

What is Communities That Care?



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CTC: the spirit and the science



Community owned and operated



Principles of prevention science (National Academy of Sciences 2019)

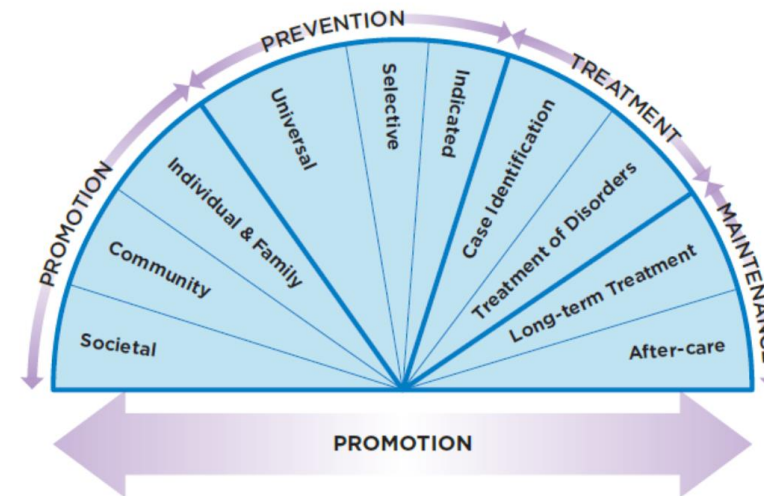


FIGURE 1-3 2019 update of the spectrum of MEB interventions.



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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



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Risk and Protective Factors

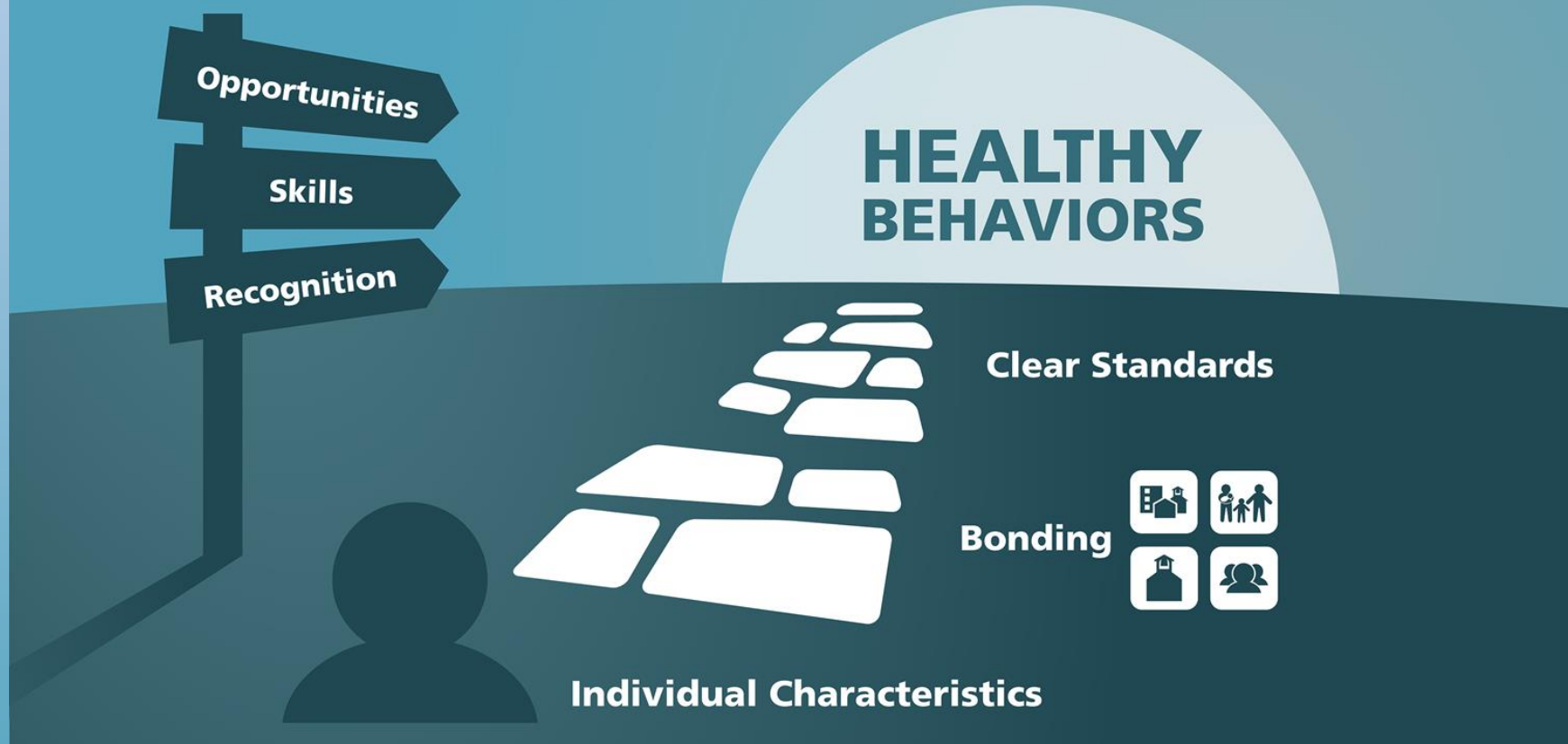
- **Risk Factors** – predictors of problem behavior in adolescence
- **Protective Factors** – buffer against risk factors



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

SOCIAL DEVELOPMENT STRATEGY



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Tested, Effective Programs

The screenshot shows the homepage of the Blueprints website. At the top center is the logo "Blueprints" in a large, blue, cursive font, with "FOR HEALTHY YOUTH DEVELOPMENT" in a smaller, blue, sans-serif font below it. To the right of the logo is a navigation menu with links for "Home", "Blueprints Conference", and "Contact". Below the logo and navigation menu is a horizontal row of seven blue buttons with white text: "ABOUT US", "ASSESS NEEDS", "BLUEPRINTS CRITERIA", "VIEW ALL PROGRAMS", "PROGRAM SEARCH", "NOMINATE PROGRAM", and "RESOURCES". Below this row is a large banner image. On the left side of the banner, there is a white box with the text "Search for programs that match particular needs of your community or targeted population." and a blue "PROGRAM SEARCH" button. In the center of the banner, the text "We work well together." is written in a white, cursive font. On the right side of the banner is a photograph of a diverse group of people, including a young girl with curly hair, a young girl, a man, and a woman, all smiling and looking at a large map or document they are holding together. Below the banner, on the right side, is a link for "Printer-Friendly Version". At the bottom of the page, the text "BLUEPRINTS PROGRAMS" is displayed in a large, bold, blue, sans-serif font.

Home | Blueprints Conference | Contact

Blueprints
FOR HEALTHY YOUTH DEVELOPMENT

ABOUT US | ASSESS NEEDS | BLUEPRINTS CRITERIA | VIEW ALL PROGRAMS | PROGRAM SEARCH | NOMINATE PROGRAM | RESOURCES

Search for programs that match particular needs of your community or targeted population.

PROGRAM SEARCH

We work well together.

Printer-Friendly Version

BLUEPRINTS PROGRAMS



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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



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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.



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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!

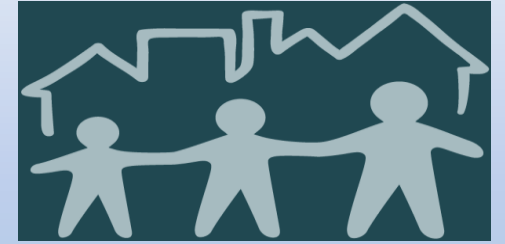


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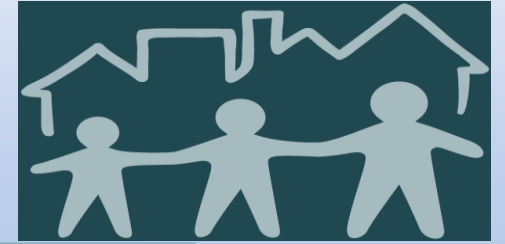


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How it works



How it's organized



Community

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.”



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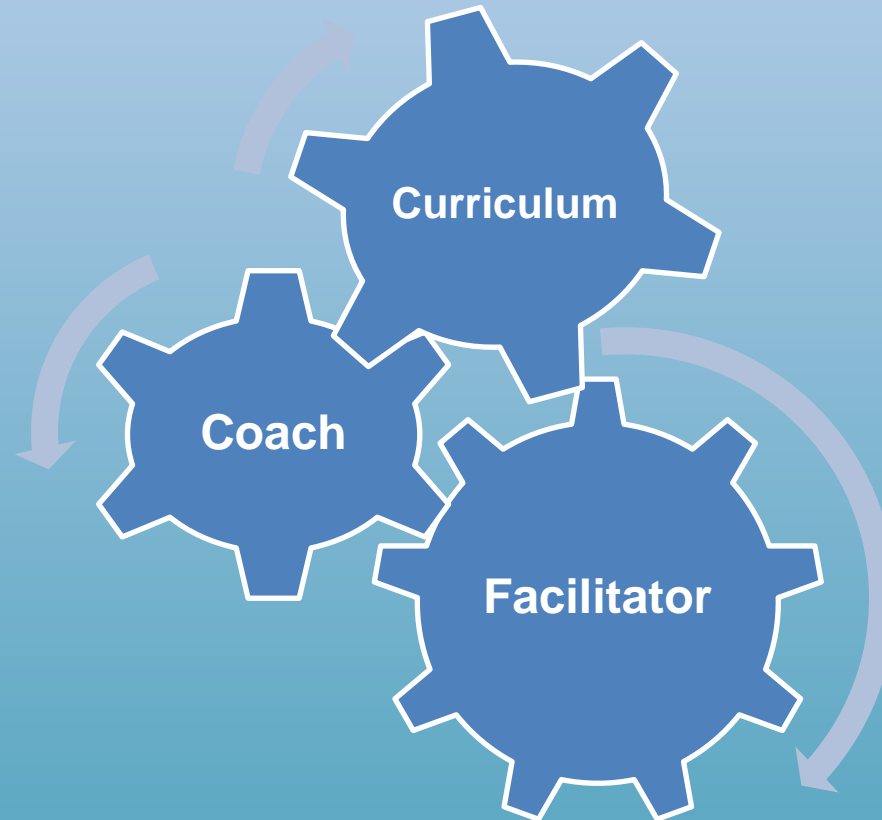


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But ... Technology is not Enough!

Coach Role:

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



Facilitator Role:

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



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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



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