typically follows the TMP to ensure that the prioritized projects are being built in a timely manner and that growth pays for growth. By adopting a concurrency policy in advance of the TMP, the City might be at risk of needing to re-tool that policy again in 2019, if it is inconsistent with what ultimately gets approved as part of the TMP.

Tools Available for Transportation System Planning and Management

In conclusion, staff and consultants presented the broad array of tools that are available for managing Sammamish's transportation system in discussions with the Council. While concurrency is an important tool – it should be viewed in concert with the other tools summarized in **Table 2**.

In general, these tools fall into three categories:

- Tools that support **capital project list development** are long-range planning tools that identify how future growth leads to additional project needs.
- Tools that support **transportation system operations** are short-range planning tools that identify how the existing system should be modified to improve operations. These include:
- Tools that support **development management** are short-range planning tools that identify how the existing system should be modified to accommodate near term growth **or** how development proposals should be tailored to minimize system impacts.

Table 2 Transportation Planning & Management Tools

Tool	Capital List Development	System Operations	Development Management
Comprehensive Plan Establishes the City's land use vision, including its 20 year growth horizon. Development proposals should be evaluated for consistency with this land use vision.	X		X
Level of Service Standards Describes how the City intends for its transportation system to operate over time	X	X	X
Transportation Master Plan Provides the prioritized project list that serves the growth specified in the Comprehensive Plan to achieve the LOS standards. Some of these projects are shorter-term or more operational in nature. Some are explicitly needed to address demands imposed by growth.	X	X	X

Travel/traffic models Helps estimate future traffic demands on the system including near term demands from pipeline development.	X	X	X
Traffic Impact fees the City's program to ensure growth pays for growth by funding projects needed to provide capacity for future growth	X		
Coordination with other jurisdictions (including transit and WSDOT) Helps identify opportunities and challenges, particularly as it relates to important projects that impact Sammamish's transportation system, but are outside of the City's jurisdiction. Some of these opportunities may be near term in nature or maybe more operational (for example, transit operations at a signal or a bus stop.	X	X	X
Motorized/Non-motorized data (INRIX, counts, etc) Provides past and current travel trends, which can highlight hot spots and project needs. Hot spots identified through INRIX can be strong candidates for operational improvements.	X	X	X

Development regulations Set the rules of engagement for new development, in terms of allowable uses, how these uses interface with the City's system, and specific transportation amenities they should provide.			X
Concurrency Evaluates whether the City is building its transportation system to keep pace with growth. State law requires that cities do not approve growth if LOS standards are not met.			X
Public Works Standards City's standards which define the required type and features of projects in the rights of way must meet, including needed cross-sections.	X	X	X

Public Works Department

Transportation Master Plan Update

City Council Meeting

February 13, 2018

City of Sammamish Washington

Agenda

- Sammamish's Transportation History & Context
- Opportunities & Challenges
- Current LOS & Concurrency Concerns
- Work accomplished in 2017
- Proposed schedule moving forward

Purpose of Presentation

- Review TMP to bring new councilmembers up to speed
- Get Council input and direction on proposed schedule revisions

Transportation History & Context

Sammamish Transportation Master Plan

Establishes a 20-year road map to achieve our community's vision for a safe, accessible and reliable multimodal transportation system

- A safe, connected and accessible multimodal transportation system
- Fiscally prudent investments in prioritized projects and programs
- Options to manage and support community needs
- Ensure "growth pays for growth"
- Leverage new technologies
- Identify future road network
- Partnership opportunities – schools, neighboring jurisdictions, transit providers

TMP Goals

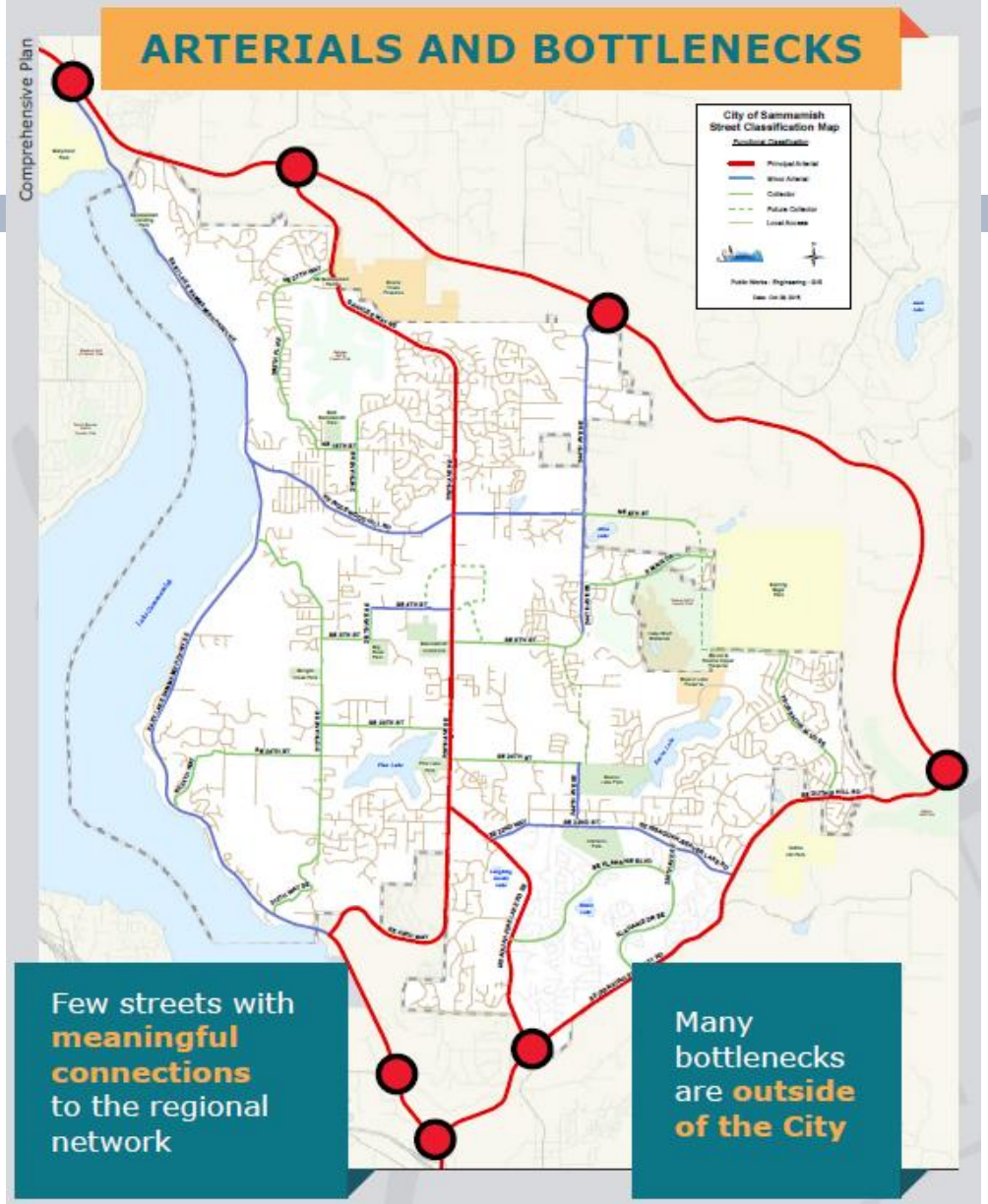
Complete connections for all modes	Supported by the community	Fundable & implementable
• Safe & efficient movement for all people • Improves mobility and respects community character • Reconsider how transportation success is defined	• In-depth community conversation • Creating public buy-in for new priorities and approaches • Create civic champions for implementation	• Modern concurrency system that forwards mobility objectives • Flexible impact fee program tailored to plan • Fiscally sustainable based on prioritized actions

Stakeholder Interviews

- City Councilmembers
- City Department heads
- Police Department
- Chamber of Commerce
- Plus:

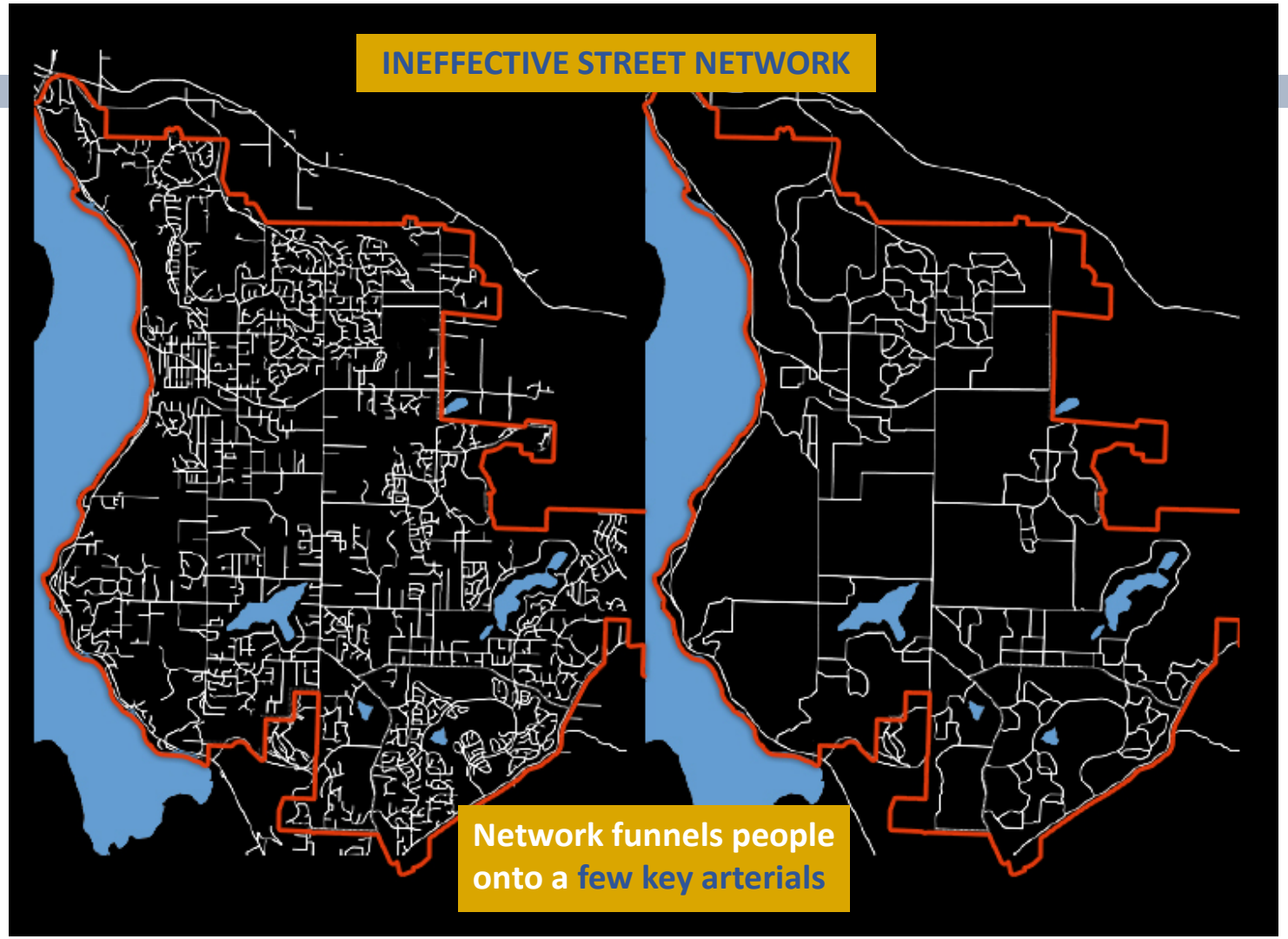
Transportation Context

Limited connections to regional destinations

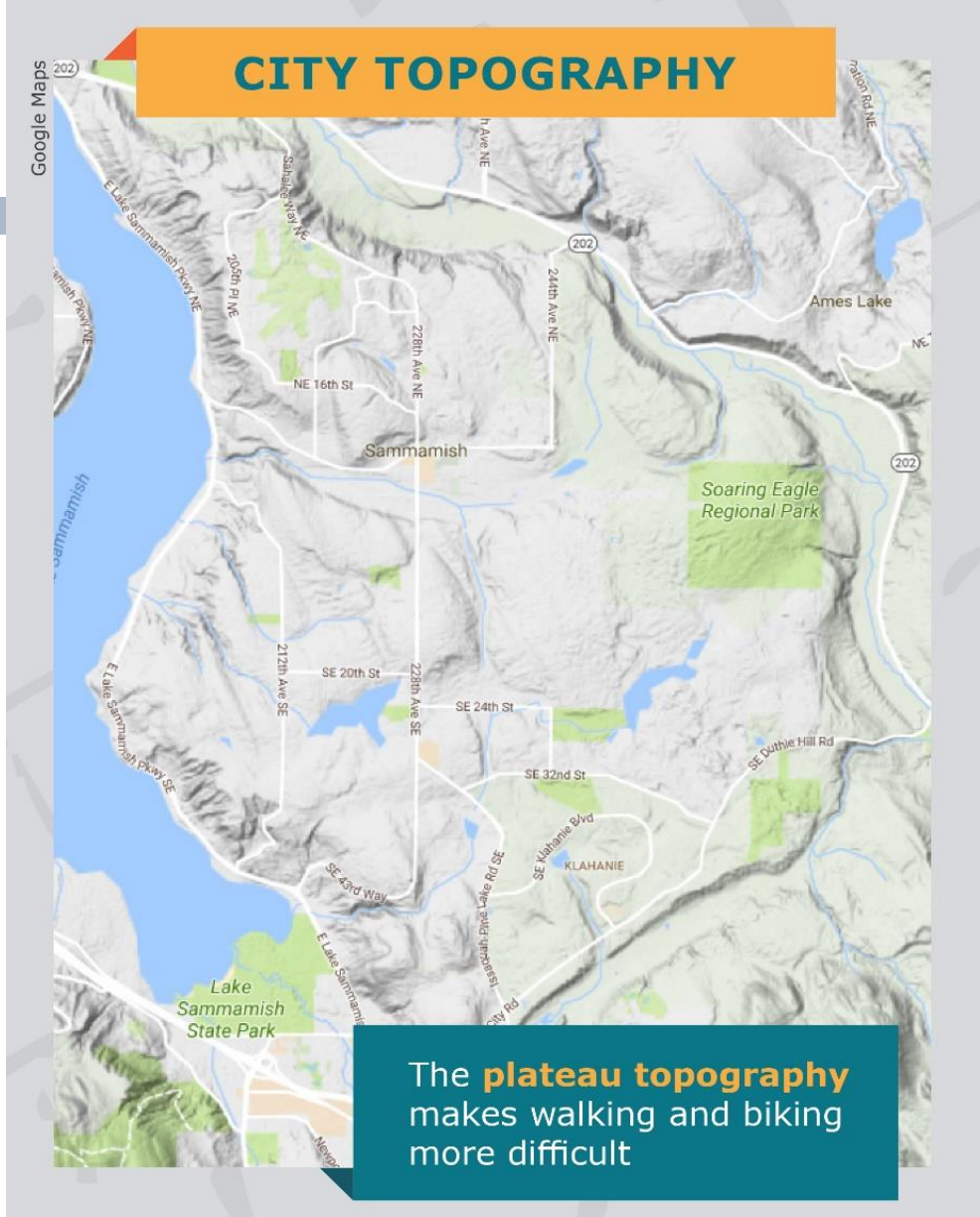


Transportation Context

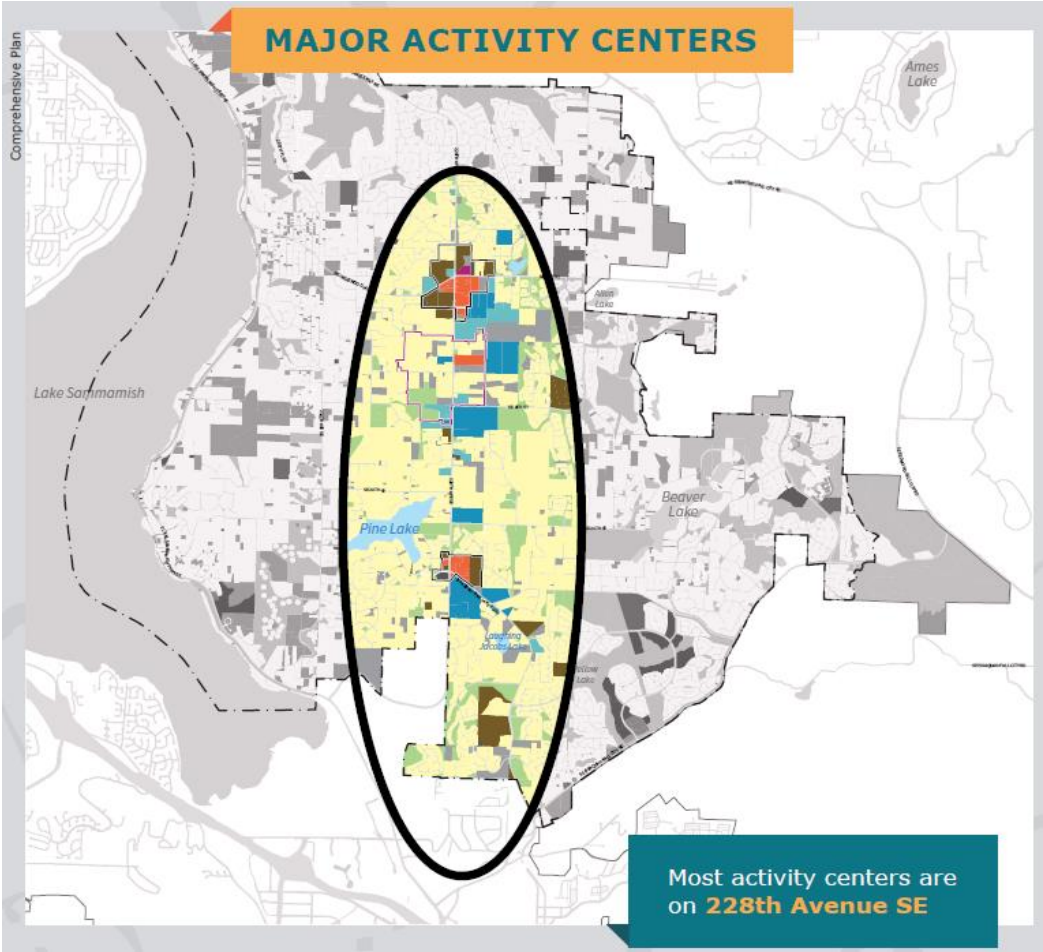
Limited connections within the City



Transportation Context



Transportation Context



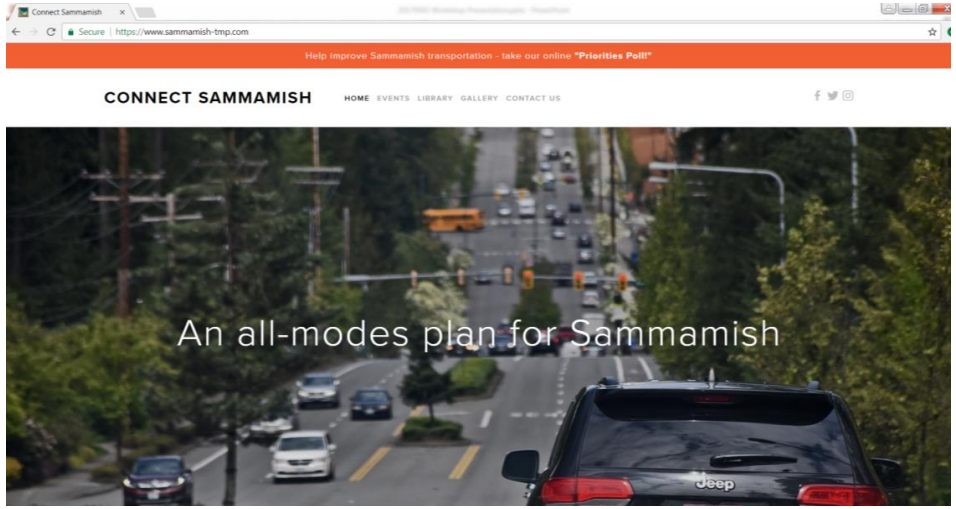
TMP
Opportunities & Challenges

Public Outreach

- Mid-August pop-up events 270+ people attended
- Website and paper mini poll: 550+ responses
- Public Workshop September 7: ~16 attendees

Mini Poll

- Online questionnaire “priorities poll”
- Open from mid-August to mid-September
- Purpose was to gain insight on how to balance transportation priorities
- Received 565 responses
- 89% of respondents from Sammamish, 7% from Unincorporated King County



Mini Poll Results: What's the right balance for Sammamish?

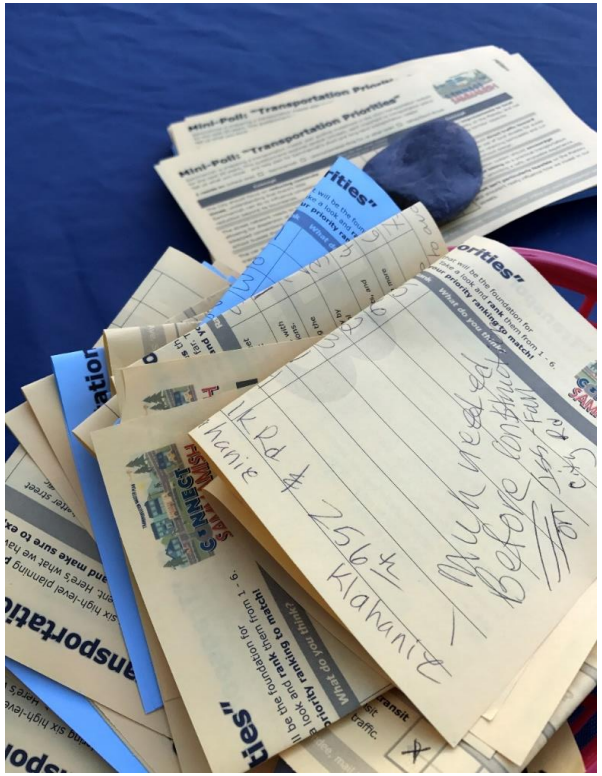
The City should focus on **reducing commute times**, understanding that there's little Sammamish can do to influence congestion reduction beyond its boundaries.	2.2 (A1 A2 A3 A4 A5)	The City should focus on **improvements to local streets** to improve mobility on the Plateau and not on increasing commuting corridor capacity.
The street network needs to be **more connected**, allowing for dispersion of traffic flows, convenient bike/ped connections and efficient routing of school busses through neighborhoods.	2.0 (B1 B2 B3 B4 B5)	The street network should **direct traffic toward arterials**, limiting the use of local streets for autos and school busses by retaining barricades and cul-de-sacs in neighborhood design.
The car is our primary mode of travel, and transportation system designs should give **congestion relief for cars** high priority.	2.1 (C1 C2 C3 C4 C5)	Our transportation system should **encourage walking and biking** as a practical transportation alternative, providing a safe, enjoyable experience.
Transportation investment should **support transit use**, with active lobbying for increased transit service and street designs suitable for bus traffic.	1.9 (D1 D2 D3 D4 D5)	**Transit isn't particularly feasible** on the Plateau and shouldn't really influence how we invest in our streets.

TMP Priorities

- Develop **prioritized project list** to guide capital investments over next 20+ years
- Update C**ity policies and programs** to implement priorities
- **Focus on investments** that move the needle most
- **Based on input** from Council, stakeholders, and community

Mini Poll Results: Priorities

Goal	Average rank
The system should be efficient, maximizing its capacity by synchronizing traffic signals, staggering work and school schedules, and encouraging transit.	2.35
Regional destinations should be easier to access, with more transit and less congestion on commute routes.	2.90
It should be easier to get places on foot, by bike or by car, with connected streets and trails, and improved bike connections.	3.59
Transportation system management should be fiscally sustainable, controlling investment costs, finding grants, and increasing local ability to pay.	3.61
Transportation should be safe & welcoming, with better street crossings, calmed traffic to slow speeds, and increased traffic enforcement.	3.89
The rights of way and trails should look great, enhancing the character that makes Sammamish unique.	4.58



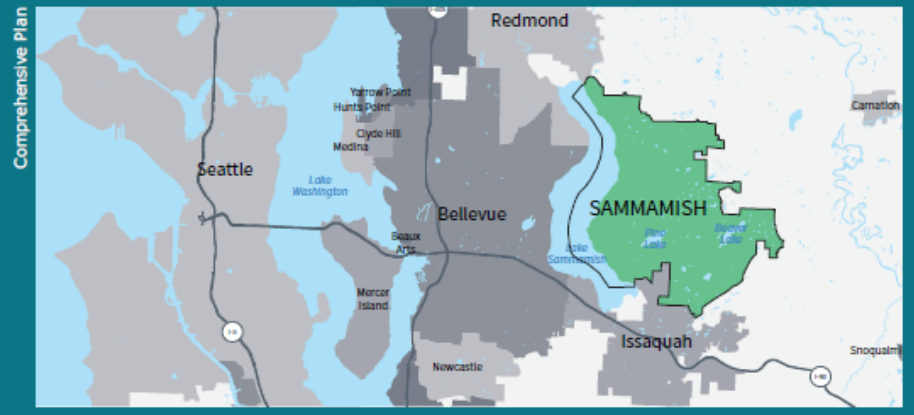
TMP Opportunities| Priority #1: Efficient

- New street & trail connections
- Improve intersection operations & design
- Implement efficiency programs like SchoolPool
- Construct and staff City Traffic Management Center

Maximize people's benefits by using the transportation system **efficiently**

TMP Opportunities| Priority #2: Link to Regional Opportunities

- Work with regional partners (WSDOT, Issaquah, Redmond, King County, transit agencies)
- Advocate for key connections/infrastructure outside of City control



Proactively advocate for investments which improve connections to the **Puget Sound region**

TMP Opportunities| Priority #3: Connected

- Construct safe routes to school
- Offer walk and bike options for shorter trips
- Provide access to transit
- Add more ways to travel between home and destinations

Seamlessly connect the City's multimodal transportation networks

TMP Opportunities| Priority #4: Fiscally Sustainable

- Maintain high impact fees to help fund capital projects
- Pursue additional outside funding
- Continue investment in maintenance

Develop a **fiscally sustainable** transportation plan

TMP Opportunities| Priority #5: Safe & Welcoming

- Address high collision locations
- Invest in traffic calming measures & designs to reduce speeding
- Improve pedestrian crossings

Provide a **safe and welcoming** environment for everyone

TMP Opportunities| Priority #6: Support Community Character

- Make right of way investments focused on moving people **and** other City objectives (stormwater, character, etc.)
- Include aesthetically pleasing and safe street amenities
- Connect local trails, bike paths to nearby parks

Reinforce Sammamish's **community character** through the transportation network

Current LOS & Concurrency Program

Washington State Growth Management Act (GMA)

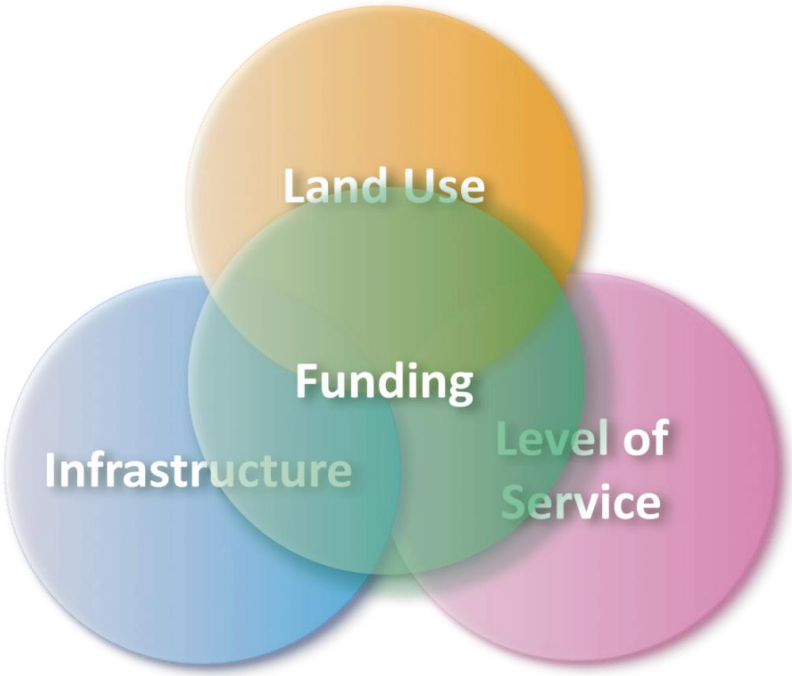
The GMA requires communities to consider the following when updating long-range transportation plans:

- Travel forecasts align with land use assumptions
- Intergovernmental coordination
- Define LOS objectives
- Projects align with LOS objectives
- Ultimate list of projects is financially realistic

Level of Service and Concurrency Program

GMA Strategies to Balance Growth with Transportation Performance:

- Level of Service (LOS) standards are set for transportation facilities
- The City's concurrency program maintains the LOS standards over time
- Impact fees paired with concurrency ensure that "growth pays for growth"

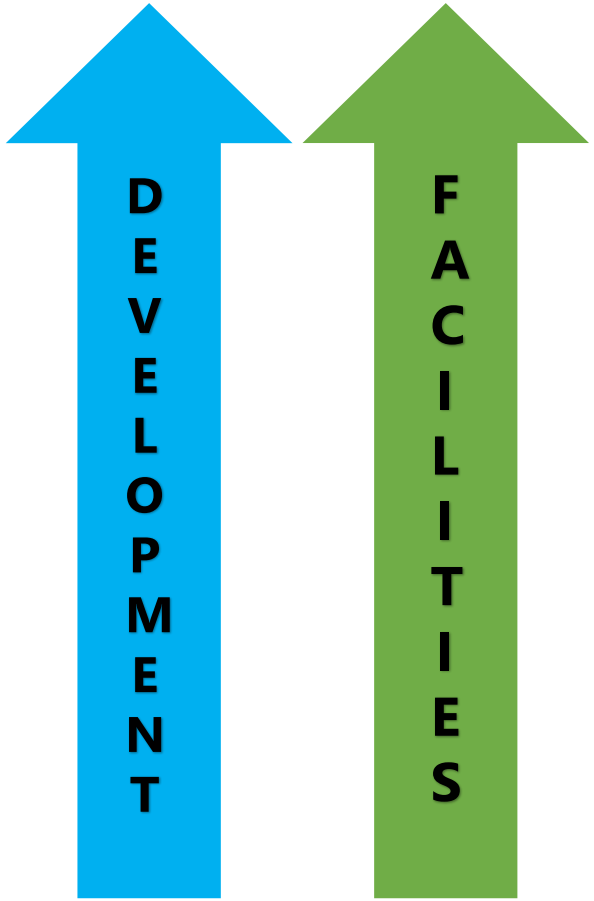


What is Concurrency?

- GMA requires that transportation improvements or strategies to accommodate development impacts be made **concurrently** with land development

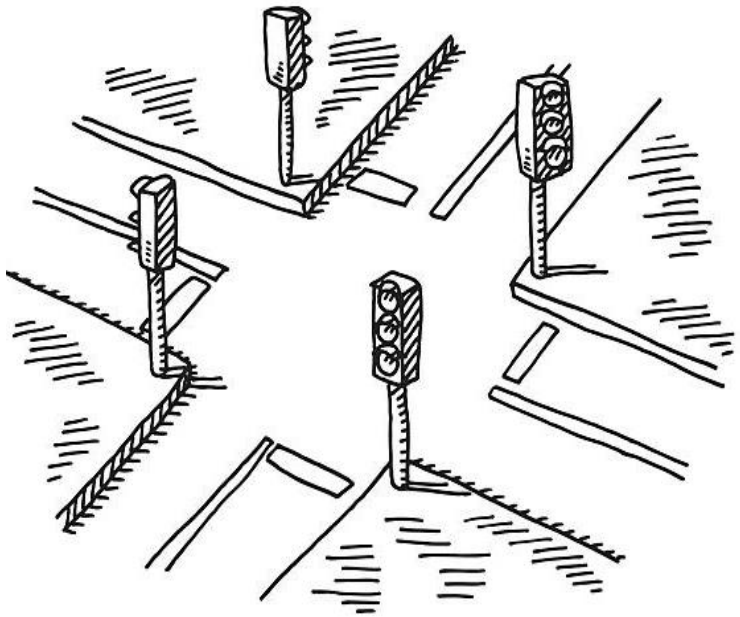
- **"Concurrent with the development"** = improvements or strategies are in place at the time of development, or that a financial commitment is in place to complete the improvements or strategies within six years of development impact

NOTE: The impact of new development occurs at the time of occupancy, not when the development receives its concurrency certificate.



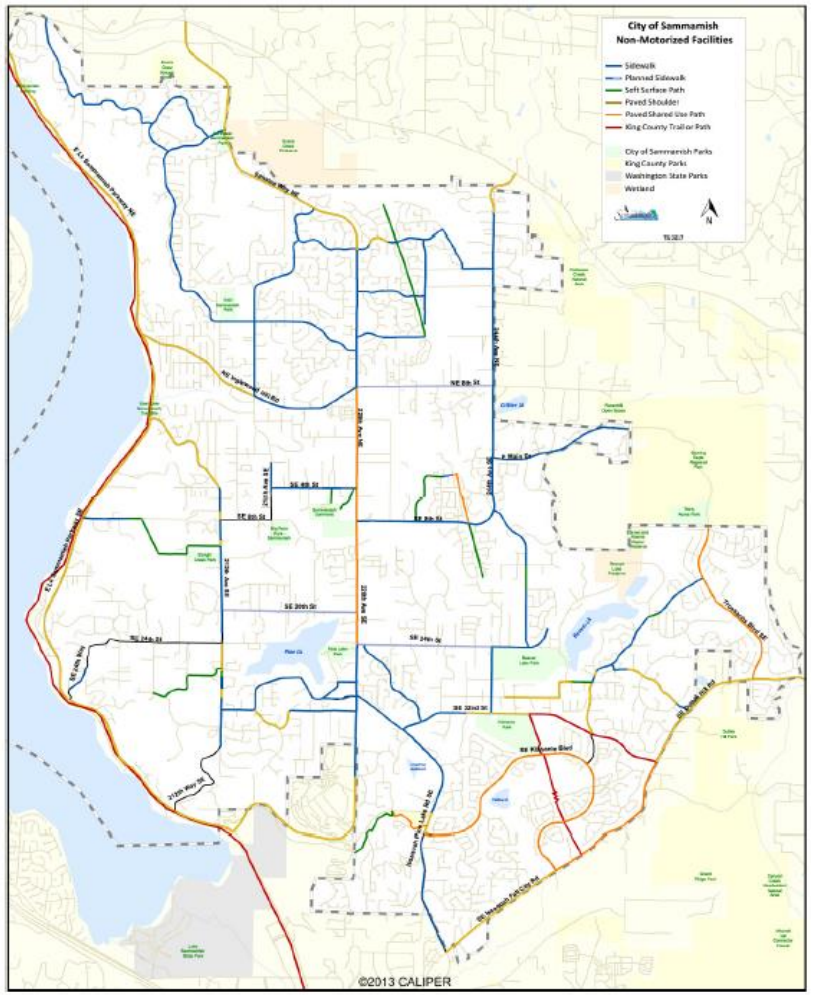
Concurrency

- Concurrency, as provided by GMA, requires cities to adopt a **Level of Service (LOS)** for arterial streets
- GMA does not, however, define the specific LOS standard - <u>this is a City policy decision</u>
- **LOS** is used to determine whether the impacts of a proposed development can be met through existing capacity and/or identify what additional facilities will be required



City's Current Program

- **Intersection LOS**
  - Standard methodology with some divergence from 2010 Highway Capacity Manual
- **Segment and Corridor LOS**
  - Set by City Policy
  - Segment's daily volume must be less than the segment's estimated capacity
  - Segment capacity is defined by lanes, functional classification, land width, median, shoulders, bike lanes, non-motorized facilities



Advantages: Current Program

- Corridor volume-to-capacity includes facilities such as sidewalks, bike lanes and parallel trails - **incentivizes development of “complete streets”**

- Current intersection and corridor standards result in a low level of existing deficiencies - **more project costs funded by impact fees**

- Program considers peak hour intersection delay, a **widely used accepted measure of driver experience**

Disadvantages: Current Program

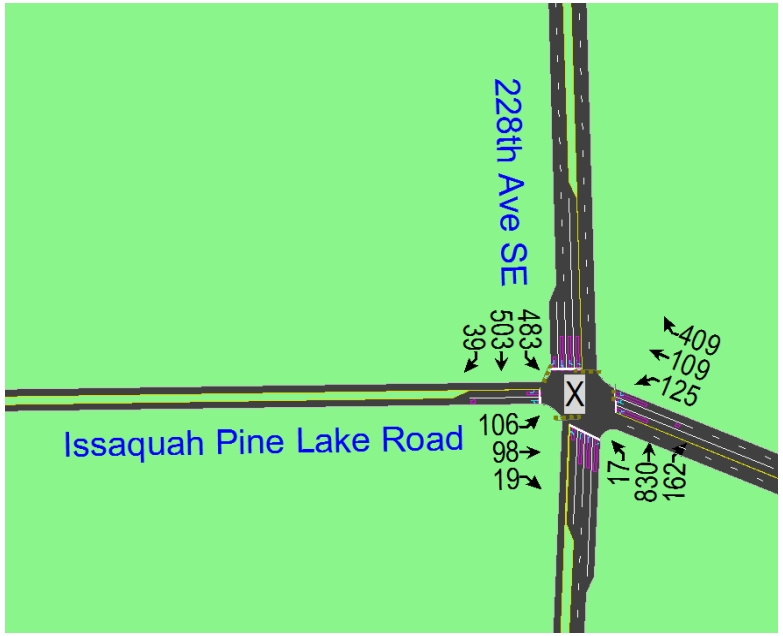
- Non-motorized facilities in the **capacity calculation does not particularly improve driver's experience**
- Weighted average of segments to determine corridor concurrency provides flexibility but **could miss key issues on segments**
- Using daily traffic volumes to calculate segment and corridor performance **misses peaking issues** that impact commutes
- Methodology is **poorly documented**
- Program focuses on arterials and results in **prioritizing the north-south corridors**

Work Completed in 2017

Concurrency | Progress

Council presentations:

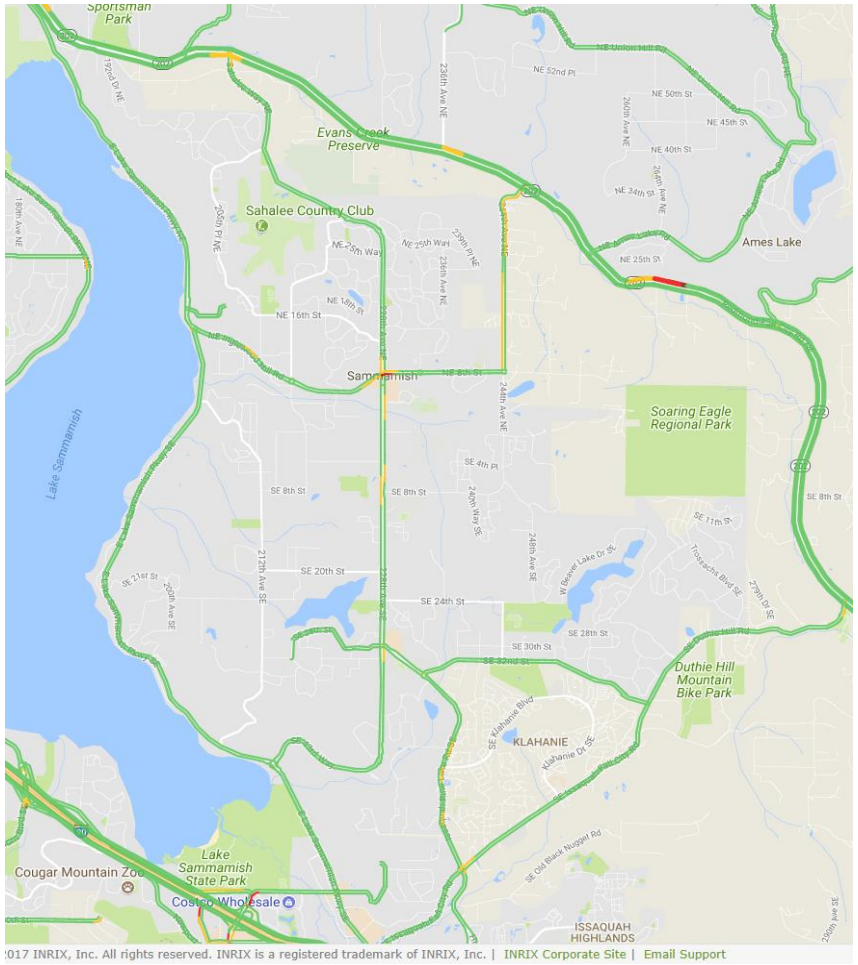
- LOS Assessment (Sept 5)
- Concurrency Best Practices (Sept 19)
- Concurrency Technical Meetings
  (Oct 11 and Nov 28)
- Updates at each Council meeting (throughout the fall)



Concurrency | Outcomes

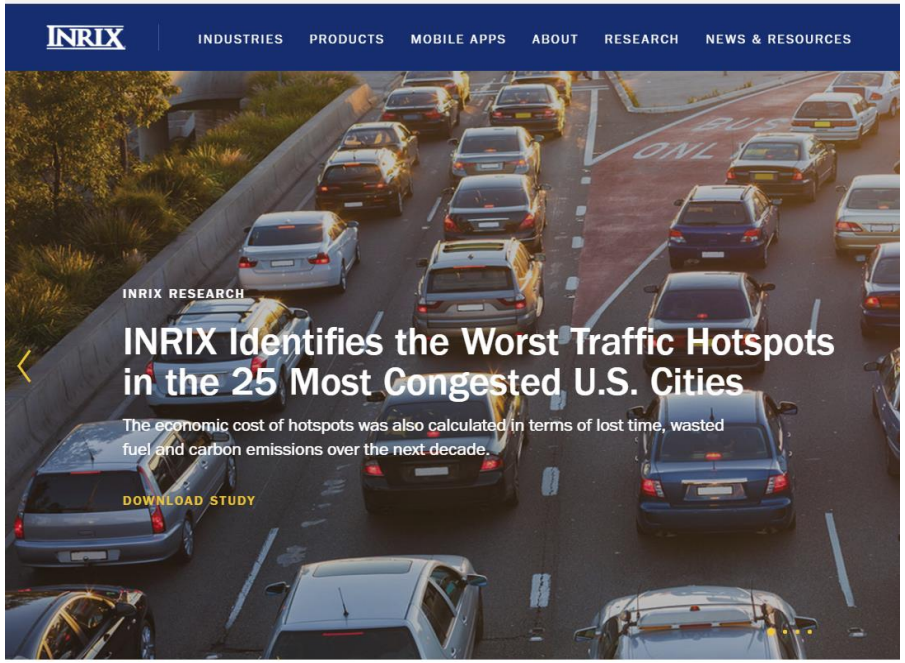
Council direction:

- Leverage innovative data sources
- Generally favored intersection-only concurrency policy
- TMP to establish LOS for walking, biking, and transit
- Ensure impact fees remain high to help fund eligible projects



Concurrency | Council's Questions

- Is intersection-based LOS (or even approach-based LOS) the **best metric of driver experience**?
- Is it wise to adopt a new concurrency system **before a prioritized project list is developed** to support it?
- Are we approaching this planning process in the **most logical fashion**?



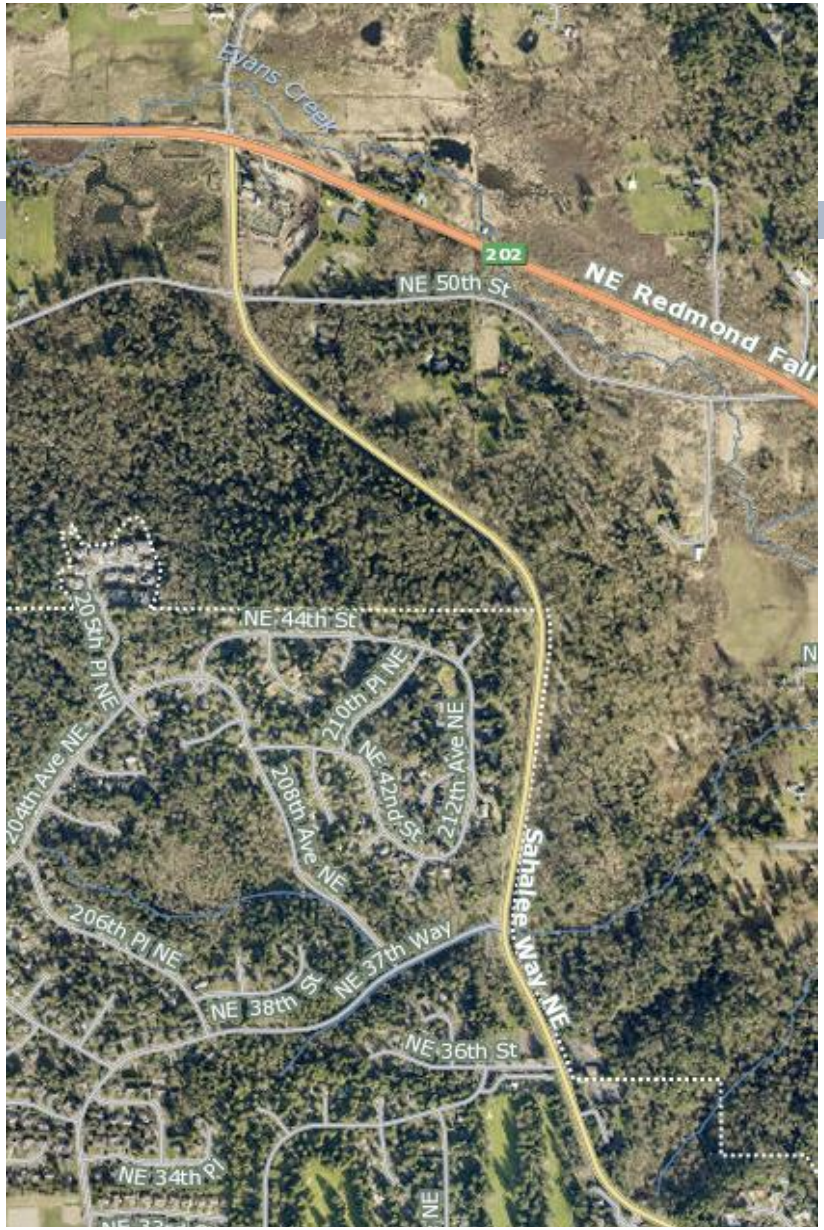
The City's Tools for Transportation Planning

Tool	Capital List Development	System Operations	Development Management
Comprehensive Plan	X		x
Level of Service Standards	X	X	X
Transportation Master Plan	X	X	X
Travel/traffic models	X	X	X
Impact fees	X		
Coordination with other jurisdictions (including transit and WSDOT)	X	X	X
Motorized/Non-motorized data (INRIX, counts, etc)	X	X	X
Development regulations			X
Concurrency			X
Public Works Standards	X	X	X

- The City has a number of tools at its disposal
- Each tool plays a different role
- Concurrency should be viewed alongside these other tools

244th/NE 8th

NE 37th Way/ Sahalee



Proposed Schedule for Moving Forward

Transportation Master Plan
DRAFT PROJECT TIMELINE

Exhibit 1

2017

May | Jun | Jul | Aug | Sep | Oct | Nov | Dec

Data Collection and Vision
Identify Opportunities and Constraints

- Understand what the community values
- Establish rapport with council and community
- Conducted extensive community and stakeholder outreach

LOS & Concurrency Reboot
Understand how we measure transportation performance today

- Compare these metrics with community values
- Identify new measures that will move towards the system we want
- Held in-depth discussions with Council on concurrency and level of service

2018

Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec

Future Scenario Assessment
Develop investment packages to optimize different values

- Get community buy-in on what best fits Sammamish
- Reality check these scenarios
- Future system network (design standards, connectivity/barricades, functional classification)

Plan Development
Develop draft TMP for preferred scenario

- Summarize public outreach and participation
- Describe City's vision for future transportation system
- Describe current and future plans for transportation network, safety, transit, and connectivity needs
- Discuss transportation metrics, policies, and concurrency
- Identify prioritized project list with cost and timelines

Concurrency Program Development

- Refine LOS Standards
- Develop concurrency policy
- Develop materials for Planning Commission/ Council Adoption

Planning Commission & City Council
Review and adoption of Comprehensive Plan Amendment (Concurrency & LOS Policies)

Impact Fees & Funding

- Update impact fees
- Identify sustainable near and long term funding mechanisms and sources for proposed transportation investments

Final Adoption

- Work side-by-side with Council to adopt a TMP that moves Sammamish forward

NOTE
Planning Commission meetings and code updates not shown.

Council decision/ update

Public outreach

DEC 12
Council direction on AM model

JAN 16
Update on concurrency policy, discuss draft investment packages

FEB 13
Discuss concurrency policy

MAR 13
Discuss investment scenarios and selection criteria

APR TBD
Pop up #2

APR 17
TMP Update

MAY 15
Select preferred scenario

JUN 4
Select preferred scenario (continued)

JUL 17
TMP update

AUG TBD
Pop up #3

SEP 11
TMP funding options and concurrency approach discussion

SEP 18
TMP 1st reading

OCT 9
TMP 2nd reading and traffic impact fees

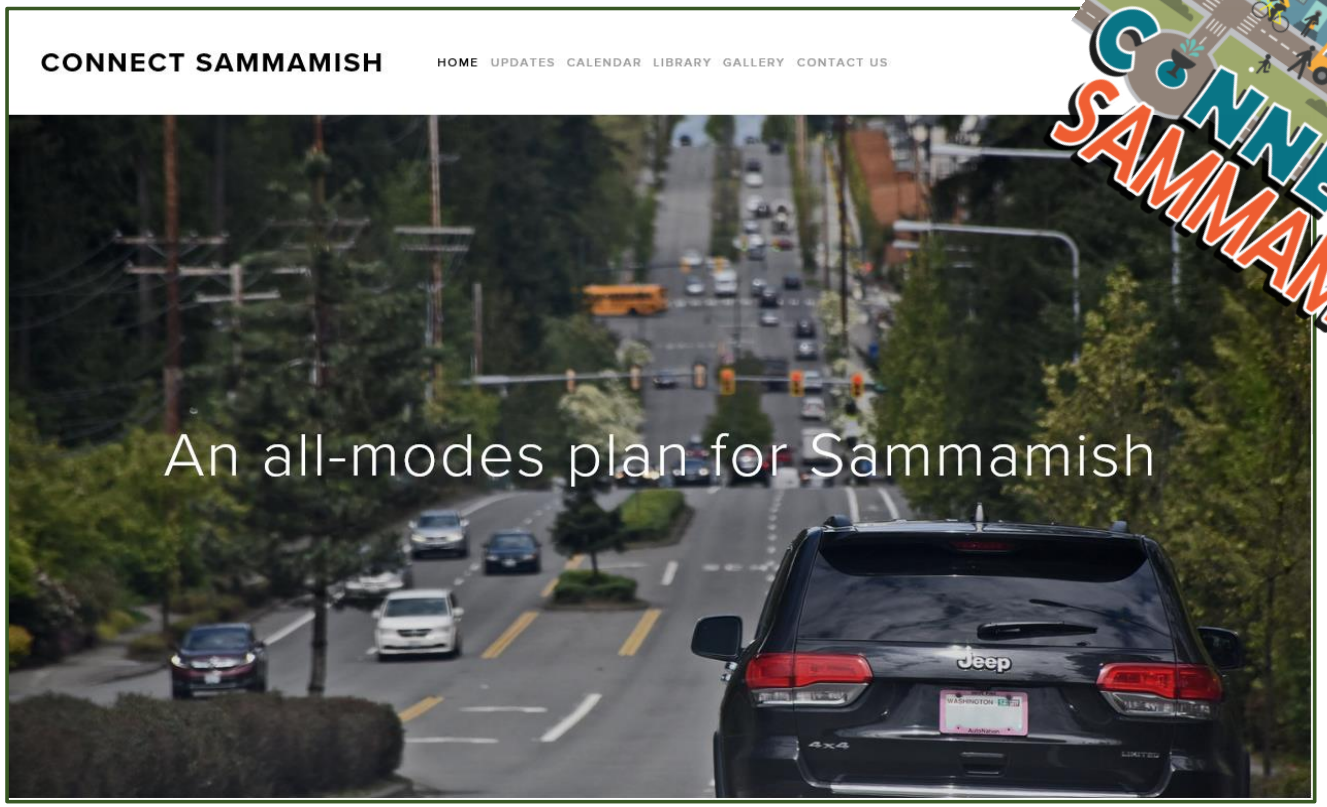
NOV 6
TMP adoption

NOV 20
Comp plan 1st reading

DEC 18
Comp plan adoption

Updated February 2018

Thank You



TMP Website: www.sammamish-tmp.com

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AGENDA CALENDAR

Meeting Date	Packet Material Due	Time	Meeting Type	Topics
Feb 2018				
Tuesd 2/20	2/12	6:30 pm	Regular Meeting	Cancelled
Tues 2/27	2/12	6:30 pm	Special Meeting	Resolution: Approving the Parks, Recreation & Open Space (PRO) Plan <u>Consent:</u> Contract: Stormwater Attributes and Feature Mapping - GIS Contract Amendment: Zackuse Creek ELSP Fish Passage Project Design/Otak Contract: Zackuse Creek ELSP Fish Passage Project Construction Management Services/TBD
Mar 2018				
Mon 3/05	2/26	6:30 pm	Study Session	Presentation & Discussion: Issaquah Fall City Road Project Update Discussion: Sidewalk Gap Program and Projects Discussion: YMCA Property

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Tues 3/06	2/26	6:30 pm	Regular Meeting	Presentation: A Regional Coalition of Housing (ARCH) (30-minutes) Ordinance**:** First Reading, Authorizing Use Of Condemnation Pursuant To Chapter 8.12 RCW As Required For The Issaquah Fall City Road Street Improvement Project; And Authorizing Payment Therefor From The City's Transportation Capital Improvement Program Resolution: ARCH 2018 Work Program (30-minutes) Resolution: ARCH 2018 Housing Trust Fund (30-minutes) Ordinance**:** First Reading, Authorizing Use Of Condemnation Pursuant To Chapter 8.12 RCW As Required For The Issaquah Fall City Road Street Improvement Project; And Authorizing Payment Therefor From The City's Transportation Capital Improvement Program Public Hearing/Ordinance: First Reading Development Moratorium (30-minutes) <u>Consent:</u> Contract: Design Contract for Issaquah Pine Lake Road Improvements from SE 32nd to SE Klahanie Blvd/TBD Resolution: Adopting the Human Service Needs Assessment Bid Award: SE 4th Street Improvement Project Contract: Flashing Yellow Light and Minor Intersection Improvements Design/TBD Resolution: Inglewood Hill Stormwater Retrofit and Non-motorized Improvement Project Project Acceptance
Tues 3/13	3/05	6:30 pm	Study Session	Presentation: Art Commission Update (15-minutes) Presentation: Pavement Overlay Program (15-minutes) Discussion: Review Draft Concurrency Policy (60-minutes Discussion: Transportation Master Plan Review of Investment Scenario Selection Criteria (30-minutes) Discussion: Big Rock Park Parcel B Master Plan Update (30-minutes)

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Tues 3/20	3/12	6:30 pm	Regular Meeting	Presentation: YMCA Annual Report Public Hearing/Ordinance: First Reading Update to the Parks Element of the Comprehensive Plan (15-minutes) Ordinance: Fireworks Enforcement Presentation: Basin Plan Priorities – Stormwater Capital Improvement Project Priority Criteria (30-minutes) Discussion: Stormwater code updates (45-minutes) <u>Consent:</u> Ordinance: Second Reading Development Moratorium Bid Award: 2018 Concrete Sidewalk/HC Repairs
Apr 2018				
Mon 4/02	3/26	6:30 pm	Study Session	Presentation & Discussion: Comprehensive Plan Transportation Element (Concurrency & LOS Update) (2-hours)
Tues 4/03	3/26	6:30 pm	Regular Meeting	<u>Consent:</u> Interlocal: Zackuse Creek ELSP Fish Passage Project/King County Bid Award: Zackuse Creek ELSP Fish Passage Project construction/TBD
Tues 4/10	4/02	6:30 pm	Study Session	Discussion: Police Services Study (60-minutes)
Tues 4/17	4/09	6:30 pm	Regular Meeting	Presentation: Habitat for Humanity <u>Consent:</u>
Mon 4/30	4/23	6:30 pm	Study Session	Presentation & Discussion: Comprehensive Plan Transportation Element (Concurrency & LOS Update) (90-minutes)
May 2018				
Tues 5/01	4/23	6:30 pm	Regular Meeting	<u>Consent</u> Bid Award: 2018 Pavement Overlay Project Bid Award: Sahalee Way Stormwater Tightline Project/TBD Bid Award: Stormwater Facility Maintenance/TBD Bid Award: Stormwater Pond Mowing/TBD

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Tues 5/08	4/30	6:30 pm	Study Session	Discussion: Signage Regulations Overview and Update (60-minutes) Discussion: YMCA Property (60-minutes) Discussion: Introduction to the Water Quality Monitoring Strategic Plan and Implementation (60-minutes)
Tues 5/15	5/07	6:30 pm	Regular Meeting	Public Hearing/Ordinance: First Reading Signage Regulations Update (60-minutes) Public Hearing/Ordinance: First Reading Comprehensive Plan Transportation Element Amendment (Concurrency & LOS) <u>Consent</u> Contract: Water Quality Monitoring Strategic Plan/TBD Contract: ADA Transition Plan Consultant/TBD Contract: Big Rock Park Parcel B Master Plan Update/TBA
June 2018				
Mon 6/04	5/28	6:30 pm	Study Session	Discussion: Transportation Master Plan Preferred Investment & Policy Scenarios (90-minutes)
Tues 6/05	5/28	6:30 pm	Regular Meeting	Ordinance: Second Reading Adoption of Comprehensive Plan Transportation Element (Concurrency and LOS Update) Public Hearing/Ordinance: First Reading Water Quality Monitoring Strategic Plan and Implementation <u>Consent:</u> Ordinance: Second Reading Signage Regulations Update Contract: ITS Phase 2 Design/TBD Bid Award: ELSP/SE 33rd St Enhanced Crosswalk Project/TBD Bid Award: Louis Thompson Hill Road Slide Repair Project/TBD Bid Award: East Lake Sammamish Parkway Ditch Maintenance/TBD
Tues 6/12	6/04	6:30 pm	Study Session	Discussion: Police Services Study (60-minutes)

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Tues 6/19	6/11	6:30 pm	Regular Meeting	Presentation: Transportation Master Plan Selection of Preferred Investment & Policy Scenarios (90-minutes) Presentation: Resolution 2019-2024 Transportation Improvement Program (60-minutes) Ordinance: Second Reading and Adoption of Water Quality Monitoring Strategic Plan and Implementation <u>Consent:</u> Bid Award: Flashing Yellow Arrow Installation Project/TBD Bid Award: Minor Intersection Improvements Project/TBD
July 2018				
Mon 7/02	6/25	6:30 pm	Study Session	
Tues 7/03	6/25	6:30 pm	Regular Meeting	<u>Consent:</u>
Tues 7/10	7/2	6:30 pm	Study Session	Discussion: Urban Forest Management Plan (60-minutes) Discussion: Big Rock Park Master Plan Update (60-minutes)
Tues 7/17	7/09	6:30 pm	Regular Meeting	Presentation: Transportation Master Plan Update (90-minutes) <u>Consent:</u> Resolution: Adopting the Police Services Study Bid Award: Citywide Guardrail Repair/TBD Contract: Pacific Estates Bog (21st St/21st Pl) Stormwater Improvement Project - Consultant Services/TBD Contract: George Davis Fish Passage Project - Consultant Services/TBD
Aug 2018				**No Meetings**
Sept 2018				
Mon 9/03		6:30 pm	Study Session	**<u>Canceled for Labor Day</u>**
Tues 9/04	8/28	6:30 pm	Regular Meeting	Presentation: Housing Strategy – Part I (60-minutes) <u>Consent:</u> Contract: Beaver Lake Park Phase 1 Improvements, Design/TBD Contract: Laughing Jacobs Creek Basin Plan - Consultant Services/TBD
Tues 9/11	9/03	6:30 pm	Study Session	Discussion: 2019-20 Budget (2-hours) Discussion: Transportation Master Plan Funding Options (90-minutes)

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Tues 9/18	9/10	6:30 pm	Regular Meeting	Presentation: Transportation Master Plan and Traffic Impact Fee Study Update (60-minutes) Presentation: Housing Strategy-Part II (60-minutes) <u>Consent:</u> Resolution: Sahalee Way Stormwater Tightline Project Acceptance
Oct 2018				
Mon 10/01	9/24	6:30 pm	Study Session	Discussion: Capital Facilities Element Updates – School Impact Fees (30-minutes) Discussion: 2019-20 Budget (2-hours)
Tues 10/02	9/24	6:30 pm	Regular Meeting	Public Hearing/Ordinance: First Reading Capital Facilities Element Updates – School Impact Fees (30-minutes) Public Hearing/Resolution: Housing Strategy Approval (60-minutes) <u>Consent:</u>
Tues 10/09	10/01	6:30 pm	Study Session	Discussion: Transportation Master Plan Update and Traffic Impact Fee Update (60-minutes) Discussion: 2019-20 Budget (2-hours)
Tues 10/16	10/08	6:30 pm	Regular Meeting	Resolution: Housing Strategy Approval (if needed) Public Hearing/Ordinance First Reading Housing Element Updates – Housing Strategy (15-minutes) <u>Consent:</u> Resolution: Flashing Yellow Arrow Installation Project Acceptance Resolution: East Lake Sammamish Parkway Ditch Maintenance Project Acceptance
Nov 2018				
Mon 11/05	10/29	6:30 pm	Study Session	

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Tues 11/06	10/29	6:30 pm	Regular Meeting	Public Hearing/Ordinance: First Reading of the 2019-20 Budget Public Hearing/Ordinance: First Reading for the 2019 Property Tax Levy Ordinance including Presentation of 2019 Revenue Estimates from all Sources Public Hearing/Ordinance: First Reading Transportation Master Plan Adoption Public Hearing/Ordinance: First Reading Comprehensive Plan Transportation Element Amendment (Capital Facilities, Impact Fees) <u>Consent:</u> Resolution: ELSP/SE 33rd Crosswalk Project Acceptance
Tues 11/13	11/05	6:30 pm	Joint Study Session w/Park & Rec Com.	Discussion: Big Rock Park Parcel B Master Plan Update Discussion: Lower Commons Master Plan Update
Tues 11/20	11/12	6:30 pm	Regular Meeting	Public Hearing/Ordinance: First Reading 2019 School Impact Fee Update (15-minutes) Ordinance: Second Reading of the 2019-20 Budget ordinance. Ordinance: Second Reading of the 2019 Property Tax Ordinance Resolution: 2019 Fee Schedule Resolution: 2019 Salary Schedule (COLA) Resolution: 2019 Medical Premium Co-pay Ordinance: Second Reading Transportation Master Plan Adoption Resolution: Adopting the 2019 Legislative Priorities <u>Consent:</u> Resolution: Minor Intersection Improvements Project Acceptance
Dec 2018				
Mon 12/03	11/26	6:30 pm	Study Session	Discussion: 2019 Comprehensive Plan Amendments – Docket Requests (60-minutes) Discussion: Urban Forest Management Plan (60-minutes)

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Tues 12/04	11/26	6:30 pm	Regular Meeting	Public Hearing/Resolution: 2019 Comprehensive Plan Amendments – Docket Requests (60-minutes) Ordinance: Final Reading Annual Amendments to the Comprehensive Plan (30-minutes) <u>Consent:</u> Ordinance: Second Reading School Impact Fee Updates Contract: Environmental Review Support Services/TBD Contract: Building Inspection Support Services/TBD Contract: Building Plan Review Support Services/TBD Contract: Planning Review Support Services/TBD Contract: Klahanie Master Plan/TBD Bid Award: Vactoring Contract – Small Public Works Maintenance Contract/TBD Bid Award: Stormwater Facility Maintenance – Small Public Works Maintenance Contract/TBD Bid Award: Stormwater Pond Mowing – Small Public Works Maintenance Contract/TBD Contract: 2019-2020 City-wide Water Quality Monitoring - Consultant Services/TBD
Tues 12/11	12/03	6:30 pm	Study Session	
Tues 12/18	12/10	6:30 pm	Regular Meeting	<u>Consent:</u>

	To Be Scheduled	**To Be Scheduled**	**Parked Items**
	• Lk. Sammamish Water Level • Growth Centers • Internet Usage & Social Media Policies • Indexing the impact fee rates • Code amendments related to the TMP including Titles 14 and 14A.	• Special Events Ordinance • Maintenance Safety Program Adoption • M&O Strategic Plan • Fleet Management Policy • Roadway Funding Strategy • Maintenace & Fire Station Facility Assessment • Franchise Agreement/SPWS • Comprehensive Solid Waste Plan	• Inner City Bus Service • Good Samaritan Law • Plastic Bags • Policy on Drones in Parks • Review of regulations regarding the overlay areas, low impact development and special protection areas for lakes.