Communities That Care (CTC) Overview

Wednesday, October 9, 2019

Presented by:
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Welcome!

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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!

*Coalition for the Promotion of Behavioral Health
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*

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
Global CTC Map

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

https://www.communitiesthatcare.net/
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
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

Define the problem
- Lung Cancer

Identify Risk & Protective Factors
- Smoking
- Poor Air Quality
- Second-Hand Smoke

Interventions
- Reduce Smoking
  - Cessation
  - Limit advertising
  - Increase price
  - Limit smoking areas
  - Educate public

Program Implementation & Evaluation
- Decrease # of cancer cases
- Increase public knowledge
- Decrease # of smokers
- Decrease # of smokers in movies
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.
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 Catelano 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
- **Phase 2**: Organizing, Introducing, Involving
- **Phase 3**: Developing a Community Profile
- **Phase 4**: Creating a Community Action Plan (CAT)
- **Phase 5**: Implementing & Evaluating the CAT
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
Sample CTC Board Structure

Key Leader Board

Coalition/Community Board

CTC Mobilizer

Risk & Protective Factor Assessment Workgroup

Community Outreach & Public Relations Workgroup

Youth Involvement Workgroup

Resources Assessment & Evaluation Workgroup

Funding/Resource Allocation Workgroup

Community Board Administration Workgroup

Executive Committee
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!

The EPISCenter is a collaborative partnership between the Pennsylvania Commission on Crime and Delinquency (PCCD), the Pennsylvania Department of Human Services (DHS), and the Bennett Pierce Prevention Research Center, College of Health and Human Development, Penn State University. The EPISCenter is funded by DHS and PCCD. This resource was developed by the EPISCenter through PCCD grant VP-ST-24368.

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