

Overview of Communities That Care

About CTC

CTC is an evidence-based coalition model that uses a public health approach:

Defining the problem: The CTC Youth Survey is administered to students in grades 6, 8, 10, and 12. CTC uses the data from this survey, along with information from public health, hospitals, schools, and law enforcement, to identify the biggest problems facing our youth.

Addressing risk and protective factors: Risk factors are elements in a young person's environment that increase the likelihood of them engaging in problem behaviors, like substance use, delinquency, or violence. In the same way that poor diet is a risk factor for heart disease, there are specific risk factors that research has shown contribute to youth problem behaviors. Protective factors buffer against risk by either reducing the impact of risk factors, or changing the way youth respond to them.

Assessment: Two major reports are produced by the coalition every two years in conjunction with the CTC Youth Survey. The Community Assessment looks at current resources and programs in the community, and identifies gaps and needs for youth. The Action Plan identifies the priority risk factors from the CTC Youth Survey, and evidence-based programs (listed on www.blueprintsprograms.org) that can be implemented to address risk.

Implementing programs: Once CTC has identified the top risk factors in our community, evidence-based programs are selected to address those specific factors. CTC uses BlueprintsPrograms.com to determine the best program(s) to implement. The coalition helps track fidelity of programs implemented from the Action Plan.

Five Phases of CTC

The CTC model is broken down into five stages:

Phase One, Getting Started: Assessing the community's readiness to participate in an organized program like CTC.

Phase Two, Getting Organized: Asking community members, key leaders, and other stakeholders to dedicate their time, efforts and resources for the betterment of our community youth.

Phase Three, Create a Community Profile: CTC members look at the risk and protective factors based on data from the Youth Survey and other reports. After determining the top five risk factors, CTC puts a vote out to the community to select two risk factors to focus on.

Once identified, the Resources Assessment Work Group researches the programs already in place which address these risk factors, and identifies gaps in programming. The work group then reports their findings to the entire CTC.

Phase Four, Create a Plan: The CTC creates a Community Action Plan, which includes effective policy and programs to address the two risk factors identified and to fill any gaps

around these factors. This plan also indicates specific goals for outcomes and changes in the community.

Phase Five, Implement and Evaluate: The CTC applies the policies, utilizes the programs selected, and maintains fidelity with the CTC vision. Over time, outcomes are evaluated by re-administering the CTC Youth Survey every two years.

Milestones and Benchmarks: Each phase comes with a set of milestones and benchmarks. Milestones are the goals for each phase, while benchmarks are actions to take that light the path to achieving these goals.

Evidence For CTC

Research results show that communities that use the CTC model have a reduction in youth problem behaviors, such as:

The initiation of substance use and delinquency: By the end of 8th grade, compared to students in control communities, students from CTC communities were:

- 24% less likely to initiate delinquent behavior
- 32% less likely to initiate the use of alcohol
- 33% less likely to initiate cigarette use
- 33% less likely to initiate the use of smokeless tobacco

Substance use: By 8th grade, compared to students in control communities, students from CTC communities were:

- 23% less likely to use alcohol in the past 30 days
- 49% less likely to use smokeless tobacco in the past 30 days
- 37% less likely to have engaged in binge drinking in the past two weeks

Delinquent behaviors: In 8th grade, students from CTC communities committed 31% fewer delinquent behaviors than students in the control communities.

CTC Work Groups

CTC operates as a series of work groups that each meet monthly for about an hour. CTC members choose one or more of the following work groups to dedicate their time to:

Funding: Find funds for CTC through fundraisers, business donations, and grants

PR/Maintenance: Keep CTC running smoothly by creating bylaws, procedures, etc. and spread the word about CTC via media, social media, posters, etc.

Data/Resource: Look for gaps in current community programs and resources and analyze data about what our youth are experiencing

Youth Involvement: Identify opportunities for youth engagement in CTC and the community

Suicide Prevention: Optional work group for counties that want to address youth suicide prevention

Executive: Chairs of each work group meet monthly to share information and oversee Milestones & Benchmarks.

Learn more at www.communitiesthatcare.net and www.upctc.com