# Summit County...

## A Community That Cares

**PROGRAM BRIEF**

**2016**

**Summit County Public Health** (SCPH) and Healthy Future's Initiative have been awarded a grant by the Colorado Department of Public Health and Environment (CDPHE) for implementation of **Communities That Care** (CTC).

CTC is an evidence based prevention planning system that enhances existing coalitions and community partner initiatives to address youth substance abuse. In order to facilitate this process, a CTC coalition forms to identify prevention priorities, and implement evidence-based strategies to address the behavior.

This community-driven effort utilizes local data to identify the risk and protective factors associated with a specific outcome. Realizing that behavior is multi-faceted, the model looks at all aspects of the environment: Individual, Relational, Community and Societal. The five phase system targets predictors of problems rather than waiting until problems occur. Sustainability is built into the CTC process through leveraging existing funding streams and community initiatives.

Oversight and technical assistance of this program is being provided by CDPHE. Funding is the result of taxes collected on marijuana sales. There is currently a 5-year budget forecasted for implementation of all five phases of the model.

Local public health agencies were eligible for this funding to implement the Communities That Care model if they had identified mental health and/or substance abuse as one of their priorities in their Community Health Assessment; Summit County identified both.

### CTC is estimated to return $5.30 for every dollar invested

A randomized controlled trial of CTC in 24 communities found that by eighth grade, students in CTC communities were significantly less likely to initiate delinquent behaviors and use alcohol, cigarettes and smokeless tobacco compared to students in control groups.

*Hawkins, J. D., Oesterle, S., Brown, E. C., Arthur, M. W., Abbott, R. D., Fagan, A. A., & Catalano, R. F. (2009). Results of a type 2 translational research trial to prevent adolescent drug use and delinquency: A test of Communities That Care. Archives of Pediatrics and Adolescent Medicine, 163(9), 789-798*

**communities that care**

## Prevention Priority

The legalization of marijuana in Colorado has resulted in an increase in retail establishments across the state. There is a concern that, for youth, the perception of risk associated with marijuana use may be diminished as it becomes more widely normalized.

Good public health practice is to work upstream to avert problems before they occur. In order to assess the risk for youth in our community it is important to get baseline data on current perceptions and use. This data will inform the direction that we, as a community, can take to assure that Summit County youth lead healthy and productive lives.

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# Communities That Care: How it Works

## 5 Phases of CTC

### Phase 1:Get Started
**Communities get ready to introduce CTC. They work behind the scenes to:**
- Activate a small group of catalysts.

- Assess how ready the community is to begin the process.

- Identify key community leaders to champion the process.

- Invite diverse stakeholders to get involved.

### Phase 2:Get Organized
**Communities form a board or work within an existing coalition.**
**After recruiting community board members, they:**
- Learn about prevention science.

- Write a vision statement.

- Organize workgroups.

- Develop a timeline for installing CTC.

### Phase 3:Develop a Community Profile
**Communities assess community risks and strengths—and identify existing resources.**
**The community board and workgroups:**
- Review data from the community's youth survey.

- Identify priority risk and protective factors that predict targeted health and behavior problems.

- Assess community resources that address these factors.

- Identify gaps to be filled in existing resources.

### Phase 4:Create a Community Action Plan
**The community board creates a plan for prevention work in their community, to:**
- Reduce widespread risks and strengthen protection.

- Define clear, measurable outcomes using assessment data.

- Select and expand tested and effective policies and programs using the *Blueprints for Healthy Youth Development* website.

### Phase 5:Implement & Evaluate
**In this final phase, communities:**
- Implement selected programs and policies.

- Monitor and evaluate them.

- Measure results and track progress to ensure improvements are achieved.