

„Activating community coalitions for effective prevention planning: the Communities That Care approach“

von

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The Communities That Care Prevention System



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Two Major Advances in Prevention Science

1. Identification of **predictors** of youth problem behaviors as targets for preventive interventions.

→ **Risk and Protective Factors**

in family, school, peer group and neighborhood



Community Risk Factors

Risk Factors	Substance Abuse
Community	
Availability of Drugs	✓
Availability of Firearms	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	✓
Media Portrayals of Violence	
Transitions and Mobility	✓
Low Neighborhood Attachment and Community Disorganization	✓
Extreme Economic Deprivation	✓



Family, School, and Individual/Peer Risk Factors

Risk Factor	Substance Abuse
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 Elementary School	✓
Lack of Commitment to School	✓
INDIVIDUAL/PEER	
Early and Persistent Antisocial Behavior	✓
Alienation and Rebelliousness	✓
Friends Who Engage in the Problem Behavior	✓
Favorable Attitudes Toward the Problem Behavior	✓
Early Initiation of the Problem Behavior	✓
Constitutional Factors	✓



Promotive and Protective Factors

- Individual Characteristics
 - High Intelligence
 - Resilient Temperament
 - Competencies and Skills
- In each social domain (family, school, peer group and neighborhood)
 - Prosocial Opportunities
 - Reinforcement for Prosocial Involvement
 - Bonding or Connectedness
 - Clear Standards for Healthy Behavior



What We Know about Risk and Protective Factors

Preventive interventions that address shared risk factors for different adolescent health risking behaviors have produced reductions in multiple outcomes, including drug use, school dropout, and crime.

(Hawkins et al, 1999; Botvin et al., 2002 ; Flay et al, 2004; Haggerty et al., 2007; Schweinhart et al, 1992; 2005).



Two Major Advances in Prevention Science

1. Identification of **predictors** of youth problem behaviors as targets for preventive interventions.
→ **Risk and Protective Factors**
2. Identification of tested and effective preventive policies and programs.



Advances in Prevention Science

Over the past 25 years, controlled trials have identified both ineffective and effective prevention policies and programs.



But...

Prevention approaches that do not work or have not been evaluated have been more widely used than those shown to be effective.

(Gottfredson & Gottfredson, 2002, Hallfors et al 2001, Ringwalt et al., 2002.)



The Challenge

How can we increase use of tested and effective prevention policies and programs...

while recognizing that communities are different from one another and need to decide locally what policies and programs they use?



A Goal for Community Prevention

- To identify those risk factors that are most prevalent and those protective factors that are suppressed.
- To address these risk and protective factors with tested and effective policies and programs.



Coalitions Could Be Key

- Local coalitions can activate diverse community stakeholders to collaborate in prevention across all domains of life.
- This collaborative action could systematically reduce risk and strengthen protection in communities.



But Many Coalitions Have Failed

- Studies have found that many coalitions fail to achieve their goals of preventing drug abuse and other health risking behaviors.

(Yin, Kaftarian et al. 1997; Roussos and Fawcett 2000; Hallfors, Cho et al. 2002; Wandersman and Florin 2003; Flewelling, Austin et al. 2005; Zakocs and Edwards 2006; Collins, Johnson et al. 2007).





Communities That Care (CTC): A Tested and Effective System for Community Wide Prevention

- CTC is a *proven* method for mobilizing communities to prevent underage drinking, tobacco use and delinquent behavior.
- CTC has been tested in a randomized controlled experimental trial involving 12 pairs of matched communities (24 communities) across 7 states in the United States.
- CTC's effects have been independently replicated in a statewide dissemination trial in Pennsylvania.



The Communities That Care Prevention System

- A coalition/board of diverse community stakeholders applies **prevention science** to guide the work.
- **Measures** community levels of protection and risk by surveying young people themselves.
- Matches the community's profile of risk and protection with **tested, effective** programs and policies.



The Communities That Care Prevention System

- Ensures that new programs and policies are implemented with **fidelity**.
- Focuses on **measured** outcomes
 - Are fewer teens using drugs? Fewer smoking?
Fewer committing violent acts?
- Local control builds ownership to create sustainable change.



The Communities That Care Operating System



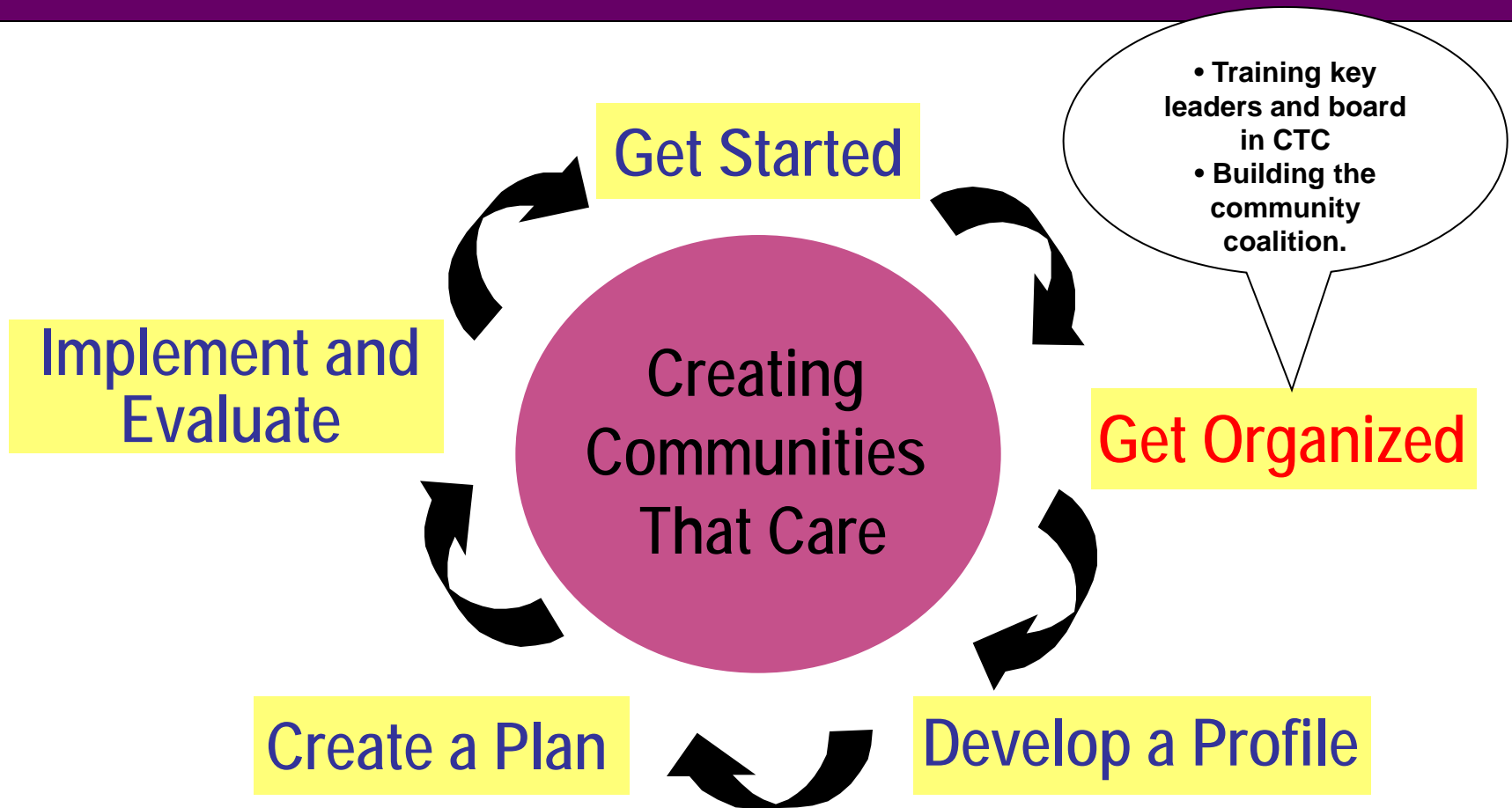


The Communities That Care Operating System





The Communities That Care Operating System





The Communities That Care Operating System





What We Know about Community Risk and Protection

Communities vary significantly in levels of risk and protective factors and substance use outcomes. (Hawkins et al. 2004)

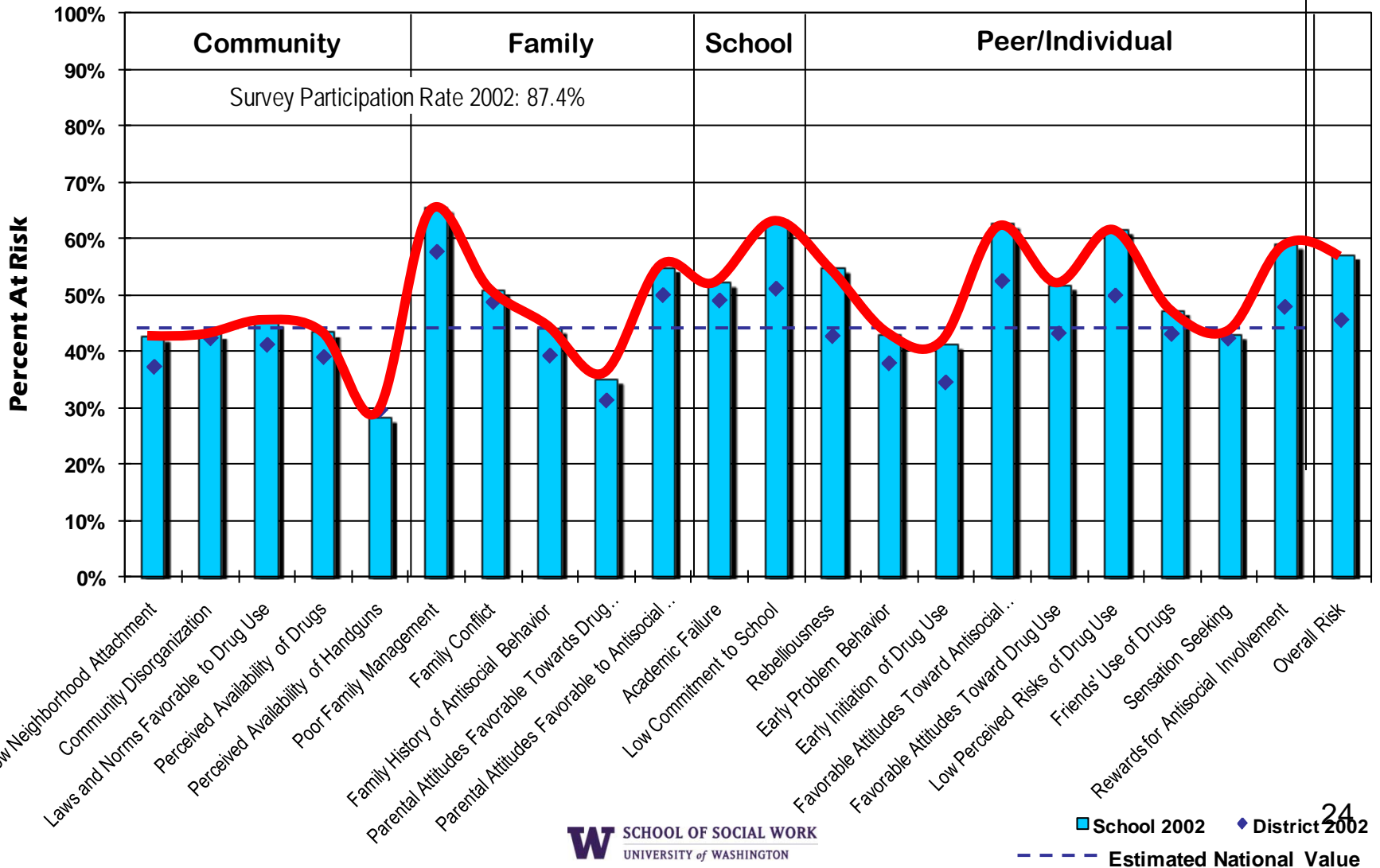


The CTC Youth Survey

- Assesses young peoples' experiences and perspectives.
- Provides valid and reliable measures of risk and protective factors across gender, grade and racial/ethnic groups.
- Identifies levels of risk and protective factors and health and behavior outcomes for district, city, school, or neighborhood.
- Guides planners to select appropriate tested, effective actions
- Monitors the effects of chosen actions.

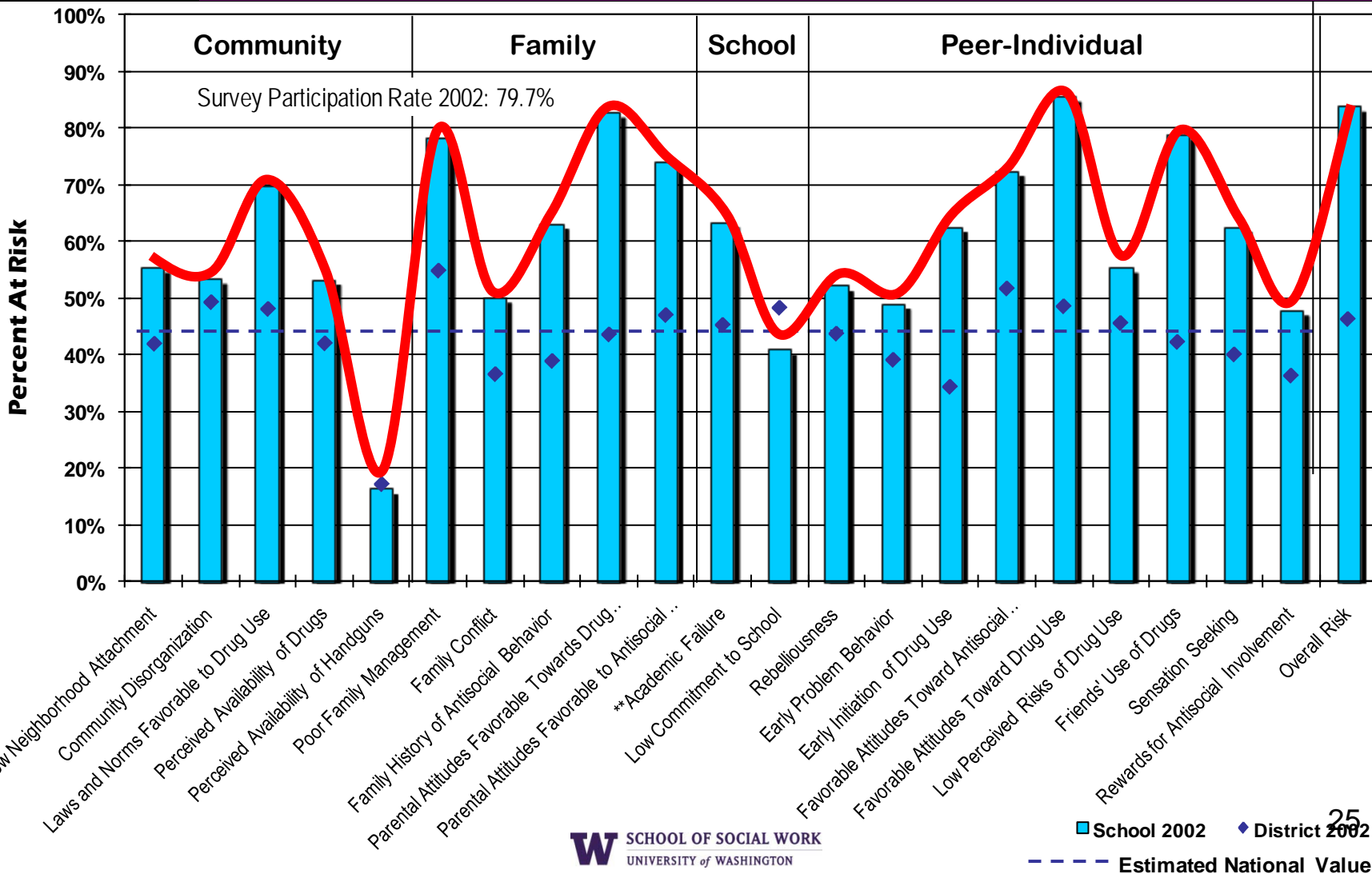


Madison Middle School Risk Profile, 8th Grade, 2002





Nova High School Risk Profile, 10th Grade, 2002





The Communities That Care Operating System





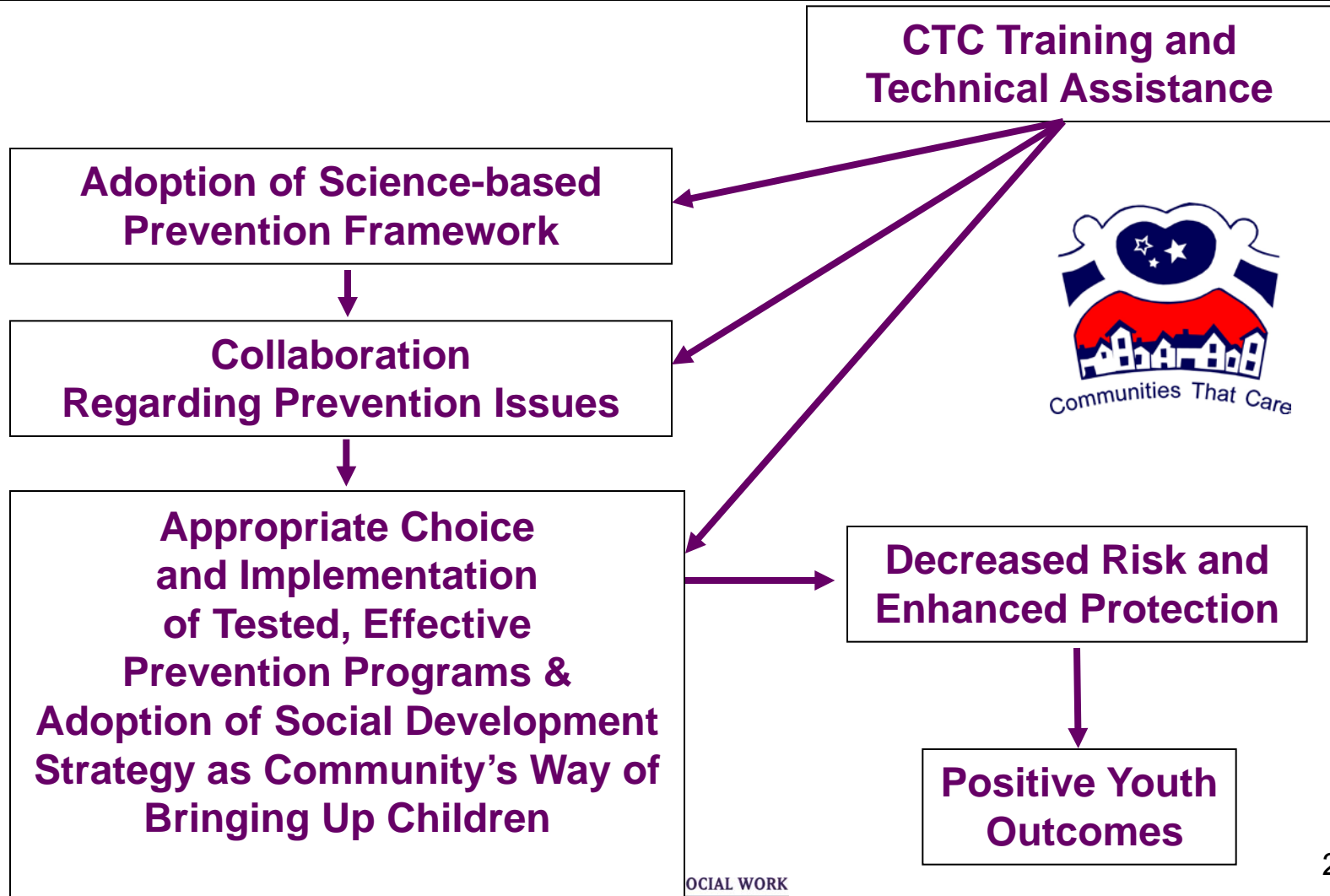
The Communities That Care Operating System

- Form task forces.
- Identify and train implementers.
- Sustain collaborative relationships.
- Evaluate processes and outcomes.
- Adjust programming.



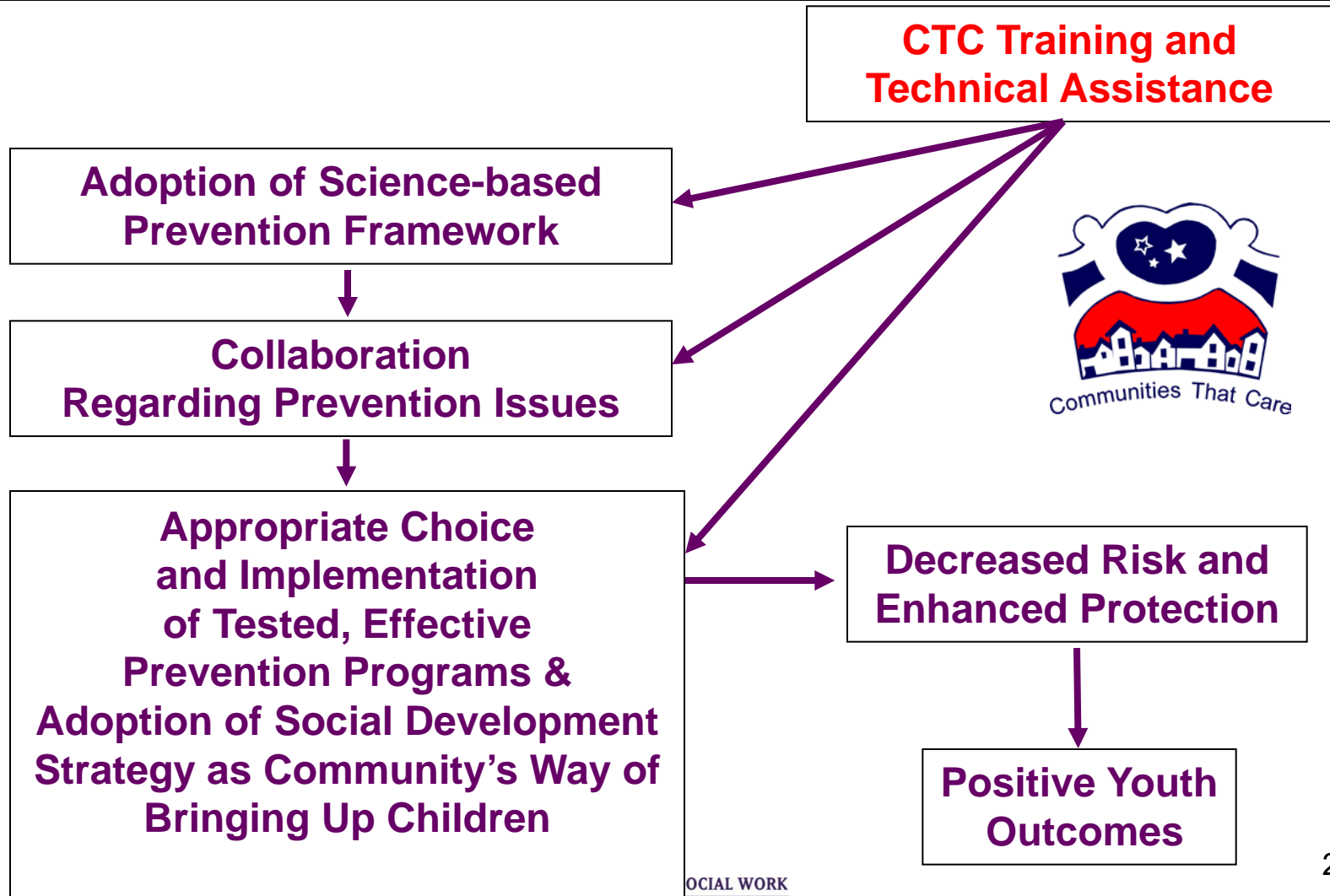


Communities That Care Logic Model



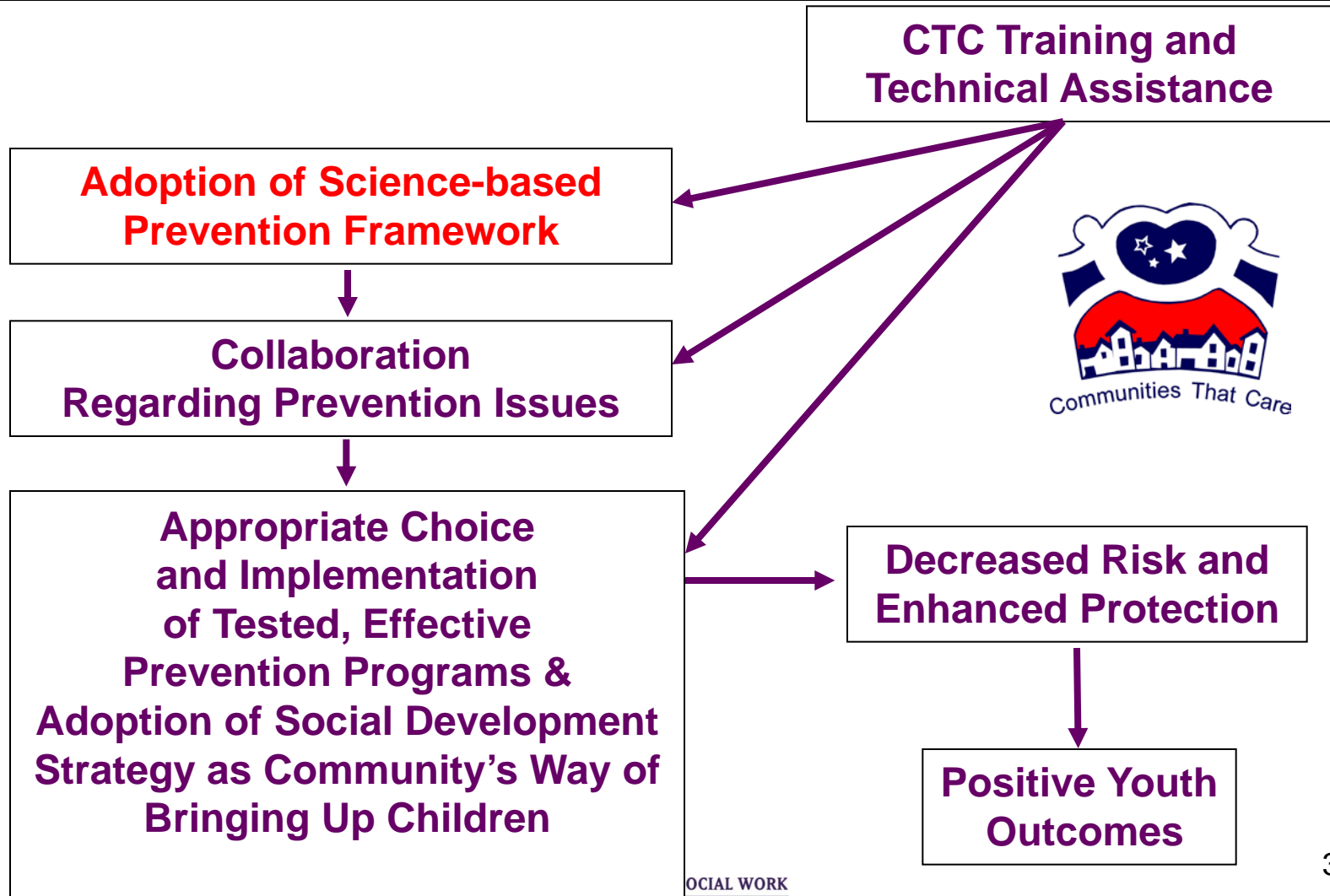


Communities That Care Logic Model



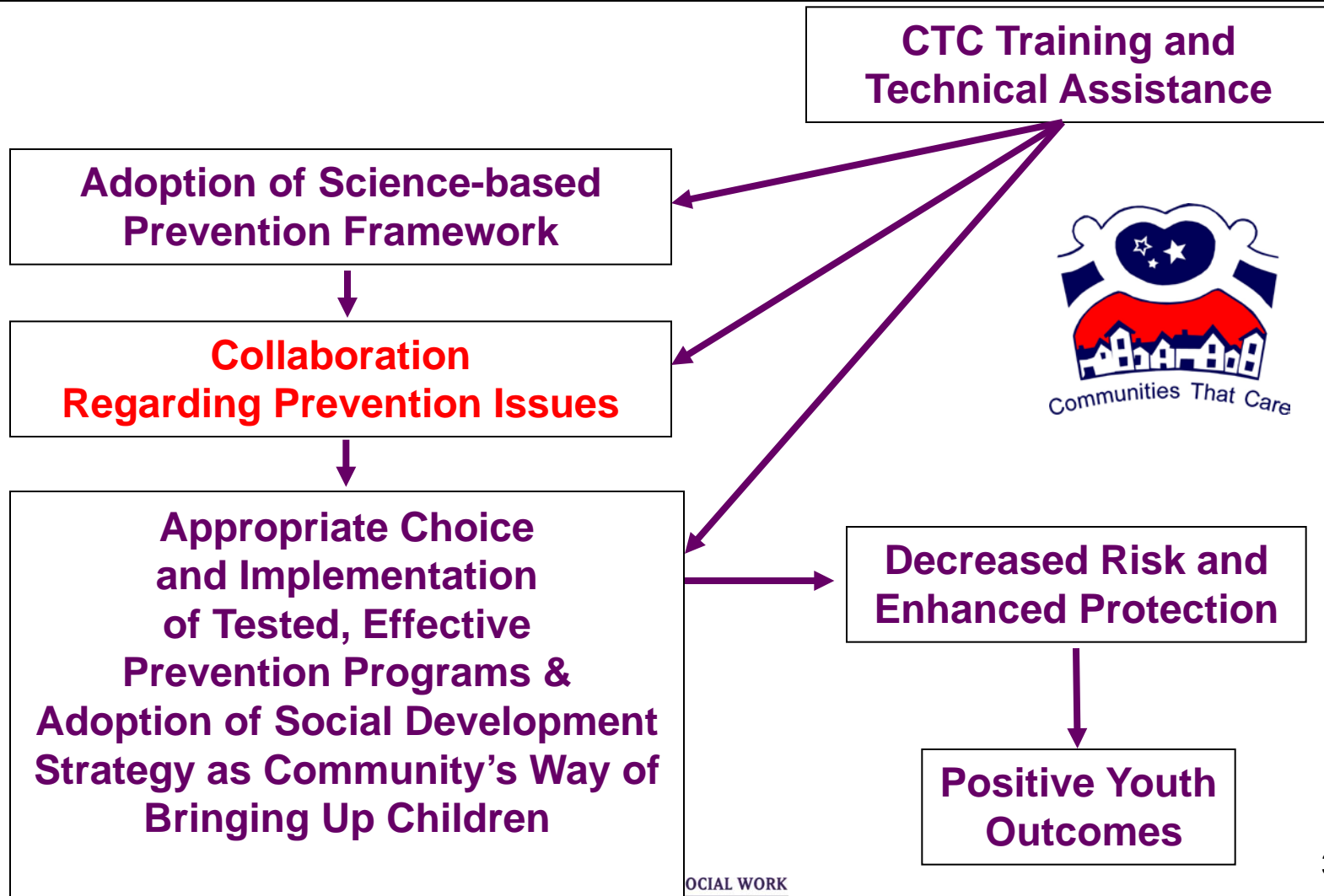


Communities That Care Logic Model



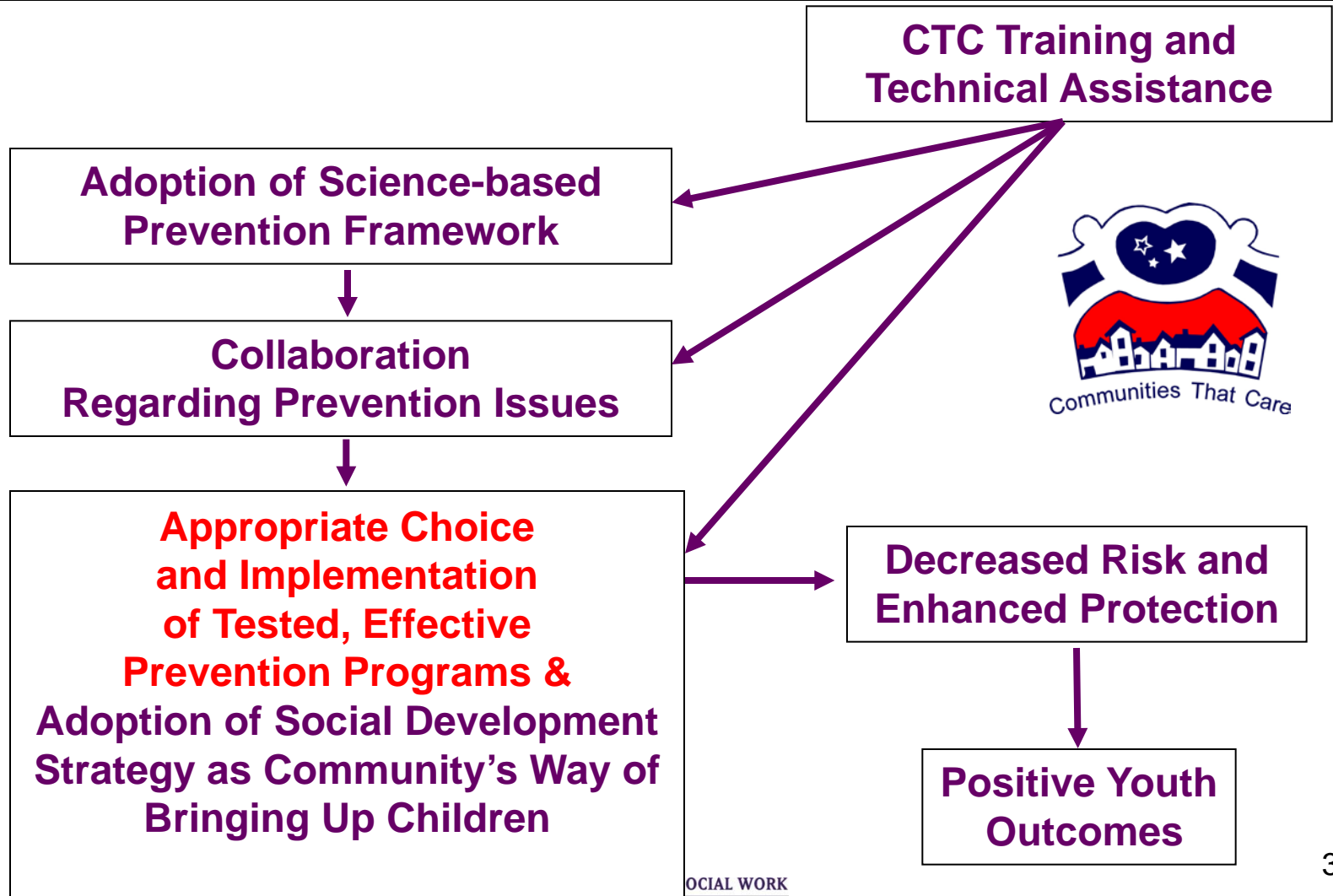


Communities That Care Logic Model



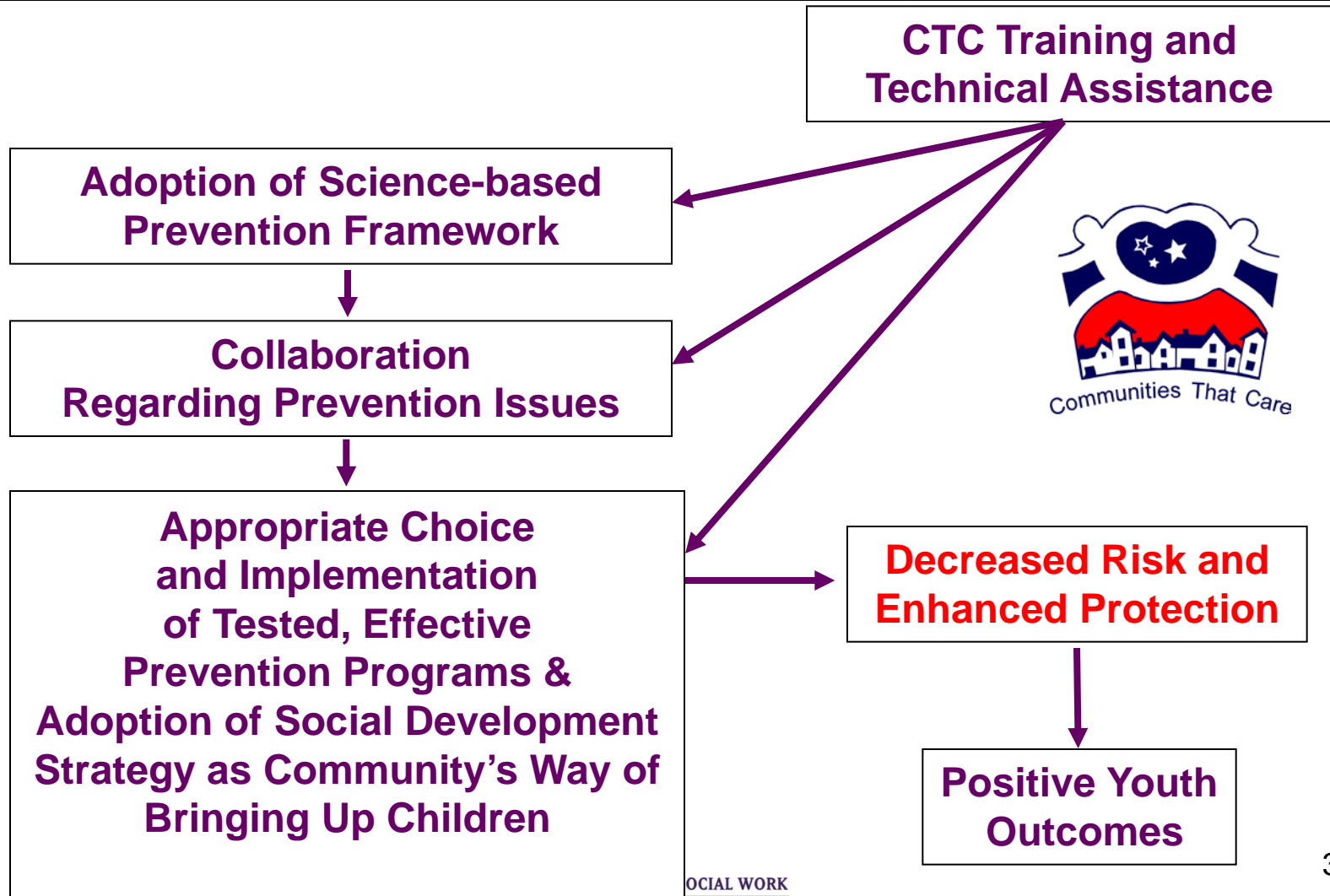


Communities That Care Logic Model



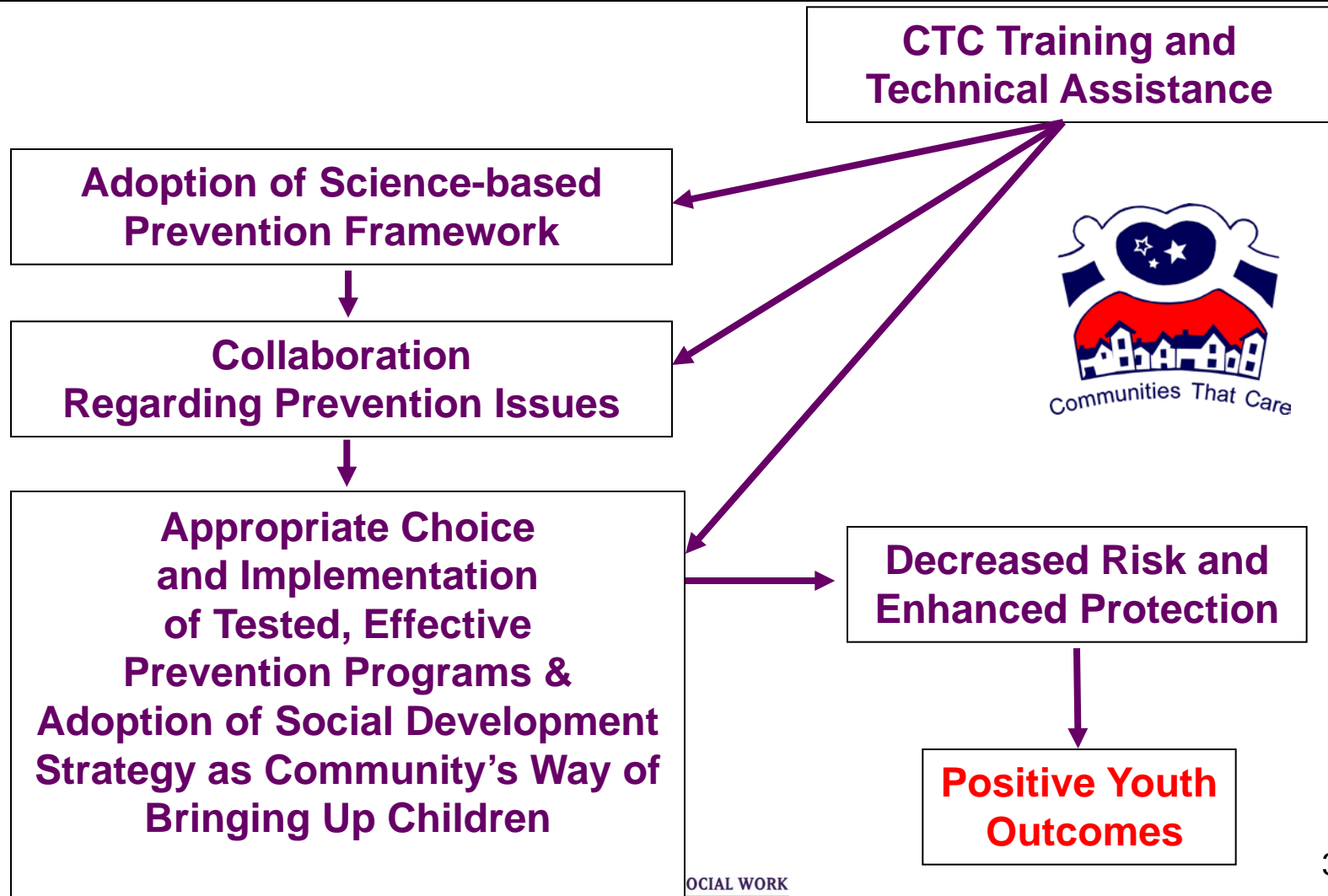


Communities That Care Logic Model





Communities That Care Logic Model





CTC Process and Timeline

Process

Measurable Outcomes

Assess risk,
protection and
resources

Implement and
evaluate
tested
prevention
strategies

Increase in
priority
protective
factors

Decrease in
priority risk
factors

Increase in
positive youth
development

Reduction in
problem
behaviors

Vision for a
healthy
community

6-9 mos.

1 year

2-5 years

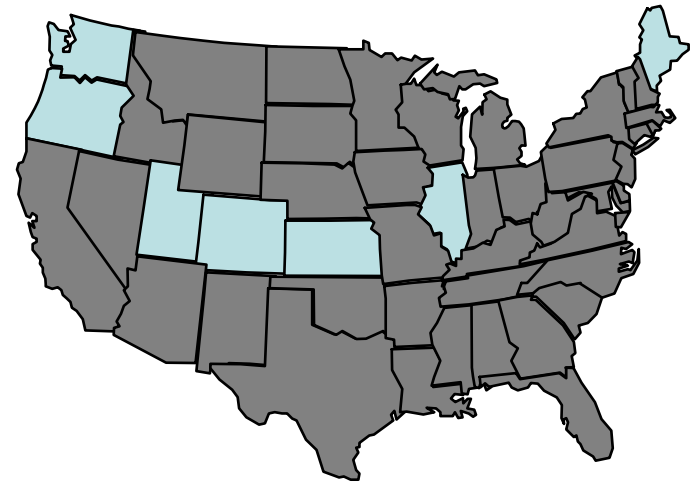
4-10 years



The Community Youth Development Study (CYDS)

A Test of Communities That Care

- A community randomized trial of CTC in 7 states.
- 24 incorporated towns matched in pairs within state and randomly assigned to CTC or control condition.



Funded by:

National Institute on Drug Abuse
Center for Substance Abuse Prevention
National Cancer Institute

National Institute on Child Health and Human Development

National Institute of Mental Health



Communities That Care: Evidence of Effects

- **Adoption of science-based prevention** is higher in CTC communities than in control communities.
- CTC communities and schools are adopting **tested & effective programs**.
- The new programs are being implemented with **fidelity**.
- Exposure to targeted risk factors is increasing less rapidly in the panel in CTC than in control communities.
- By the spring of grade 8,
 - significantly fewer panel students in CTC communities than controls have initiated smoking, smokeless tobacco use, alcohol use, and delinquent behavior.
 - Significantly fewer report current alcohol use, binge drinking, and smokeless tobacco use.
 - Significantly lower rates of delinquent behavior.



Why Does CTC Work?

- Complete set of manualized trainings.
- Process for assessing community readiness.
- Milestones and Benchmarks that guide communities through the CTC process.
- Standardized assessment process for community needs assessment.
- Menu of tested and effective preventive interventions.
- Training and tools for monitoring implementation fidelity and quality and outcomes.



What is required to install CTC?

- A coalition of community stakeholders.
- A coordinator for the CTC process.
- Manuals and curriculum materials.
- Training from certified trainers.
- Technical assistance when difficulties are encountered.
- A monitoring system to provide routine feedback on progress and outcomes.



Summary and Implications

We can advance public health in our communities:

- Sponsor and endorse tested and effective prevention programs.
- Promote the collection of data on levels of risk and protection to focus community action on elevated risks.
- Engage in community efforts to strengthen protection and reduce risks.

In other words:

- **USE COMMUNITIES THAT CARE!**



Communities That Care

- Owned by the US federal government and available at:
<http://preventionplatform.samhsa.gov/>
- To see CTC in operation in a community visit the NIDA Virtual Town Hall:
<http://www.drugabuse.gov/newsroom/09/townhall.html>
- CSAP Contact:
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