Cheltenham Communities That Care

WHY CARE ABOUT COMMUNITIES THAT CARE

Across the country, communities searching for an effective way to foster a positive, healthy, and caring environment have turned to **Communities That Care (CTC),** including Cheltenham! In fact, Cheltenham CTC is one of over 60 CTC coalitions in Pennsylvania alone!

The model for CTC was developed by Dr. David Hawkins and Dr. Richard Catalano at the University of Washington. It utilizes the public health approach to prevention, which focuses on pinpointing the root causes, referred to as risk factors, of a problem (for example, *why* children are drinking alcohol or *what is causing* youth to feel stressed) and then working to find solutions, referred to as protective factors, to reduce and/or prevent those causes. CTC's strategy uses research and survey data to identify the risk factors that specifically lead to problem adolescent behaviors and then determine favorable, influential protective factors that promote positive youth development.

Although they all use the same overall structure and prevention model, each CTC coalition is unique because they focus on the needs, concerns, and celebrations of the individual communities that they represent. Each coalition is operated independently through the cooperation and efforts of 12 different sectors within each community that include parents/caregivers, youth, businesses, government, schools, healthcare, law enforcement, community organizations, religious groups, etc. (see chart for full listing). **We represent you!**

Local Problems Require Local Solutions

Youth · Parents · Business · Media · Religious/Fraternal Organizations · Schools · Youth Serving Organizations · Law Enforcement · Healthcare Professionals · State/Local/Tribal Government · Substance Abuse Organizations · Civic/Volunteer Organizations

Social Development Strategy

The Social Development Strategy is an integral part of Communities That Care. It is a highly effective method that applies to youth of all ages.

When provided with **opportunities** for personal growth, **skills** to enhance their ability to succeed, and **recognition and praise** for their efforts, youth gain confidence, self-assurance, and strong bonds with the family, school, and community members who guide and support them.

Since youth are highly influenced by those with whom they socialize, establishing positive relationships with strong and affirming bonds encourages youth to engage in healthy endeavors with clear standards for behavior.

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Risk Factors Targeted by Cheltenham CTC

Favorable Attitudes Towards Antisocial Behavior

Anti-social behavior refers to a broad range of actions that include, but are not limited to: communicating dishonestly with others, gambling/betting, acting aggressively towards adults or peers, destroying property, attacking someone with the intent to cause harm, selling drugs, and attending school while drunk or high.

Depressive Symptoms

Mental health disorders such as stress, anxiety, and depression can disrupt school performance, harm relationships, lead to drug use, and cause problem behaviors. Unfortunately, ongoing stigmas surrounding mental health disorders can present barriers to youth in terms of receiving effective treatment and needed support from family and friends.

Perceived Risk of Drug/Substance Use

The perceived risk of harm associated with drug/substance use is considered to be an important determinant for youth when deciding whether or not to use alcohol, tobacco, or other drugs.

Favorable Attitudes Toward Drug/Substance Use

Youth can be motivated to accept, try, and use drugs/substances based on curiosity, peer pressure, and attempts to cope with mental health issues, family conflict, bullying, and disappointments. Youth in families where parents/caregivers use illegal drugs, are heavy users of alcohol, or are tolerant of their children's use of drugs/substances are at a higher risk for becoming drug/substance users during adolescence.

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Communities That Care

Many people have probably heard the phrase, "It takes a village to raise a child."

Communities That Care encourages the members of that village to continually assess the needs and concerns of different subpopulations within the overall community.

Diversity, equity, and inclusion unite community representatives throughout this ongoing process as they share their ideas, creativity, knowledge, skills, and desire to address concerns and work together to bring about positive change that will benefit youth, families, and residents overall.

Resources

Cheltenham Communities That Care
CheltenhamCommunitiesThatCare.org

Communities That Care
CommunitiesThatCare.net

Drug Free Communities
CDC.gov/DrugOverdose/Drug-Free-Communities

Prevent Coalition
PreventCoalition.org