What is
Communities That Care?

communities that care PLUS

CTC: the spirit and the science

Community owned and operated

Principles of prevention science (National Academy of Sciences 2019)

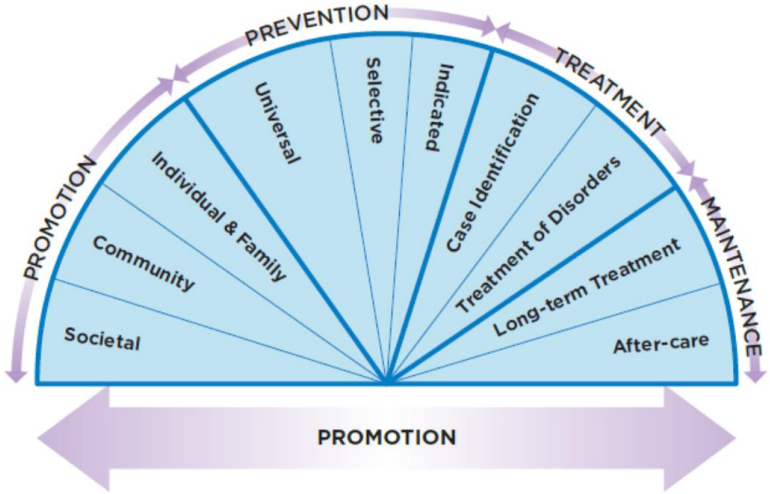


FIGURE 1-3 2019 update of the spectrum of MEB interventions.

communities that care PLUS

Over 40 Years of Research Advances

1. We know what predicts many negative developmental outcomes as well as behavioral health.
2. We know what works to change those predictors and prevent behavioral problems in our youth.

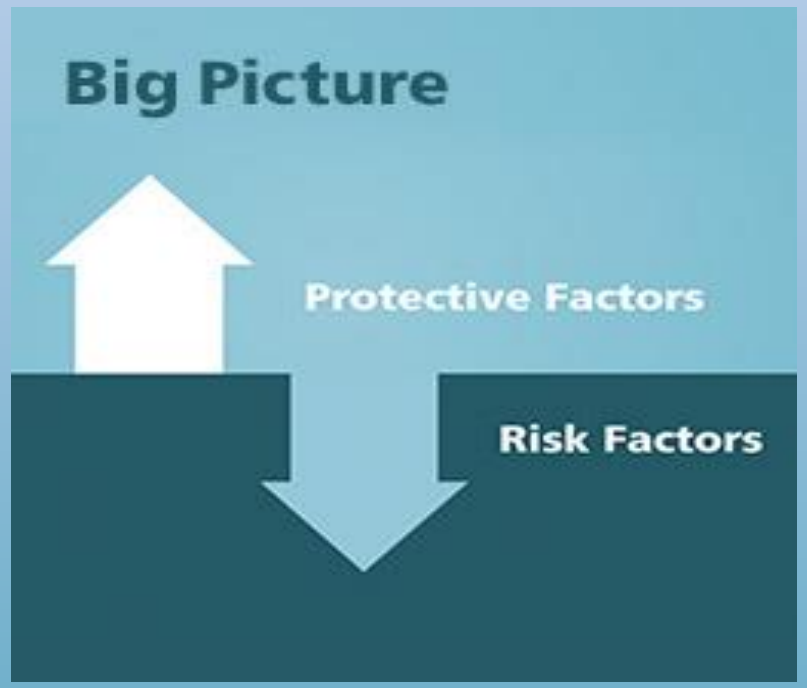
Experimental trials have identified over 90 effective interventions for promoting behavioral health and preventing negative developmental outcomes.

Foundations of CTC

1. Prevention Science: Risk and Protective Factors
2. Social Development Strategy
3. Tested and Effective Programs/Policies

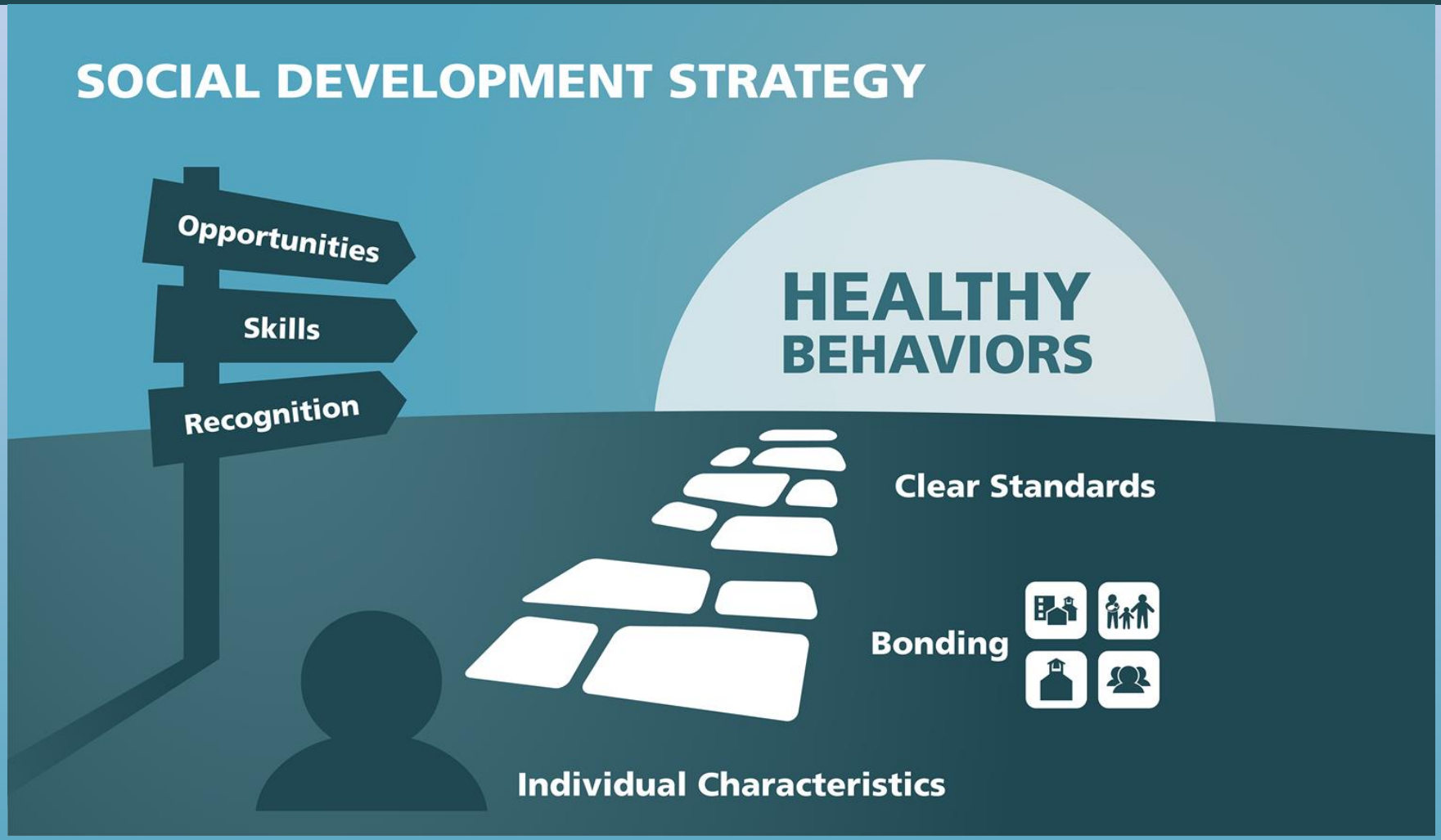
Risk and Protective Factors

- **Risk Factors** – predictors of problem behavior in adolescence
- **Protective Factors** – buffer against risk factors



Risk Factors for Health & Behavior Problems	Substance Abuse	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Community						
Availability of Drugs	•				•	
Availability of Firearms		•			•	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	•	•			•	
Media Portrayals of the Behavior	•				•	
Transitions and Mobility	•	•		•		•
Low Neighborhood Attachment and Community Disorganization	•	•			•	
Extreme Economic Deprivation	•	•	•	•	•	
Family						
Family History of the Problem Behavior	•	•	•	•	•	•
Family Management Problems	•	•	•	•	•	•
Family Conflict	•	•	•	•	•	•
Favorable Parental Attitudes and Involvement in the Problem Behavior	•	•			•	
School						
Academic Failure Beginning in Late Elementary School	•	•	•	•	•	•
Lack of Commitment to School	•	•	•	•	•	
Individual/Peer						
Early and Persistent Antisocial Behavior	•	•	•	•	•	•
Rebelliousness	•	•		•	•	
Gang Involvement	•	•			•	
Friends Who Engage in the Problem Behavior	•	•	•	•	•	
Favorable Attitudes Toward the Problem Behavior	•	•	•	•	•	
Early Initiation of the Problem Behavior	•	•	•	•	•	
Constitutional Factors	•	•			•	•

Social Development Strategy – 5 Elements of Protection



Tested, Effective Programs

CYDS: Randomized Trial of Communities That Care 2003-2019

24 incorporated towns in 7 states

- Matched in pairs within state
- Randomly assigned to CTC or control condition

4407 students followed through age 26

- All 5th graders in public schools
- Surveyed from grade 5

CTC Reduced Behavioral Health Problems After 3 Years (Grade 8)

Tobacco – 33%

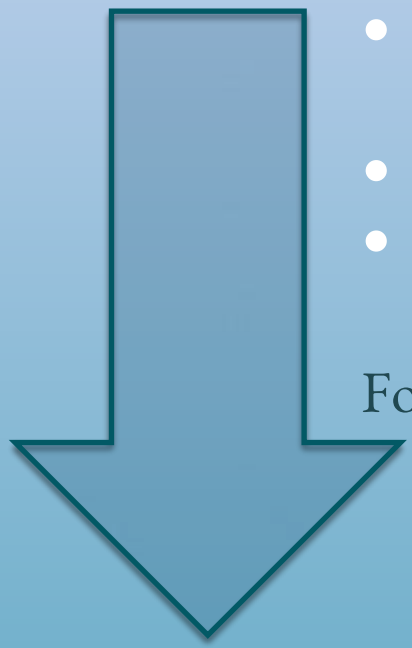
Alcohol – 32%

Antisocial behavior – 25%

Binge drinking - 37%

Significant community-wide reductions in drug use and delinquency compared to control communities by end of grade 8.

Communities That Care = Powerful Results



- **49%** Less likely to initiate gateway drug use (tobacco, marijuana, and alcohol).
- **18%** Less likely to initiate antisocial behavior
- **11%** Lower lifetime incidence of violence

For males:

- —**30%** more likely to abstain from tobacco use
- —**24%** more likely to abstain from marijuana use
- —**18%** reduced lifetime incidence of inhalant use

Sustained effects through age 21!

communities that care PLUS

CENTER FOR COMMUNITIES THAT CARE
UNIVERSITY of WASHINGTON
School of Social Work

How it works

communities *that* care

How it's organized

communities *that* care

The CTC PLUS Implementation Support System

- CTC workshops are locally facilitated and streamed as communities are ready for them in an accessible format.
- Web streamed workshops allow flexibility in scheduling the CTC workshops, refresher workshops, and training for new community leaders and coalition members.
- Regular coaching from Center for CTC

Building CTC Coaching Infrastructure

Capacity Building

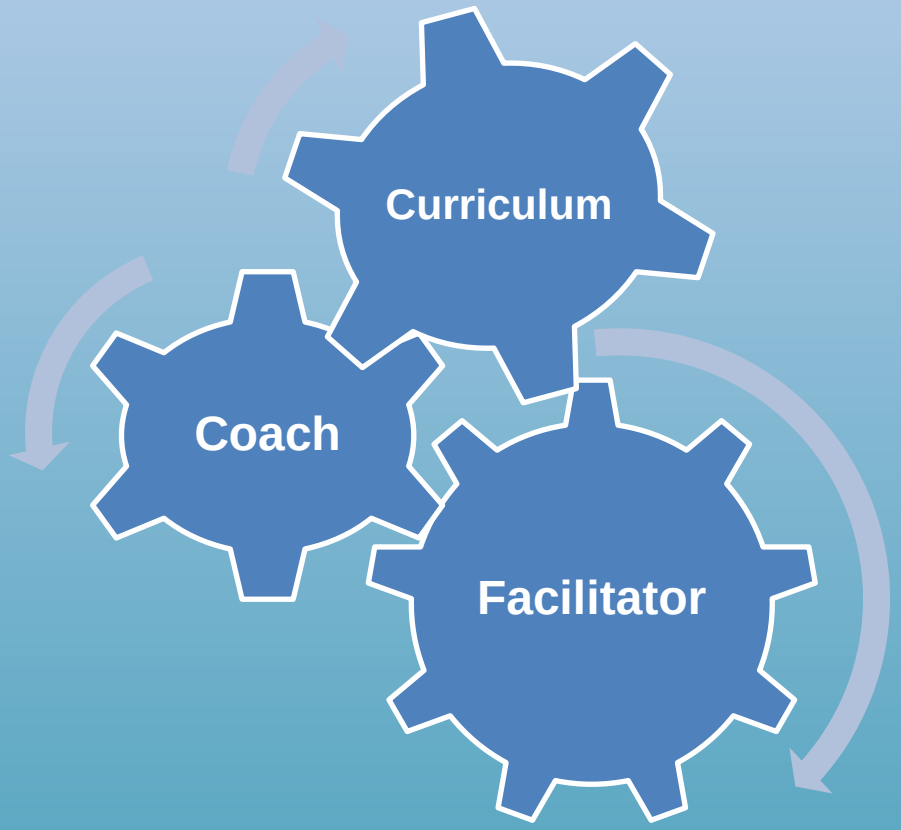
1. Facilitator Training & application
2. Coaching Training & application

"Going forward I have the tools I need and support system in place to move forward."

But … Technology is not Enough!

Coach Role:

- Train facilitator
- Provide regular, proactive, virtual coaching
- Trouble shoot and problem solve



Facilitator Role:

- Facilitate local process
- Work with local leaders to recruit & maintain coalition
- Lead local workshops

communities that care PLUS

CENTER FOR COMMUNITIES THAT CARE
UNIVERSITY of WASHINGTON
School of Social Work

Communities That Care Develops Capacity to …

- Build a coalition of diverse stakeholders
- Assess – based on your community's data (Youth Survey)
- Prioritize – what's most in need of attention (risk, protection, outcomes – determined by using Youth Survey)
- Use preventive interventions that work
- Sustain high fidelity implementation of those interventions