

A Tribute To Those Murdered By Knife - Gun or Gang Violence

If you are reading this book someone
you know has been murdered by Knife -
Gun or Gang Violence

This book contains information that can save
the lives of other family or friends that you
know.

Please go through the material with family and
friends at this crucial time.

A Public Health Approach To The Contagion of Violence

What we can do as a community to reduce knife,
gun and gang violence

- Training videos and Lesson Plans
- 10 principles of Street Conflicts
- Active/Violence Interrupters



Please scan for a PDF of
The Little Red Book of
Violence Reduction

A Pioneering Violence
Reduction Intervention



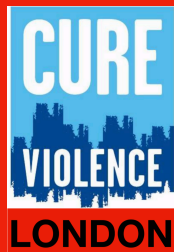
So verily with the
hardship, there is a
relief, verily with the
hardship, there is a
relief.



This world is shrouded in darkness. Here, only a few can see their
way free. These few birds escape from the net, and fly away to
the heavens.

Peace I leave with you; my peace I give to you. Not as the
world gives do I give to you. Let not your hearts be troubled,
neither let them be afraid.

www.ViolenceInterrupter.com



The Unseen - A Poem

Let the blessings remain,
Return curses from whence they came,
For Love received We return the same,
They ask and seek, but know not our
names.

We are Unseen but for a few,
We observe Life and what you do,
What you have, what you lost, what you
found and what you knew.

A message We bring of Life and Light,
Though you might suffer through day
and night,
The world you know, is but a stage,
The Universe the platform, your body a
cage.

That which you seek to hide,
On earth might be true,
In the realms of Unseen, in plain view.
Forget not, that We stand with you.

And We will Love as you Love,
Hate as you Hate,
Not an act forgotten,
As you pass through the gate.

For there are worlds of wonder,
Freedom, Life and Love,
And sights that cannot be imagined,
By those who walk the earth.

Every act you make,
In energy carries weight,
How you are charged,
Will determine your fate.

Your energy will pull you,
After your skin is shed,
And in an instant you'll know,
Whether to smile or dread

For those who were afflicted,
The tortured, imprisoned, wronged,
The impoverished, starving,
Those without a song.

Those who died in defence,
Of something greater than themselves,
Who gave their life for others,
Their energy is immense.

With Lightings speed shall you be
snatched,
When you draw your final breath,
And you will not know suffering,
And you will not know death.

Many a world will await you,
Or transform if you please,
Through your Love's hair,
You can be a gentle breeze.

Or the Whisper that stirs,
A young warriors heart,
The thought that enters Mind,
To fight for Light and play their part.

Comfort we seek to bring in Word,
For every prayer thought unanswered,
For every cry thought unheard.

In Our Hearts you have a Song
And from the Universe you came
And to the Universe you belong.



A Letter from the Author

Coping With The Murder of A Loved One

Dealing with the murder of a family member, friend or partner can be a life changing experience. For many, recovery from such an event can take years, for some, learning to cope is the best they can manage.

My journey into violence reduction was really inspired by the murder of my cousin - Denzil Sutherland 29/3/2003. (pictured right)

Denzil was stabbed to death in what I suspect to have been a hit. The vehicle he was in, was hit from behind and the occupants subsequently stabbed Denzil in the ensuing argument. Denzil managed to drive back to his mum's house on Mother's day to say goodbye before succumbing to his wounds later in hospital.

Dealing with the shock

During this time I was married with kids living in Barbados and running two businesses, I was at our apartment when I heard a knock on the door. My father-in-law said he had some bad news from London, "Your cousin, Denzil, he's dead". I can't remember really having an immediate reaction, I recall walking around the apartment in a daze, having the urge to punch through the wardrobe doors.

I made a call to a friend back in London and asked him to "put his hands on what he needed to put his hand on for me, because I was coming back to London." A reference for him to get a gun for me.

My ex-wife could sense I wasn't altogether there and she kinda stayed with me throughout the day. Within a few hours I was at the local gun range where I bought several boxes of ammunition and proceeded to hit the targets at the range, for what seemed to be hours.

After, I met my ex-wife at the bar, ordered a drink and then began admiring the bar. I then asked the bartender to get me job application papers for a bartender vacancy at the range.

My ex-wife looked at me and asked me what I was doing?

There I was, married with kids, two businesses which took up all my time and I was trying to get a job as a bartender after putting a request in for a gun back in London.



Coming back to reality

The immediate two weeks after a murder is a very high-risk time for people connected to the victim and the perpetrators. It is a time where most revenge attacks and further violence will occur due to the shock of the events.

Thankfully, due to being in another country, by the time I got my head right to start thinking about plane tickets back to London I had gotten out of the worst of the shock and was able to bring myself to reality, I had a wife (at the time), two kids and a life. And that was my saving grace.

Had I have been in London without an intervention I would have acquired a gun and looked for revenge and continued what could have been a cycle of violence that lasted for years with several murders.

Interrupting the Spread of Violence

In the next few pages of this book we will look at methods and strategies to not only to stop further violence, but the methods we can use to stop it occurring in the first place, to safeguard the lives of those around us.

Jason Featherstone

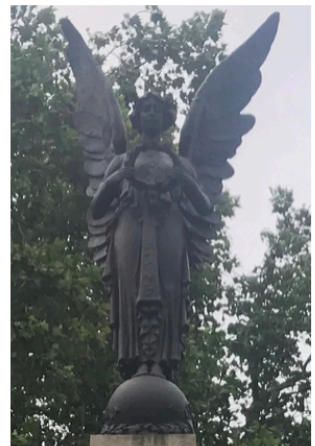
The 10 Principles of Street Conflicts

1. The more time you spend in a street conflict the more likely it is that someone you know will be murdered.
2. The best action you can take to save the lives of friends and family is to resolve conflicts as soon as possible.
3. A conflict that starts in school can lead to several murders that continue years after leaving school.
4. If you commit murder, you not only put your friends and family at risk of revenge attacks, you risk your freedom in terms of a life sentence that can be anything from 11 years to a whole life sentence in prison.
5. A hidden truth. Guns in the community are provided by a society that enslaves those who use them. Always view anyone who attempts to provide you with a firearm as an enemy trying to enslave you.
6. Conflicts distract you from achieving goals in life.
7. If you do not have an education in conflict and conflict resolution, your education is incomplete. It is as important as maths, science and English as a life skill.
8. The 10 principles of street conflict can save your life and the lives of your friends and family. Learn them by heart.
9. Seeking revenge for murder or acts of violence can lead to more violence and murder of people you know, that you will need to seek further revenge for, creating a cycle that can last for years. Ultimately, all the murder in the world will not bring loved ones back who were murdered but resolving conflicts can safeguard the lives of other friends and family who are still alive.
10. Only people who work for specific societies will not want to resolve conflicts in the community. There are societies that exist in our community that work to keep the community in a state of conflict and violence. You can identify these individuals by their lack of willingness to resolve conflicts.

Exceptions to the 10 Principles

Unfortunately we live in a world where certain truths are unavoidable, we live in a society where very terrible things exist, even in London. Things like trafficking, slavery, forced prostitution and queerification.

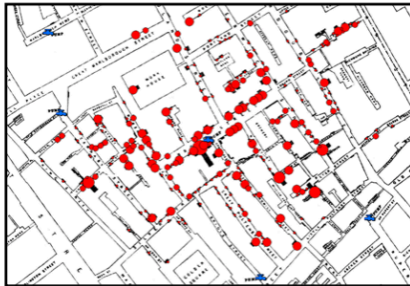
If you find yourself in a situation such as these, you have a right to insurrection against those who would wish to deny you your freedom and right to live a happy and free life.



The Public Health Approach to Violence Reduction

The primary difference between a public health approach to violence reduction and a criminal justice approach is the method. The criminal justice system is an enforcement led approach which identifies and investigates violent crime with a view to imprisoning those involved.

In the times of the bubonic plague, before the illness was understood, those who were infected were thrown into dungeons.



With a public health approach, an area with high rates of an illness is identified and an investigation is begun to discover the root cause of the illness. Once the cause is detected, a treatment or cure is applied to eradicate the illness and stop more people becoming infected. Finally people are educated in new methods to reduce and stop future potential outbreaks creating new norms

In 1854 there was an outbreak of Cholera in Soho - London, which killed 550 people in two weeks. Jon Snow was the first to apply epidemiological methods (disease control methods) to such an issue. Using a map he plotted every instance of cholera in the area and in the centre of the map there was a water pump.

Further Investigations led to Jon Snow reporting: "The result of the inquiry, then, is, that there has been no particular outbreak or prevalence of cholera in this part of London except among the persons who were in the habit of drinking the water of the above-mentioned pump well."

Finally to remedy the situation, the handle of the water pump was removed and this action brought the outbreak under control. The well had also been contaminated by a nearby cesspit.

The 5 Components of the Public Health Approach to Violence Reduction

Identify - areas with high rates of violence and individuals likely to exhibit violence.

Detect and Treatment - Discover the primary causes for violence and create treatment

Change Behaviours and Norms - People are taught methods to stop future outbreaks until the new methods are accepted as normal

The 4 components of the Cure Violence Methodology

1. Public Education

Public education material is created (for example - this newsletter) and distributed to all areas identified as hotspots for violence i.e areas with high rates of violence

- The public education material taught over time will ultimately lead to a change in behaviours and norms (things people do) of high-risk individuals and stop future outbreaks of violence
- It also provides a vaccine for children - the idea being that if we teach our children public health in terms of violence like we teach them maths and science, by the time they reach the high-risk ages of 14-27, they will have the information and training required to stop future outbreaks - Like they have been taught to clean their hands before eating

2. Community Mobilisation

People in the identified areas, local businesses, criminal justice, schools, colleges etc, are advised of the Cure Violence methodology and provided with public education material and training in public health methods to reduce violence

3. Faith Based Leadership

Local faith based organisations in hotspots provide a significant platform for the Cure Violence methodology to intervene in the lives of those at highest risk of violence.

- Many times these organisations will provide the funeral services of those who have been murdered - During these services - The Tribute to Those Murdered can be displayed.
- Friends and family of high-risk individuals and high-risk individuals themselves (people at high-risk of an involvement in violence as either a victim or perpetrator) attend faith based services, prayers and functions
- Public education material and training in the Cure Violence methodology from trained faith leaders, can be delivered to congregations and at lessons for children like Sunday school, sabbath school or at workshops

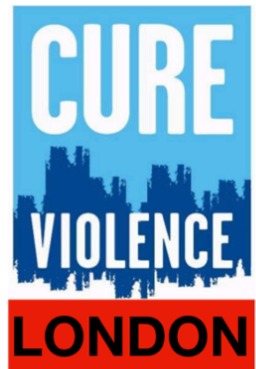
4. Detect and Treatment

From the water pump example:

- Detect the handle from the water pump and well are contaminated with cholera by examining data/information
- Treatment was to remove the infected handle to stop further infections of cholera, replacing it with a clean one and addressing the contamination of the well.

In terms of violence - Violence Interruption

- Detect - Primary causes of violence in an area, weight each cause with a percentage to prioritise the violence that needs to be treated in order of percentage
- Treatment - Create a strategy to interrupt and eradicate the type of violence detected, share the strategy with all high-risk individuals identified to implement



Violence Interrupters are the people that remove the infected handle from the water pump, stopping the spread of the disease. It is a high-risk function, going in to an area whilst an infectious disease is present, detecting the cause and treating/curing the issue. In terms of violence, Violence Interrupters perform high-risk conflict mediation meaning they work to resolve conflicts between groups, gangs or individuals in a specific area who are engaged in an active violent conflict.

Traditional Violence Interrupters

- History of violence/gang affiliation
- Detects causes of violence and creates treatment/cure
- No offending for a few years
- Has good connections to high-risk people in a hotspot
- Excellent communication skills
- Team Player
- Can take criticism
- Community leader
- Trained in high-risk conflict mediation
- Resolves conflicts via high-risk conflict mediation to stop the spread of violence in a hotspot

Active Violence Interrupters

- Active in violence/gang activity, potentially a leader
- Detects causes of violence and creates treatment/cure
- Promotes new ways of doing things to reduce violence - You make more money in peace
- Good connections to high-risk people in a hotspot
- Excellent communication skills
- Team Player
- Can take criticism
- Trained in high-risk conflict mediation
- Resolves conflicts via high-risk conflict mediation to stop the spread of violence in a hotspot

Never attempt to resolve a conflict between people you do not know

Cure Violence Methodology Training

Active/Violence Interrupter Training

High-Risk Group Mediations - Dynamics and Security Concerns



Actions For Community on Notification of Knife - Gun - or Gang Violence

When a Murder has Occurred

- Notify community that a murder has taken place with as much information as possible
- Raise funds to provide education material for intervention
- Identify members with a connection to family or friends of the deceased and those with a connection to the perpetrators where possible
- Organise for the friends and family of the deceased to be supported through the 2 week trauma timeframe - instigate baby-sitting for those identified to be at high-risk of involvement of revenge with further baby-sitting for the next few months
- Ensure friends and family of the deceased are provided with the Tribute to Those Murdered newsletter as soon as possible
- Endeavour to provide the perpetrator/s and associates/family with the Little Red Book of Violence Reduction
- Endeavour to get all those active in the conflict on the Active Violence Interrupter Training

**Remember to leave the Active/
Violence Interruption to people
who know those active in the
conflict and those who are active in
the conflict.**

**DO NOT ATTEMPT TO USE
STRANGERS TO PERFORM
ACTIVE/VIOLENCE
INTERRUPTION WITH PEOPLE
THEY DO NOT KNOW**

Identify

Incidence of violence or murder in local community and people likely to be involved in violence/revenge on both sides of the conflict moving forward

Detect

Discover the root cause of violence for the people involved - remember the misinformation example from the training. Get those involved in violence to give each cause of violence a % in terms of what causes the most violence

Treat

Create a strategy to eradicate the strain of violence identified. Share the strategy to all identified as high-risk and to the entire community
Create positive messages for new desired behaviour to treat the strain of violence identified
Create negative messaging when old undesired behaviours spread the strain of violence identified
Ensure entire community is involved in messaging strategy

Change Behaviours and Norms

Continue to provide public health training and education material to community via sessions and group chats updating with all new strategies created until new behaviours are accepted as normal

Please visit www.ViolenceInterrupter.com
For posters, Newsletters and more information
JasonFeatherstone@ViolenceInterrupter.com
07824442467