Unleashing the Power of Prevention to Create Health Promoting Communities

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The content is solely the responsibility of the author.

Despite prevention science progress...

Tested and effective interventions for preventing behavioral health problems are not widely used
How do we ensure the healthy development of all youth?

By Unleashing the Power of Prevention!
Unleashing the Power of Prevention

• A summary of evidence on effective prevention of behavioral health problems and an action plan aimed at increasing the widespread use of preventive interventions

• Developed by the Coalition for the Promotion of Behavioral Health
  – Published as a Discussion Paper by the National Academy of Medicine
  – Selected as a Grand Challenge initiative by the Academy of Social Work and Social Welfare

Unleashing the Power of Prevention: 10 Year Goals

• Reduce the incidence and prevalence of behavioral health problems in the population of young people from birth through age 24 by 20%

• Reduce racial and socioeconomic disparities in behavioral health problems by 20%

Through seven action steps ...
Action Steps

1. Increase public awareness of the advances and cost savings of effective preventive interventions that promote healthy behaviors for all

2. Increase the percentage of public funds that are spent on effective prevention programs

3. Implement capacity-building tools that guide communities to assess and prioritize risk and protective factors, and select evidence-based prevention programs and policies that address community needs.
Action Steps and Goals

4. Establish criteria for preventive interventions that are effective, sustainable, equity-enhancing, and cost-beneficial

5. Increase infrastructure to support the high-quality implementation of preventive interventions

6. Monitor and increase access of children, youth, and young adults to effective preventive interventions

7. Create workforce development strategies to prepare practitioners in health and human service professions for new roles in promotion and preventive interventions


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The Challenge
Different Communities, Different Strengths and Needs

- Different Norms & Values
- Different levels of risk and protection
- Different youth problem behaviors
- Different resources & capacity
Unleashing the Power of Prevention
Action Step 3

Implement capacity-building tools that guide communities to assess and prioritize risk and protective factors, and select evidence-based prevention programs and policies to address local needs.

Two Prevention Operating Systems Have Enabled Communities to Significantly Reduce Teen Drug Use, Delinquency and Violent Behaviors

**PROSPER** - Prevention system that fosters implementation of evidence-based family and school interventions to prevent onset and reduce use of alcohol, tobacco, and other drugs and problem behaviors.

[helpingkidsprosper.org](http://helpingkidsprosper.org)

**Communities That Care** - Prevention system designed to reduce levels of adolescent delinquency and substance use by building community capacity to select and use effective preventive interventions tailored to a community's specific profile of risk and protection.

[www.communitiesthatcare.net](http://www.communitiesthatcare.net)
Communities That Care

Builds local capacity to choose and implement effective prevention programs to address prevalent risks and strengthen protection against behavioral health problems of concern.

The Test of Communities That Care

2003-2013

24 incorporated towns
~ Matched in pairs within state
~ Randomly assigned to CTC or control condition

Longitudinal panel of 4407 students
~ All 5th graders in public schools
~ Surveyed annually from grade 5
A randomized trial of Communities That Care involving 4407 youth in 24 communities across 7 states produced significant community-wide reductions in drug use and delinquency compared to control communities by end of grade 8.


Communities That Care: Results in 3 Years- End of Grade 8

- tobacco – down 33%
- alcohol – down 32%
- delinquent behavior – down 25%

CTC Sustained Effects

% who have never engaged in delinquent behavior through age 21

Among baseline (grade 5) non-initiators (73% of sample)

ARR= Adjusted Risk Ratio

*p < .05

Among baseline (grade 5) non-initiators (84% of sample)
CTC Sustained Effects

% who have never used gateway drugs (alcohol, cigarettes, marijuana)

CTC Sustained Effects

% who have never smoked cigarettes through age 21
CTC Sustained Effects

% who have never Used Marijuana through age 21

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ARR= Adjusted Risk Ratio
*p < .05

Among baseline (grade 5) non-initiators (91% of sample)

CTC Sustained Effects

% who have ever engaged in violence Through Age 21

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ARR= Adjusted Risk Ratio
*p < .05

Among baseline (grade 5) non-initiators (87% of sample)

ARR= Adjusted Risk Ratio
*p < .05

Among baseline (grade 5) non-initiators (94% of sample)
Is the Benefit Worth the Cost?

Cost Benefit Summary

Communities That Care is Cost-Beneficial – even when effect sizes are reduced by 50%:

- For every $1 spent - $4.17 return on investment
- Low risk of negative investment return—likely to get a benefit greater than costs 80 times out of 100

Washington State Institute for Public Policy, 2016
What is possible in a decade?
Pennsylvania’s Progress in Unleashing the Power of Prevention

Pennsylvania Adopted CTC as a Statewide Initiative in 1994 - First State to Implement Action Step 3

- 16 cycles of CTC training have been delivered.
- About 65 CTC communities are currently functioning.
- Pennsylvania Commission on Crime and Delinquency Office of Juvenile Justice and Delinquency Prevention - a key sustaining funder to the present.
- First opportunity to study CTC in a long-term large-scale implementation under real-world conditions - developer not involved.
Unleashing the Power of Prevention
Action Step 5

Increase infrastructure to support the high-quality implementation of preventive interventions.

Penn State EPISCCenter provides dedicated training, technical assistance and coaching to support CTC coalition functioning.

Pennsylvania’s “Backbone Support” - The EPISCCenter
Pennsylvania’s CTC coalitions 2014

How do CTC communities get results?
CTC Logic Model

CTC Training & Technical Assistance → CTC Coalition Functioning & Capacity

- Adoption of Science-Based Prevention
- Community Collaboration for Prevention
- Community Support for Prevention
- Community Norms
- Social Development Strategy
- Decreased Risk & Enhanced Protection
- Appropriate Selection & Implementation of Tested, Effective Prevention Programs
- Positive Youth Outcomes

Social Development Strategy
Building Protection into Daily Interactions with Youth

The Goal... Healthy Behaviors ...for all children and youth

Ensure...
Healthy Beliefs and Clear Standards
...in families, schools, and peer groups

Build...
Bonding - Attachment - Commitment
...to families, schools, and peer groups

By providing...
Opportunities, Skills, Recognition
...in families, schools, and peer groups

Be aware of...
Individual Characteristics
8th Grade Protection
CTC vs Control

Communities That Care
Core Elements

- **Uses a public health approach** to prevent youth problem behaviors by addressing risk and protective factors in the population.
- **Community owned and operated**: carried out by a coalition of community stakeholders from all sectors
- **Theory Guided**: uses social development strategy to promote protection
- **Data Driven**: the community makes its decisions using the community’s own data
- **Evidence Based**: adoption and expansion of effective programs & policies
- **Outcome Focused**: measures changes in community levels of adolescent behavior problems; improvements in child & youth well-being
CTC solves real problems in each community by giving kids a real voice.
CTC Youth Survey

- Assesses young peoples’ experiences and perspectives.
- Provides valid and reliable measures of risk and protective factors across state, gender, age and racial/ethnic groups. (Arthur et al., 2002; Glaser et al., 2005)
- Identifies levels of risk and protective factors and substance use, crime, violence and depression for state, district, city, school, or neighborhood.
- Provides a foundation for selection of appropriate tested, effective actions.
- Monitors effects of chosen actions by repeating survey every two years.

High School "N" Risk Profile 10th Grade

Survey Participation Rate: 79.7%
Unleashing the Power of Prevention
Action Step 6

Monitor and increase access of children, youth, and young adults to effective preventive interventions.

PA administers the CTC Youth Survey (called Pennsylvania Youth Survey (PAYS)) statewide every other year in all districts that volunteer (over 400 districts in 2017) in order to provide community and state data on levels of risk and protective factors and behavioral health outcomes.
Each CTC community selects the right evidence-based programs for its unique needs.

Unleashing the Power of Prevention
Action Step 4

Establish criteria for preventive interventions that are effective, sustainable, equity-enhancing, and cost-beneficial.
Blueprints for Healthy Youth Development

PA’s Menu of Evidence Based Programs *

- The Incredible Years (IYS)
- Functional Family Therapy (FFT)
- Strengthening Families Program 10-14 (SFP)
- Promoting Alternative Thinking Strategies (PATHS)
- Life Skills Training (LST)
- Big Brothers Big Sisters of America (BBBS)
- Multidimensional Treatment Foster Care (MTFC)
- Olweus Bullying Prevention Program (OBPP)
- Project Towards No Drug Abuse (Project TND)
- Multisystemic Therapy (MST)
- Aggression Replacement Training (ART)

* see Blueprints for Healthy Youth Development, www.blueprintsprograms.com
Unleashing the Power of Prevention
Action Step 2

Increase the percentage of public funds that are spent on effective prevention programs.

PA Commission on Crime and Delinquency Office of Juvenile Justice and Delinquency Prevention created a budget line for effective Delinquency Prevention Programs.

Pennsylvania’s evidence based prevention programs in 1999...
Pennsylvania’s EBP programs in 2015...

CTC 5 year Longitudinal Effects on PA Youth

419 age-grade cohorts over a 5-year period: youth in CTC communities using EBPs had significantly lower rates of delinquency, greater resistance to negative peer influence, stronger school engagement and better academic achievement

PA Juvenile Arrest Rates For Violent Crimes*
2007-2013
(rate per 100,000 juveniles)
Source: Juvenile Court Judges’ Commission from PA State Police UCR Reports
* Includes murder, rape, robbery, aggravated assault
** 2013 arrests are an estimate from Pa State Police UCR website
- Between 2007 and 2013, the arrest rate (per 100,000 juveniles) for violent crimes decreased 29%, from 408 to 288.

PA Juvenile Delinquency Placements
2007-2014
(Includes disposition reviews but excludes placement reviews)
Source: Juvenile Court Judges’ Commission
- Between 2007 and 2014, the number of delinquency placements decreased 45%, from 7,525 to 4,136.
Summary: Pennsylvania’s Progress in Unleashing the Power of Prevention

- Pennsylvania has adopted and used prevention science to guide prevention action statewide and in communities.

- Pennsylvania has implemented Unleashing the Power of Prevention action steps 2, 3, 4, 5 and 6, more than any other state.

- Pennsylvania’s efforts have paid off statewide in reduced delinquency, more academic success, and reduced juvenile justice involvement and costs.
Making CTC accessible and sustainable

**Traditional CTC**
- Conducted by certified national trainers
- Delivered during 6 full day sessions
- Training new coalition members was difficult
- Refresher training was costly

**CTC PLUS**
- CTC workshops streamed online for access
- Workshops can be led by a local trained facilitator
- Workshop content available to coalition members online
- Proactive coaching/TA

Web streamed workshops

- Content provided by experts in brief videos followed by checks for understanding and activities to ensure learning and application
- Workshops divided into 50 modules with facilitator guides
- 122 videos of 3 types:
  1. Big idea
  2. Instructional
  3. Testimonial
Colorado communities are Unleashing the Power of Prevention
2016-17 Marijuana Tax Revenue Funds CTC in 47 Communities

Recommendations

- Invest at least 10% of all state funds spent on young people in tested, effective behavioral health *promotion* and problem *prevention*.
- Support and grow CTC communities and their evidence based programs and policies.
- Build a state *backbone organization* to provide communities with science based training and coaching.
- Focus on developing the prevention workforce in Texas.
Reflection

What did I hear worth remembering?

What do we want to ask or discuss with David?

Thank you!

J. David Hawkins
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www.commuunitiesthatcare.net
CTC and the Strategic Prevention Framework

Effective Programs Implemented in CTC Trial

- All Stars Core
- Life Skills Training (LST)
- Lion’s Quest SFA (LQ-SFA)
- Project Alert
- Olweus Bullying Prevention Program
- Towards No Drug Abuse (TNDA)
- Class Action
- Program Development Evaluation Training

- Participate and Learn Skills (PALS)
- Big Brothers/Big Sisters
- Stay SMART
- Tutoring
- Valued Youth

- Strengthening Families 10-14
- Guiding Good Choices
- Parents Who Care
- Family Matters
- Parenting Wisely
Numbers exposed to effective programs

<table>
<thead>
<tr>
<th>Program Type</th>
<th>2004-05</th>
<th>2005-06</th>
<th>2006-07</th>
<th>2007-08</th>
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</thead>
<tbody>
<tr>
<td>School-Based</td>
<td>1432</td>
<td>3886</td>
<td>5165</td>
<td>5705</td>
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<td>After-school *</td>
<td>546</td>
<td>612</td>
<td>589</td>
<td>448</td>
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<td>Family Focused</td>
<td>517</td>
<td>665</td>
<td>476</td>
<td>379</td>
</tr>
</tbody>
</table>

*Includes PALS, BBBS, Stay SMART, and Tutoring programs

Note: Total eligible population = 10,030.

CTC Implementation Fidelity Monitoring System

- Training for all program implementers
- Fidelity “checklists” to rate adherence
- Observations to rate adherence and quality
- Documentation of attendance
- Local monitoring and quality assurance by community coalitions
- External monitoring
CTC Achieves High Implementation Fidelity


CTC Sustained Effects on Youth Outcomes

Randomize & Train

Phase 1: Implement

Phase 2: Sustain

Grade 5

Targeted Risk Factors

Onset: Delinquency

Grade 6

Protective Factors

Onset: Delinquency Alc., Cigs

Grade 7

Targeted Risk Factors

Onset: Delinquency Alc., Cigs

Grade 8

Current: Delinquency Drug Use

Grade 9

Onset: Delinquency Violence Cigarettes

Grade 10

Onset: Delinquency Alc., Cigs

Grade 11

Onset: Delinquency Alc., Cigs

Grade 12

Onset: Delinquency Cigarettes

Age 19

Males: Onset Delinquency Cigarettes

Center for Communities that Care

University of Washington

School of Social Work
- Activate catalysts
- Community ready?
- Identify key community leaders
- Invite diverse stakeholders
- Conduct community youth survey
- Prioritize risk and protective factors
- Identify existing resources and gaps
- Define clear, measurable outcomes
- Select tested, effective policies and programs
- Form coalition
- Learn about prevention science
- Write vision statement
- Organize work groups
- Develop a timeline
Building Protection into Daily Interactions with Young People