

## QUICK FACTS

### COMMUNITIES THAT CARE (CTC) GUIDING PRINCIPLES

- **Locally owned and operated.** A local collaborative makes decisions from local data to address priority needs.
- **Data driven and outcome-focused.** Community-specific data are used to set goals, measure progress, and adjust as needed.
- **Addresses the underlying causes** (risk and protective factors) of youth health and behavior problems.
- **Uses proven programs matched to local priorities** selected from local data.
- **Cost effective**, returning \$5.30 for each dollar invested.

### KEY YOUTH OUTCOMES

A randomized controlled trial of CTC in 24 communities showed that, by Grade 8, youth in CTC communities fared significantly better than youth from control communities:

- **33% less likely to start smoking cigarettes**
- **32% less likely to start drinking**
- **25% less likely to start engaging in delinquent behavior**
- **23% less likely to drink alcohol currently**
- **37% less likely to "binge" drink (5 or more drinks in a row)**
- **Committed 31% fewer different delinquent acts in past year.**

Results on initiation of alcohol, tobacco, violence and delinquency were sustained through Grade 12 -- 8 years after beginning CTC and 3 years after study support to communities ended.

**Communities That Care is a community-based prevention system proven to reduce youth health and behavior problems community wide.**

Based on the premise that communities are unique, CTC helps local coalitions develop community-specific prevention plans based on their unique levels of behavioral health problems and risk and protective factors.

Community choice of proven prevention interventions helps ensure local ownership, as does the series of CTC workshops that build coalition members' skills to implement CTC and achieve their vision of healthy youth development.

### Proven effective

CTC has been tested in an experimental trial and a state-wide replication, and found effective both in ***mobilizing communities*** to take concerted action for preventing youth health and behavior problems, and in ***reducing those problem behaviors community wide***.

### Structured for productive collaboration and collective impact

CTC's 5-phase process provides communities with a step-by-step guide and tools for building a high functioning community prevention coalition to achieve collective impact.

CTC coalitions participate in a series of joint trainings where all members learn and apply prevention science principles to guide the assessment, decision making, and program implementation process.

### Fosters a culture of reflective practice

The focus on using local data to select programs, and then to track the impact of those programs over time, increases the community's ability to monitor their progress -- leading to community-owned evaluation and continued improvement.