

197-the-minds-of-mass-shooters

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SPEAKERS

Shavaun Scott, JJ Janflone, Kelly Sampson



JJ Janflone 00:08

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JJ Janflone 00:38

Hey, everybody, welcome back to another episode of Red, Blue, and Brady. I'm one of your hosts, JJ.



Kelly Sampson 00:43

And I'm your other host, Kelly.



JJ Janflone 00:44

And today we're here to talk about something that, it's hard to say this Kelly, you know it might get talked about too much or just not well. We're talking about mass shootings, which as listeners of this podcast know, are not the most common form of gun violence affecting Americans. However, it is a form of gun violence that is tragically misunderstood.



Kelly Sampson 01:03

It may not be the most common, but mass shootings are definitely one of the leading places where agents of misinformation like to go to spread lies about gun violence and its causes. So it's really important to understand it.



JJ Janflone 01:17

Absolutely. And who better to understand it than a mental health therapist who spent 30 years working in violence prevention. And that is our guest today, Dr. Shavaun Scott. She's the author of the book, "The Minds of Mass Killers," which specifically deals with different pathways to violence, that a lot of mass murders, and of course, then mass shooters, use. We're still following no notoriety. That never changes. But what we're talking about is what kind of maybe drives shootings.



Kelly Sampson 01:44

Yeah, and the reason why this is important, as we'll hear, is because, as part of an overall gun violence prevention plan, which includes obviously dealing with the proliferation of firearms itself, we also need to be thinking about risk factors and dangerousness as we craft laws. And so this episode is really helpful for that.



Shavaun Scott 02:06

I'm Shavaun Scott. I live in Portland, Oregon, and I'm a psychotherapist and a writer, and have recently written a book on the psychology of mass killers. It's called "The Mind of Mass Killers: Understanding and Interrupting the Pathway to Violence." I'm an anti-violence activist, and very interested in applying psychology to social problems, and of course, trying to do a better job than we've been doing with this summer of horror we're dealing with right now.



JJ Janflone 02:34

Thank you so much, Shavaun. And I wonder, you know, just before we really get into the heart of it, I'm always so curious, you know, what brought you into studying violence and gun violence specifically?



Shavaun Scott 02:45

I've been in private practice since 1991, full time. But in addition to that, I've also worked as a member of multidisciplinary treatment teams in behavioral health agencies, dedicated to intensive therapy for people who have committed violent crimes. Many of them were mentally ill with a whole gamut of diagnoses and problems. But during that time, I've worked with a lot of murderers, I have worked with mass killers and I've come to study and understand the dynamics of that population. And again, my emphasis has always being on prevention, interrupting a pathway to violence before violence happens and protecting the community. I also come at this from the angle of a mom, I had two kids in high school, two of my kids, during Columbine, when that happened. And that was a real kick in the gut, I think, because it got so much publicity and eventually became fetishized. And those perpetrators still have an internet following of people who, you know, women that are in love with them. And so I've followed the whole kind of bizarre social change that happened with that, but it alarmed me as a mom, and

then of course, as a clinician, I saw more kids with anxiety disorders, you know, the culture started to change, I think it just became a bit scarier. We didn't feel the same way about schools, as we did before.

S

Shavaun Scott 04:06

And then Sandy Hook happened. And at that time, my practice was inundated with school teachers and talk about panic attacks, anxiety, you know, the the talk started going around about arming teachers. And of course, this is not the reason anybody becomes a teacher. And that is something that's continued and has continued to worsen. I have so many friends who are teachers who have left the field, or teachers who want to leave the field as soon as they can. We're expecting way too much out of them. Anxiety in kids, we've got all the data on that just climbing every year. And how can we not be? You know, this is a traumatized culture at this point. So the book specifically came about in 2019, is when I started working on it, I'm very active on social media and there were three back-to-back events in late summer. El Paso, Texas at the Walmart, Dayton, Ohio, and then just within a few hours, Gilroy, California, at the garlic festival, and those perpetrators were all very, very similar. They all used AR-15 weapons. Their goal was kind of the classic mass shooter scenario. And I understood it, I understood what's fueling it, I understood who these guys are. And yet social media was flooded with misinformation. And the two biggest concerns I had were one, we don't know why this happens, well, we do. It's a myth that we don't. And the second piece of misinformation is we're powerless, there's nothing we can do. And that's not true either. Because if we understand a problem, we can interrupt it, and we can do something about it. So I was very upset that week when these events happened, and I sat down and spent about 15 minutes and wrote a blog post and put it up on medium called "Cold Methodical Killers," and I was explaining just a bit about the process.



JJ Janflone 05:57

And then that piece turned into the book, both of which I'll link in the description of this episode, because I think they're really helpful in trying to understand what may lead someone down this violent path.

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Kelly Sampson 06:08

Thanks so much for kind of sharing your background and your story with us and listeners. And I think people listening will probably pick up on something which is that you have such a unique position, because you're one of the few people who, you not only worked with people who committed acts of mass murder, but you also work with people who are sort of traumatized by it. And before, you know, we kind of get into this further, I just wanted to know, how do you define mass killer?

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Shavaun Scott 06:34

That is a great question, because we're sort of all over the place in the media, now. For the purposes of this type of crime, what we have been seeing at Buffalo, New York, and Uvalde, and you know going back to Columbine, it's a rampage attack in a public place by a

and, you know, going back to Columbine, it's a rampage attack in a public place by a perpetrator, who generally does not know any of the victims, or if so, the victims are not chosen for any particular purpose other than it's a symbolic meaning to the perpetrator. And the goal is to kill as many people as possible. And that's the sole goal. So it's not a domestic violence situation. It's not a robbery. It's not gang warfare. And this is where it gets fuzzy, because different journalists report these crimes differently. And sometimes gang warfare may kill four, or five or six people, or a robbery may kill the same number of people. But that's not the same kind of crime, it's qualitatively different, even if the numbers of the dead are the same. Now, the other area, it gets confusing, is that we have this difference of opinion as well as what constitutes a mass killing, and some people will count two or more, some people count three or more, some people count four or more. And so we're really all over the place with the data. And so for my purpose, often, I realized that the number of dead has more to do with the marksmanship of the shooter and the availability of emergency health care than it does the intent of the shooter. And so for my assessment, I'm looking at the intent of the shooter. So even if there was only one death, he intended to kill as many as he could. So it's still all relevant when I look at a case.



JJ Janflone 08:19

Well, and as you've articulated, you know, there are different types of violence. But I'm wondering, in your career, and in your research, have you noticed anything maybe specific or unique to mass violence that's conducted, you know, with a firearm?

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Shavaun Scott 08:33

Yeah, that's a wonderful question. Because what the data shows, when we get into the criminology research, the motivations of the perpetrators are the same, no matter what their method is. And so when we look at the Oklahoma City bombing, you have the same perpetrator profile, or personality types, as you have in somebody that takes an AR-15 now and tries to attack a different religious group or a minority group or whatever, it's the same personality. And so we've seen attacks with vehicles, you know, driving onto crowded sidewalks and bombs, really, when we look back at the Columbine murders, their intention was to bomb the school, and they had these massive propane bombs. They were not very good at bomb-making, and so the bombs did not work, and then they used their guns as the backup plan. So really, I don't think that's very well understood. But domestic terrorists who use bombs are basically the same kind of person that does a school shooting.

K

Kelly Sampson 09:37

We've talked or you've alluded to the similarities in profile, in sort of the makeup of people who want to commit that particular type of mass violence. And when it comes to gun violence, there have been so many shootings and one of the things that has come out of that, especially you mentioned the fallout from Columbine earlier and how still to this day, here are apparently people who or in love with the shooters, which I didn't know, and that is truly disturbing. But there's this sort of, it can lead to this admiration or as some people have thought a copycat effect. So with that in mind, why is it still important to talk about the shooters and these sorts of cases?

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Shavaun Scott 10:17

Well, we're not doing a very good job of interrupting the pathway to violence. And there is a very clear pathway. One of the other myths is that these individuals, who are almost always male, so I'll refer to them as males, these guys just snap, and nobody just snaps, you know, there's a clear progression of thoughts, feelings, and behavior that they go through. And the reason we need to discuss it and understand what's happening with specific individuals is so that we can learn, what are the red flags? What are the warning signs? And how can we get our government agencies our law enforcement, our school personnel, our therapists, we don't work together very well, at this point, and I think if, I think we do prevent a lot of them, undoubtedly, but we could do a much better job. And I would like us to, to see improvement to where we can prevent all of them.



JJ Janflone 11:14

What I wonder for you, how do you walk the line of no notoriety with this, right, studying and talking about these perpetrators without kind of feeding into the the media circus around them?

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Shavaun Scott 11:25

Yeah, yeah, the copycat effect is real. And in the two weeks after any mass shooting, there's a very high risk. And I think that's what we've been seeing the summer, is because we've got a massive copycat contagion effect going, but the rule that I think we try to follow is never mention them by name, and don't show their photo, and when they write these self-aggrandizing manifestos or their videos, we don't publish that. That's something that clinicians may read and study, we may use it in a case analysis, but it's shouldn't just be broadcast or put in the newspaper, because that feeds this idea that this is a really terrific way for a person with a very twisted agenda to become famous. So it is a fine line. And it's something I think we all have to be careful of. And overall, I also try to focus less on the individuals, but on what are the patterns, you know, and to see how those patterns are the relevant thing that we can look at changing.

K

Kelly Sampson 12:29

Perfect segway. In the book, you say that there's no single profile of a mass killer, no neat category, but, as you mentioned, there's patterns. And so could you help us understand what are some of the patterns? What are some of the variables and commonalities that go across?

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Shavaun Scott 12:45

Yes, yes. Yeah, you know, we would love to have a neat profile. You know, I think a lot of the TV shows about the FBI, it's like this, he's a 25-year-old driving a white car or whatever. And, you know, we can't be that precise, of course. And they tend to maybe look very different, although there are similarities. Some of them come from impoverished backgrounds, some of them

come from wealthy families, and many are right in the middle. They are different races. You know, we are seeing increasingly now that people of all races are getting on this social contagion, so the causes and the grievances are different, but the ways they're similar, it's a process of personality traits, or mental health conditions of the perpetrator. Social factors, which now are primarily the internet, is really fueling what's going on and hate groups on the internet, focused on different groups of people, a culture that venerates warriors, you know, we live in a culture that celebrates guns, we just do, if you look at our entertainment, problems are solved by guns. And then the fourth factor is access to weapons. And we have, as is in the news constantly, readily available weapons of warfare that any 18-year-old can walk into a gun store and buy in most places.

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Shavaun Scott 14:09

So when you put those factors together, you start to see, okay, there are patterns here, this is not really random. You see these factors in action with each perpetrator in some fashion and some mix. The personality qualities that we see, I break them into three broad categories, which then can be broken down, but just to give you an overview: paranoia, narcissism and psychopathy. And so again, this may manifest differently in the different people, but a paranoid person is a person that focuses on slights, and they're acutely sensitive to people disrespecting them or not treating them well. And they blame others when there are things in their life that are making them unhappy if they're not able to get the kind of well-paying job they want, it's the immigrants doing it. If you know someone else has a girlfriend and they don't, it's these women, women just don't, you know, treat me with respect. So it's this paranoid lens that they look at the world through. And as they start to collect grievances, grievances can turn dangerous and that's where we see racial violence, ethnic violence, you know, religious hate, all the gender misogyny, those things.

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Shavaun Scott 15:26

Narcissism is the second factor that's dangerous. And this is the person that's very motivated by fame and craves attention. They like to be performers. And so what we see increasingly with the mass killers is the live streaming, the posing on the internet, the making the YouTube videos, but and this is the trend that I think is super alarming, and increasing in the last few years. So the narcissist desires attention, they think they deserve special treatment, and they will get it in very strange ways. And they would rather be famous for something horrible than to be ignored, basically.

S

Shavaun Scott 16:08

Psychopathy is the third factor. And of course, that's where we get the term the psychopath. And this is a person who is very low in empathy, they're capable of cruelty. Because of that, they tend to be predatory, and they're capable of planning very well, and yet being manipulative and hiding what they're up to. So they're sneaky. They're capable of violence, and have no moral qualms about that. So you can start to see a pattern here, that when you have paranoia and narcissism and psychopathy, these are qualities that I think any mental health therapists would be very concerned about. Now, that doesn't mean that everyone with these qualities is going to become a mass killer or commit any kind of violence because these are not

terribly rare in our society. A lot of times when I talk about this, people will say, oh, I have a neighbor like this, this reminds me of someone, you know, most people are not going to progress. But when you combine this with the internet and becoming involved in hate groups, and then the contagion phenomenon that we're seeing, these are the things we need to look at and be concerned about.



JJ Janflone 17:16

I wonder if we could flag really quickly too, something that comes out a lot, and I think actually comes in from this this misunderstanding that we keep detailing, which is, you know, that mass violence can just be blamed on mental health issues. And I think it kind of comes out of this idea, because Kelly, and I hear this, I'm sure you've heard this, too, that anyone who does a mass shooting, you know, it's like, well, they must be crazy. No sane person would do that.

S

Shavaun Scott 17:41

We don't understand it. And so if we don't understand it, they've got to be crazy. Yeah. So I'd love to break that down. I think we can safely say that no happy, well-adjusted person with a satisfying life decides that mass murder is a solution to their personal problems, right. But that's not the same as having a mental illness and certainly not the same as having a severe chronic mental illness. In fact, we know people with severe chronic mental illnesses are typically not violent, and they're much more likely to be victims of crime than perpetrators of crime. But let me break it down a little bit more. I like to describe mental health using the analogy, it's like inclement weather, inclement weather can mean anything from a really slight drizzle on a foggy day to a snowstorm, or a thunderstorm or a category five hurricane. The one area of mental health that we do worry about with violence is psychosis. And that is the category five mental health problem, right? There is a potential for dangerousness when people become psychotic. What that means is they have a brain disorder of some kind, most often it's schizophrenia. It's a biological illness, it causes them to have delusions, which are false beliefs, or hallucinations, which usually means they're hearing voices or seeing things that aren't there, and they have a complete break with reality. And when those hallucinations and delusions develop a paranoid flavor, so people believe that Satan is in front of them or the demons are tormenting them. Paranoid delusions and hallucinations can make a person dangerous, and about 10% of mass killers have been in that category. They have been suffering from paranoid psychosis. So we can't say it's never a factor. And in about 20% additional cases, there is some kind of serious mental health condition that has influenced the person in some way.

S

Shavaun Scott 19:38

But, that still leaves 70% of the cases where there is no serious mental illness going on. And that's when we look at personality. And those are those three personality factors that I described. Now personality is different from mental illness. Personality is who we are. It's who we develop into based upon our genetics and the environment we grow up in. And while personality is flexible in childhood, it becomes increasingly less flexible as we get older. And so if you get a kid in therapy at eight or nine, who's got some of these personality, troublesome personality qualities, we can do a lot to mitigate that and to help them move in a healthier

path. But if it's a 30-year-old, it's a lot harder to work with them. And so personality in a nutshell, that's who we are. Mental illness is something that happens to us. And that can really be helped by treatment by medication and a person, even if they have very serious psychotic delusions, if they get on the right medication, and have the right mental health treatment, often they can be completely fine and have a good life. So those are really the tragic cases when someone needed care, but their family members often don't understand what was happening. And this is certainly the case with the person who tried to kill Gabby Giffords. You know, he was severely chronically mentally ill with schizophrenia. He had frightened many people for years and I don't think his parents knew how to handle it. You know, we're not very well educated on mental illness in this culture. And we don't know the difference between schizophrenia and a psychopath. And these are entirely different things and people mix this up all the time and it gets inflated conflated in the news media as well.

K

Kelly Sampson 21:21

And I just want to pick up on something you said when you were describing the commonalities, which is that these traits are not necessarily rare in our society, and not everybody who has them will exhibit them. The reason why I want to ask about this is because, so the traits aren't necessarily rare in our society, but I'm wondering, are they rarer in other countries? I'm asking because so often people will say, the United States has a mental health problem, and that's why you see sort of mass shootings in the way that you do. So what's going on with the United States that at least seems to create make us an outlier in this particular type of violence?

S

Shavaun Scott 22:03

You know, I'm not sure that it's mental health. What we do know about psychopathy, there's a lot of really good research on that, and I follow that really closely because we often think that we've got all the psychopaths here, if you look at our television programs, again, everybody's a serial killer, or a mobster or whatever. So we could certainly get the impression that we have a lot more psychopaths. That has been proven to not be true, we have really good research on that around the world, that is a stable, stable population of folks. No matter where we're at. I think it could be said, we may have more narcissism. And we do have data showing that people since social media and the internet again, everybody can have a YouTube channel and be a podcaster and be a star, that does seem to be feeding narcissism. But I don't have any data on is that true in other parts of the world or not? My guess is the paranoid personality problems, my guess is that that's stable around the world as well. I think the thing that's different in the U.S. is we have such ready access to firearms, you know, and that is so normalized in our culture. It's part of the myth of America, right? The way you become a man is you go hunting or you shoot or, you know, guns are very important here. And I talked to friends in Europe and Australia, and even in the Caribbean, and everybody from around the world thinks we're nuts about the guns, you know, that that's the thing that makes us different.



JJ Janflone 23:33

I wonder what you would say to folks just to, you know, devil's advocate, like, I can hear people listening to this podcast, who would say, well, again this is I feel such a common refrain in gun violence prevention conversations, but who would say, well, if someone really does want to

commit mass murder, if they can't get access to a gun, they would do it with a car, or you know, and it gets ridiculous, like they do it with a fork if they really wanted. And what do you say to that sort of rhetoric.

S

Shavaun Scott 24:02

You know, we see these things happen, there was recently a case in Japan where somebody stabbed a couple people and wanted to stab more, but it's really easy to disarm somebody with a knife. And even though the car thing is very dangerous, it's still not something that you're going to see everybody get in a car and try to mow down a group of kids in a classroom, you know, or go into a mosque. It's much harder to you know, we're always going to have violent people, and we're always going to have dangerous people, we're always going to have people that want to harm others and have prejudice and you know, these egregious qualities, but it's really, since we've had you know, the AR-15 style guns where you can kill, you know, two dozen people in less than 30 seconds. We are seeing something absolutely unprecedented now, and so that's why I think the incidents are increasing. The cool factor with having an AR-15 with adolescent boys is bizarre, and the families that allow these weapons, buy these weapons, you know, it's more of an American social problem, I think, which is why we're seeing this happen here. And when you have law enforcement officers, I've watched a lot of the video from Uvalde, and those early officers on the scene, I mean, they were outgunned. You know, and when you have your law enforcement personnel outgunned, and then you've got the large capacity magazines, you know, it's just unconscionable that anybody can access this kind of weaponry. I don't understand how anybody can justify it. But yes, I see it justified all the time. You know, I would much rather go up against someone with a knife than someone with an AR-15.

K

Kelly Sampson 25:53

Yeah, and if you know, I'm just going to play avatar for listeners right now. It's, hearing this, it's troubling, it's so troubling to hear. So we're going to get a little bit into one of the takeaways I think is so helpful, is that you talk about the fact that there are actually ways to interrupt someone who is heading in this direction. Could you talk about what that might look like?

S

Shavaun Scott 26:20

Yes, yes. I think the first thing is for anybody who is around young people to understand what red flags are. And of course, if, and again, a lot of parents don't, which surprises me when I talk to parents. But it's important that they understand if kids are absolutely fascinated with gory violence, if they're interested in weapons to, you know, an extreme degree, if they're ever talking about Nazis or interested in explosives, making social media posts where they want to pose with, you know, a military style. These are things we need to look at, you know. And that's a kid, I think therapists should be involved here somewhere, I would like to see more therapists embedded in public schools so when there is a kid kind of showing these violence interests, whether they act out or not, it's just their interests. They may write stories that are very violent, a lot of these folks have written, you know, song lyrics that are horrendous, you know, we need to intervene earlier, when we see kids that seem to be going down that pathway.

S

Shavaun Scott 27:23

The first step on the pathway to violence is ideation. Or the first is grievance, the second is ideation and fantasy. And this leaks out in a lot of different ways. So if parents notice things, take it seriously. You know, it never hurts to have a mental health person involved. It may not be mental illness at all. But sometimes it's just a young person that needs to be steered in a different direction and have some other influences going on. I talk a lot with teachers, it's the same thing. Sometimes kids write shocking stories. And sometimes they just like to be shocking, because they're teenagers. But we know the Sandy Hook killer was writing horrifying, violent stories, going back to fifth grade. So he had a full 10 years of red flags that nobody paid attention to. And I don't think the school had resources to do anything. So increasingly, giving teachers support, having more support in school, keeping kids engaged in positive social activities, find out whether it's gymnastics or swimming or, you know, chess club, I had a kid in chess club, whatever your kids enjoy, get them engaged in life, very important.

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Shavaun Scott 28:34

If people ever see anything, like a hit list, or somebody is making a threat, or posting a video, don't assume they're just joking. And a lot of times peers know about these kinds of things, because they'll say, oh, well, he said he was going to be a school shooter someday, we just thought he was, you know, weird and joking. Always contact law enforcement, you know, we need to do better as a society with crisis intervention. The Secret Service has developed a model for threat assessment teams, but it's not standardized. In many areas, we have nothing like that. So we need to have a national crisis intervention threat assessment system where everybody knows where to call. We need to have 800 anonymous tip lines where people can call, there's 1-800 Call FBI, the FBI gets thousands of calls, you know, a day, so I always tell people if you see something that looks like a hit lists, somebody's saying they're going to be a school shooter, posting a video on YouTube, call 1-800 FBI, call local law enforcement. If it's in a college campus, call the local police on campus. The more the better, because a lot of things do fall through the cracks. And so often we look at cases in advance, like Parkland, where there had been reports made, but follow up fell through. And you know, I would rather see people over-report than not report and those are some of the things, if you just see somebody you know, it's always good to get a mental health person involved. If you see somebody isolating, depressed, certainly seeming suicidal, you know, call the 988 national hotline now. The more eyes on somebody who seems to be troubled, the better, you know, and the more resources we can pull in the better.



JJ Janflone 30:20

Well, I'm curious what you think too, about sort of access to firearms, you know, like, what do you think about when parents or guardians or just folks in general have firearms in the home? Like, what what needs to be done there? You know, beyond what we would recommend for everybody, right, which is the storing it locked, unloaded, and separate from ammunition?

S

Shavaun Scott 30:40

Yeah, I'm a big believer in both. But, of course, I can cite cases I've been involved with where parents were sure the kid did not know the combination to the safe. I mean, a health-care

parents were sure the kid did not know the combination to the safe. I mean, a heartbreaking case right here locally, 11-year-old boy, and mom was just out of the house for a short time, and he got into the safe, she had no idea he knew the combination. So I'm all for safe storage. But if there's, I would never personally, I would never have a firearm in my home. But I certainly wouldn't if I had a kid. And if I had a troubled kid or an angry kid, a depressed kid, I would never have a firearm available. And it's true for adults, you know, the domestic violence statistics, people lose their prefrontal cortex functioning when they're very angry and upset, and so many domestic violence murders would not happen if we just didn't have a firearm in the house.



JJ Janflone 31:34

Well, and thank you so much, Dr. Scott, I think it's just, it's really nice to end or at least try to end on things that anyone can do to help prevent gun violence, it makes kind of a bleak situation seem a little bit more hopeful.



Shavaun Scott 31:47

When I see, I run into this on Facebook, the hopelessness, the hopelessness, we're doomed. That's my message I come in with, don't have that attitude, because we can always make a difference in somebody's life. You know, I'm just not ever going to let anybody give in to hopelessness. I'm not hopeless. I know, we have a big amount of work ahead of us. It's a big mountain to climb. But I know that all of us make a difference. And we may never know how. But I did read recently that there were 58 school shootings prevented in the state of California, just in the last few years since they had a red flag law enacted. And imagine if, as a country, we really got serious about this. And there are guidelines, there's so many people doing good work. And if we all got on the same page about it, you know, we could see a dramatic change from what we're seeing this summer.



JJ Janflone 32:41

So we covered so much in this episode, Kelly, I'm so thankful that we have these experts that are able to break down these really complex issues. I think it just really underscores how, if you want to have a really deep detailed conversation about gun violence's causes and its solutions, like you need more than 30 minutes Kelly!



Kelly Sampson 33:00

Yeah. And it also helped me understand some of the ways that understanding the full scope of gun violence can really help us as we think about policies and ERPOs and things of that nature that deal with the weapons as well.



JJ Janflone 33:15

Yeah, absolutely. And I think also too, like just to go back to what we even started with is that, you know, like, why it's so important to have the right information, why we need to know, like.

... why we just need to cut through all the myths and nonsense and bullshit, right?

 Kelly Sampson 33:28

Yeah, exactly. And, you know, I think that's bringing at least me to one of my big takeaways from this, which is, it can often feel like when I see news about yet another mass shooting that you hear over and over again, that there were warning signs about that individual long before they got to that point and they were either missed or misunderstood. And so I think this episode, and the information in the book, can be helpful to policy makers and people who are trying to figure out what they can do to stop violence before it starts, to sort of identify who might be at risk of perpetuating this sort of violence, not to take away their Second Amendment rights as some people argue or to profile them, but to help them help themselves through something like an ERPO or other programs that really just help people not be a danger to themselves or others.

 JJ Janflone 34:29

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 Kelly Sampson 34:44

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