



# COMMUNITIES THAT CARE

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# THE RIVER



# THE RIVER



Treatment 

# THE RIVER



Intervention →

# THE RIVER

Prevention





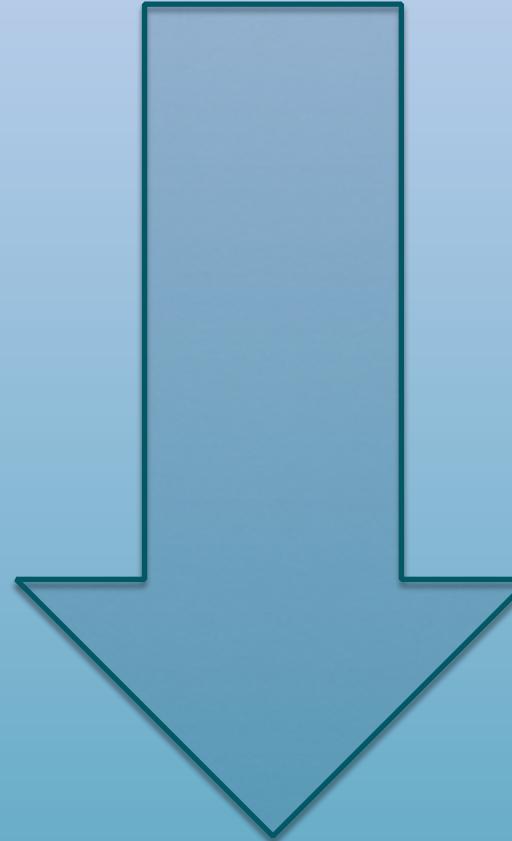
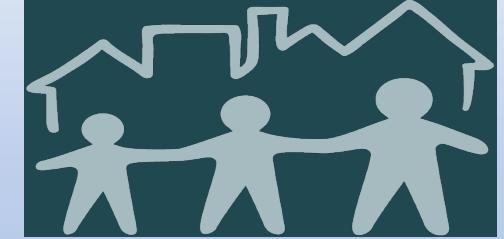
# 40 Years of Prevention Science Research Advances



- Discovery of risk and protective factors that predict substance use problems
- As a result of understanding these predictors, over 80 prevention programs and policies have been shown to prevent substance use problems
- Communities are an effective organizing force for bringing effective policies and programs to scale to improve the public health



# Communities That Care = Powerful Results



- **33%** tobacco
- **32%** alcohol
- **25%** delinquent behavior

A large trial of Communities That Care produced reductions in drug use and delinquency by 8<sup>th</sup> grade.



# Cost Benefit Summary



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

- For every \$1 spent \$5.30 return on investment
- Low risk of negative investment return—likely to get a benefit 99 times out of 100

Washington State Institute for Public Policy, 2016  
<http://www.wsipp.wa.gov/BenefitCost>

# MONTANA COMMUNITIES THAT CARE





# THE COMPONENTS OF COMMUNITIES THAT CARE

## Community Based Prevention Framework

- Community owned and operated.
- Principles of prevention science.

## Critical Elements

- Public health approach
- Community owned and operated
- Data driven
- Evidence based
- Outcome focused
- It works.

## Organization

- 3 key groups
- 5 phase process

## Foundations

- 1. Prevention Science
  - Risk Factors
  - Protective Factors
- Social Development Strategy
- Tested and Effective Programs and Policies

TO  
PREVENT A  
PROBLEM  
BEFORE IT  
HAPPENS  
YOU MUST  
CHANGE...

A. The problem.

B. The predictors of the problem.

C. The laws that affect the problem.



# How it works





# Milestones & Benchmarks



## Milestones & Benchmarks

### Phase 1: Get Started

Milestone	Benchmarks to Achieve this Milestone
<b>1.1 Organize the community to begin the <i>Communities That Care</i> Process.</b>	<p>Designate a single point of contact to act as a catalyst for the process.</p> <p>Identify a champion (a community leader) to guide the process.</p> <p>Inventory existing initiatives addressing youth and family issues.</p> <p>Identify "lead" agency committed to supporting the project.</p> <p>Secure coordinator/facilitator (at least half time).</p> <p>Form core workgroup to activate the process.</p> <p>Develop roster of key leaders to be involved in the process.</p> <p>Prepare initial work plan and time line for getting started.</p> <p>Identify and acquire resources needed to get started.</p>

<b>1.2 Define the scope of the prevention effort.</b>	<p>Define the community to be organized.</p> <p>Identify health and behavior issues to be addressed to confirm that CTC is appropriate for your efforts.</p> <p>Agree on what is involved in the "prevention" response.</p> <p>Identify legislative/funding supports or constraints.</p> <p>Agree on community board's role.</p> <p>Begin to define how community board will operate in community.</p> <p>Summarize issues related to key aspects.</p>
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Go to Settings to activate Windows.



# How it's organized



Community

# HOW CAN ADDRESSING RISK FACTORS GIVE YOU MORE BANG FOR YOUR BUCK?

- A. They can help a community find the young people at highest risk and focus prevention efforts specifically on them.
- B. They are cheaper to address than problems.
- C. Many risk factors predict multiple problems, so reducing one risk factor can impact not just one but several health and behavior problems.



# Risk and Protective Factors



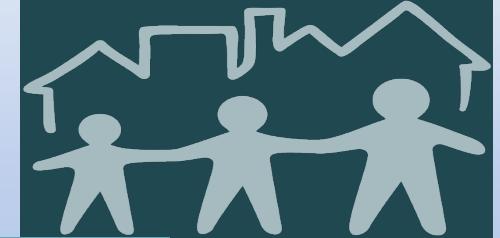
- **Risk Factors** – predictors of problem behavior in adolescence
- **Protective Factors** – buffer against risk factors



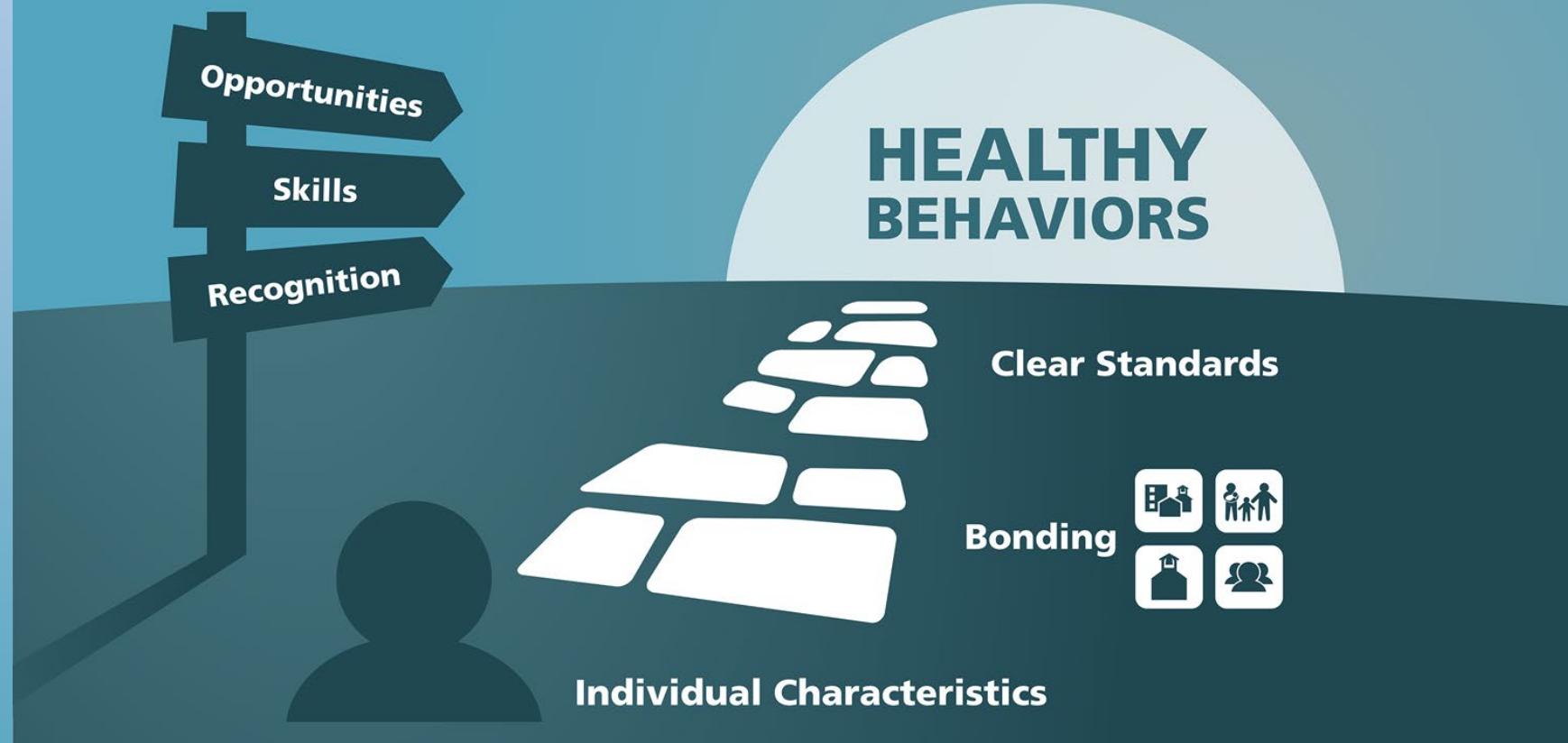
# WHEN ARE YOUNG PEOPLE MORE LIKELY TO FOLLOW YOUR COMMUNITY'S CLEAR STANDARDS FOR BEHAVIOR?

- A. When they know they'll be punished if they don't.
- B. When they feel a sense of bonding or attachment to the people providing the standards.
- C. When different adults explain the standards in different ways.

# Social Development Strategy – 5 Elements of Protection



## SOCIAL DEVELOPMENT STRATEGY





**communities**  
*that care*

LINCOLN COUNTY CTC

# WHY DO CTC IN MY COMMUNITY?

- Engage all sectors in a well thought out process that is like a dot to dot and not an obstacle coarse
- It is consistently reflective of your community
- Able to see gaps in the community and how to fill them
- Build coalition already established in communities
- People can do as much as they want/time/comfortable with
- Tools they learn can be used in all areas

# HIGH AND LOWS

## Lows

- 3 communities at once is tough
- Communication is a must
- With COVID, members have changed constantly and onboarding is harder

## Highs

- Communities are seeing data in a whole new way
- Community members want to get things done and come up with awesome ideas
- Members recruit members from excitement
- Group is talking about sustainability
- Milestones and benchmarks



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## CONTACT INFORMATION

[HTTPS://WWW.COMMUNITIESTHATCARE.NET/ABOUT/](https://www.communitiesthatcare.net/about/)

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