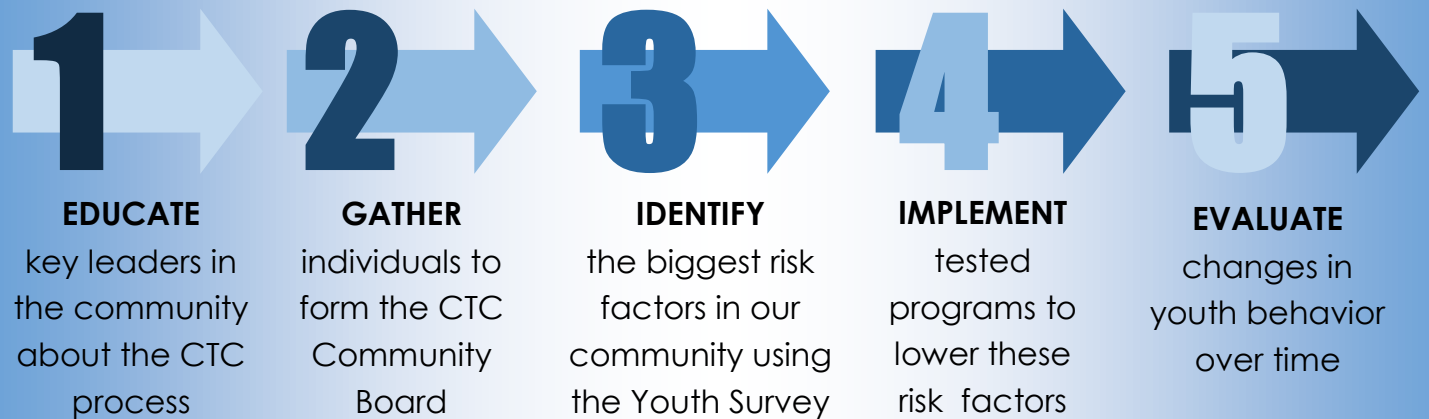


# Communities That Care (CTC)

Community members working together to create a safer, healthier environment for kids and teens.

## The Five Phases of CTC



The CTC is made up of small work groups that meet monthly to handle specific tasks.

### Choose one or more work groups to dedicate your time to:

Funding • Outreach/Public Relations • Resource Assessment • Youth Involvement  
Risk & Protective Factors • Community Board Maintenance • Suicide Prevention

## Frequently Asked Questions

### Q: How much of a time commitment does it take to be part of the CTC?

CTC members attend a training session to make sure everyone is on the same page about how CTC works. After that, CTC is only a commitment of one to three hours monthly.

### Q: How do we know CTC will work? Why should we invest time and resources into it?

CTC is evidence-based to help lower rates of youth problem behaviors like substance abuse, delinquency, violence, school drop-out, teen pregnancy, and depression/anxiety. *Evidence-based* means that there are multiple high-quality studies that have proven its effectiveness.

### Q: What are risk factors? Why do they matter so much?

*Risk factors* are variables that increase the chances of youth developing a problem behavior. 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.

### Q: How do we know what the biggest risk factors in our community are?

The CTC Youth Survey is given to youth in grades 6, 8, 10, and 12. The survey asks questions about what young people are experiencing. The data from the survey allows the community to pinpoint the biggest risk factors for our young people. The survey is administered every two years to measure the changes in youth behavior.