



ARACY

Australian Research Council for Children and Youth

Access Grid Seminar

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**Communities that Care:
Using the Research Base for Prevention
Science to Promote Community Well Being**

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Prevention Science Research Advances

Etiology/Epidemiology of Problem Behaviors

- Identify risk and protective factors that predict problem behaviors and describe their distribution in populations.

Efficacy Trials

- Design and test preventive interventions to interrupt causal processes that lead to youth problems.



Risk Factors for Adolescent Problem Behaviors

Risk Factors	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence	Depression & Anxiety
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

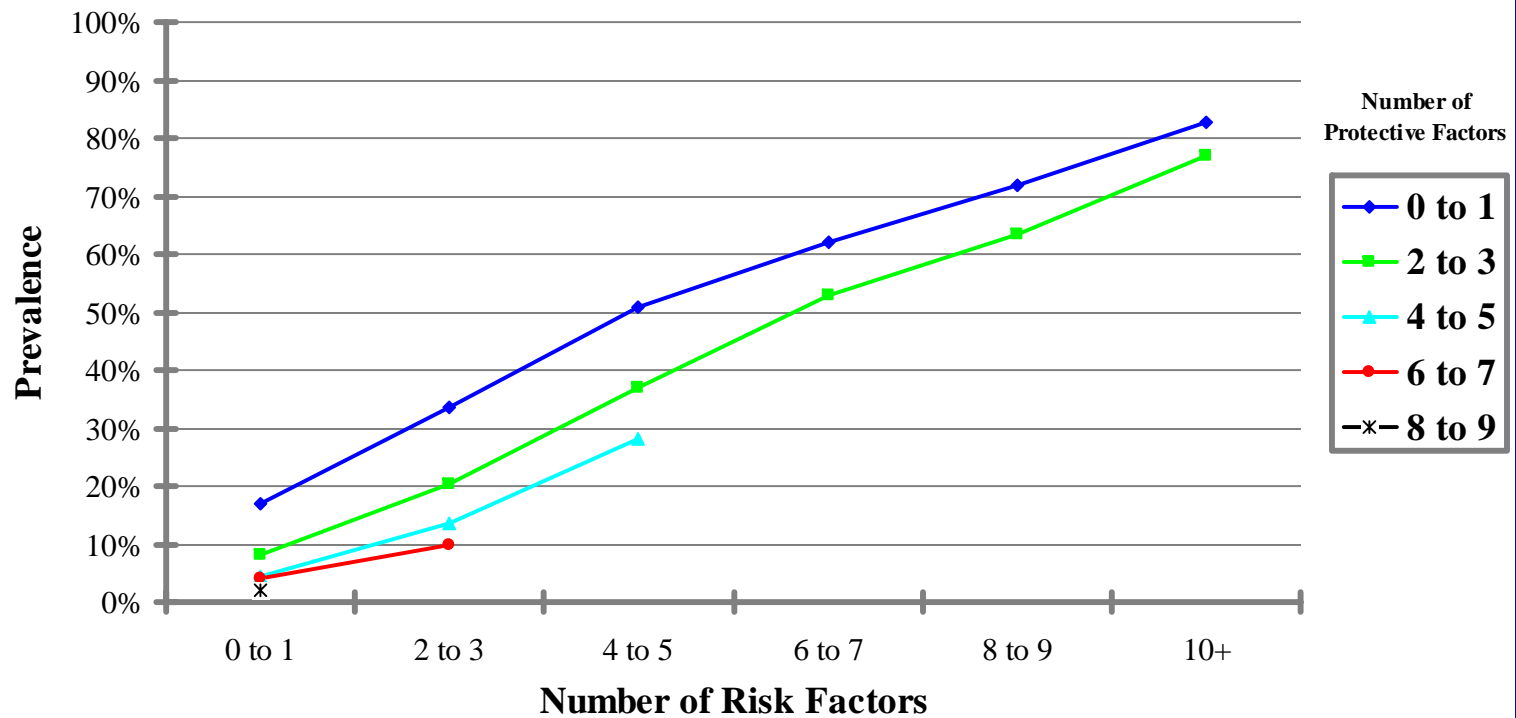
School

Individual/Peer

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

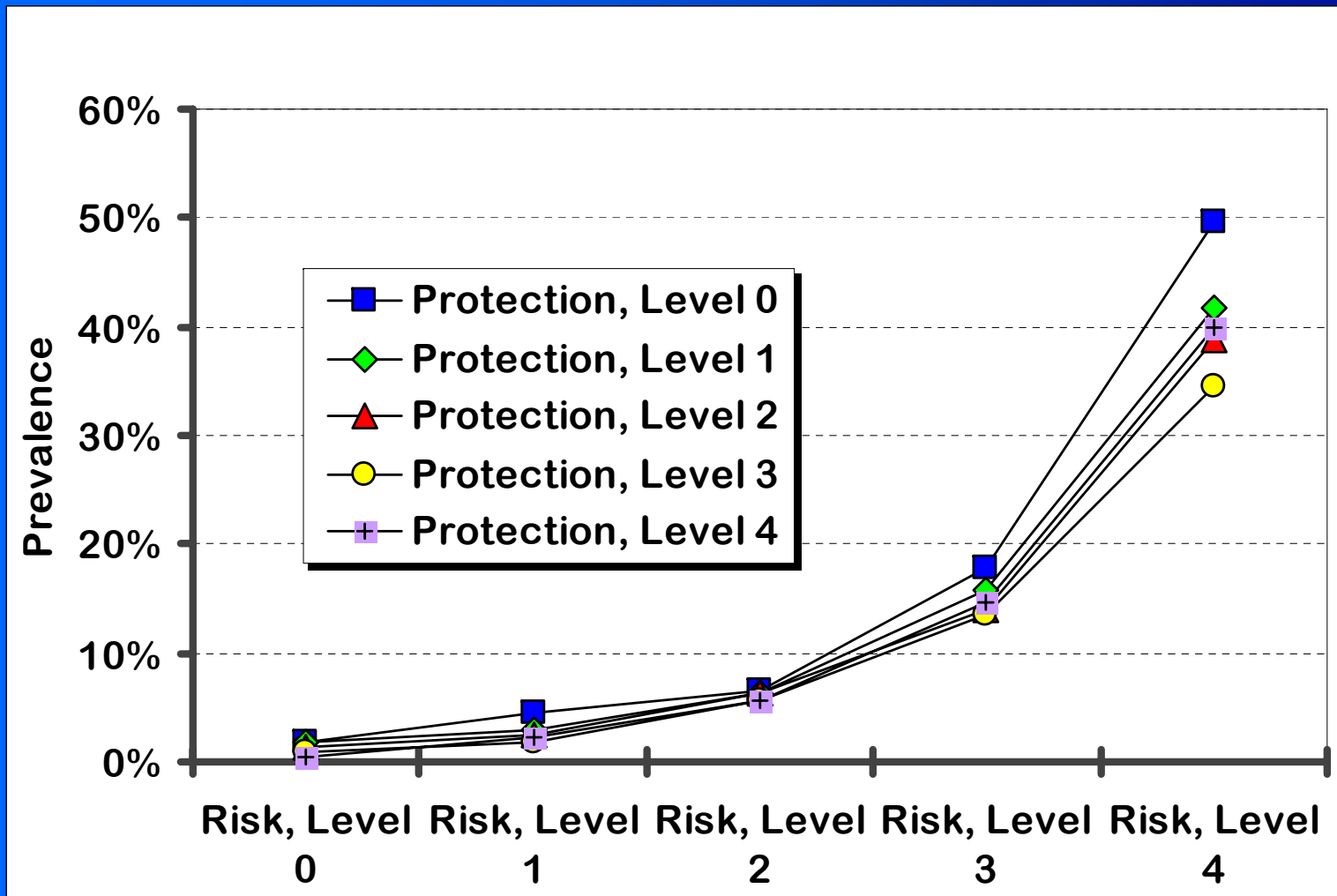
Prevalence of 30 Day Alcohol Use by Number of Risk and Protective Factors

Six State Student Survey of 6th-12th Graders, Public School Students

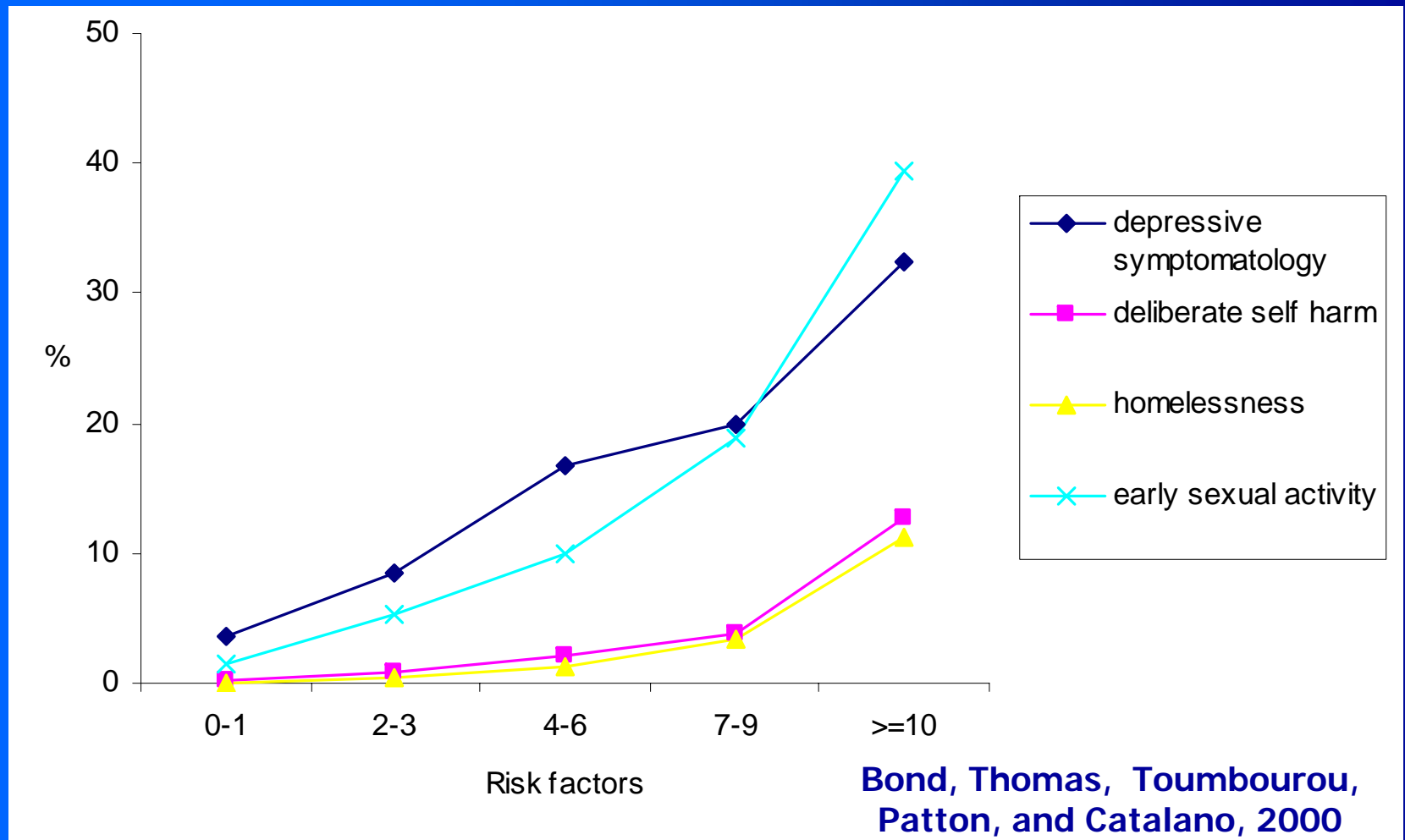




Prevalence of "Attacked to Hurt" By Number of Risk and Protective Factors

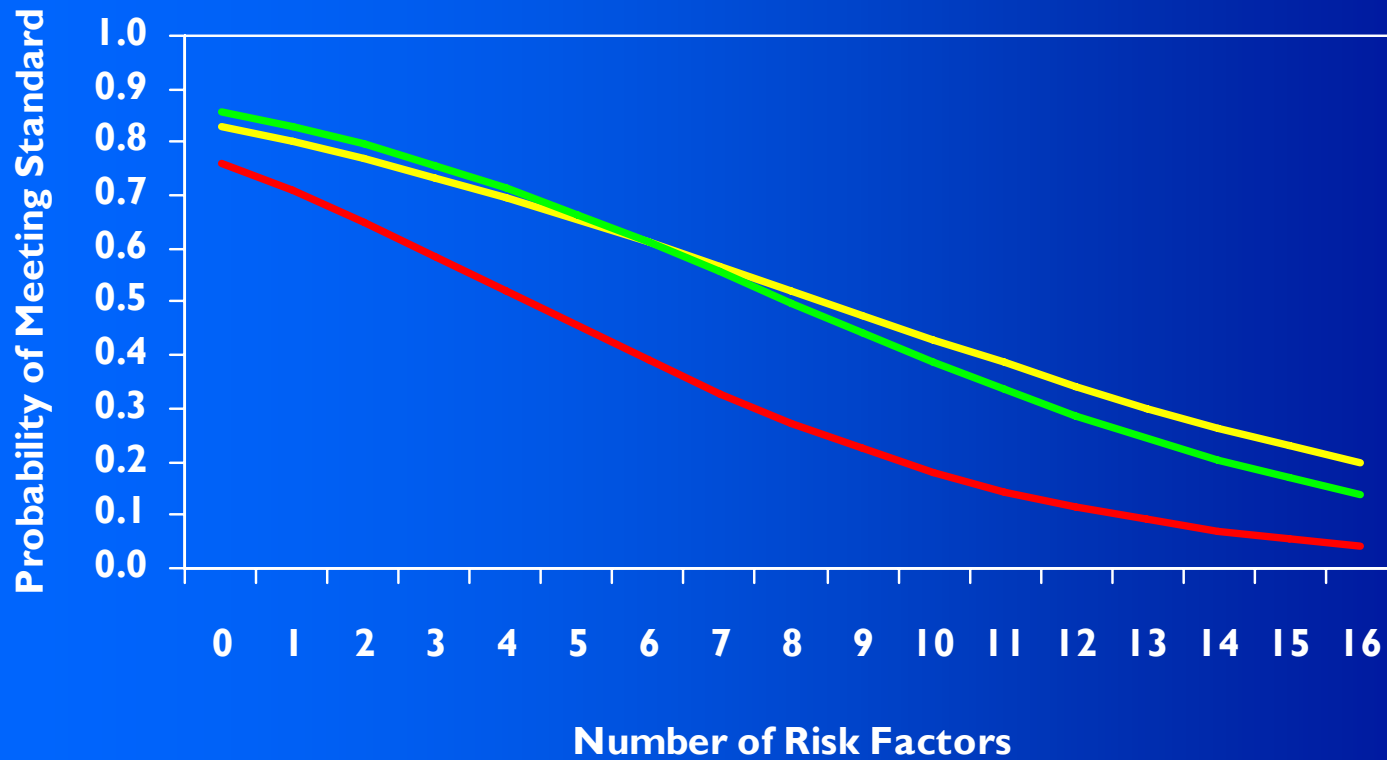


Prevalence of Other Problems by Number of Risk Factors



S D
R G

Number of School Building Level Risk Factors and Probability of Meeting Achievement Test Standard (10th Grade Students)



— Math — Reading — Writing

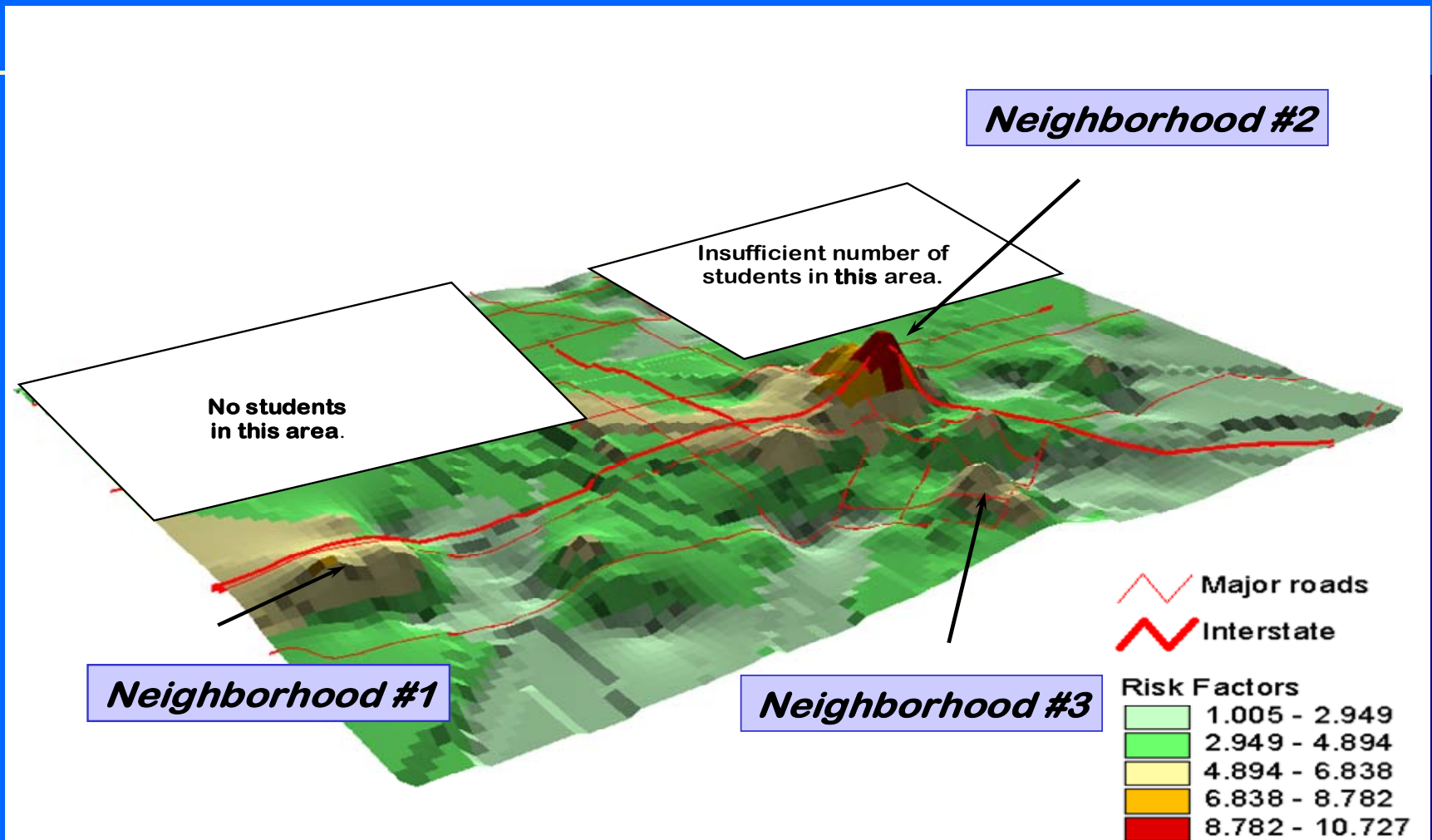
Arthur et al., 2006

S	D
R	G

Epidemiology

- Different neighborhoods have different profiles of risk, protection, and outcomes.

Distribution of Risk in a City



Prevention Science Research Advances

Etiology/Epidemiology of Problem Behaviors

- Identify risk and protective factors that predict problem behaviors and describe their distribution in populations.

Efficacy Trials

- Design and test preventive interventions to interrupt causal processes that lead to youth problems.

Wide Ranging Approaches Have Been Found To Be Effective

1. Prenatal & Infancy Programs
2. Early Childhood Education
3. Parent Training
4. After-school Recreation
5. Mentoring with Contingent Reinforcement
6. Youth Employment with Education
7. Organizational Change in Schools
8. Classroom Organization, Management, and Instructional Strategies
9. School Behavior Management Strategies
10. Classroom Curricula for Social Competence Promotion
11. Community & School Policies
12. Community Mobilization

(Hawkins & Catalano, 2004)

Selected Benefit Cost Findings

Summary of Benefits and Costs (2003 Dollars)

Dollars Per Youth (PV)	Benefits	Costs	B - C
Early Childhood Education	\$17,202	\$7,301	\$9,901
Nurse Family Partnership	\$26,298	\$9,118	\$17,180
Life Skills Training	\$746	\$29	\$717
Seattle Soc. Dev. Project	\$14,246	\$4,590	\$9,837
Guiding Good Choices	\$7,605	\$687	\$6,918
Multi-D Treat. Foster Care	\$26,748	\$2,459	\$24,290
Intensive Juv. Supervision	\$0	\$1,482	-\$1,482
Big Brothers/Sisters (all costs)	\$4,058	\$4,010	\$48
(taxpayer costs only)	\$4,058	\$1,283	\$2,775

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Prevention Services Research


But...

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

(Gottfredson et al 2000, Hallfors et al 2000, Hantman et al 2000, Mendel et al 2000, Silvia et al 1997; Smith et al 2002)

Challenges for States and Communities in Using Prevention Science

- Matching tested, effective programs to local need
- Tested, effective programs/systems compete with “best practice,” usual or new practice
- Tested, effective programs require training, technical assistance, and monitoring to be delivered with fidelity



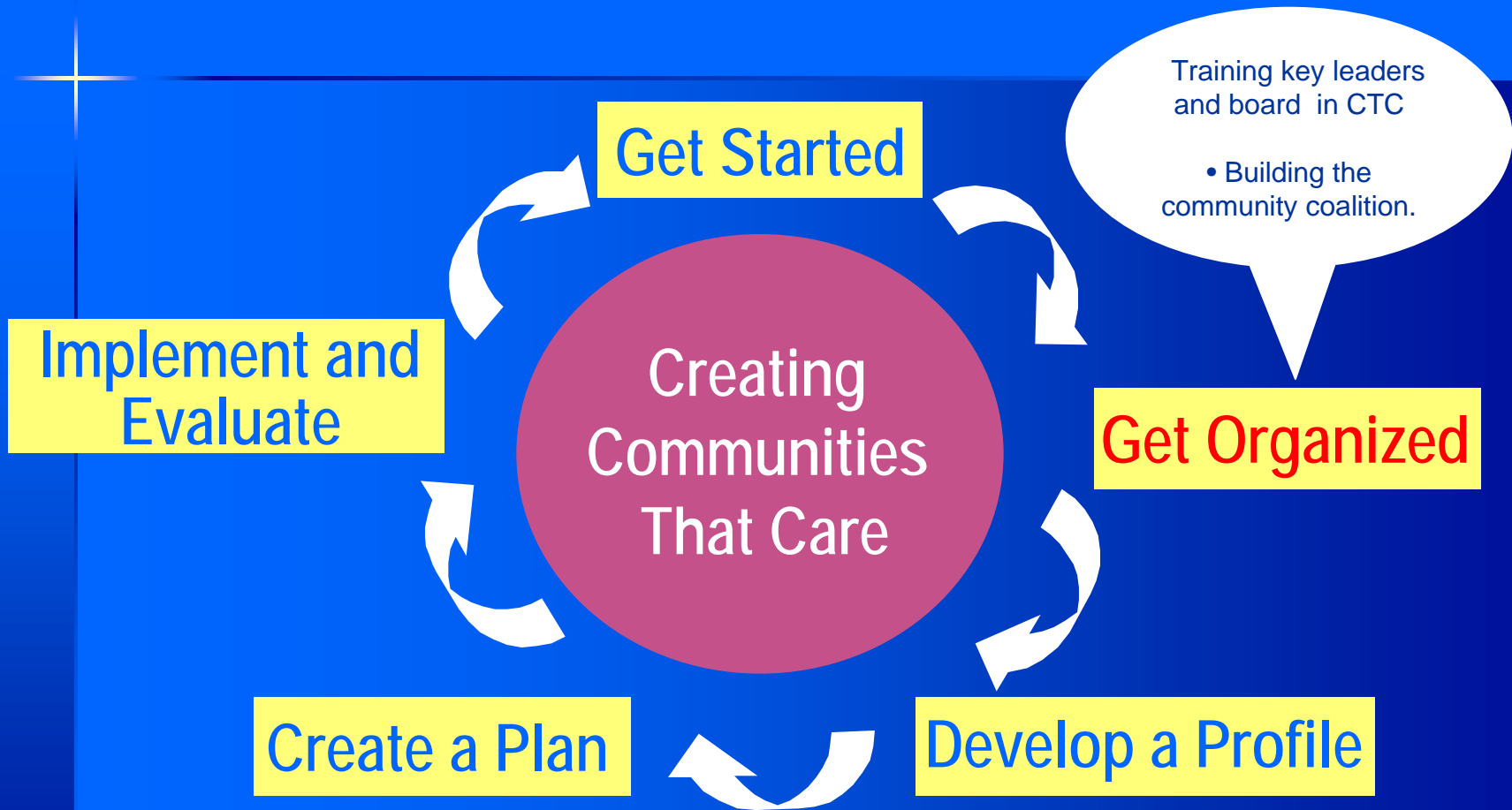
Communities that Care Model for Achieving the Vision of Science Informing Practice

Provides the education, skills and tools for community-based decision making to empower communities to become advocates for tested, effective programs to meet their needs

The *Communities That Care* Operating System



The *Communities That Care* Operating System



S	D
R	G

The *Communities That Care* Operating System



S D
R G

The CTC Youth Survey Tool Helps Match Need to Tested, Effective Programs

- Identifies levels of 21 risk and 9 protective factors and academic and behavioral outcomes
- Guides planners to select tested, effective actions
- Monitors the effects of chosen actions

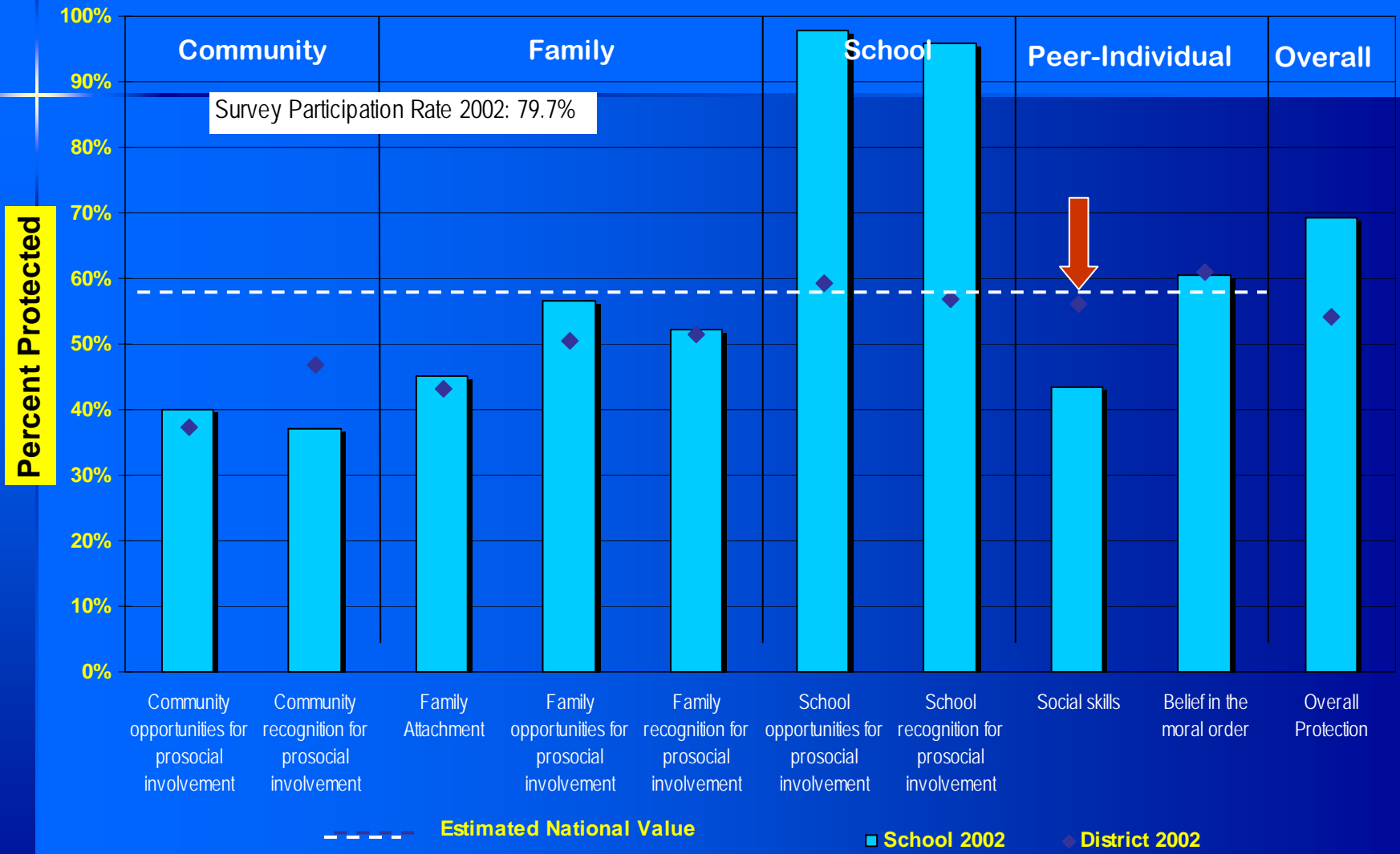
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The *Communities That Care* Operating System



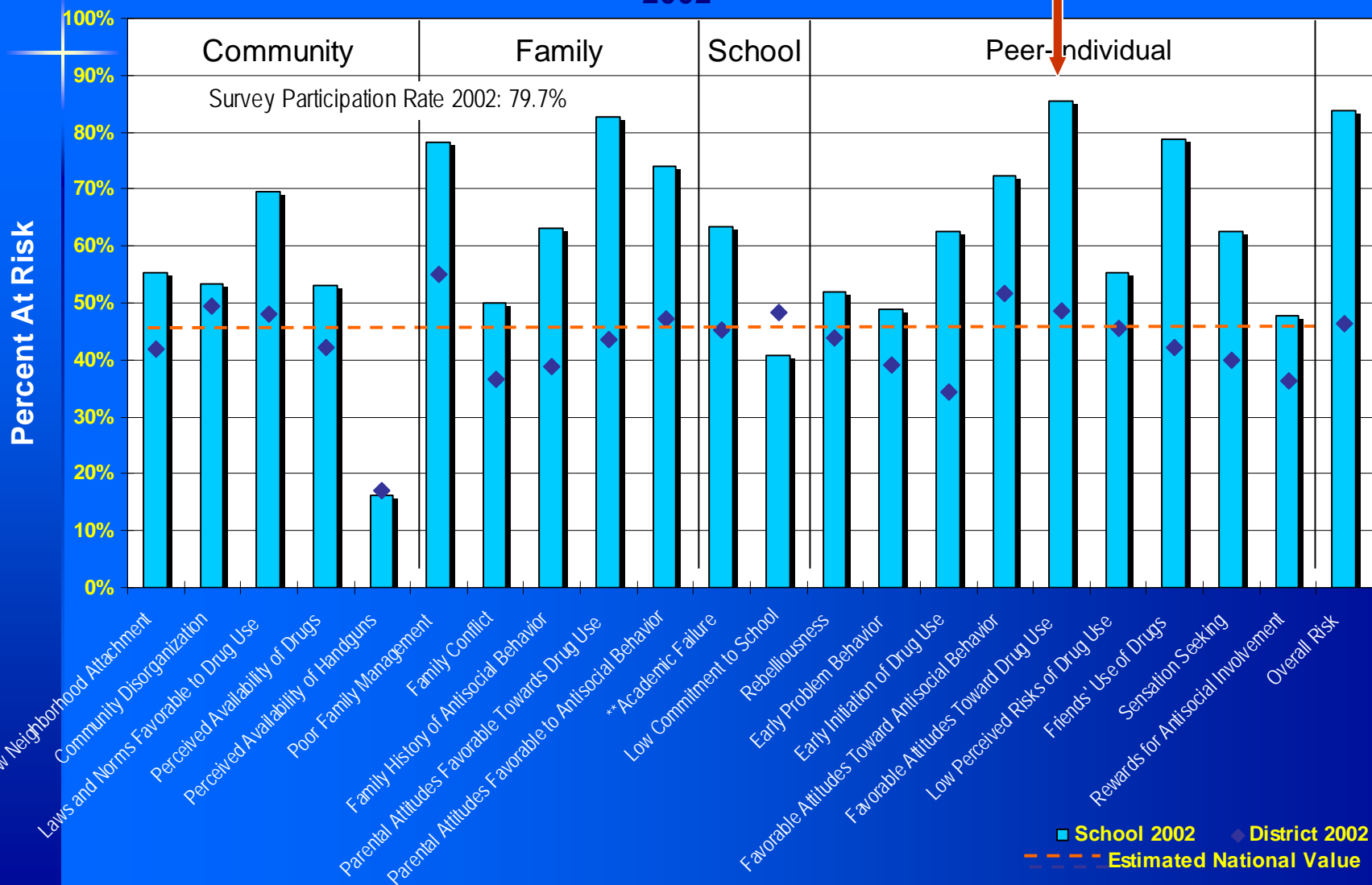
Nova High School Protective Profile 10th Grade

2002



Nova High School Risk Profile 10th Grade

2002



Protective Factors

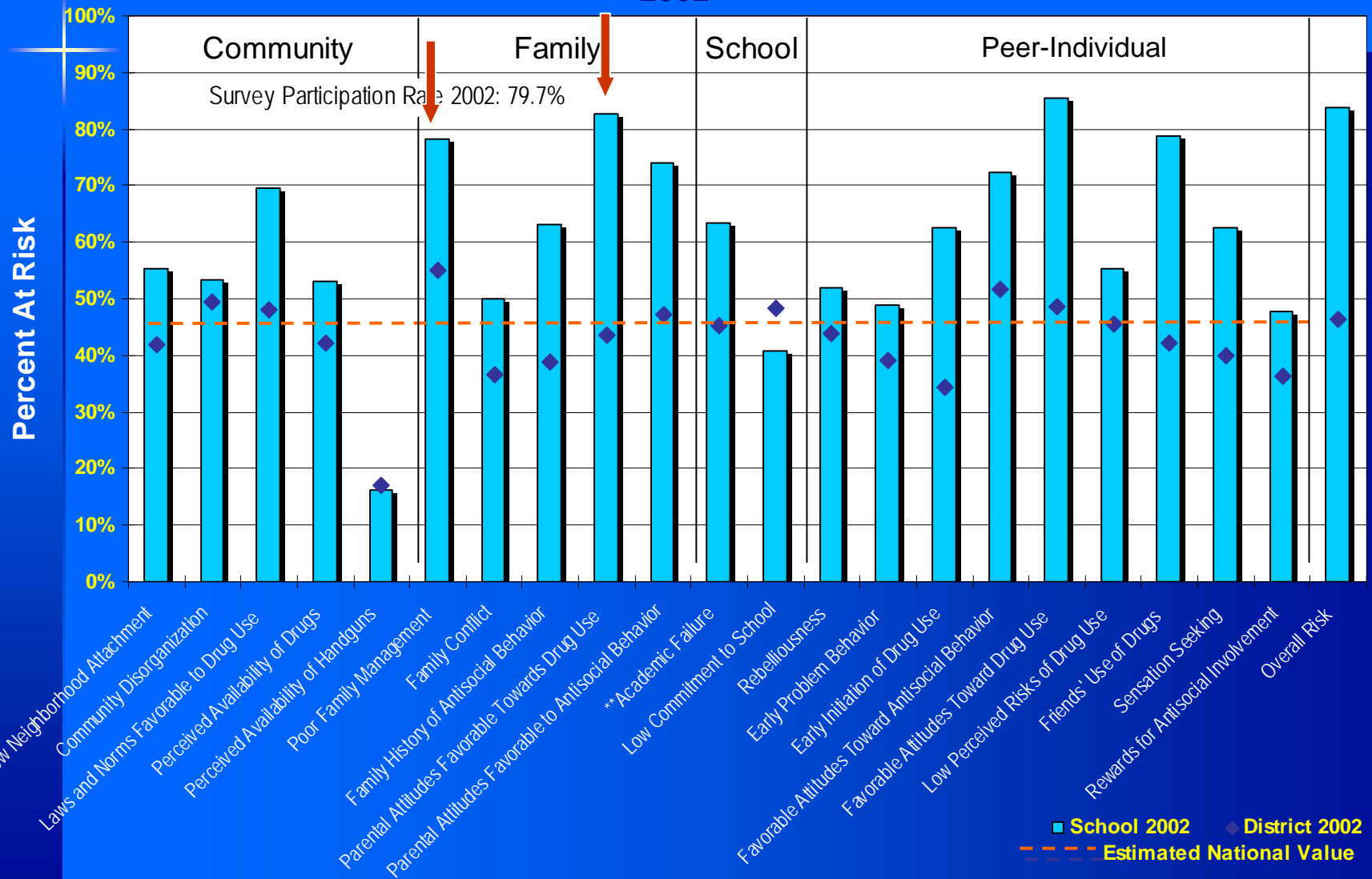
	Risk Factor Addressed	Program Strategy	Protective Factors					Developmental Period
			Healthy Beliefs & Clear Standards	Bonding	Opport.	Skills	Recog.	
Individual/Peer Domain	Rebelliousness	Family Therapy	☐	☐	☐	☐	☐	6-14
		Classroom Curricula for Social Competence Promotion	☐	☐	☐	☐	☐	6-14
		School Behavior Management Strategies	☐		☐		☐	6-14
		Afterschool Recreation	☐	☐	☐	☐	☐	6-10
		Mentoring with Contingent Reinforcement	☐		☐		☐	11-18
		Youth Employment with Education	☐	☐	☐	☐	☐	15-18
	Friends Who Engage in the Problem Behavior →	Parent Training	☐	☐	☐	☐	☐	6-14
		Classroom Curricula for Social Competence Promotion	☐	☐	☐	☐	☐	6-14
		Afterschool Recreation	☐	☐	☐	☐	☐	6-14
		Mentoring with Contingent Reinforcement	☐		☐		☐	11-18
	Favorable Attitudes Toward the Problem Behavior →	Classroom Curricula for Social Competence Promotion	☐	☐	☐	☐	☐	6-14
		Community/School Policies						
	Early Initiation of the Problem Behavior	Parent Training	☐	☐	☐	☐	☐	6-14
		Classroom Organization Management and Instructional Strategy	☐	☐	☐	☐	☐	6-10
		Classroom Curricula for Social Competence	☐	☐	☐	☐	☐	6-14
		Community/School Policies	☐					all
	Constitutional Factors	Prenatal/Infancy Programs	☐	☐	☐	☐	☐	prenatal-2

Classroom Curricula for Social and Emotional Competence Promotion Middle and High School

- The Life Skills Training Program (Botvin et al., 1995)
- Project Alert Drug Prevention Curriculum (Ellickson et al., 1993; Ellickson and Bell, 1990)
- Alcohol Misuse Prevention (Maggs et al., 1998)
- ➔ ■ Towards No Drug Use (Sussman et al. 2003; 2003)

Nova High School Risk Profile 10th Grade

2002



S	D
R	G

Protective Factors

Risk Factor Addressed		Program Strategy	Healthy Beliefs & Clear Standards	Bonding	Opport.	Skills	Recog.	Developmental Period
Family Domain	Family History of the Problem Behavior	Prenatal/Infancy Programs	☐	☐	☐	☐	☐	prenatal-2
	Family Management Problems	Prenatal/Infancy Programs	☐	☐	☐	☐	☐	prenatal-2
		Early Childhood Education	☐	☐	☐	☐	☐	3-5
		Parent Training	☐	☐	☐	☐	☐	prenatal-14
		Family Therapy	☐	☐	☐	☐	☐	6-14
	Family Conflict	Marital Therapy	☐	☐	☐	☐	☐	prenatal
		Prenatal/Infancy Programs	☐	☐	☐	☐	☐	prenatal-2
		Parent Training	☐	☐	☐	☐	☐	prenatal-14
		Family Therapy	☐	☐	☐	☐	☐	6-14
	Favorable Parental Attitudes and Involvement in the Problem Behavior	Prenatal/Infancy Programs	☐	☐	☐	☐	☐	prenatal-2
		Parent Training	☐	☐	☐	☐	☐	prenatal-14
		Community/School Policies	☐	☐	☐	☐	☐	all



Parent Training Middle & High School

- Guiding Good Choices[®] (Spoth et al., 1998, Mason et al., 2003)
- Staying Connected with Your Teen[®] (Haggerty et al., 2008)
- Creating Lasting Connections (Johnson et al., 1996)
- Iowa Strengthening Families Program (Spoth et al., 1998)
- Focus on Families (Catalano et al., 1999; 1997; Haggerty et al., in press)

The *Communities That Care* Operating System Tools for Decision Making

- Form task forces.
- Identify and train implementers.
- Sustain collaborative relationships.
- Evaluate processes and outcomes for programs annually.
- Evaluate community outcomes every two years.
- Adjust programming.

Implement and Evaluate

Get Started

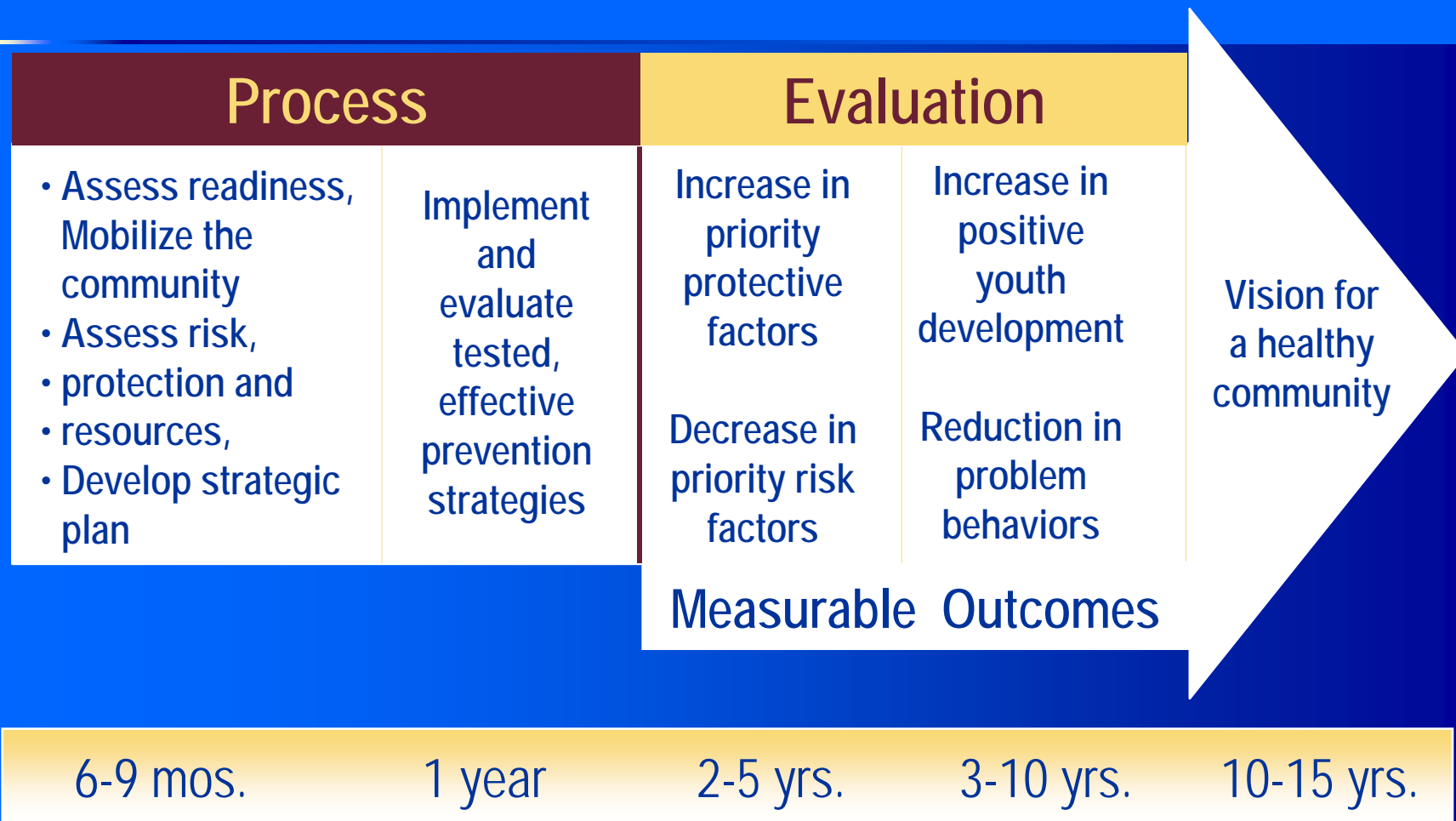
Get Organized

Create a Plan

Develop a Profile

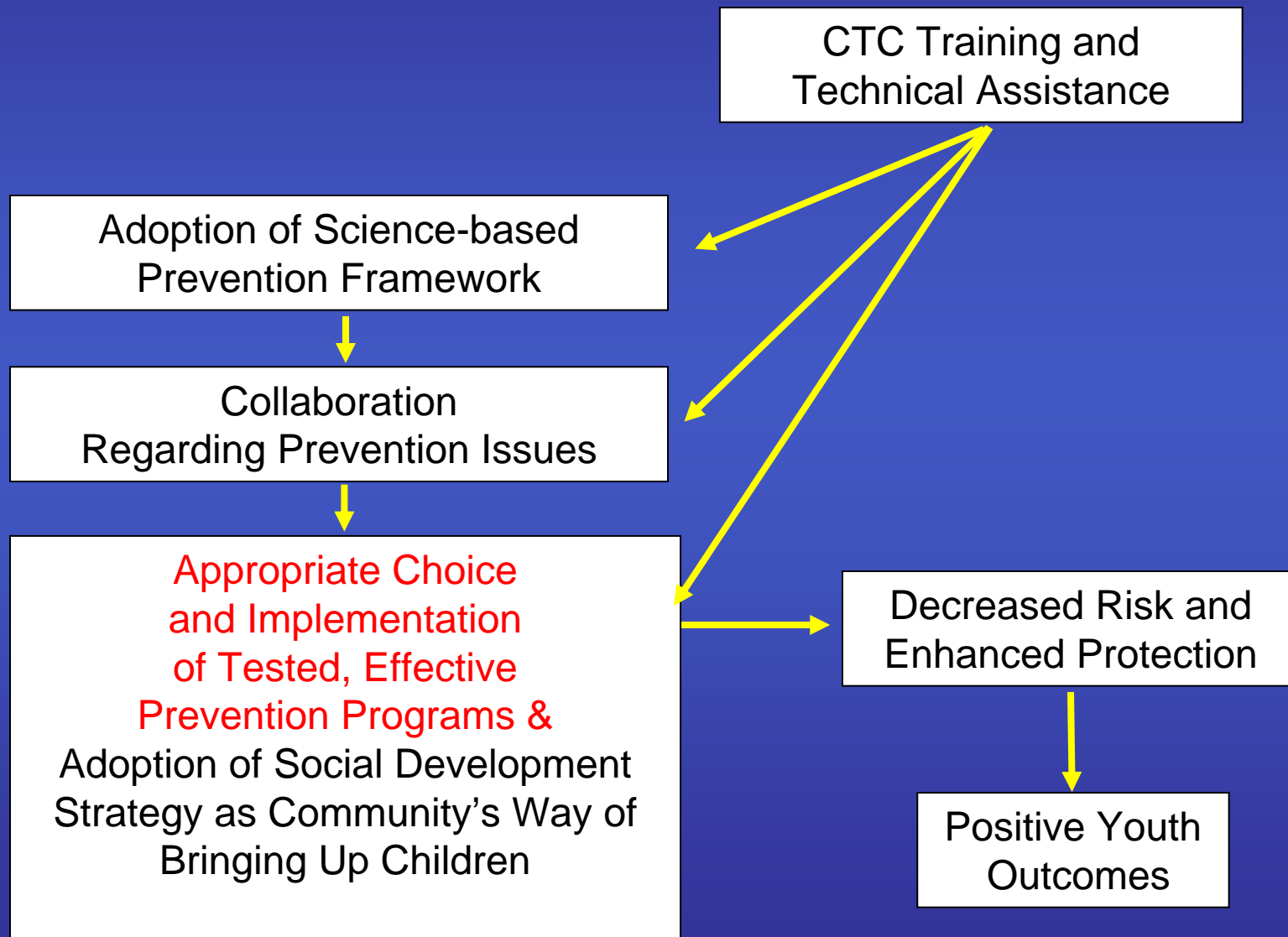


Process and Timeline





Communities That Care Theory of Change





Program Selection

CTC Community Board members selected prevention programs from a menu* of programs that:

- ~ Showed significant effects on risk/protective factors, and drug use, delinquency, or violence
- ~ In at least one high-quality research study
- ~ Targeted children or families in grades 5-9
- ~ Provided materials and training

* Communities That Care Prevention Strategies Guide



Tested, Effective Programs Selected in 2004-2007

<u>PROGRAM</u>	<u>2004-05</u>	<u>2005-06</u>	<u>2006-07</u>
All Stars Core	1	1	1
Life Skills Training	2	4*	5*
Lion's-Quest Skills for Adolescence	2	3	3
Project Alert	-	1	1
Olweus Bullying Prevention Program	-	2*	2*
Program Development Evaluation Training	1	1	-
Participate and Learn Skills (PALS)	1	1	1
Big Brothers/Big Sisters	2	2	2
Stay SMART	3	3	1
Tutoring	4	6	6
Valued Youth Tutoring Program	1	1	1
Strengthening Families 10-14	2	3	3
Guiding Good Choices	6	7*	8*
Parents Who Care	1	1	-
Family Matters	1	1	2
Parenting Wisely	-	1	1
TOTAL	27	38	37

*Program funded through local resources in one or two communities

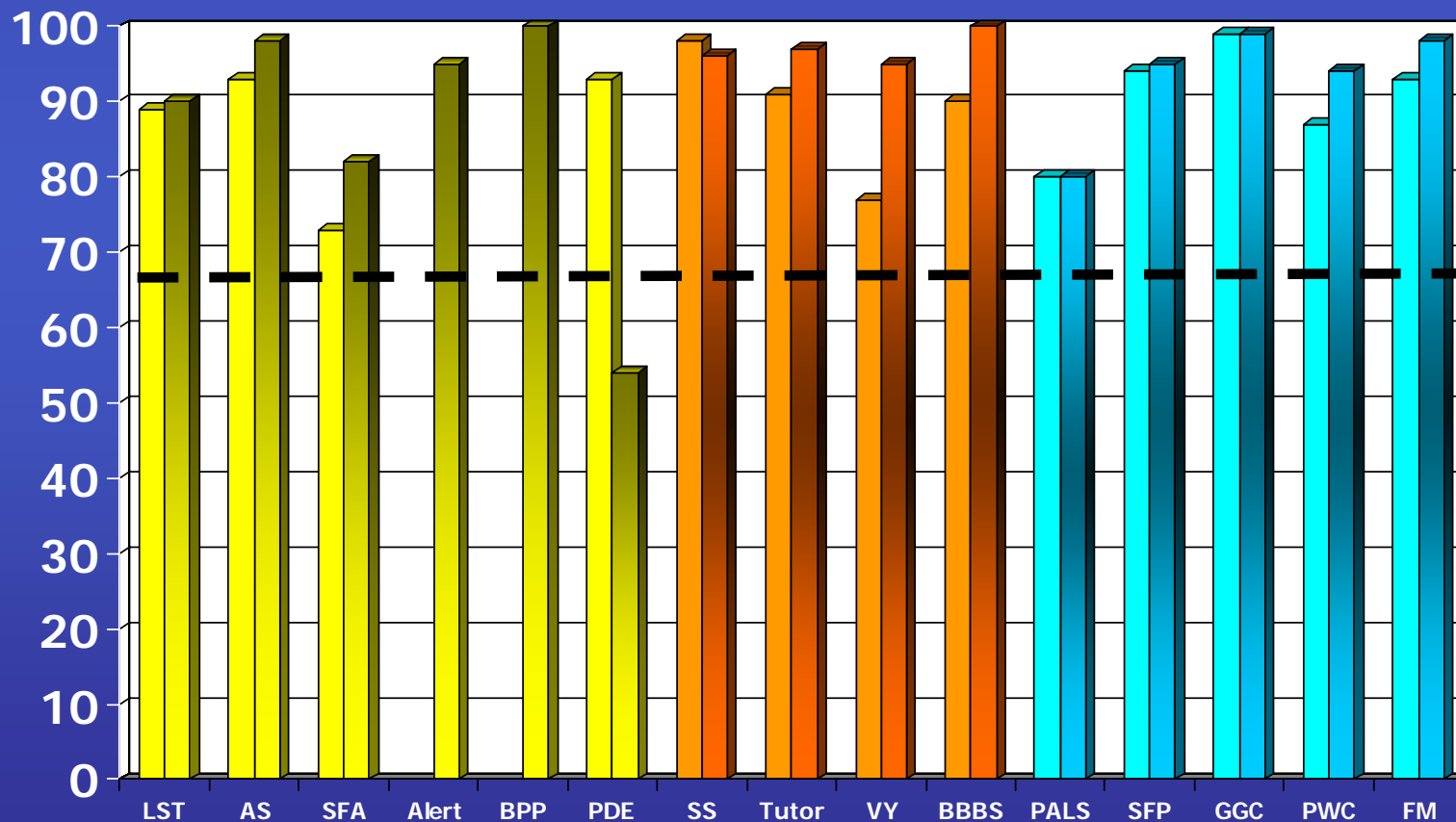


Adherence Rates

2004-05 and 2005-06 school years

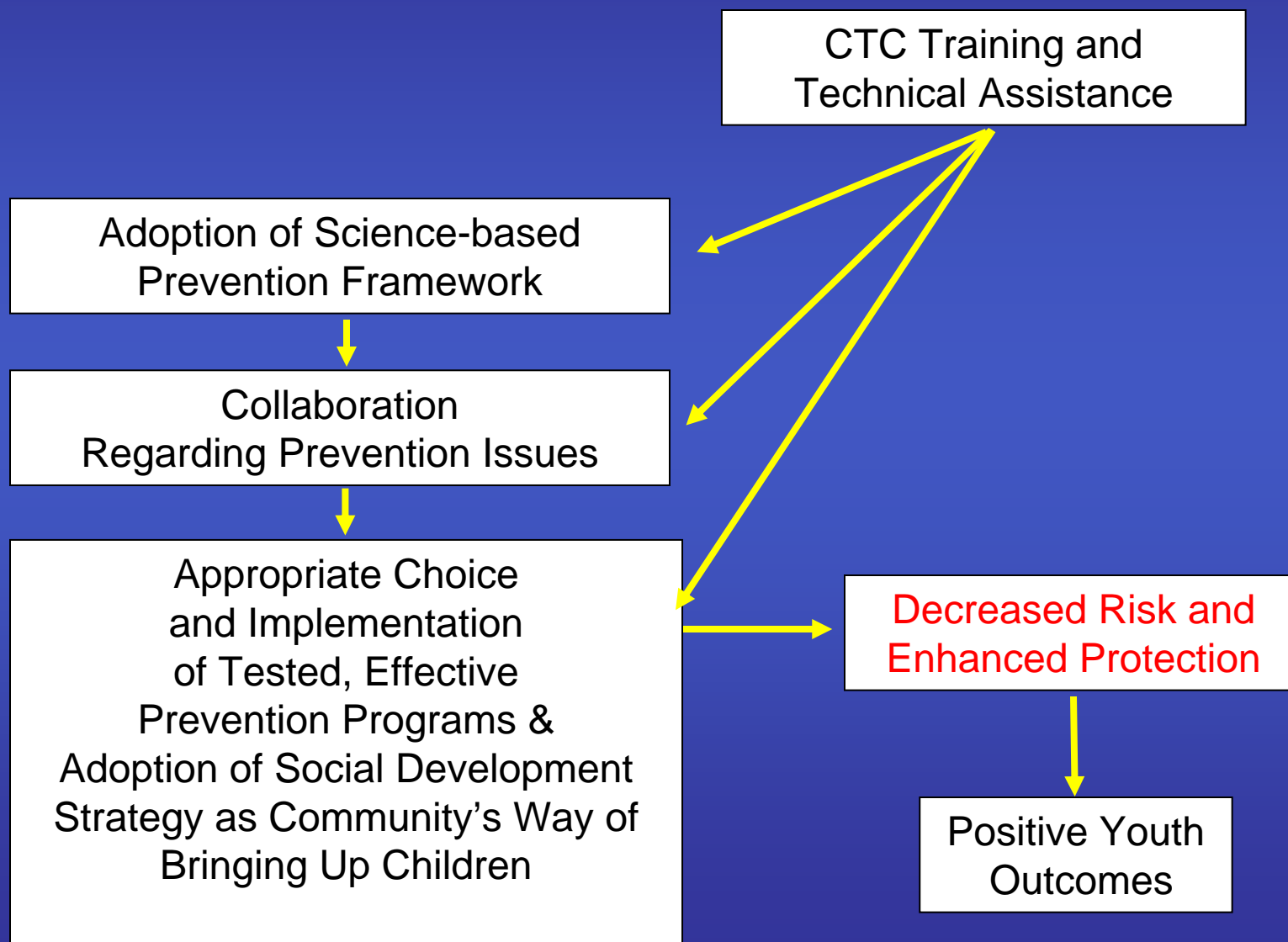


Percentage of material taught or core components achieved





Communities That Care Theory of Change

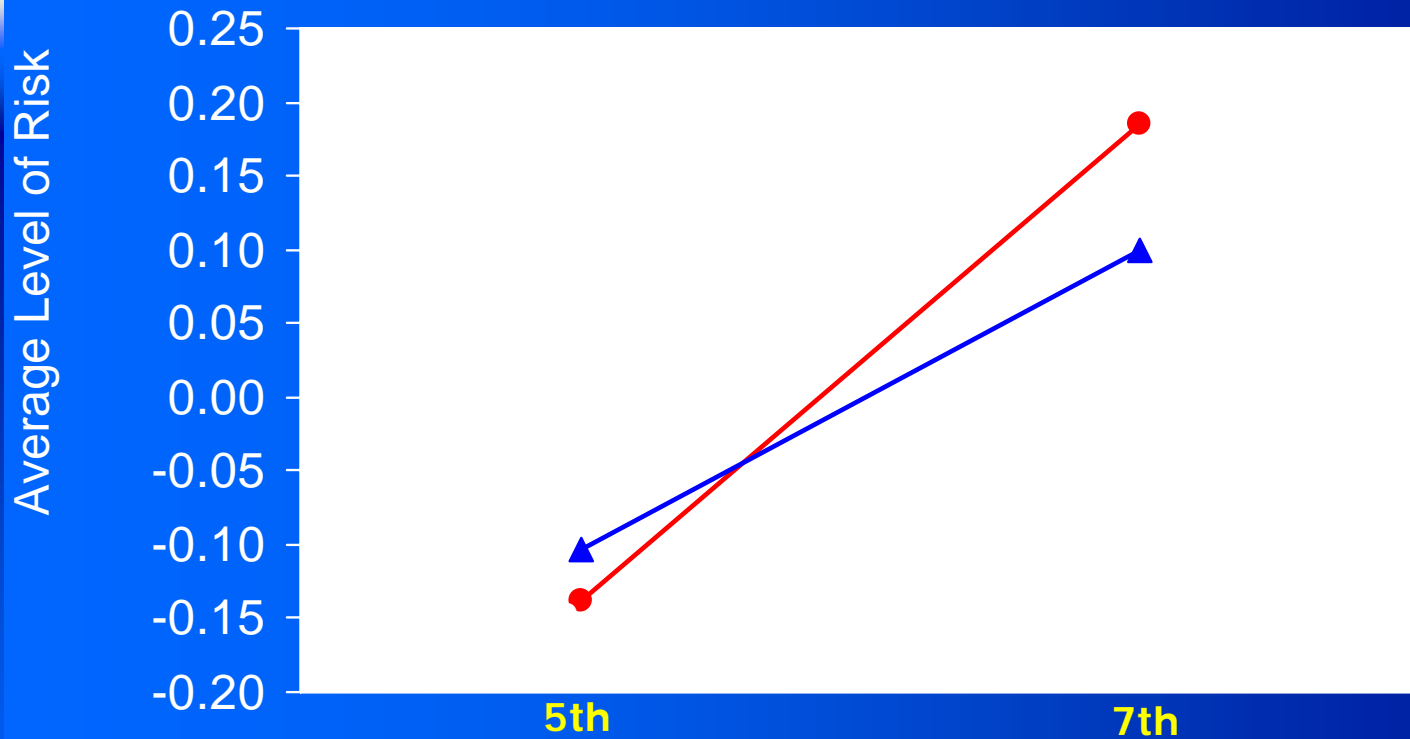


S D
R G

Tools Assisted Community Coalitions to Prioritize Risk Factors

- Family management problems
- Parental attitudes favorable to problem behavior
- Family conflict
- Low commitment to school
- Favorable attitudes toward problem behavior
- Friends who engage in problem behavior
- Academic failure
- Rebelliousness
- Laws and norms favorable toward drug and alcohol use

CTC Changed Prioritized Risk Factors



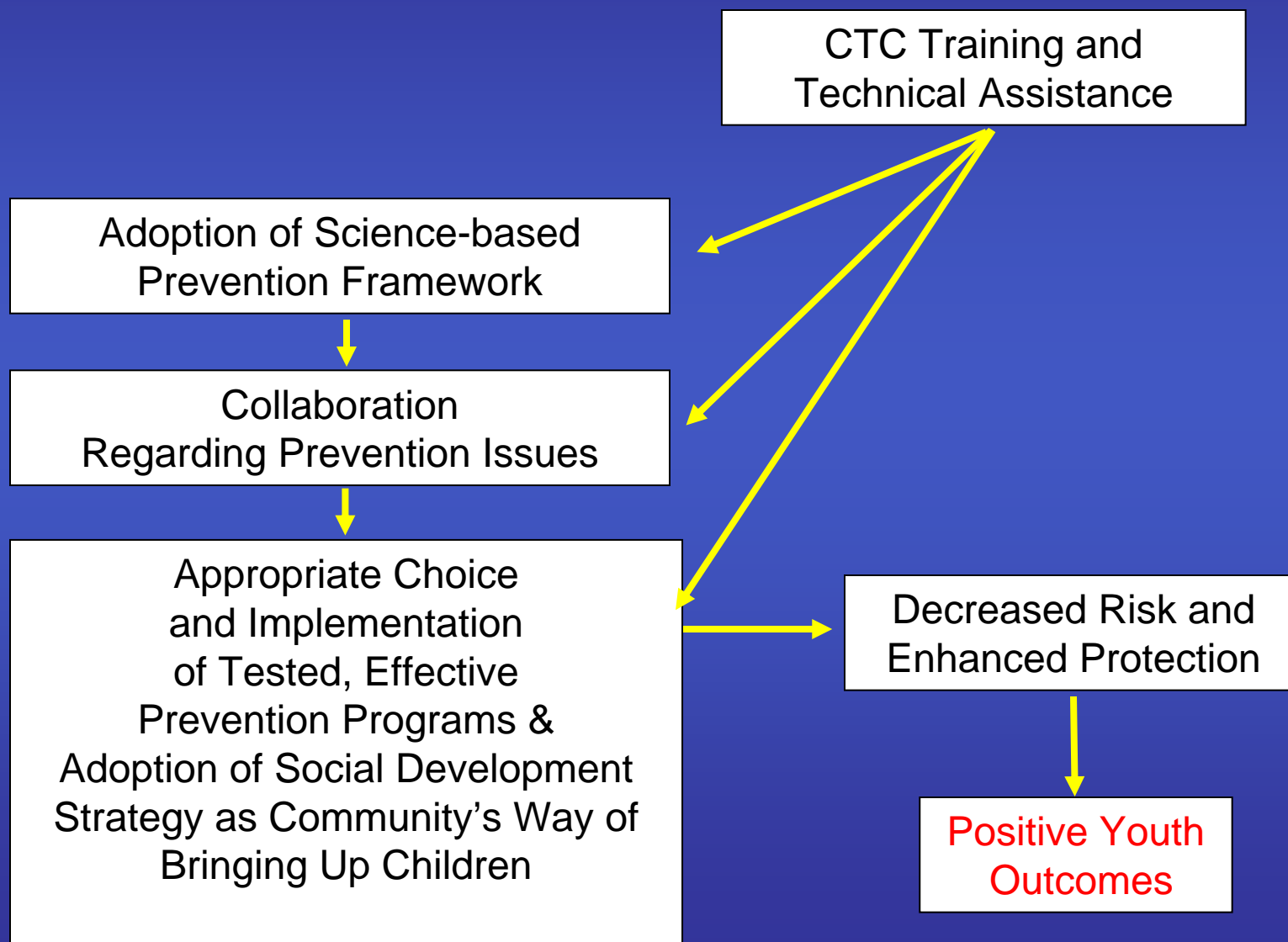
● Control Communities
 ▲ CTC Communities

Hawkins et al., in press

Note. Values are model-fitted levels of standardized average risk for students in the Youth Developmental Study panel sample. Nonsignificant difference in means at Grade 5, $t(11) = 0.61, p > .05$. Significant difference in means at Grade 7, $t(11) = -3.13, p = .01$.



Communities That Care Theory of Change





Effects of CTC on Onset of Drug Use and Delinquency

- Onset of substance use and delinquency between grade 6 and 8:
 - Alcohol use*
 - Cigarette smoking*
 - Smokeless tobacco use*
 - Marijuana use
 - Other illicit drug use
 - Delinquent behavior*
- Among 5th grade students who had not yet initiated.

*=Significant at $p < .05$



Effects of CTC on Current Drug Use and Delinquency in the Panel

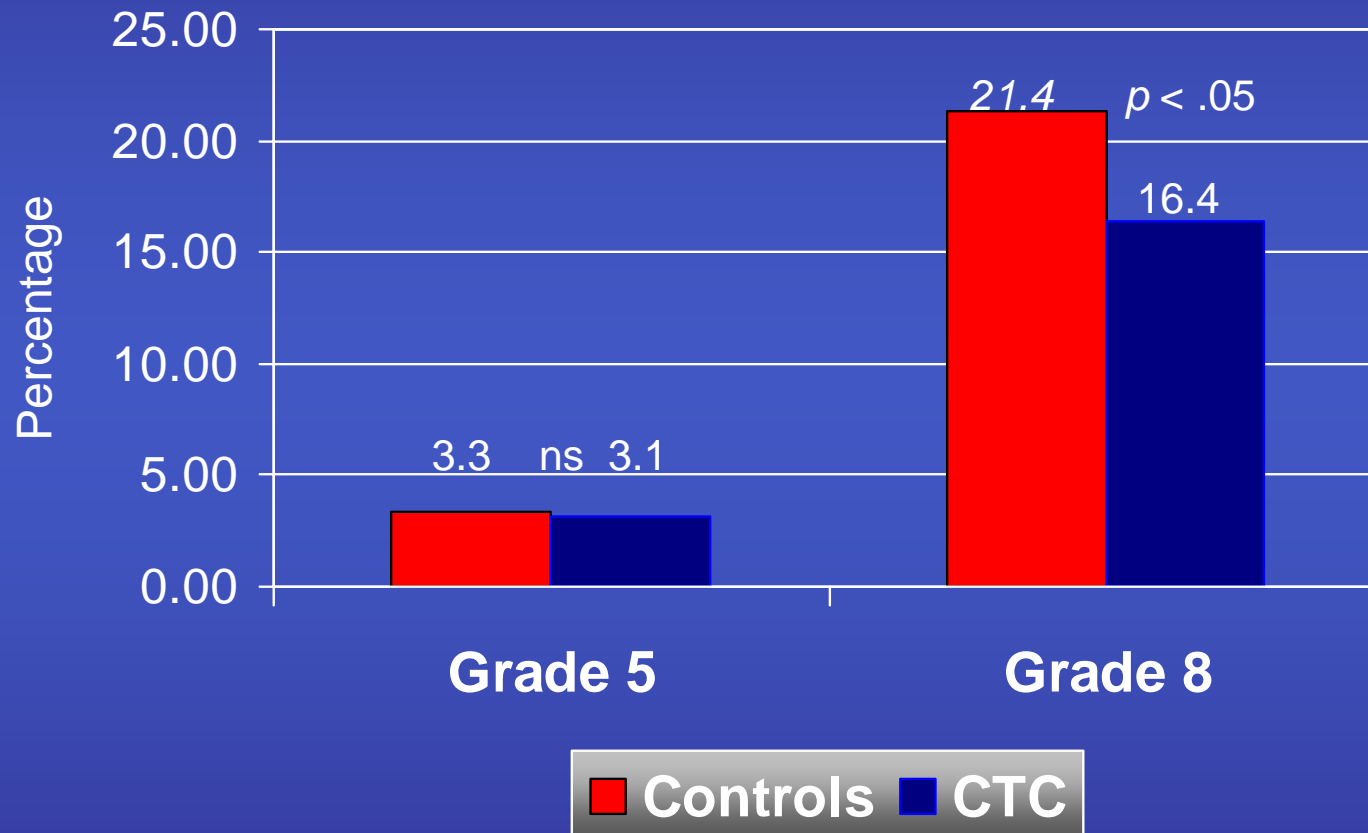


- Alcohol use*
- Binge drinking*
- Tobacco Use*
- Delinquency*

*=significant at $p < .05$



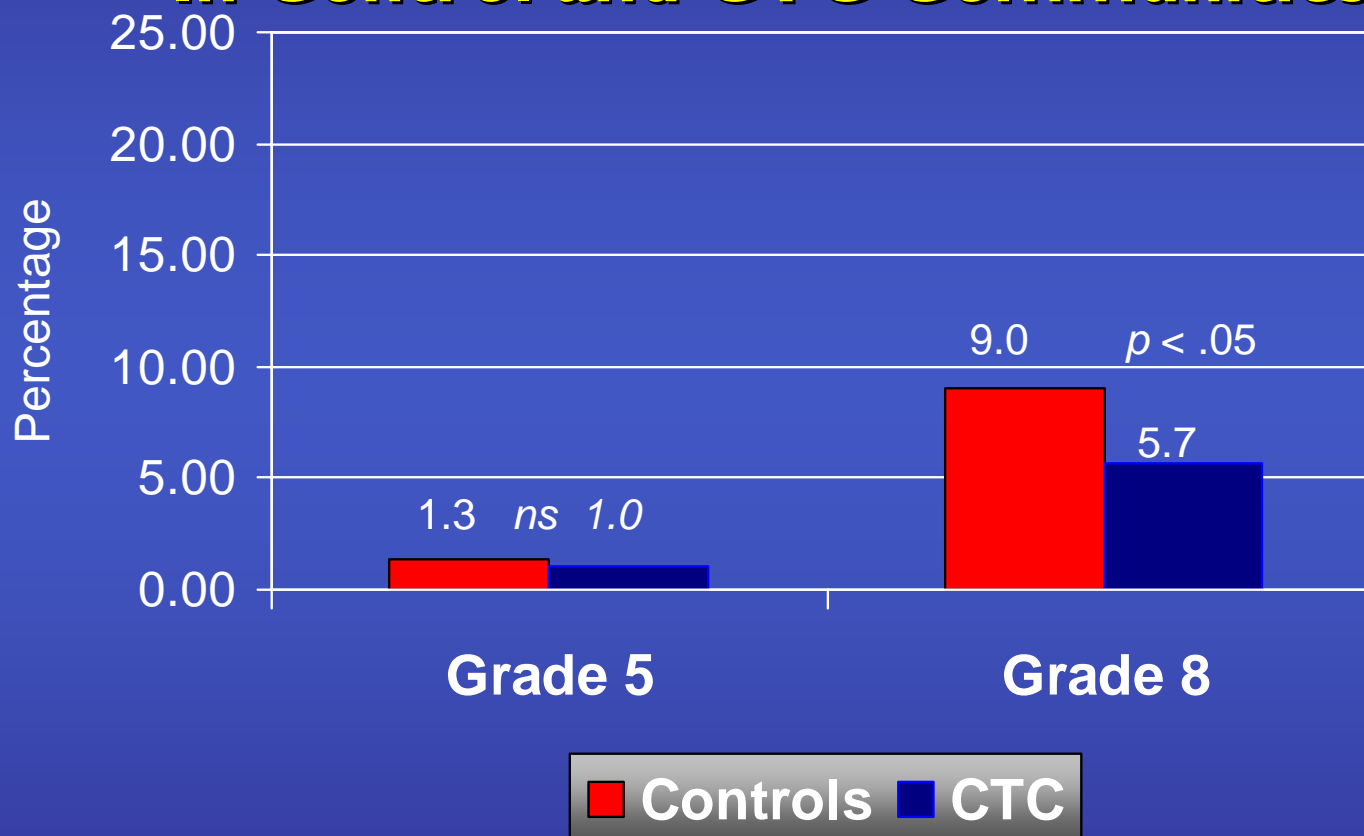
Prevalence of 30 Day Alcohol Use In Panel In Control and CTC Communities



Note. Observed rates averaged across 40 imputations. ns = nonsignificant. $N = 4407$.



Prevalence of Binge Drinking in Past Two Weeks In Panel In Control and CTC Communities

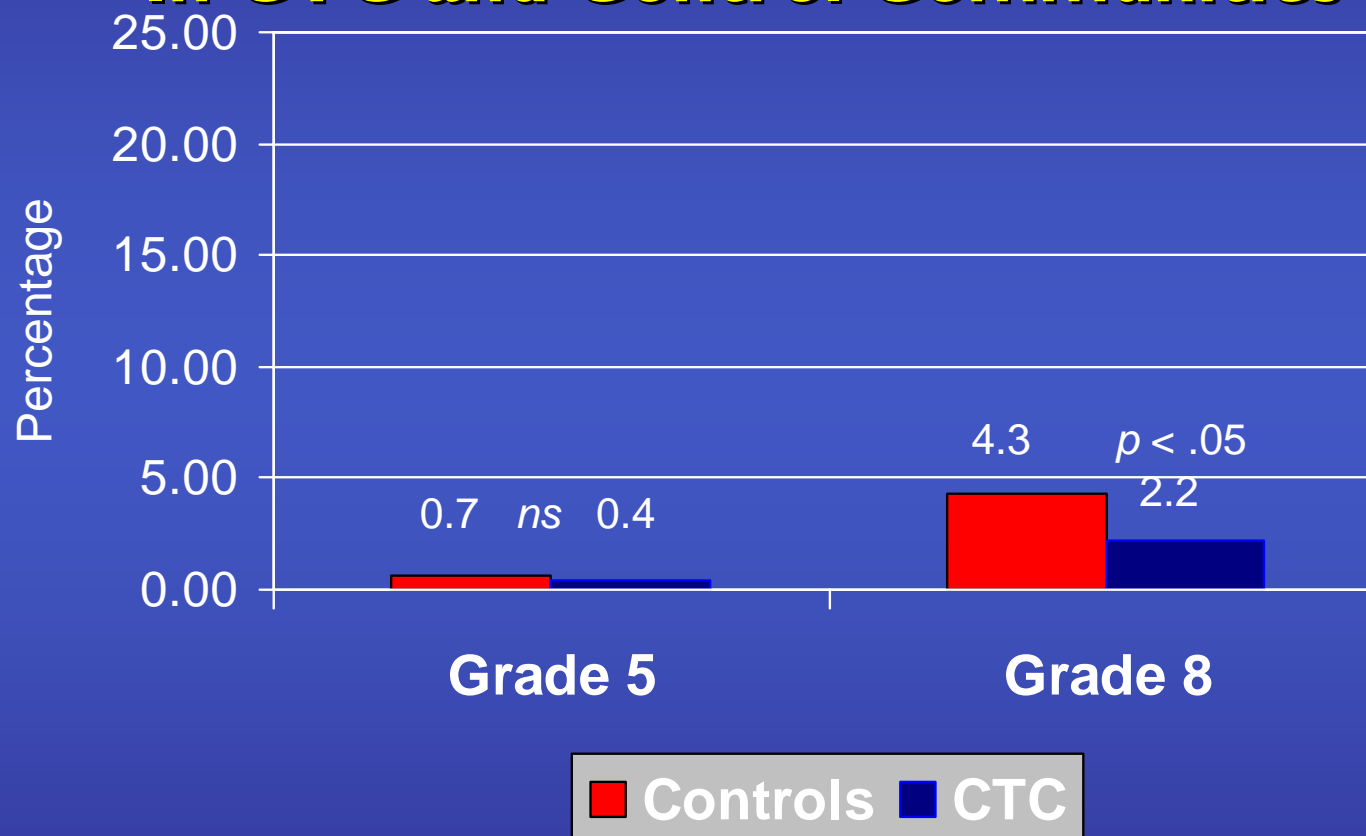


Note. Observed rates averaged across 40 imputations. ns = nonsignificant. $N = 4407$.



Prevalence of 30 Day Smokeless Tobacco Use In Panel

In CTC and Control Communities

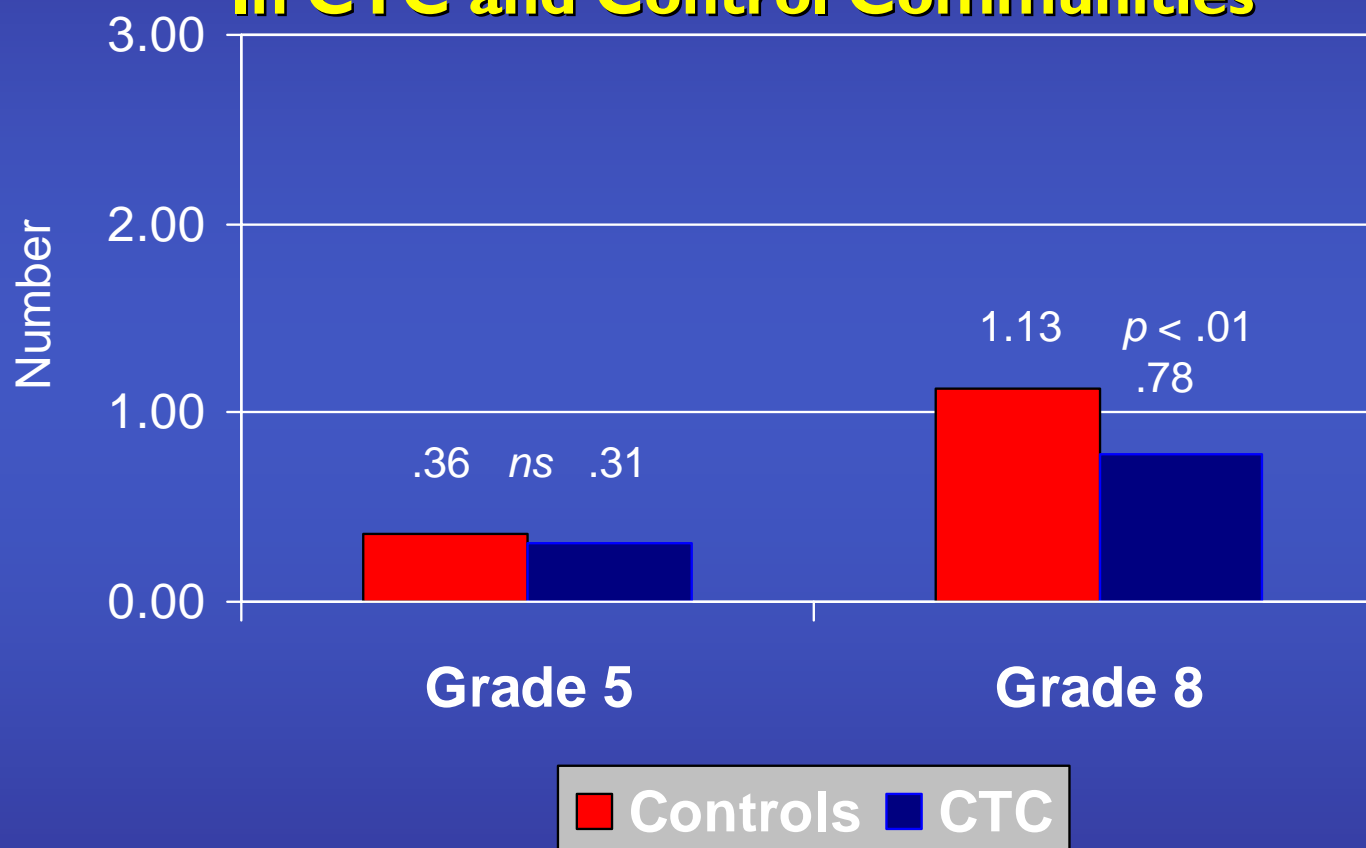


Note. Observed rates averaged across 40 imputations. ns = nonsignificant. $N = 4407$.



Mean Number of Different Delinquent Behaviors

Committed by Panel in Past Year In CTC and Control Communities



Note. Observed means averaged across 40 imputations.
ns = nonsignificant. $N = 4407$



Summary and Implications

There is evidence that we can advance public health in our communities by using CTC to:

- Promote the collection of data on levels of risk and protection to focus community action on elevated risks.
- Engage in community efforts to strengthen protection and reduce risks.
- Sponsor, endorse and use tested and effective prevention programs.
- Deliver effective programs with fidelity



*Communities That Care
has been pioneered in Australia*



Darwin

NORTHERN
TERRITORY

QUEENSLAND

Alice
Springs

WESTERN
AUSTRALIA

SOUTH
AUSTRALIA

Brisbane

Perth

Bunbury

Ballarat

NEW
SOUTH
WALES

Sydney

CANBERRA

Adelaide

VICTORIA

Melbourne

Mornington



Communities That Care Ltd

Next Phase

Evaluate future dissemination
using a randomised community
trial design



Communities That Care Ltd

*a partnership between the Royal Children's
Hospital, the Rotary Club of Melbourne &
the University of Washington*

http://www.rch.org.au/cah/research.cfm?doc_id=10596

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