



Communities That Care (CTC) Overview

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Presented by:
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Welcome!



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PennState
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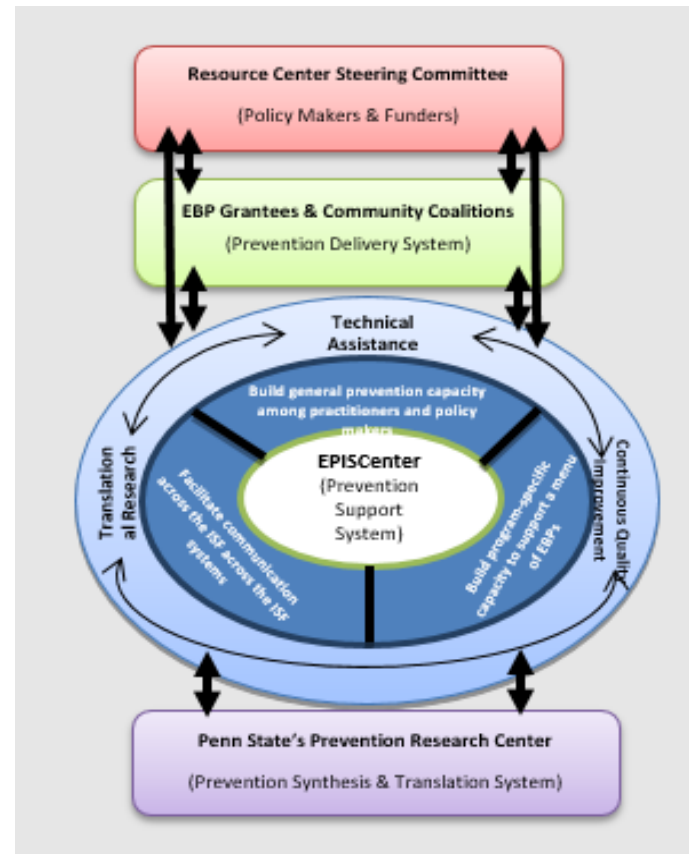
EDNA BENNETT PIERCE
PREVENTION RESEARCH CENTER



Connecting research, policy and real-world practice, and leading the world in translating prevention science to practice. (Established 2008)

EPISCenter's Three Key Functions

1. Build general prevention capacity
2. Build program-specific capacity
3. Facilitate interaction/communication between systems



The CTC Model

Prevention in the 1970s*

Strategies:

- Information
- Fear arousal – “Scared Straight”
- Just say “No”

Outcomes:

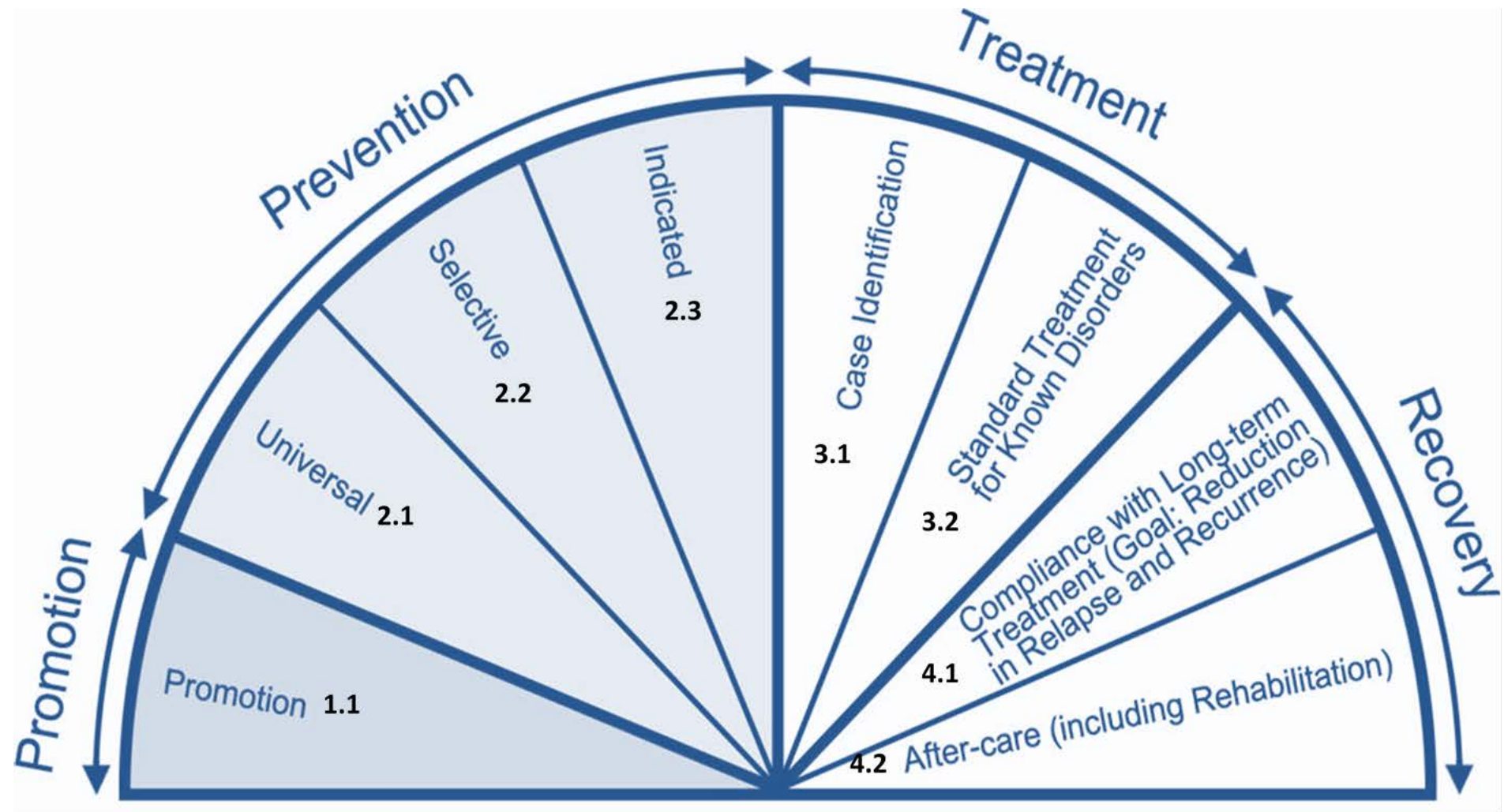
- No decreases in drug use or delinquency
- Some information programs increased drug use
- Scared Straight increased delinquency

Lesson: Untested good ideas can make things worse!

Risk and Protection Focused Prevention

1. To prevent a problem before it happens you have to address its predictors
2. Research over the past several decades has identified these predictors, viewed today as risk and protective factors*
 - Factors that elevate the likelihood of problem behavior, or that buffer or reduce exposure to high levels of risk
 - Embedded in individual, peer, school, family, and community contexts
 - Many of the same risk and protective factors predict different behavior health problems
3. Develop interventions to change malleable risk and protective factors

Institute of Medicine Mental Health Intervention Spectrum*



*National Research Council. *Preventing mental, emotional, and behavioral disorders among young people: Progress and possibilities*. National Academies Press, 2009.

34 Years of Research Advances

- We know what predicts many negative developmental outcomes as well as behavioral health.
- We know what works to change those predictors and prevent behavioral problems in our youth.
- Experimental trials have identified over 50 effective interventions for promoting behavioral health and preventing negative developmental outcomes.

CTC: A Framework for Community Action

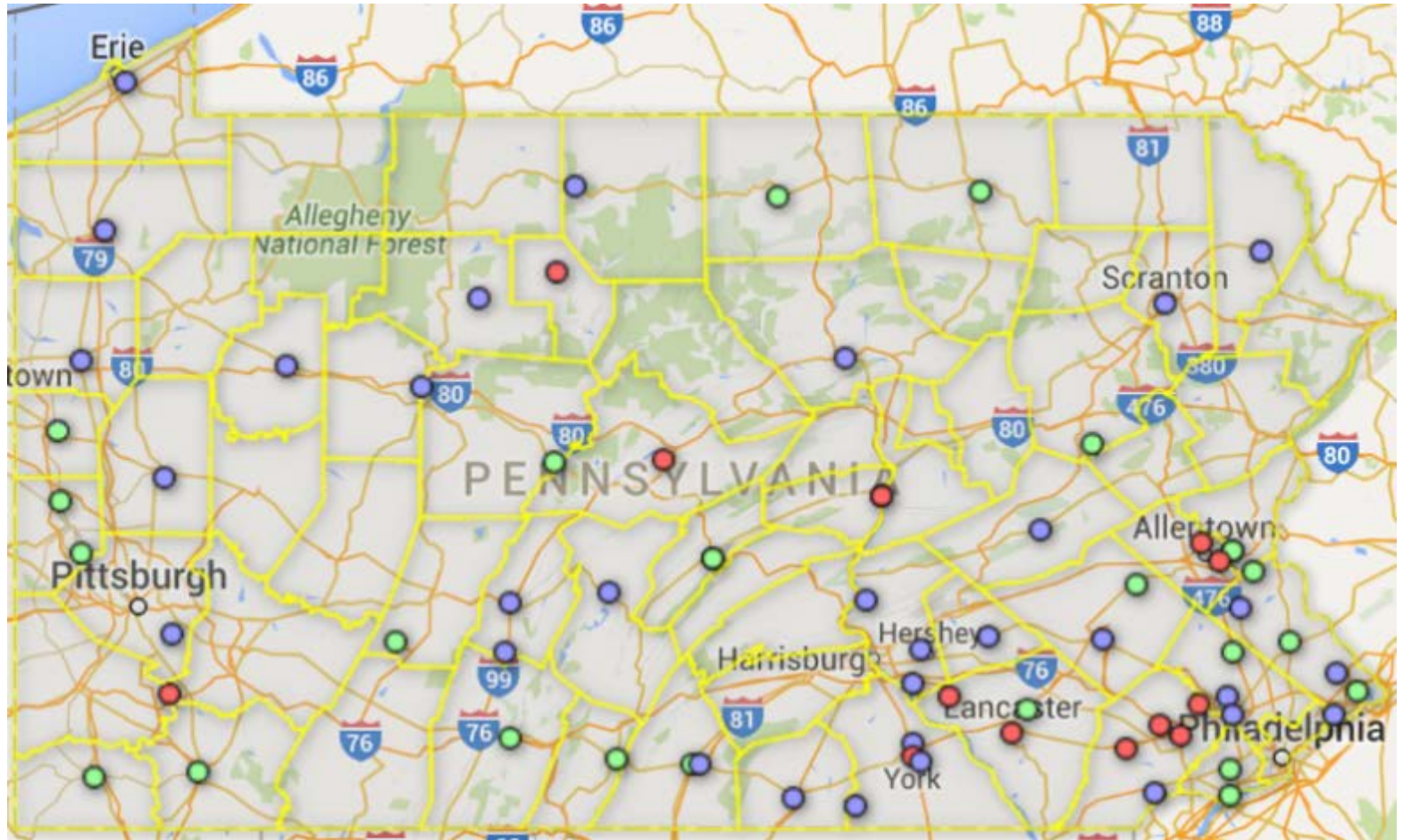
*An **operating system**
used to mobilize communities and
better align agency resources
while promoting positive youth development
by reducing risk and enhancing protection*

What is Communities That Care?

- **Uses a public health approach:** to prevent youth problem behaviors by addressing risk and protective factors
- **Community owned and operated:** run by a coalition of community stakeholders from all sectors
- **Data Driven:** the community makes its decisions using the community's own data
- **Evidence Based:** adoption of effective programs
- **Outcome Focused:** reductions in community levels of adolescent risk taking behavior; improvements in child & youth well-being



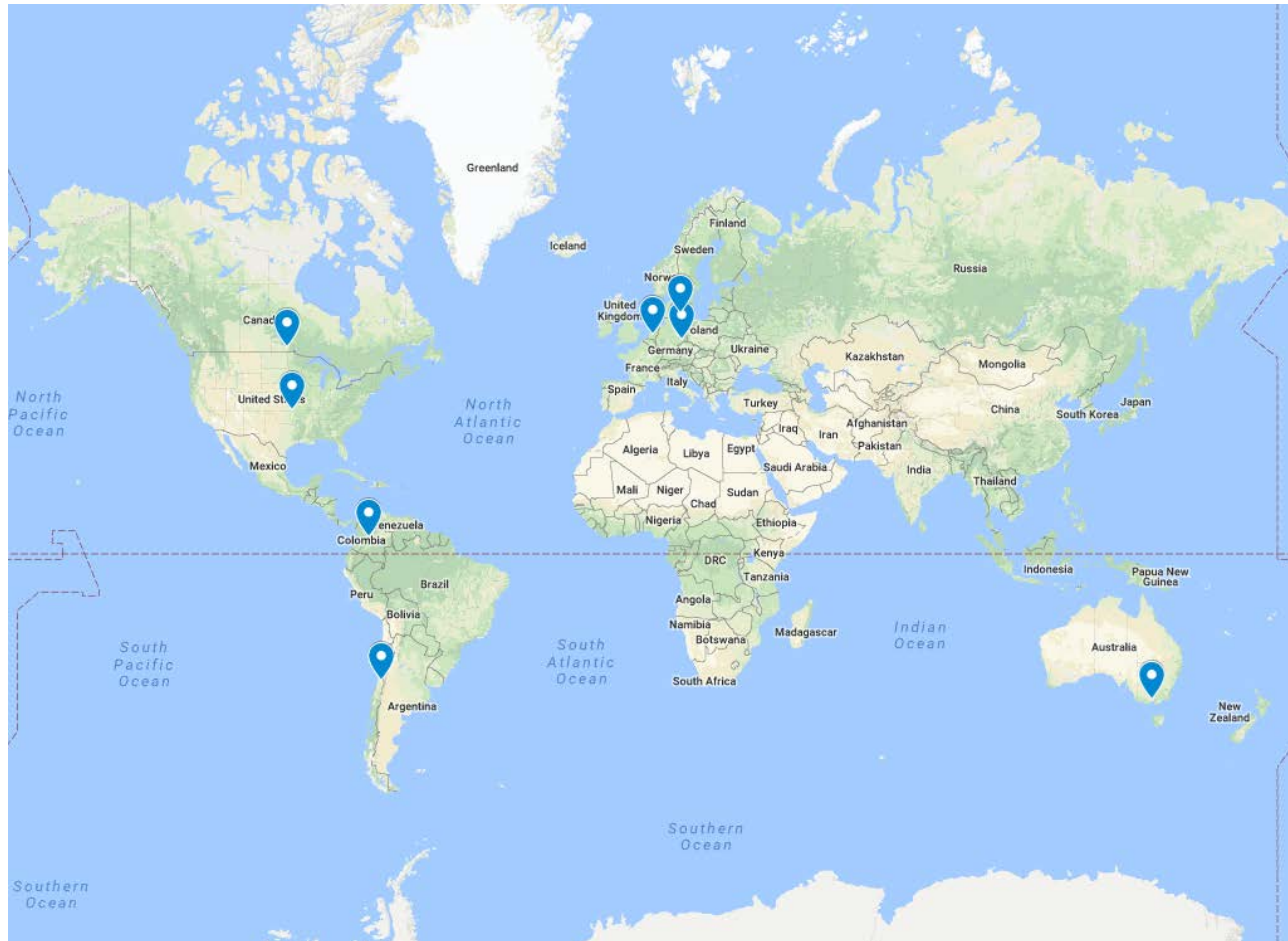
PA CTC Map



Nationwide CTC Map



Global CTC Map

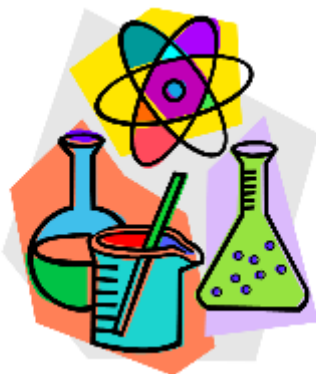


Australia, Canada, Chile, Colombia, Germany, Netherlands, Sweden, United Kingdom, United States of America

CTC in Pennsylvania

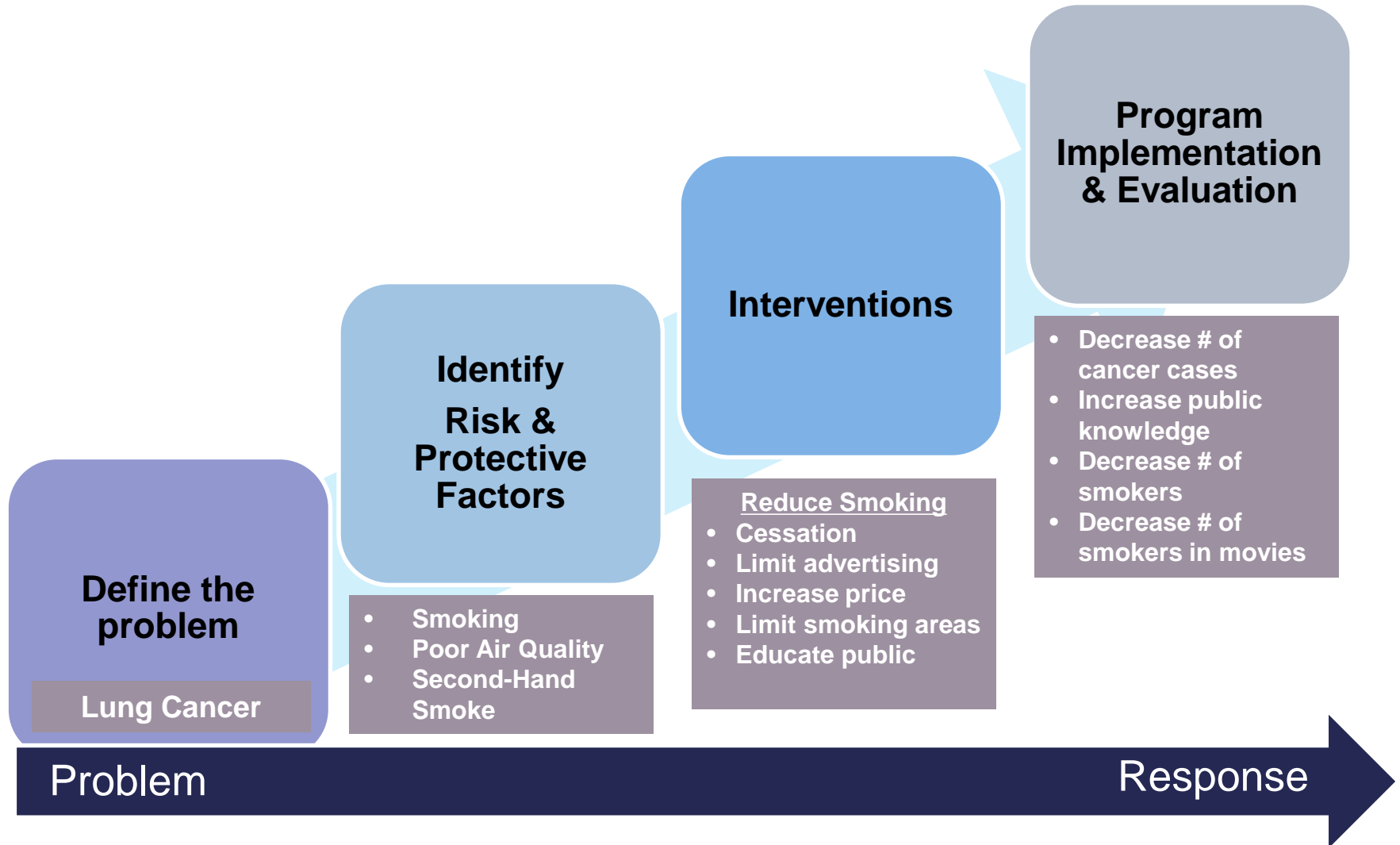
- Developed by Drs. David Hawkins & Richard Catelano; currently managed through the Social Development Group at the University Of Washington
- Adopted as a statewide initiative in 1994; largest concentration of CTC in the world
- Over 130 communities trained; approximately ½ currently functioning
- Dedicated technical assistance for CTC to improve coalition functioning – evolved over time
- Over a decade of studying the process
- Opportunity to study CTC in a long-term large-scale implementation under real-world conditions

CTC's Prevention Science Foundation



1. The Public Health Approach
2. Risk & Protective Factors & the Social Development Strategy (*Predictors of Behaviors*)
3. The PA Youth Survey (PAYS)
4. Evidence-Based Programs, Policies & Practices

The Public Health Approach



Foundation #2:

Risk & Protective Factors & Adolescent Behavior

Six Adolescent Problem Behaviors

1. Substance Abuse
2. Delinquency
3. Teen Pregnancy
4. School Drop-Out
5. Violence
6. Depression & Anxiety

Four Domains

1. Community
2. Family
3. School
4. Individual/Peer

20 Risk Factors
8 Protective Factors



The Social Development Strategy

A research-based model that organizes known
PROTECTIVE FACTORS
into a
GUIDING FRAMEWORK
for building
positive futures
for children and youth



SOCIAL DEVELOPMENT STRATEGY

Opportunities

Skills

Recognition

HEALTHY BEHAVIORS

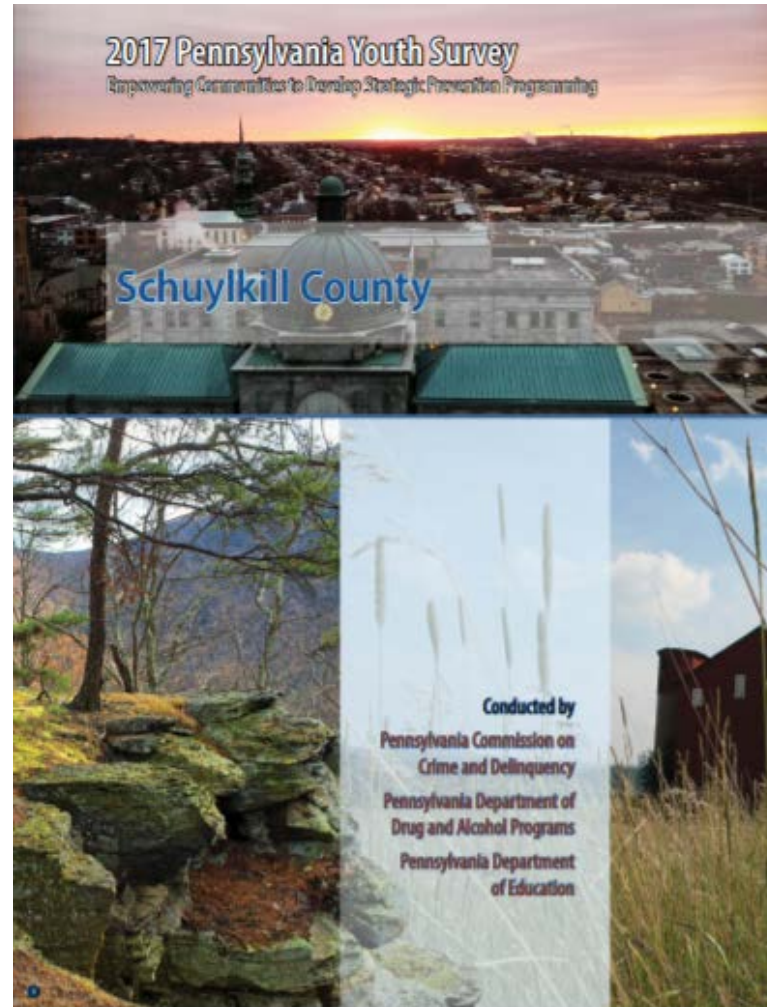
Clear Standards

Bonding



Individual Characteristics

Foundation #3: The Community Assessment Tool Pennsylvania Youth Survey (PAYS)



Survey Overview

PAYS adopted from the *Communities That Care & the Generation at Risk Surveys*

Developed by Drs. J. David Hawkins & Richard Catalano at the University of WA

PAYS assesses youth behaviors, attitudes, and knowledge

Primary source of information about what our youth know, think and believe about anti-social behaviors

Collects data across multiple domains that impact students' lives

- Community
- School
- Peer/Individual
- Family

Foundation #4:

Evidence-Based Strategies

(Programs, Policies & Practices)

Explores and implements most appropriate
PPPs to increase community's

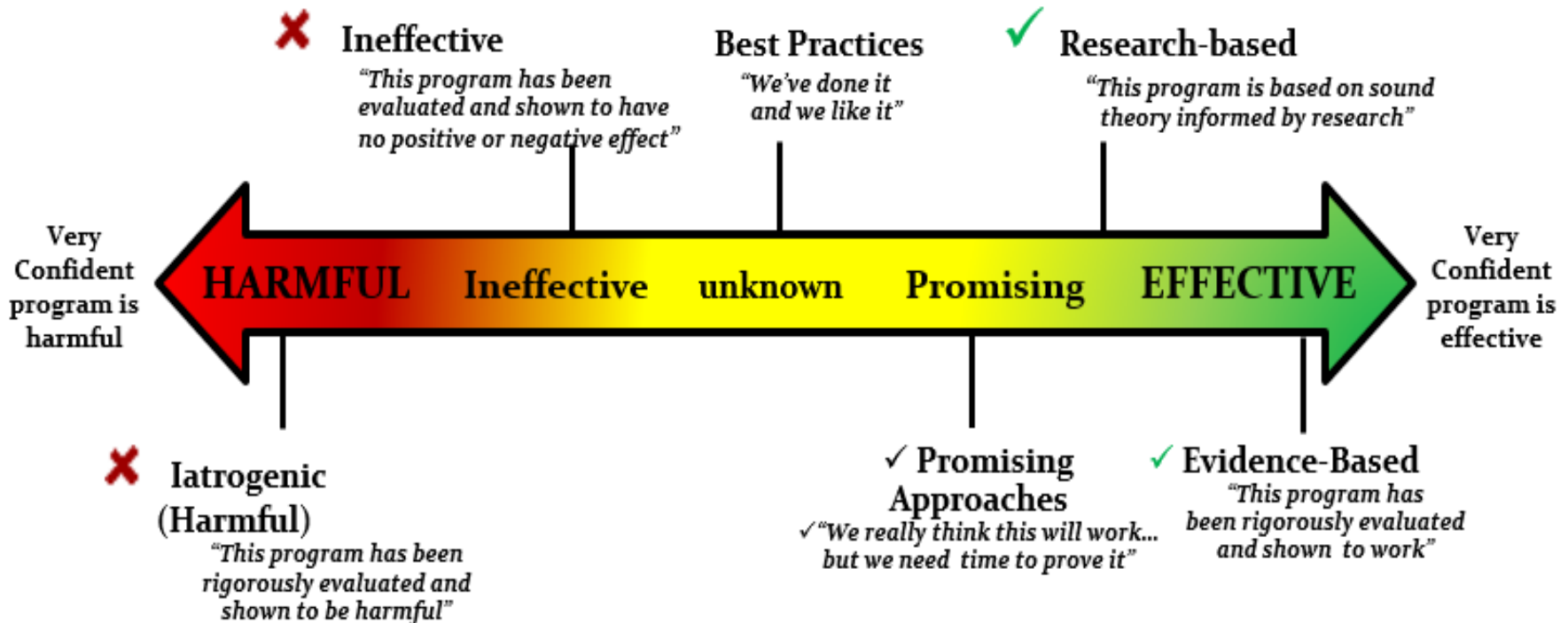
level of confidence

that they will experience population-level change

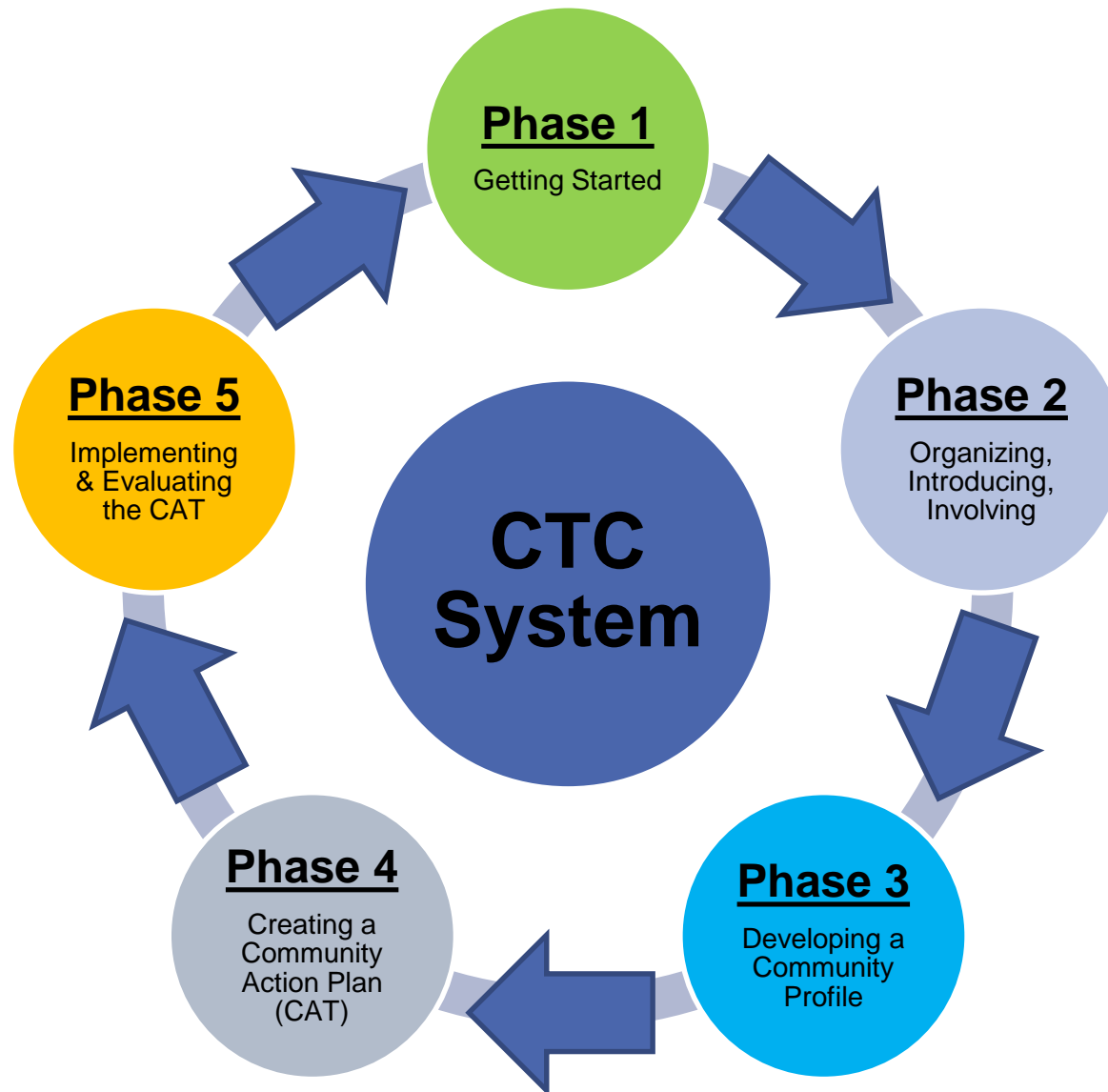
Continuum of Confidence

Programs/services can be placed along a continuum of confidence based on their evidence or theory

*Bumbarger & Rhoades, 2012



Five Phases of CTC



Phase 1: Getting Started

Identify:

- Key people
- Scope of Work
- Readiness Issues
- Resources



Phase 2: Organizing, Introducing, Involving

Prepare Key Leaders, the Community Board & the Community

- Develop an organizational structure
- Confirm Milestone & Benchmarks to create accountability
- Create a work plan
- Secure resources to implement CTC



Phase 3: Developing the Community Profile

Identify gaps in current response to priorities

- Assess risk factors, protective factors, and problem behaviors
- Prioritize risk & protective factors
- Complete resource assessment and gaps analysis



Phase 4:

Creating a Community Action Plan

Create a plan for implementing & evaluating tested, effective programs, policies, and practices

- Implement selected programs, policies, and practices
- Selection of programs, policies, & practices to fill identified gaps
- Implementation and evaluation plans
- Mutually agreed-upon focus and priorities
- Outcome-based plan and evaluation strategy

Phase 5: Evaluating and Implementing the Community Action Plan

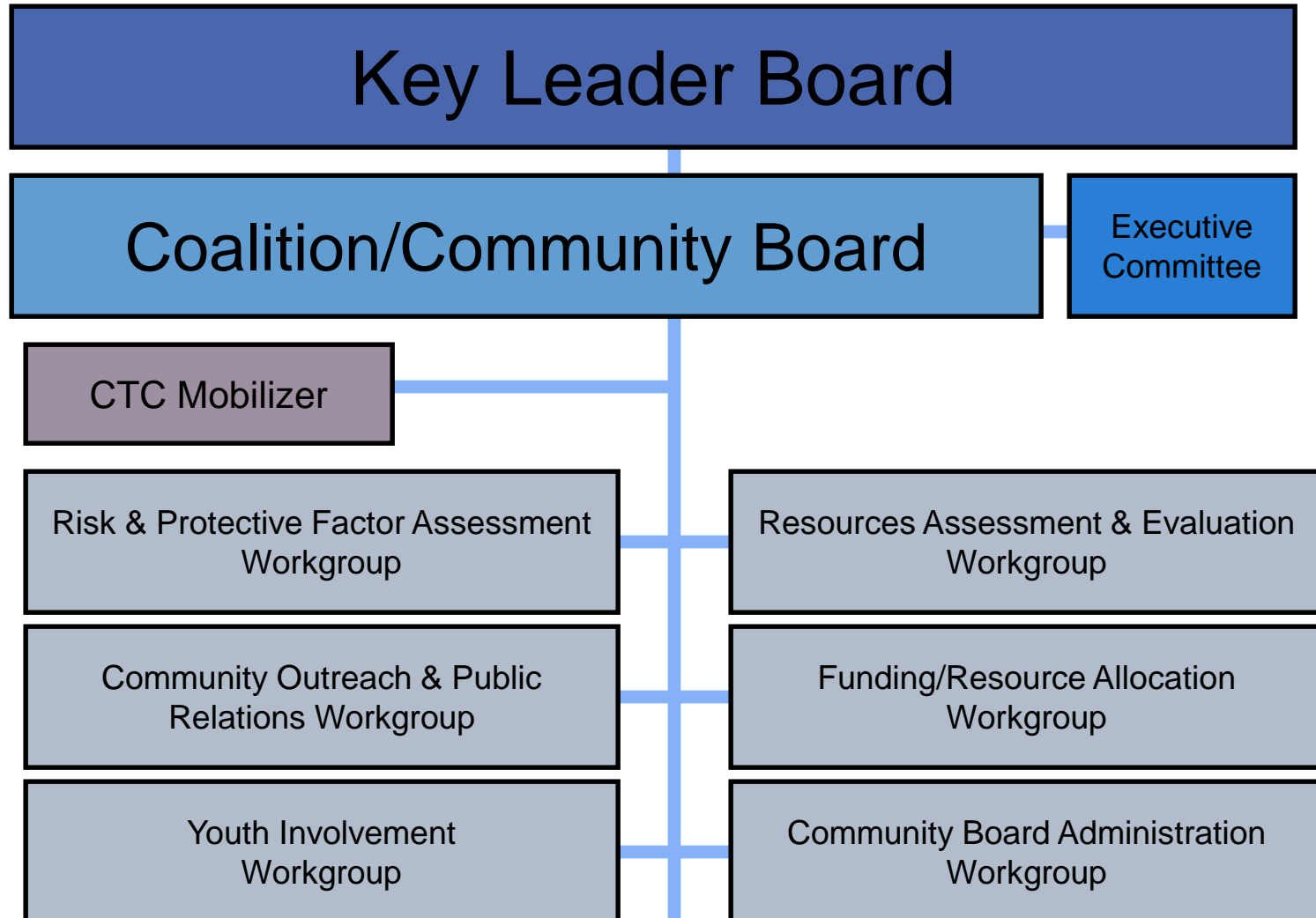
Implement & evaluate the plan and refine as needed

- Measurable Outcomes
- Evaluate the process and outcomes
- Adjust plan



Coalition Structure

Sample CTC Board Structure



Comprehensive Coordinated Planning



Review of Resources Available

Unleashing the Power of Prevention



Website Review

Communities That Care - <http://www.communitiesthatcare.net/>

Blueprints for Healthy Youth Development –

<http://www.blueprintsprograms.com/>

EPISCenter - <http://www.episcenter.psu.edu/>

PCCD – www.pccd.pa.gov



Thank You!

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