



**communities  
that care PLUS**

**Prevention Science**

- + Digital Tools
- + Community
- + Support

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**Successful Kids**



# Communities That Care: Reducing youth problems through prevention science



## Let's work together to turn prevention science into action for kids.

At the University of Washington Center for Communities That Care, with communities to implement CTC, an evidence-based, community-led solution with proven long-term results.

Communities That Care PLUS is a web-based toolkit for using the CTC system.

# It's time to take a pre-emptive community-wide solution.

Youth across the nation are not reaching their full potential because of serious, preventable issues, including intentional self-harm, violence, overdose, loneliness and other mental and behavioral health problems.

Despite well-intentioned efforts, response typically comes too late—and only in an effort to fix the problem after it occurs.



**Communities That Care is a proven way to lessen risks, increase protection, and help youth thrive.**

# The evidence shows the CTC system works.

In three large trials, CTC yielded 20 - 30% population-level improvement in youth substance use, violence, delinquency, arrests, handgun carrying, depression symptoms, and college completion; many effects lasted a decade or more.





Youth in CTC communities are:



less likely to **start engaging in crime**



less likely to **start drinking alcohol**



less likely to **start smoking cigarettes**



less likely to **binge drink**

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**Communities That Care empowers communities to use the advances of prevention science to achieve better behavioral health outcomes for young people.**

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Nora Volkow, Director  
National Institute on Drug Abuse

**\$1 invested into the CTC system...**



**= \$5.69 savings to society!**

# We bring Communities That Care to where it's needed most.

CTC PLUS is the product of years of prevention science research and collaboration with states and communities across the country. We help communities:

- ✓ Employ the CTC system.
- ✓ Choose tested and effective programs tailored to their needs.
- ✓ Implement these programs and track progress over time.



## There are five practical steps.

1. **Introduce** CTC to your community.
2. **Organize** a community board or collaborate with an existing coalition.
3. **Assess** community risks and strengths using data.
4. **Create** a community action plan for prevention work.
5. **Implement and evaluate** programs and policies, monitor the effectiveness of those programs and policies, and measure results to ensure improvements are achieved.

# Social Development Strategy



The Social Development Strategy is proven to foster success of young people through every stage of development.

This strategy helps communities provide young people with opportunities, skills, and recognition, which strengthens bonding with family, school and community.

## Where we work

- ✓ Washington
- ✓ Oregon
- ✓ Montana
- ✓ Utah
- ✓ Colorado
- ✓ South Dakota
- ✓ Nebraska
- ✓ Missouri
- ✓ Michigan
- ✓ New York
- ✓ Massachusetts
- ✓ Pennsylvania
- ✓ Sweden
- ✓ Chile
- ✓ Australia

# Communities across the country report success.

## Eagle Butte, South Dakota

### What problems are you trying to solve?

We are trying to reduce youth alcohol, tobacco and marijuana use in our community.



### What steps have you taken?

We have analyzed our local youth data and chosen to prioritize the elevated risk factors most likely to impact youth substance use. We created a community action plan; and are implementing two tested and effective programs.

### What's the impact of this work?

We are located on the Shine River Sioux Tribe Reservation and are predominantly Lakota people. We are working on revitalizing our culture, CTC allows us the opportunity blend Western and traditional thinking to better our students lives and their future. Our goal is to reduce youth substance use by 25% by 2027.

### How has the Social Development Strategy helped?

In the Lakota culture there is a phrase Mitakuye Oyasin, it means we are all related. That means that it's not just a family's responsibility to raise a child, but the communities and Communities That Care and the Social Development Strategy works because it gives the ownership to all of the relatives for making positive changes in our youth and community.



## Tooele City, Utah



### **What problems are you trying to solve?**

We have focused on—and seen success in—decreasing tobacco, alcohol, e-cigarette and marijuana use, among youth in Tooele City. We have made great strides in reducing teen suicide as we join with partners to provide research-based programming on reducing stigma, and preventing suicide ideation and attempts.

### **What steps have you taken?**

We rely on data to assess problems and consult our local coalitions in making a plan. We also collaborate with other community agencies to synergize our efforts.

### **What's the impact of this work?**

Illegal substance use has gone down substantially. Implementation of the CTC system has increased compassion and reduced the stigma of mental health issues and suicide. We see teens talk much more to their friends about suicide risk—providing hope and help, when needed.

### **How has the Social Development Strategy helped?**

It's central to all we do in prevention.

# Your investment will help more communities thrive.

Whether you're a policymaker, a school administrator, or community leader—you have the ability to put youth success first. An investment in prevention programs today is an investment in a healthier future for teens.

- ✓ **When teens and young adults are less likely to engage in dangerous or addictive behaviors, they are more engaged in school and their future success.**
- ✓ **If we can stop youth from ever drinking alcohol, smoking cigarettes or using recreational drugs, we can decrease levels of mental and behavioral health problems.**





**communities**  
*that Care PLUS*

To find out what Communities That Care  
can do for your community, visit

**[www.communitiesthatcare.net](http://www.communitiesthatcare.net)**

or contact us:

**[ctr4ctc@uw.edu](mailto:ctr4ctc@uw.edu)**

**206-685-7723**

**Join us in  
unleashing  
the power of  
prevention**