



Communities That Care

Succeeding in Community Prevention

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Keeping our eyes on the prize



Looking down the road



YOU NEVER KNOW HOW LONG YOU'VE GOT! YOU COULD STEP INTO THE ROAD TOMORROW AND -WHAM- YOU GET HIT BY A CEMENT TRUCK! THEN YOU'D BE SORRY YOU PUT OFF YOUR PLEASURES!



"LOOK DOWN THE ROAD."



To prevent a problem before it happens, the factors that predict the problem must be changed.



Advances in Prediction

- Longitudinal studies have identified predictors of mental, emotional and behavioral problems.

Risk factors.

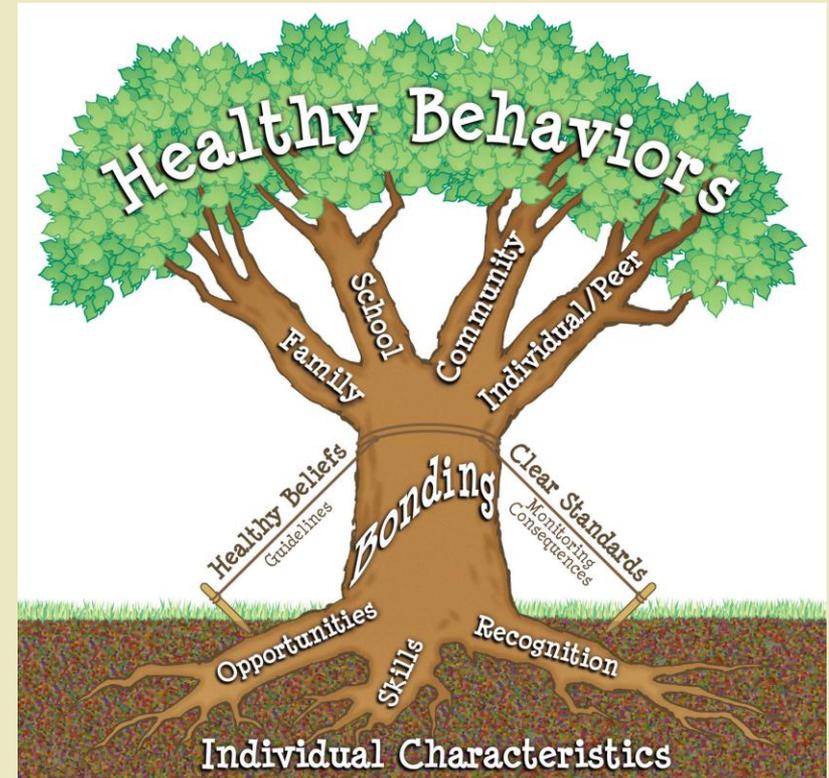
- AND predictors of positive outcomes including avoidance of health risk behaviors-

Protective factors.



Protective Factors: The Social Development Strategy

- Individual factors
 - Resilient temperament
 - Prosocial orientation
 - Competencies and skills
- Prosocial opportunities
- Reinforcement for prosocial involvement
- Bonding (attachment)
- Healthy beliefs and clear standards





Social Development Strategy in a parent child interaction



Parent-Child
Interaction
Coded for

Opportunities
Involvement
Rewards
Bonding, etc.

What inhibits healthy development? Risk Factors



- Interrupt the process of positive social development
- Increase the likelihood of negative outcomes
- Found in all areas of influence:
 - community
 - family
 - school
 - peer/individual



Risk factors exist in different environments:

Risk Factors

	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Depression & Anxiety	Violence
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						
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 Late 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	✓	✓			✓	✓

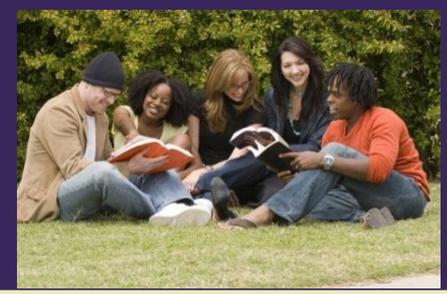


Science Guided Practice

Malleable risk and protective factors identified through longitudinal studies should be targeted by preventive interventions.

(Coie et al., 1994; Woolf, 2008; O'Connell, Boat & Warner, 2009)





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

(Hawkins et al., 2008; Botvin et al., 2002 ; Flay et al., 2004; Haggerty et al., 2007; Schweinhart et al., 2005).



Wide Ranging Approaches Have Been Found To Be Effective

Prevention Programs/Policies	Violence	Drug Use	HIV STI	Unintended Pregnancy	Vehicle Crash Risk	Obesity	Mental Health
1. Prenatal & Infancy Programs(eg., NFP)		✓		✓			
2. Early Childhood Education	✓	✓					
3. Parent Training	✓	✓			✓		✓
4. After-school Recreation	✓						
5. Mentoring with Contingent Reinforcement		✓					
6. Cognitive Behavior Therapy							✓
7. Classroom Organization, Management and Instructional Strategies	✓	✓		✓			✓
8. Classroom Curricula	✓	✓		✓		✓	✓



Wide Ranging Approaches Have Been Found To Be Effective

Prevention Programs/Policies	Violence	Drug Use	HIV STI	Unintended Pregnancy	Vehicle Crashes	Obesity	Mental Health
9. Community Based Skills Training/Motivational Interviewing			✓	✓			
10. Cash Transfer for School Fees/Stipend				✓			
11. Multicomponent Positive Youth Development	✓			✓			
12. Policies (eg., MLDA)		✓			✓		
13. Community Mobilization	✓	✓					
14. Law Enforcement			✓	✓	✓		
15. Family Planning Clinic				✓			



Cost-Benefit of Selected Programs*

*Steve Aos, Washington State Institute for Public Policy www.wa.gov/wsipp

Program	Benefit	Cost ¹	Benefit Minus Cost	Benefit per \$ Cost
Nurse-Family Partnership	\$30,325	\$9,421		
Chicago Child-Parent Centers	\$39,160	\$8,124		
Strengthening Families Program 10-14	\$6,656	\$851		
Functional Family Therapy	\$37,739	\$3,190		
Seattle Social Development Project	\$6,237	\$2,959		
Life Skills Training	\$1,415	\$34		

¹Cost estimates are per participant, based on 2003 U.S. dollars for SFP 10-14;¹⁹ 2007 U.S. dollars for the Chicago Child-Parent Centers;¹¹⁵ and 2010 U.S. dollars for all other interventions¹¹⁴



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Strengthening Families Program 10-14	\$6,656	\$851	\$5,805	\$7.82
Functional Family Therapy	\$37,739	\$3,190	\$34,549	\$11.86
Seattle Social Development Project	\$6,237	\$2,959	\$3,279	\$2.11
Life Skills Training	\$1,415	\$34	\$1,382	\$42.13

¹Cost estimates are per participant, based on 2003 U.S. dollars for SFP 10-14;¹⁹ 2007 U.S. dollars for the Chicago Child-Parent Centers;¹¹⁵ and 2010 U.S. dollars for all other interventions¹¹⁴



But...

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

(Ringwalt, Vincus et al., 2009)



The challenge

To increase the use of evidence based prevention programs ...

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

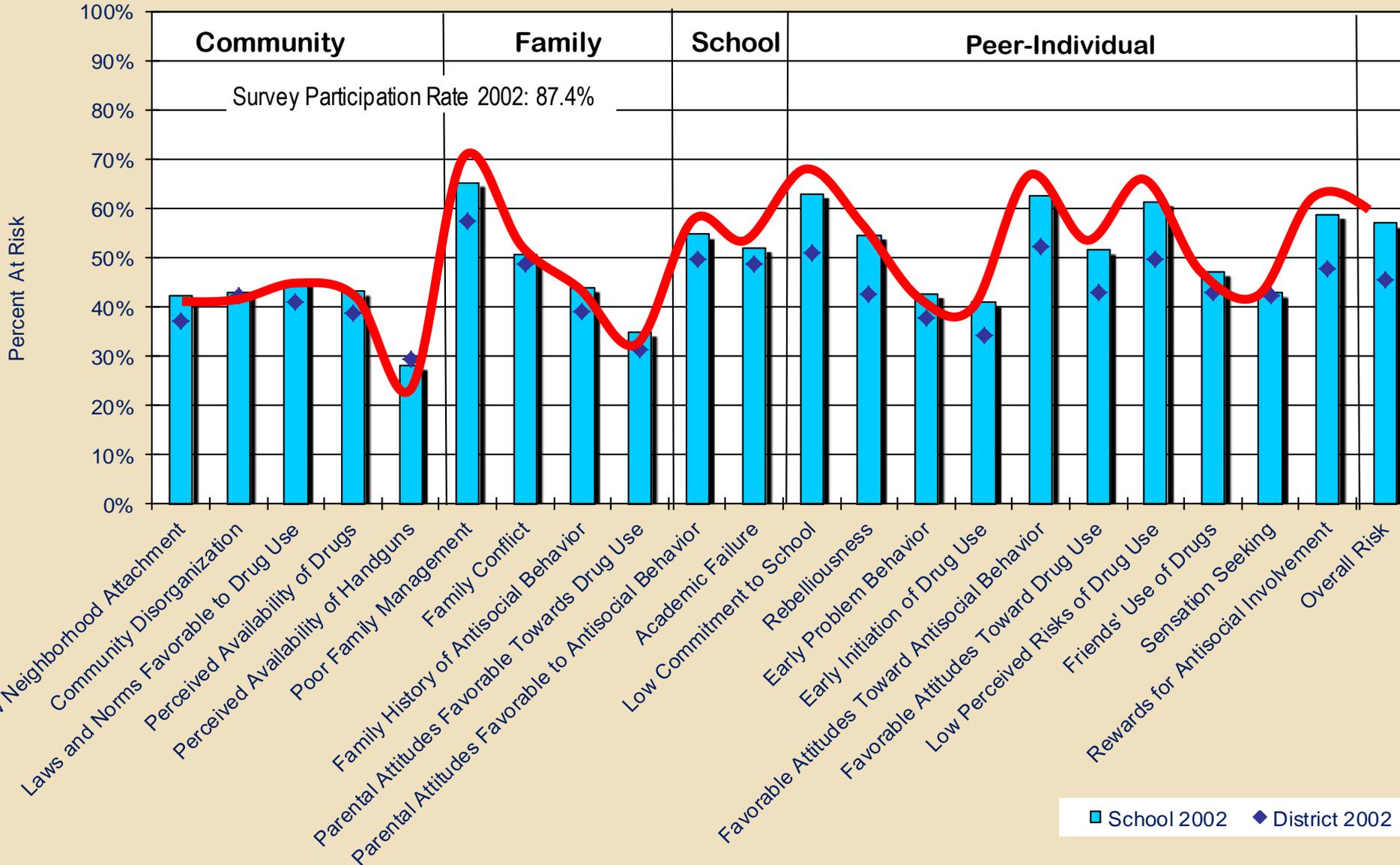


Foundation Facts for Effective Community Level Prevention

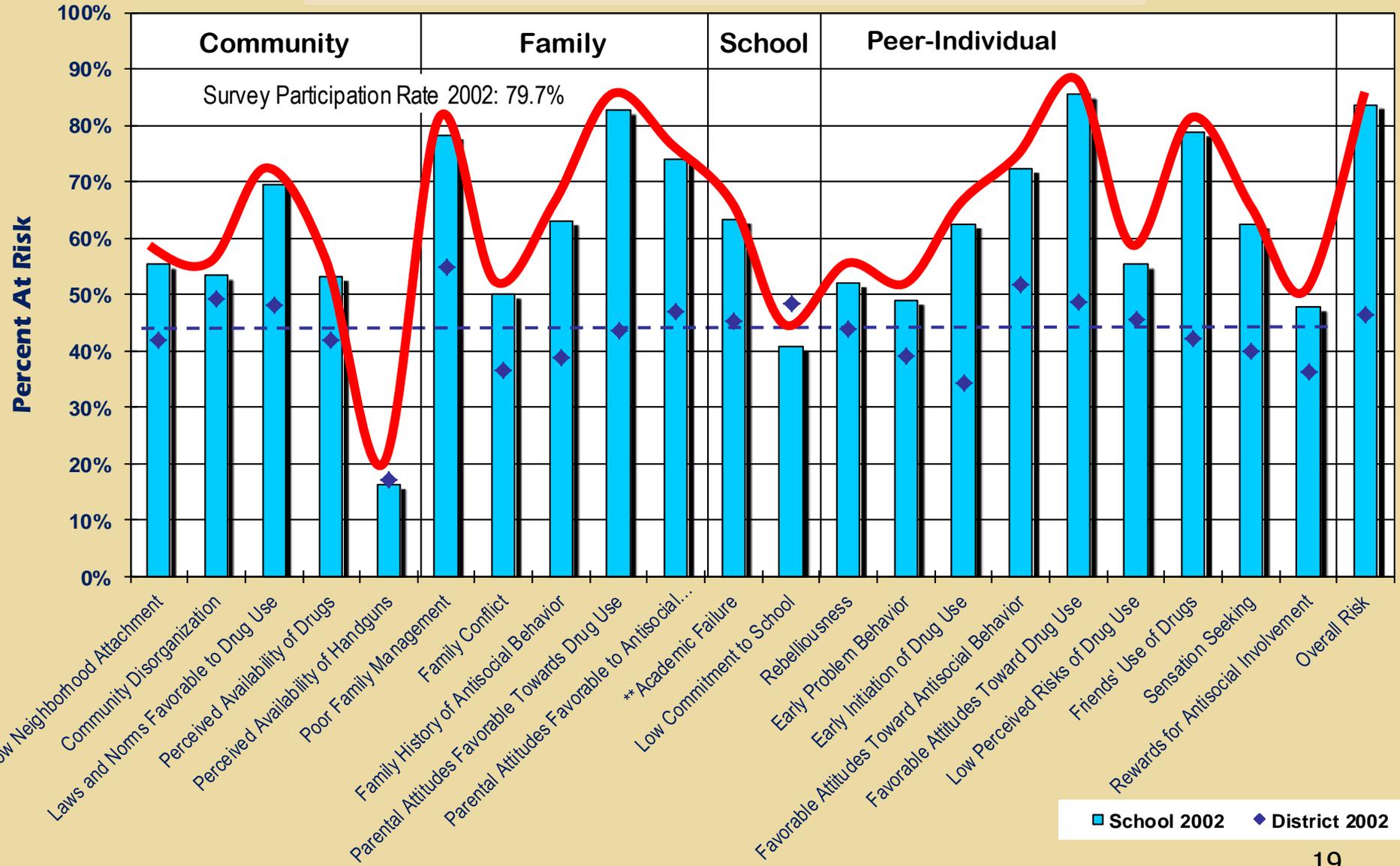
- Youths in different communities are exposed to different levels of risk and protection.

Madison Middle School Risk Profile 8th Grade

2002



Nova High School Risk Profile 10th Grade





A Goal for Community Prevention Efforts Seeking Population Level Effects

To identify and address:



risk factors that are prevalent



protective factors that are low

... in the community

... with tested and effective programs



The *Communities That Care* Prevention System

Develops community capacity to:

- Build prevention coalitions.
- Assess and prioritize risk, protection, and behavior problems.
- Match priority risks with effective preventive interventions.
- Support/sustain quality implementation of chosen preventive interventions seeking to reach all those targeted.



The *Communities That Care* Prevention System

- Community levels of protection and risk are measured by surveying young people themselves.
- Surveys repeated every other year assess changes in risk and protection levels and youth outcomes over time.
- Local control builds ownership to create sustainable change.

Results





CTC effects on behavior problem initiation

In a panel of 4407 youth followed from grade 5, by grade 8 youth in CTC communities were:

- ➔ **33% less likely to start smoking cigarettes**
- ➔ **32% less likely to start drinking**
- ➔ **25% less likely to start engaging in delinquent behavior**

...than those from control communities.



CTC effects on *current* problem behavior

Those 8th grade youth were also ...

- 23% less likely to drink alcohol currently
- 37% less likely to “binge” (5 or more drinks in a row)
- 31% less likely to commit past year delinquent acts

... than those from randomly assigned control communities

(Hawkins et al., 2009)



Sustained Effects after Six Years of CTC

(One Year after Project Funding Ended)

In the panel, compared to controls 10th graders from CTC communities had significantly:

- Lower levels of **targeted risk factors**.
- Less initiation of **delinquent behavior, alcohol use, and cigarette use**.
- Lower prevalence of past-month **cigarette use**.
- Lower prevalence of past-year **delinquency**
- Lower prevalence of past-year **violence**.

Hawkins et al., 2012, Archives of Pediatrics and Adolescent Medicine



Summary of significant findings compared to control communities



Increased

- collaboration
- adoption of science-based prevention
- use of appropriate tested programs
- high quality implementation



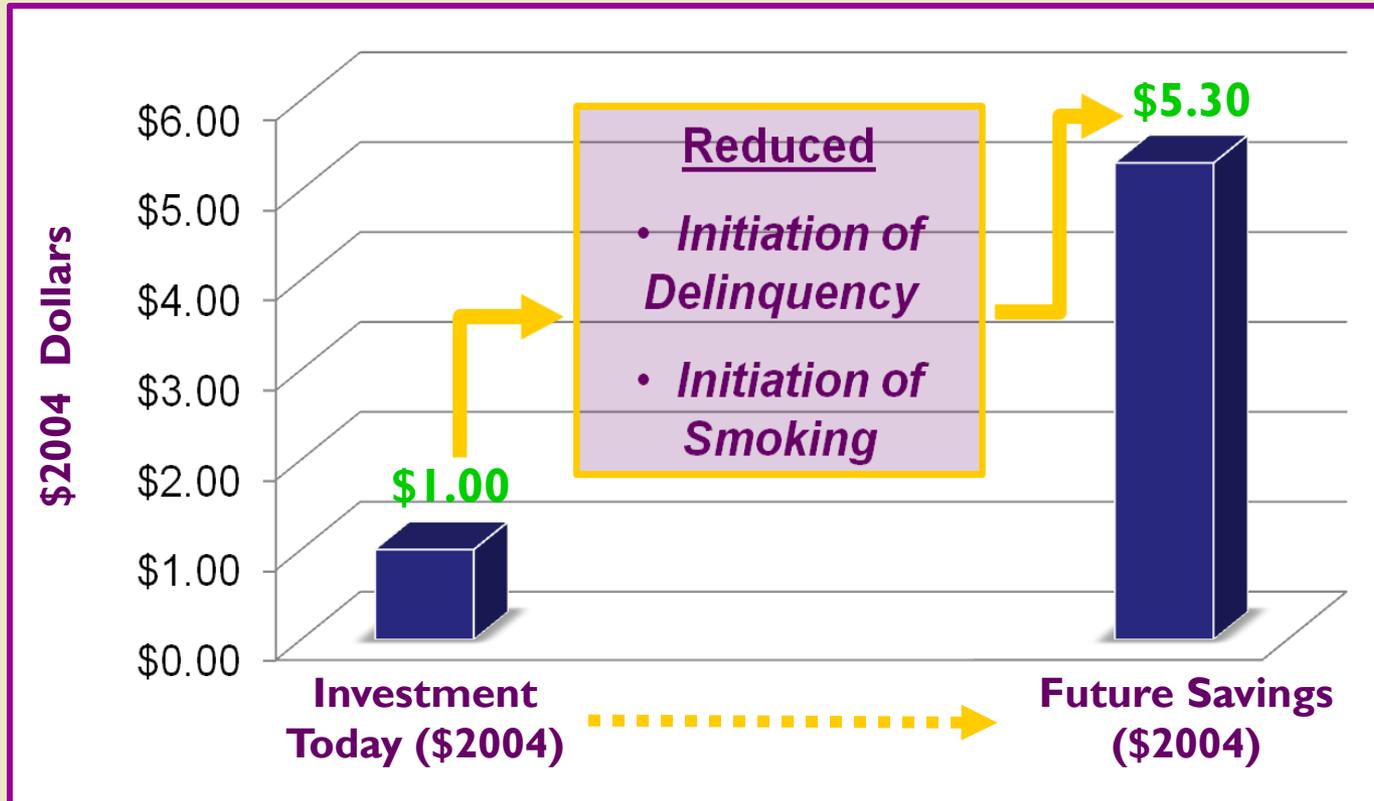
Reduced

- targeted risk factors
- initiation and/or current prevalence, at community level, of delinquency, violence, alcohol & cigarette use

Brown, E. C., Hawkins, J. D., et al.,(2007). Prevention Science, 8(3), 180-191; Hawkins, et al., (2009). Archives of Pediatrics and Adol. Med. Hawkins et. al., in press, Archives of Pediatrics and Adol. Med.



Investment in *Communities That Care* Pays Off



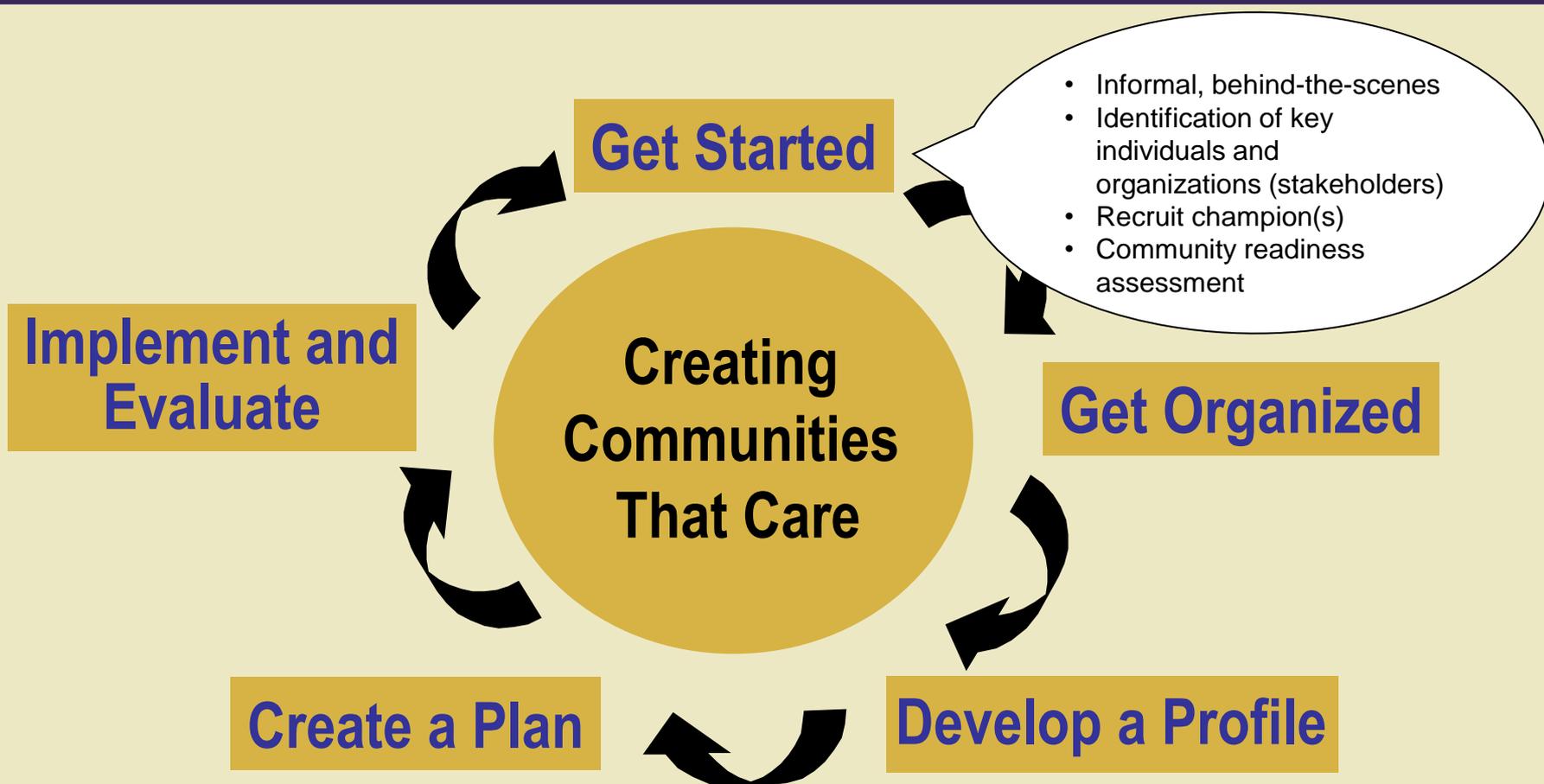


The Communities That Care Operating System



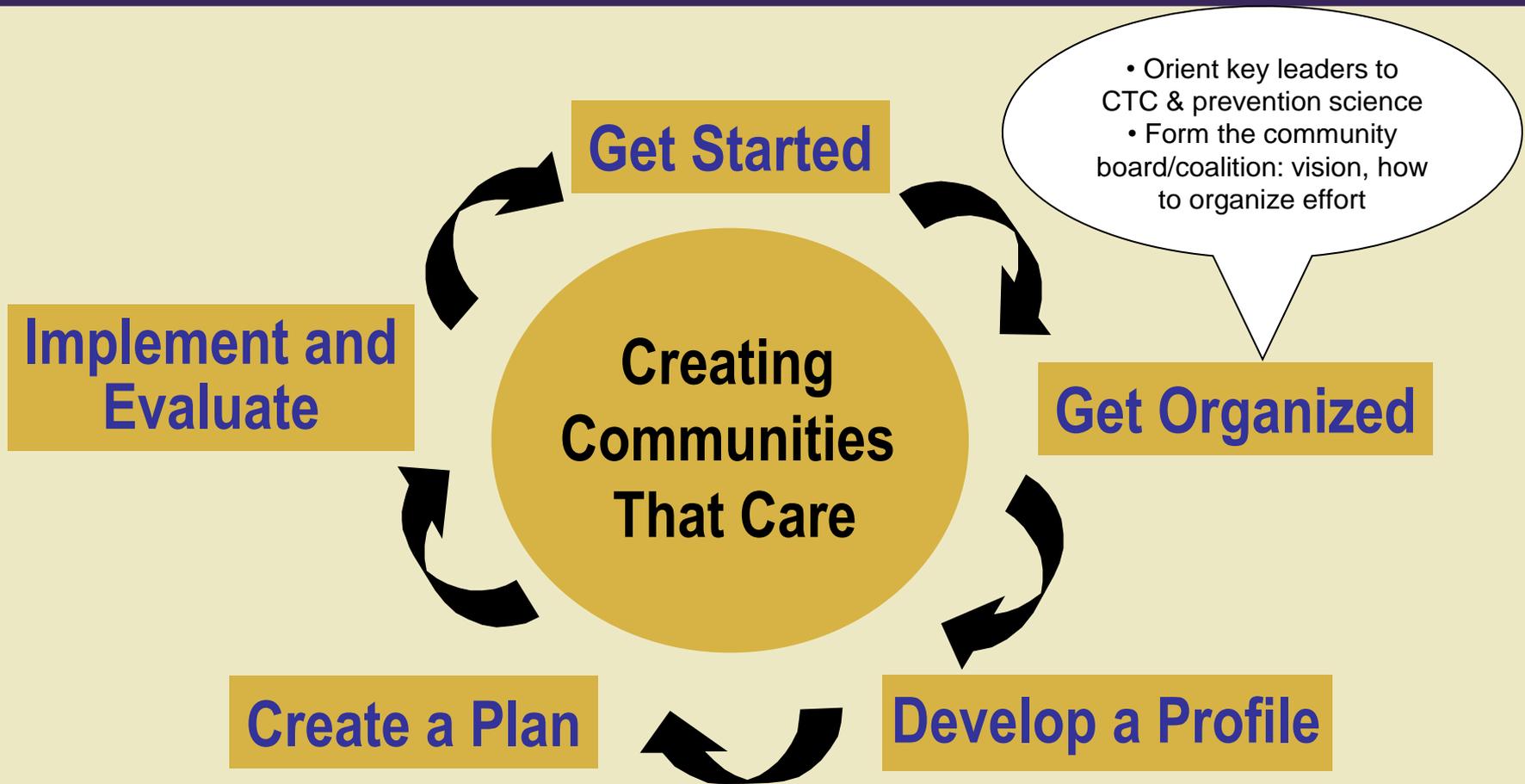


The Communities That Care Operating System





The Communities That Care Operating System





Potential Community Board Members

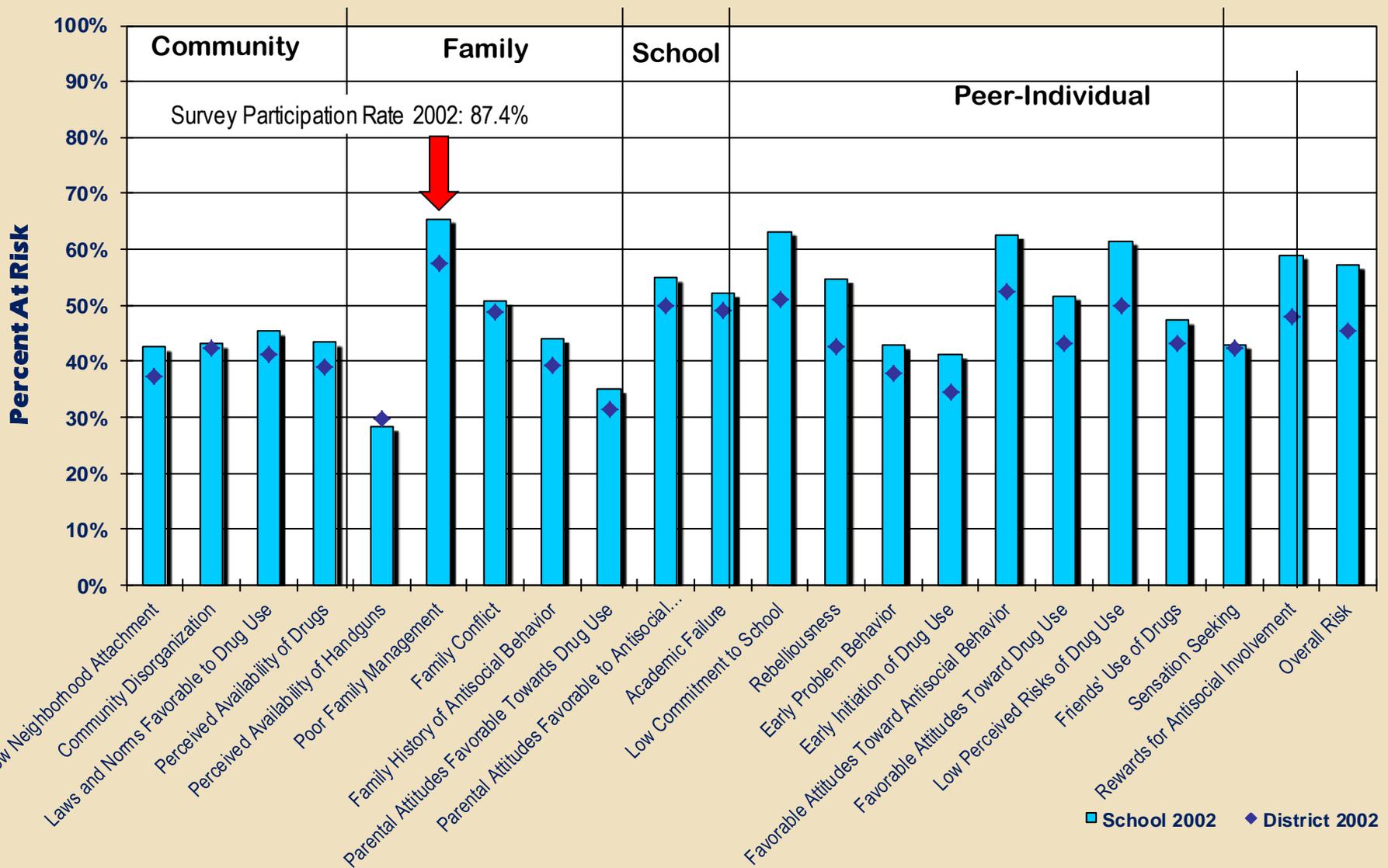
- Business
- Citizen Advocacy Organization
- Community Coalitions
- Community Member
- Health Agency
- Human Service Agency
- Juvenile Justice System
- Law Enforcement
- Local Philanthropic Organization
- Media
- Parent
- Religious Group
- School
- Substance Abuse Prevention Organization
- State, Town, City or Municipal Government
- Youth Member
- Youth Recreation Program
- Other



The Communities That Care Operating System



Sample Middle School Risk Profile 8th Grade





The Communities That Care Operating System

Get Started

Get Organized

Develop a Profile

Create a Plan

**Implement and
Evaluate**

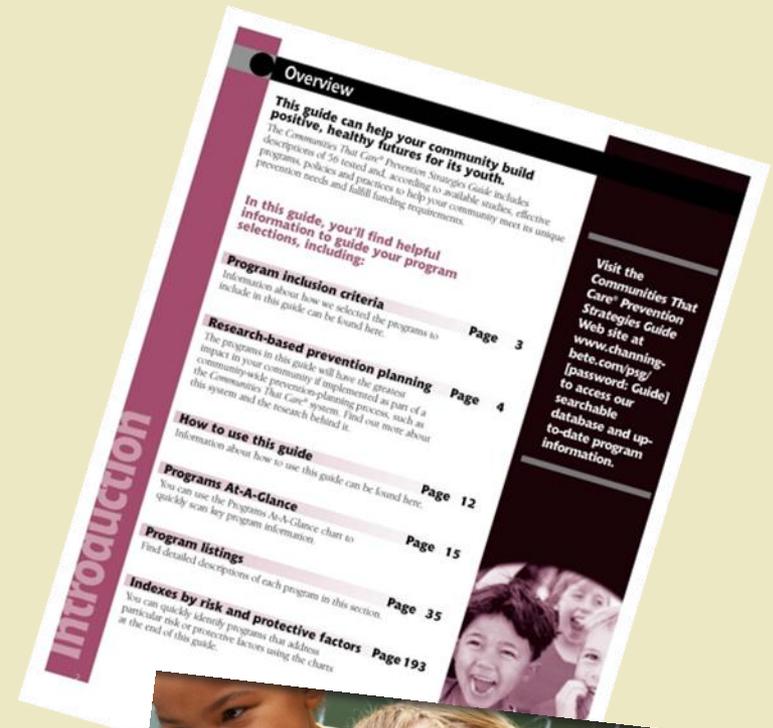
**Creating
Communities
That Care**

- Review data
- Make decisions
- Create action plan
- Develop evaluation plan



Proven Programs & Policies

- *CTC Prevention Strategies Guide*
www.communitiesthatcare.net
- *Blueprints for Healthy Youth Development: Model Programs and Promising Programs*
www.colorado.edu/cspv/blueprints/





Addressing Barriers with Effective Action

Factor Addressed	Program Strategy	Developmental Period
Family Management Problems 	Prenatal/Infancy Programs	prenatal-2
	Early Childhood Education	3-5
	Parent Training	prenatal-14
	Family Therapy	6-14



Tested and Effective Prevention Strategies – young adolescent programs

- Creating Lasting Connections
- Family Matters
- Guiding Good Choices
- Parents Who Care
- Parenting Wisely
- **Strengthening Families 10-14**



The Communities That Care Operating System

- Find funding to implement programs with quality
 - Identify and train implementers
 - Sustain collaborative relationships
- Evaluate processes and outcomes
- Adjust programming

Implement and Evaluate

Get Started

Get Organized

Creating Communities That Care

Create a Plan

Develop a Profile





A future guided by prevention science

- **Community owned and operated**
- **Data Driven:** Ongoing monitoring of risk and protective factors
- **Evidence Based:** adoption of effective programs
 - Evaluations of unproven programs are required and supported.
- **Outcome Focused:** reductions in community levels of adolescent risk taking behavior



Communities That Care

Placed in the public domain by the federal government and is available at:

<http://www.communitiesthatcare.net>

To see CTC in operation in a community visit the NIDA Virtual Town Hall:

<http://www.drugabuse.gov/newsroom/09/townhall.html>

For CTC information and training contact:

- Blair Brooke-Weiss bbrooke@uw.edu



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