

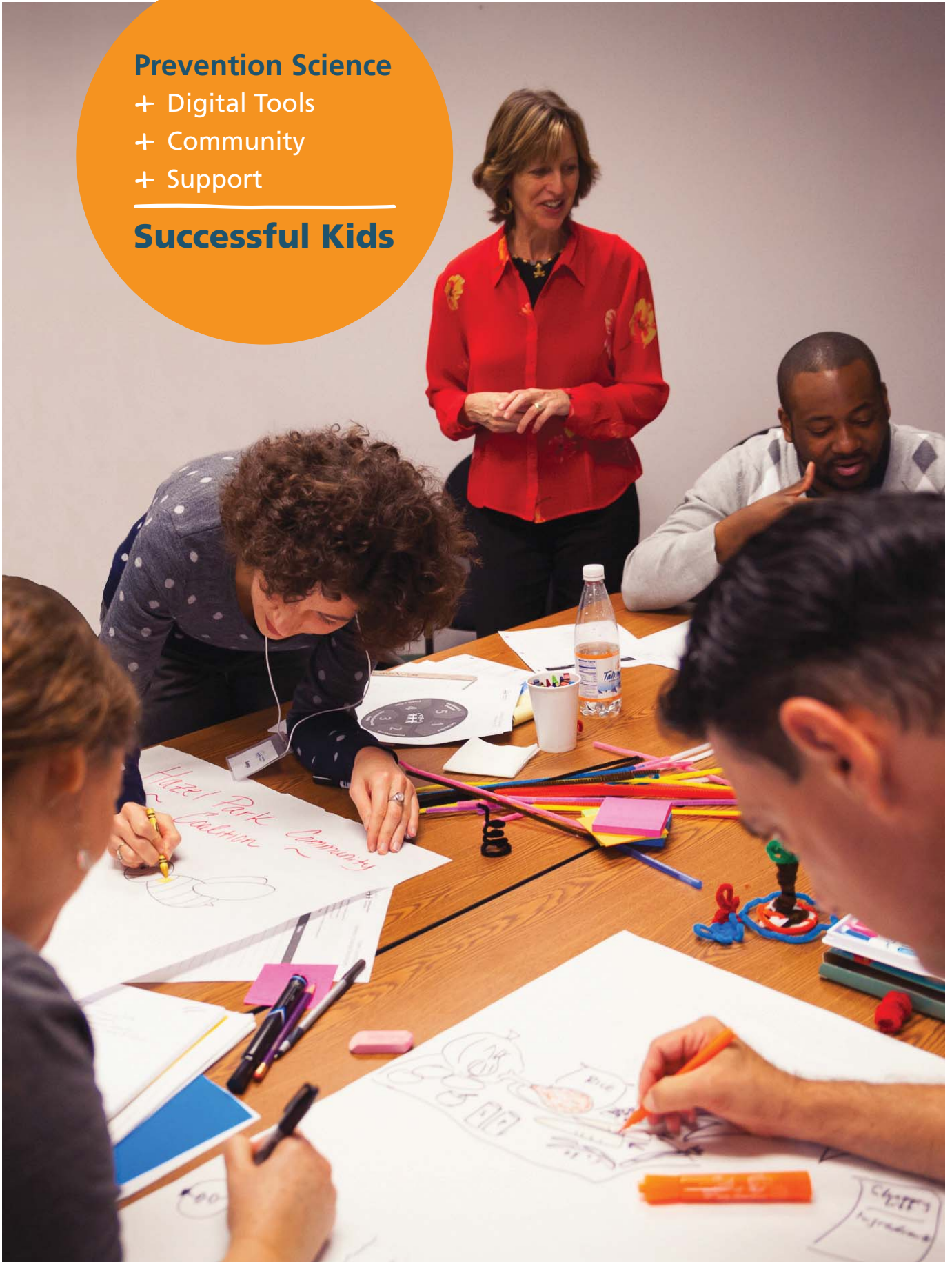


**communities
that care PLUS**

Prevention Science

- + Digital Tools
- + Community
- + Support

Successful Kids



Communities That Care PLUS: 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, we coach communities across the country to use CTC, an evidence-based, prevention system that reduces levels of youth problems and helps them thrive.

Communities That Care PLUS is our guided toolkit for using the CTC system, newly updated for today's digital audiences.

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 crime, violence, alcohol and drug use, and death by suicide.

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



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

The evidence shows the CTC system works.

A rigorous, scientific trial demonstrated that young people from communities using the CTC system were 25% to 37% less likely to have health and behavior problems than those from control communities.





Youth in CTC communities are:

25%

less likely to **start engaging in crime;**

32%

less likely to **start drinking alcohol;**

33%

less likely to **start smoking cigarettes;**

37%

less likely to **"binge" drink.**

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

Nora Volkow, Director
National Institute on Drug Abuse

\$1 invested into the CTC system...



= \$5.31 savings to society!

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

Communities That Care 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.

STEP 1: Introduce CTC to your community.

STEP 2: Organize a community board or collaborate with an existing coalition.

STEP 3: Assess community risks and strengths using data.

STEP 4: Create a community action plan for prevention work.

STEP 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



Social Development Strategy

Throughout the process, we work with communities to employ a Social Development Strategy that is proven to foster the success of young people through every stage of development. This Social Development Strategy is easy to use, easy to remember, and it works!

This strategy helps communities provide young people with opportunities, skills, and recognition—and it strengthens bonding with family, school and community. Strong bonds motivate young people to adopt healthy standards for behavior.

Where we work

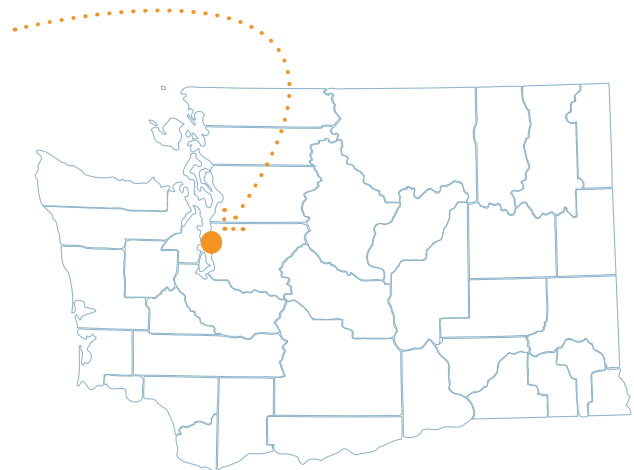
- ✓ Alabama
- ✓ Colorado
- ✓ Illinois
- ✓ Michigan
- ✓ North Carolina
- ✓ Oregon
- ✓ Pennsylvania
- ✓ Utah
- ✓ Virginia
- ✓ Washington

Communities across the country report success.

Seattle, Washington

What problems are you trying to solve?

Communities in Action is focused on two critical issues in Seattle: mental health and violence and aggression.



What steps have you taken?

We have convened our local key leaders; developed a community board, who crafted our vision statement; analyzed two sets of healthy youth survey data; created a community action plan; and are implementing and evaluating three tested and effective programs.

What's the impact of this work?

We are building capacity among local agencies focused on healthy youth development—to collaborate and implement evidence-based prevention programs that will increase the well-being of children and youth in our community.

How has the Social Development Strategy helped?

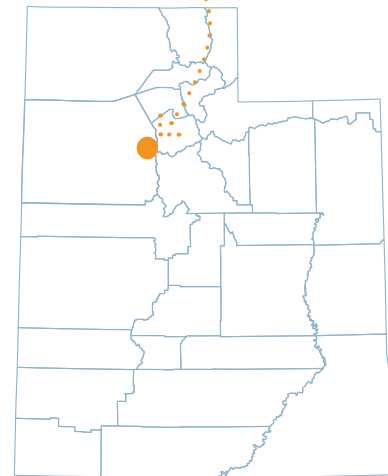
The strategy allows us to engage youth, parents, caregivers, teachers, and administrators in our work and explain the how protective factors lead to positive youth behaviors.



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 delinquent behavior, youth crime and suicide.**





communities
that care PLUS

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

www.communitiesthatcare.net

Contact

ctr4ctc@uw.edu

206-685-7723

**By 2026, we hope to achieve a
20 percent reduction in health and
behavior problems for young people
in the United States.**

Join us.