



Communities That Care

A Risk-focused Model for Delinquency
Prevention and the Promotion of
Positive Youth Development

Prevention Research Center
The Pennsylvania State University
www.prevention.psu.edu

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What is CTC?

- An “operating system” to mobilize communities and agency resources
- Follows a public health model of preventing poor outcomes by reducing associated risk factors and promoting protective factors
- Coalition model that is data-driven and research-based
- Follows a specific sequence of steps
- Focuses on the use of targeted resources and evidence-based prevention programs

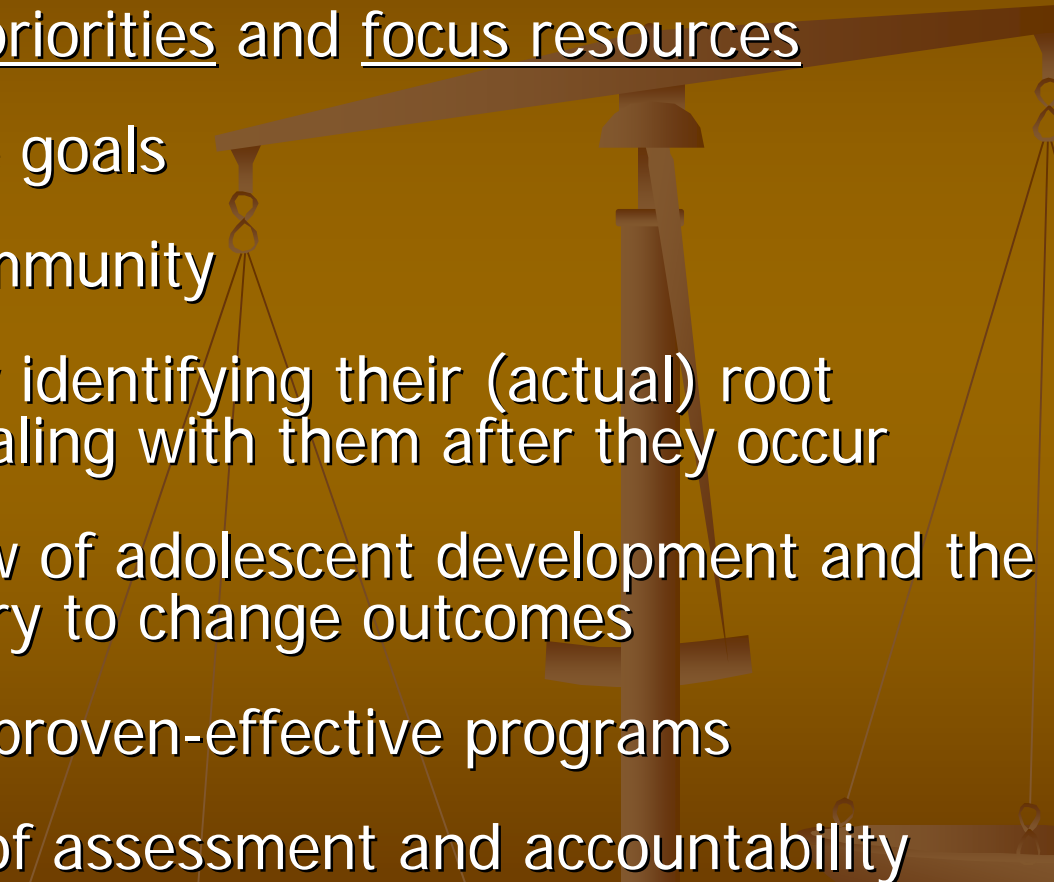


Outcomes Targeted by CTC

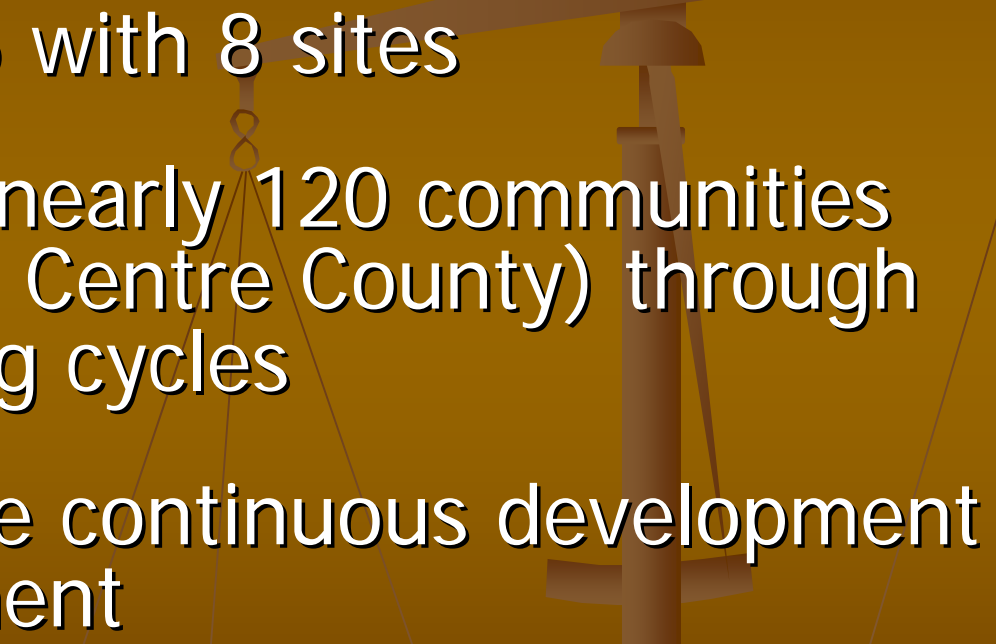
- Delinquency
- Substance Abuse
- Violence
- Academic Failure & Dropout
- Teen Pregnancy



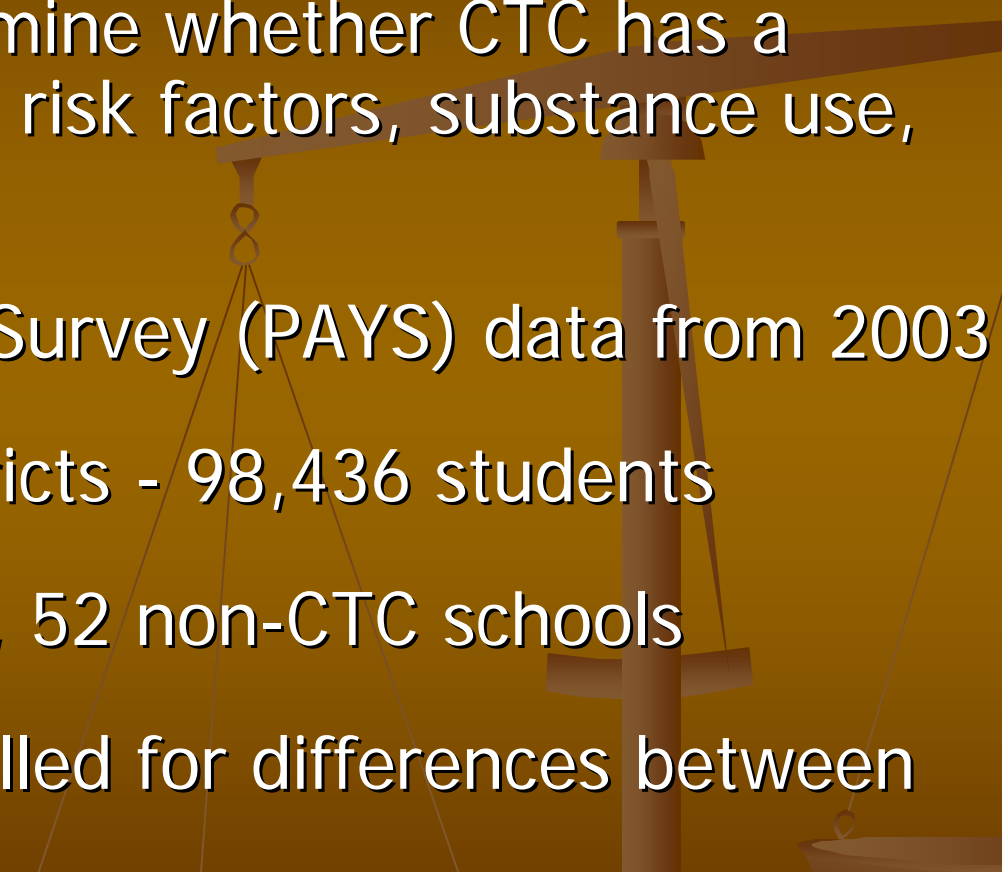
How is CTC different?

- Uses local data to set priorities and focus resources
 - Starts with quantifiable goals
 - Engages the whole community
 - Addresses problems by identifying their (actual) root causes, rather than dealing with them after they occur
 - Involves a realistic view of adolescent development and the length of time necessary to change outcomes
 - Focuses on the use of proven-effective programs
 - Has a built-in process of assessment and accountability
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The CTC Initiative in PA

- Began in 1995 with 8 sites
 - Has grown to nearly 120 communities (including 2 in Centre County) through sixteen funding cycles
 - Has undergone continuous development and improvement
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PA CTC Outcomes Study

- Goal was to determine whether CTC has a positive impact on risk factors, substance use, and delinquency
 - Utilized PA Youth Survey (PAYS) data from 2003
 - 147 school districts - 98,436 students
 - 95 CTC schools, 52 non-CTC schools
 - Statistically controlled for differences between communities
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CTC Sites versus non-CTC sites – 2003 PAYS

Risk Factors	6	8	10	12
Family Supervision	+	+	+	+
Family Discipline	+	+	+	+
Family Conflict	+	+	+	+
Family History of Antisocial Behavior	+	+	+	+
Parental Attitudes Favorable to ATOD Use	+	+	-	+
Academic Failure	+	-	+	+
Low School Commitment	+	+	-	-
Rebelliousness	+	+	-	-
Friends' Delinquent Behavior	+	+	+	+
Friends' ATOD Use	+	+	+	+
Peer Rewards for Antisocial Behavior	+	+	+	+
Favorable Attitudes Toward Antisocial Behavior	+	+	-	+
Favorable Attitudes Toward ATOD Use	+	+	+	+
Low Perceived Risk of ATOD Use	+	+	+	+
Early Initiation of Problem Behavior	+	+	+	+
Sensation Seeking	+	+	-	-

+	Favors CTC sites at $p < .05$ (sig.)	+	Favors CTC sites (not statistically significant)
+	Favors CTC sites at $p < .10$ (trend)	-	Favors non-CTC sites (not statistically significant)

CTC Sites With Age Appropriate Evidence-based Programs versus non-CTC sites

Risk Factors	6	8	10	12
Family Supervision	+	+	-	+
Family Discipline	+	+	+	+
Family Conflict	+	+	-	+
Family History of Antisocial Behavior	+	+	+	+
Parental Attitudes Favorable to ATOD Use	+	+	-	-
Academic Failure	-	-	+	+
Low School Commitment	+	+	+	+
Rebelliousness	+	+	-	+
Friends' Delinquent Behavior	+	+	+	+
Friends' ATOD Use	+	+	+	+
Peer Rewards for Antisocial Behavior	+	+	+	+
Favorable Attitudes Toward Antisocial Behavior	+	+	-	+
Favorable Attitudes Toward ATOD Use	+	+	+	+
Low Perceived Risk of ATOD Use	+	+	+	+
Early Initiation of Problem Behavior	+	+	+	+
Sensation Seeking	+	+	-	-

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CTC Sites versus non-CTC sites – 2003 PAYS

ATOD and Delinquency Outcomes	6	8	10	12
Past 30-day Alcohol Use	+	+	+	+
Past 30-day Cigarette Use	+	+	+	-
Past 2-week prevalence of Binge Drinking	+	+	+	+
Drunk or high at school in past year	+	-	+	+
Delinquency	+	+	+	+
Drug Use	+	+	+	+

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CTC Sites With Age Appropriate Evidence-based Programs versus non-CTC sites

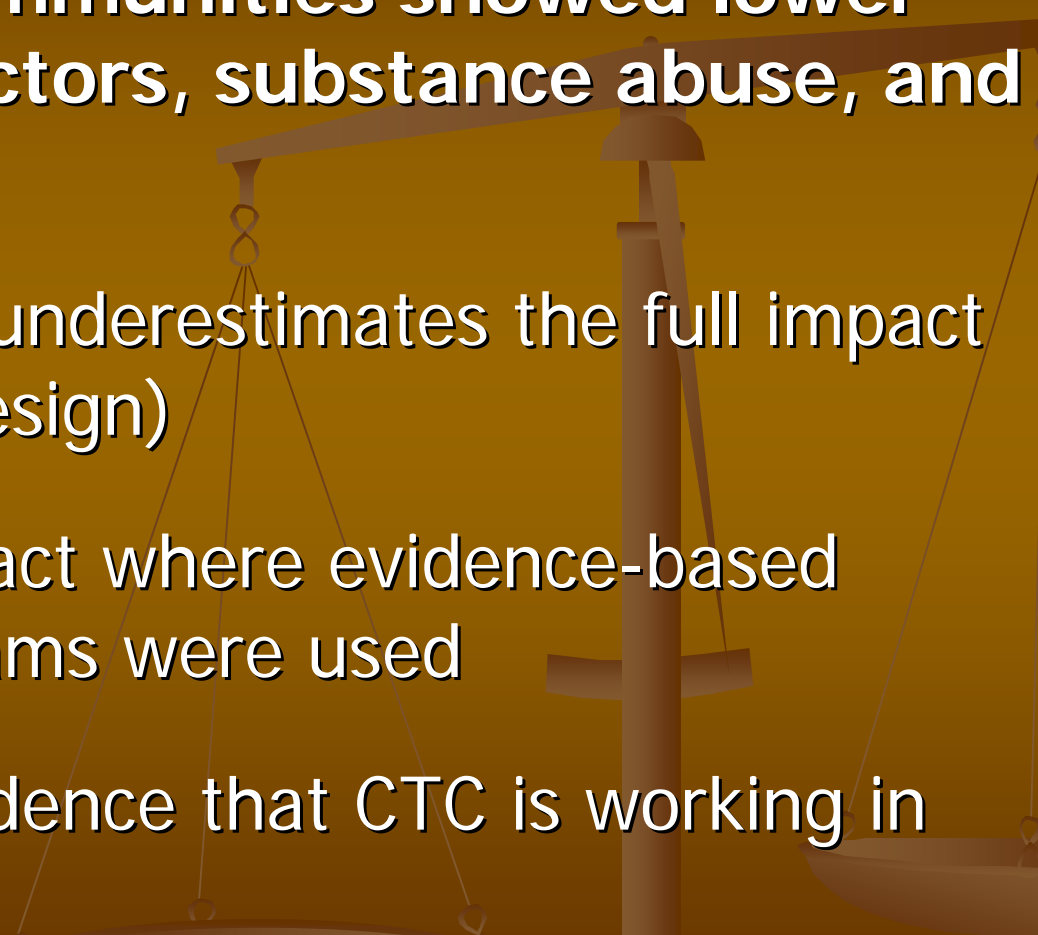
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Drunk or high at school in past year	+	+	+	+
Delinquency	+	+	+	+
Drug Use	+	+	+	+

+	Favors CTC sites at p<.05 (sig.)	+	Favors CTC sites (not statistically significant)
+	Favors CTC sites at p<.10 (trend)	-	Favors non-CTC sites (not statistically significant)

Interpreting the Findings

- In the main analysis, we found statistically significant differences favoring CTC communities, at a level 7x greater than we would expect by chance alone
- When we look at only CTC sites using evidence-based programs targeted at the population being surveyed, the difference was 11x greater than we would expect by chance alone
- Across all risk and protective factors, substance use outcomes, and delinquency outcomes, NONE of the comparisons favored non-CTC sites, even at a trend level ($p < .10$)

Summary of Findings

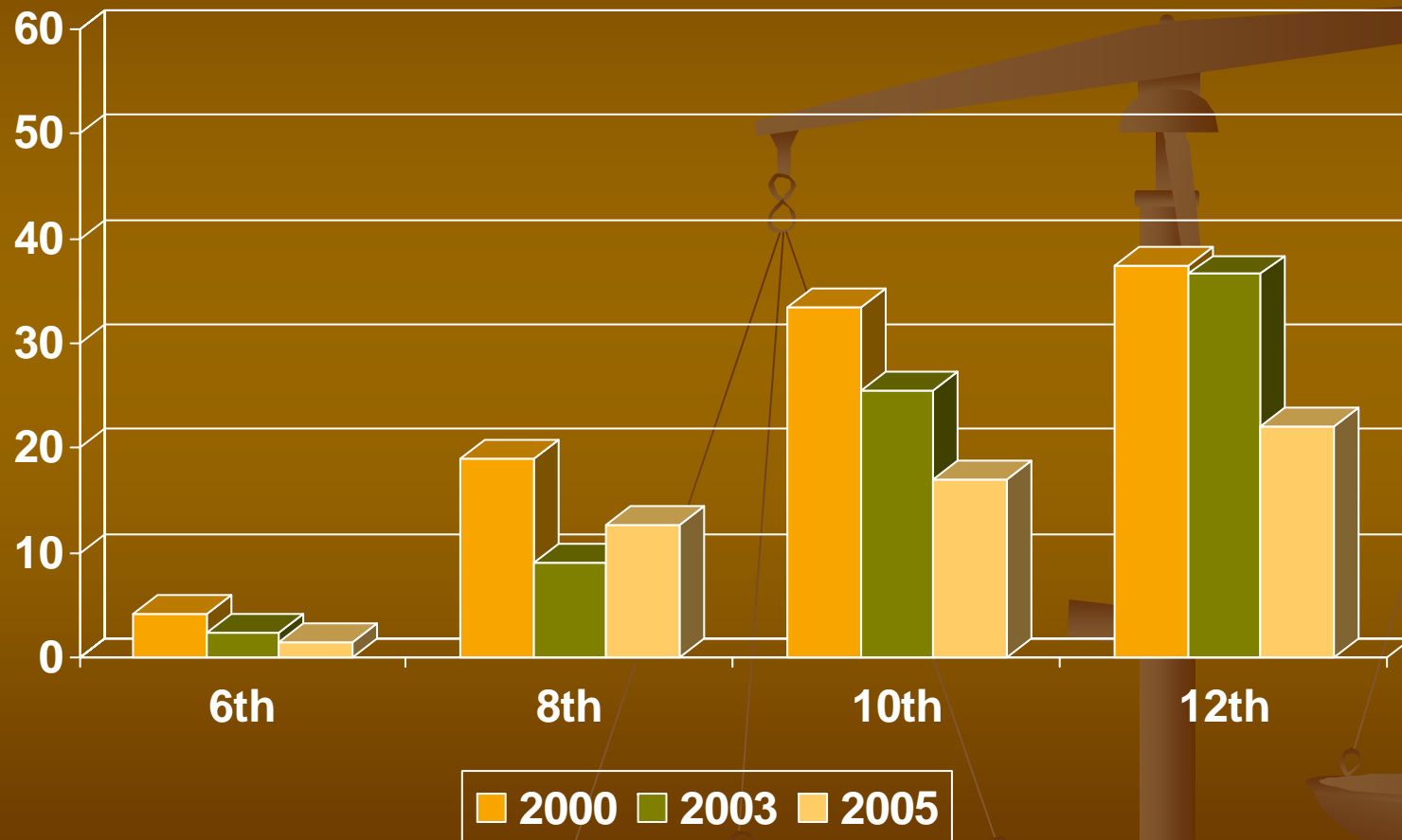
- Overall, CTC communities showed lower levels of risk factors, substance abuse, and delinquency
 - Our design likely underestimates the full impact (intent-to-treat design)
 - Even greater impact where evidence-based prevention programs were used
 - Provides solid evidence that CTC is working in Pennsylvania
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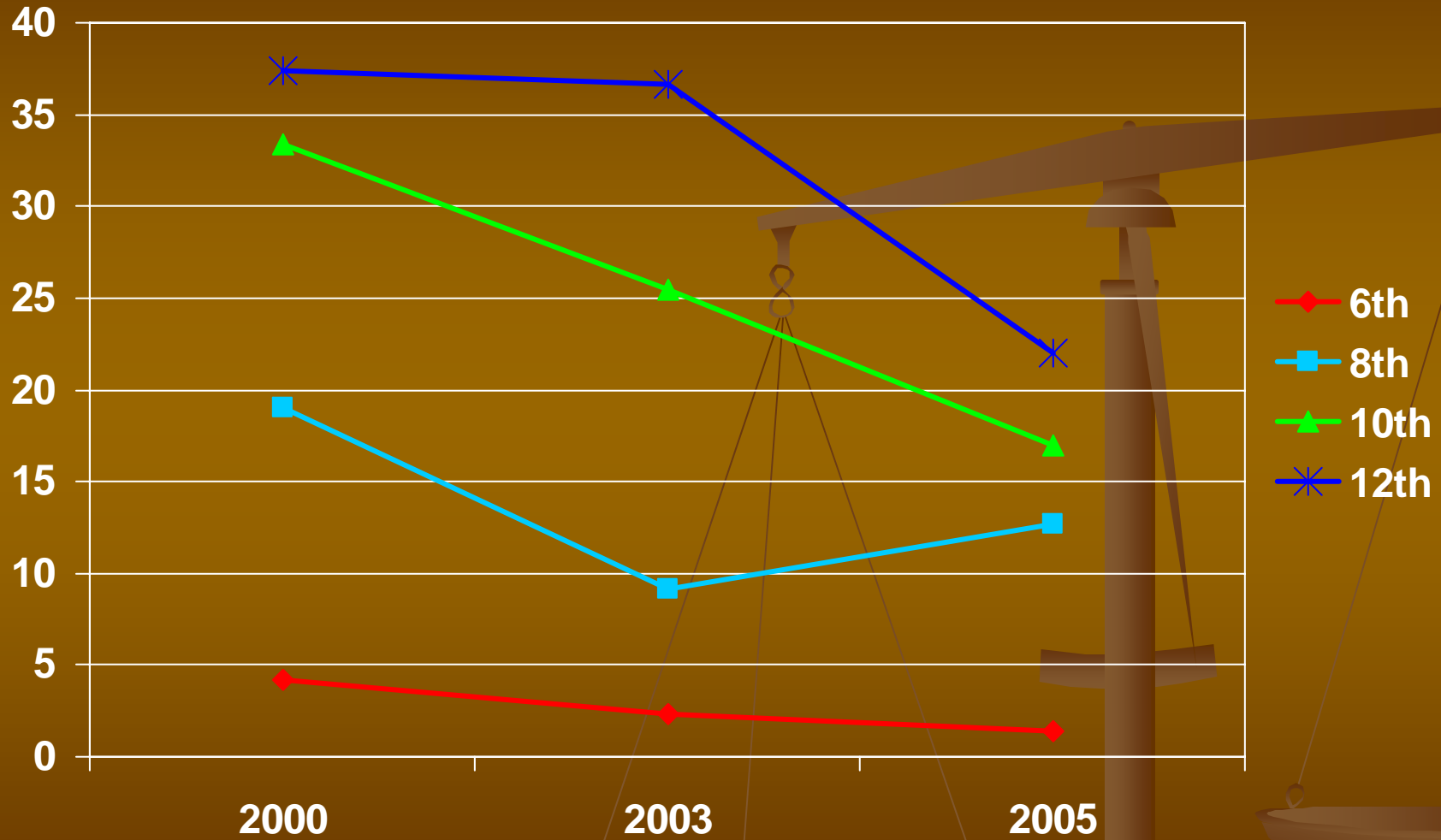
The Impact of CTC in Centre County

2000-2005 Trends and Progress
for the Centre County CTC

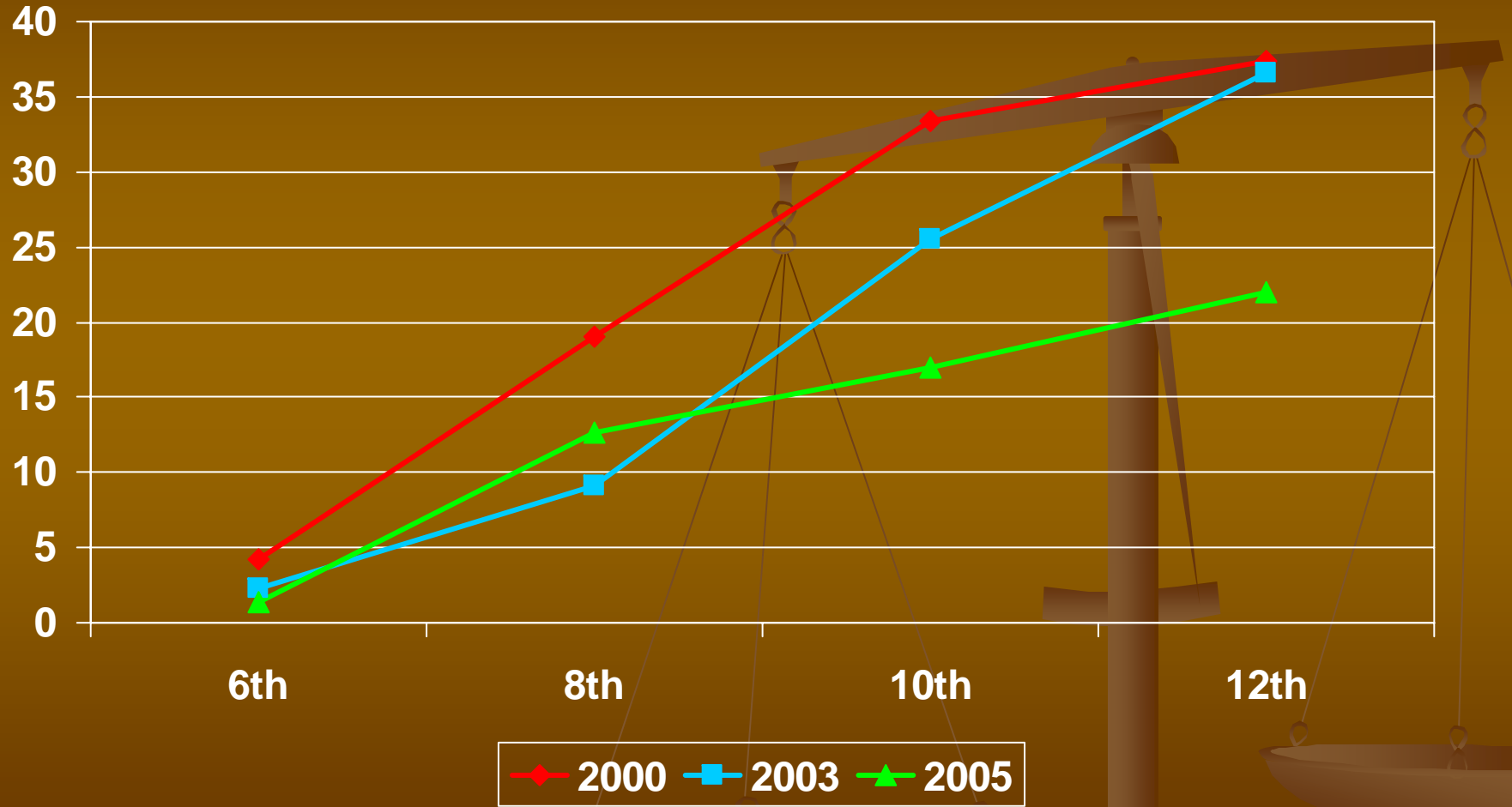
Cigarettes – Past 30 Day Use



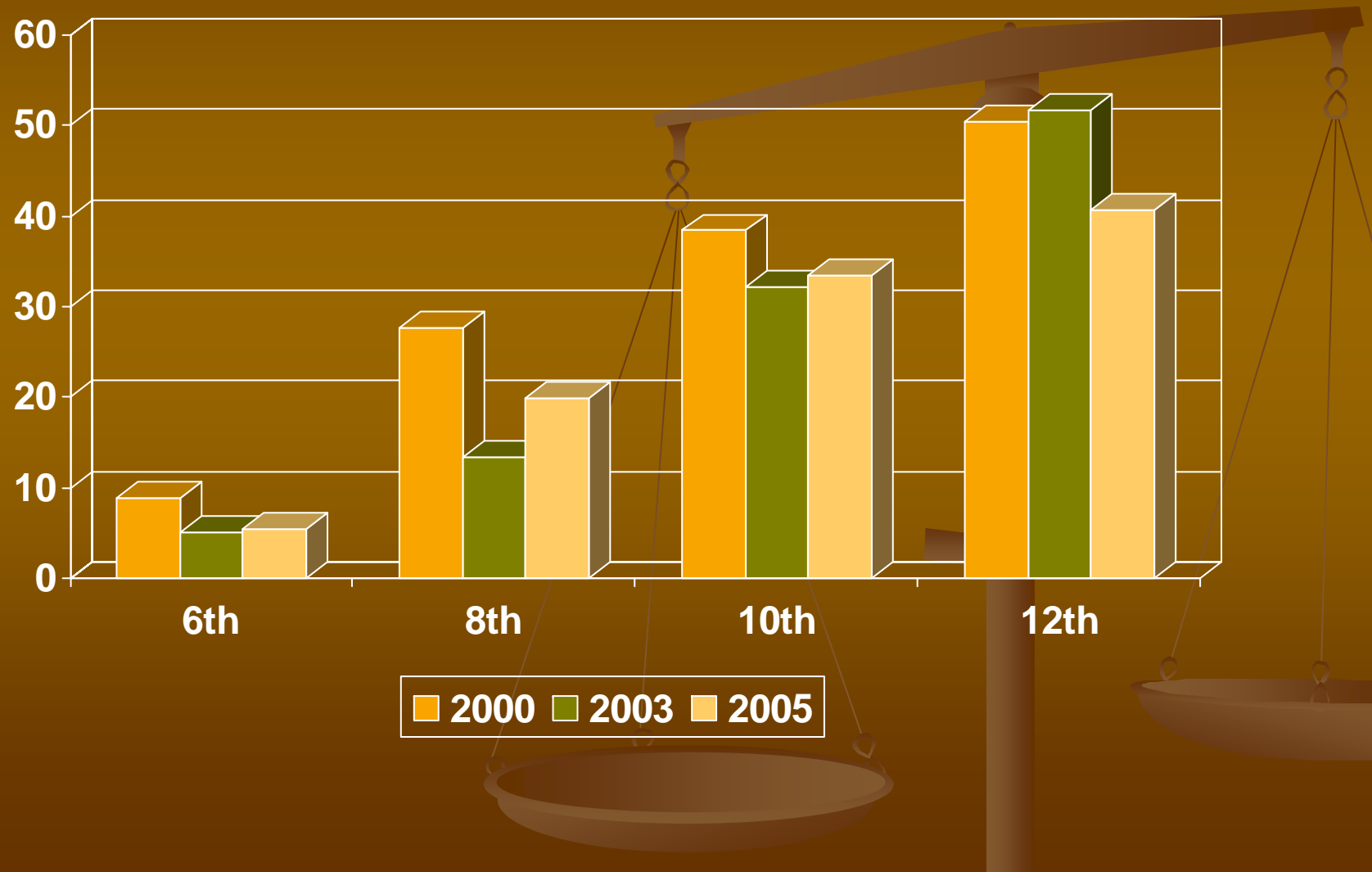
Past 30-day Cigarette Use



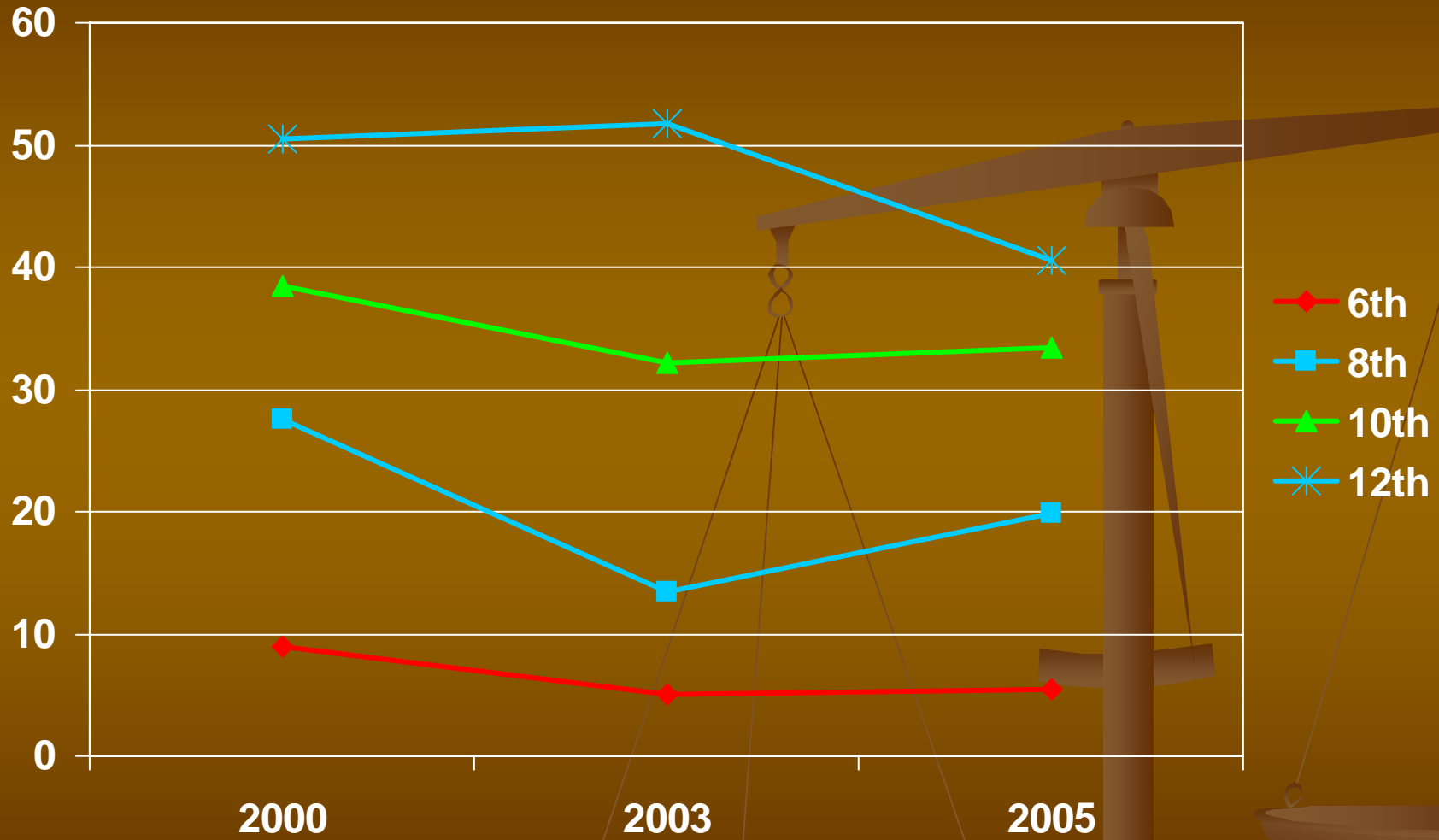
Past 30-day Cigarette Use Developmental Trajectories



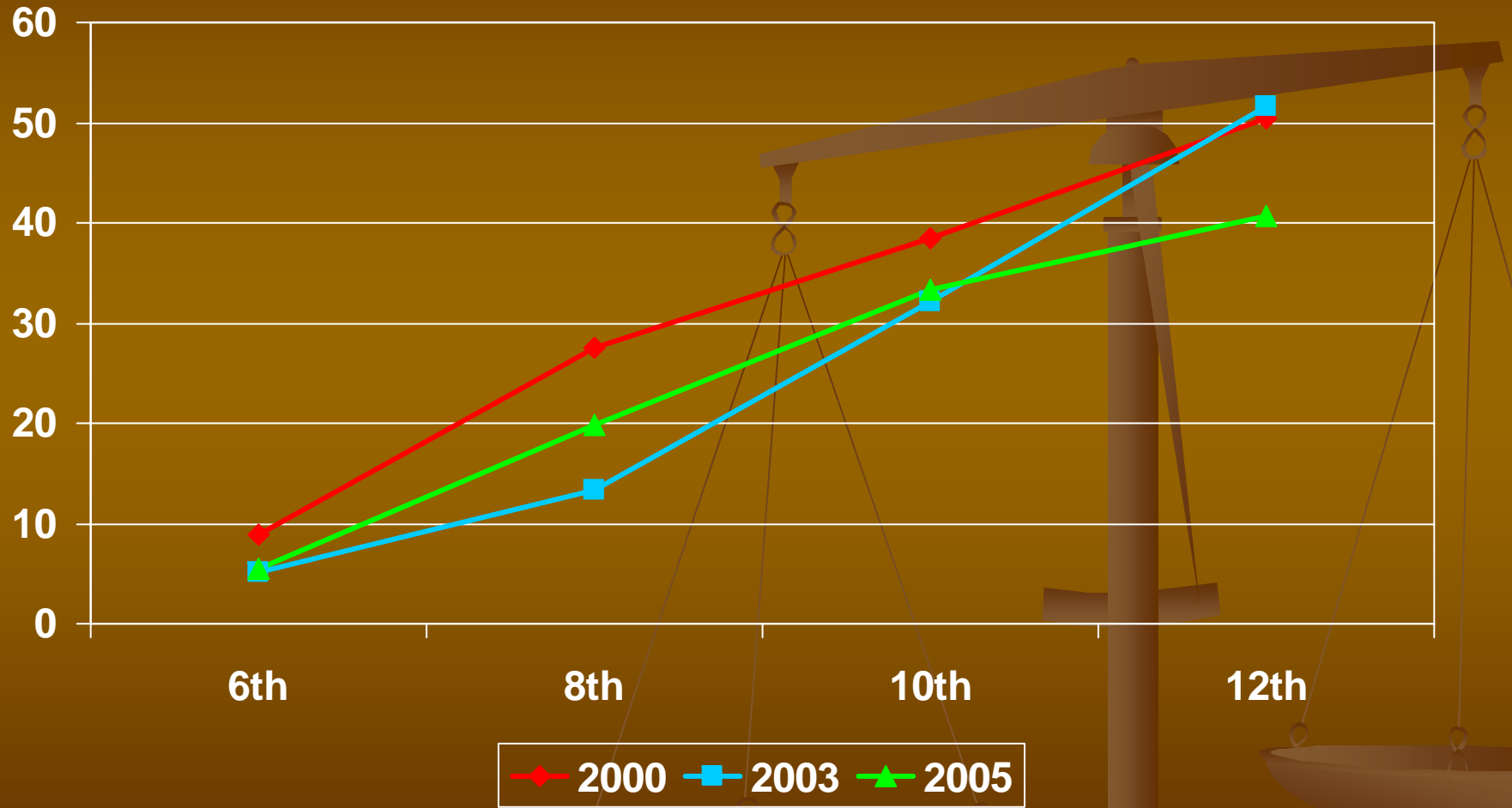
Alcohol – Past 30 Day Use



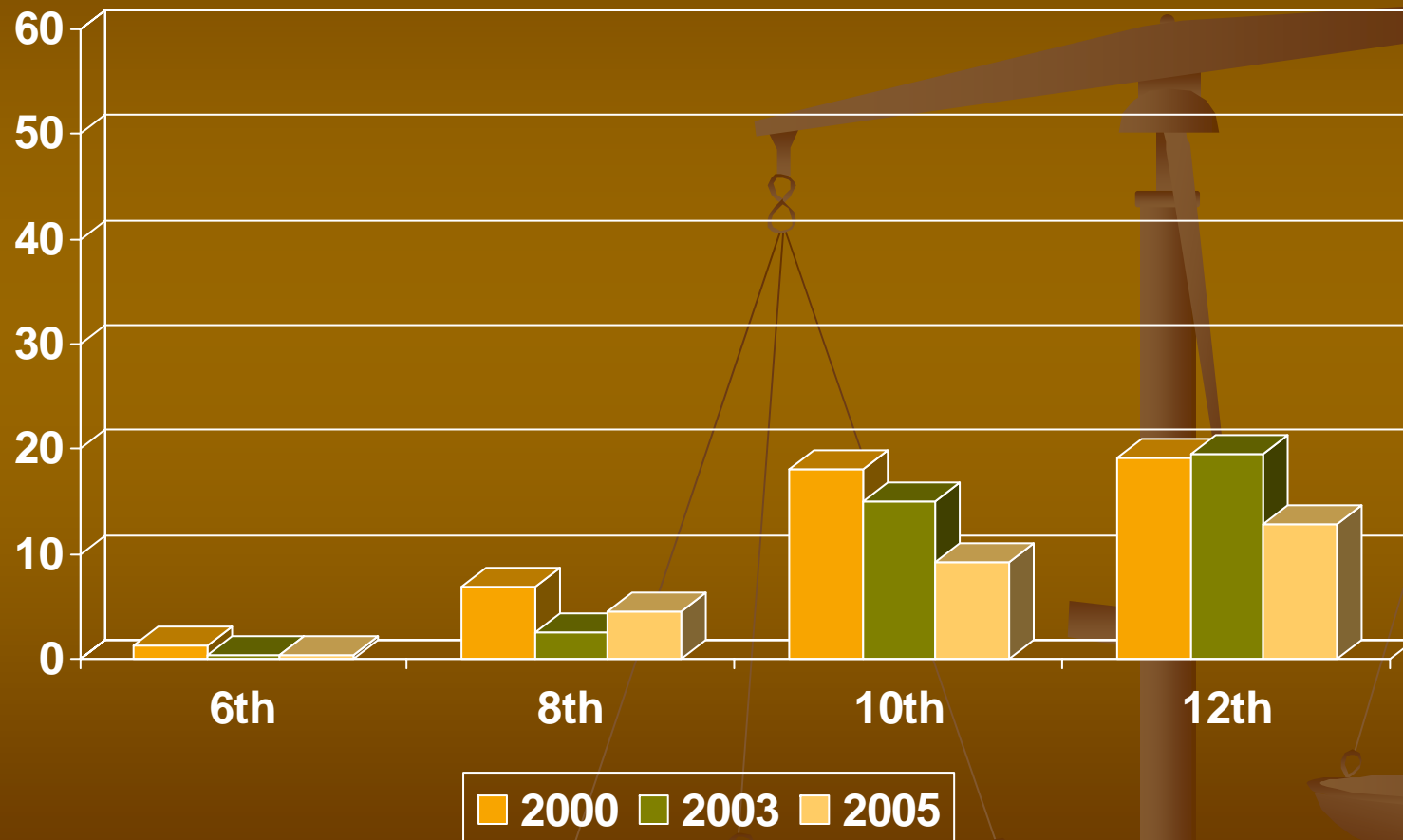
Past 30-day Alcohol Use



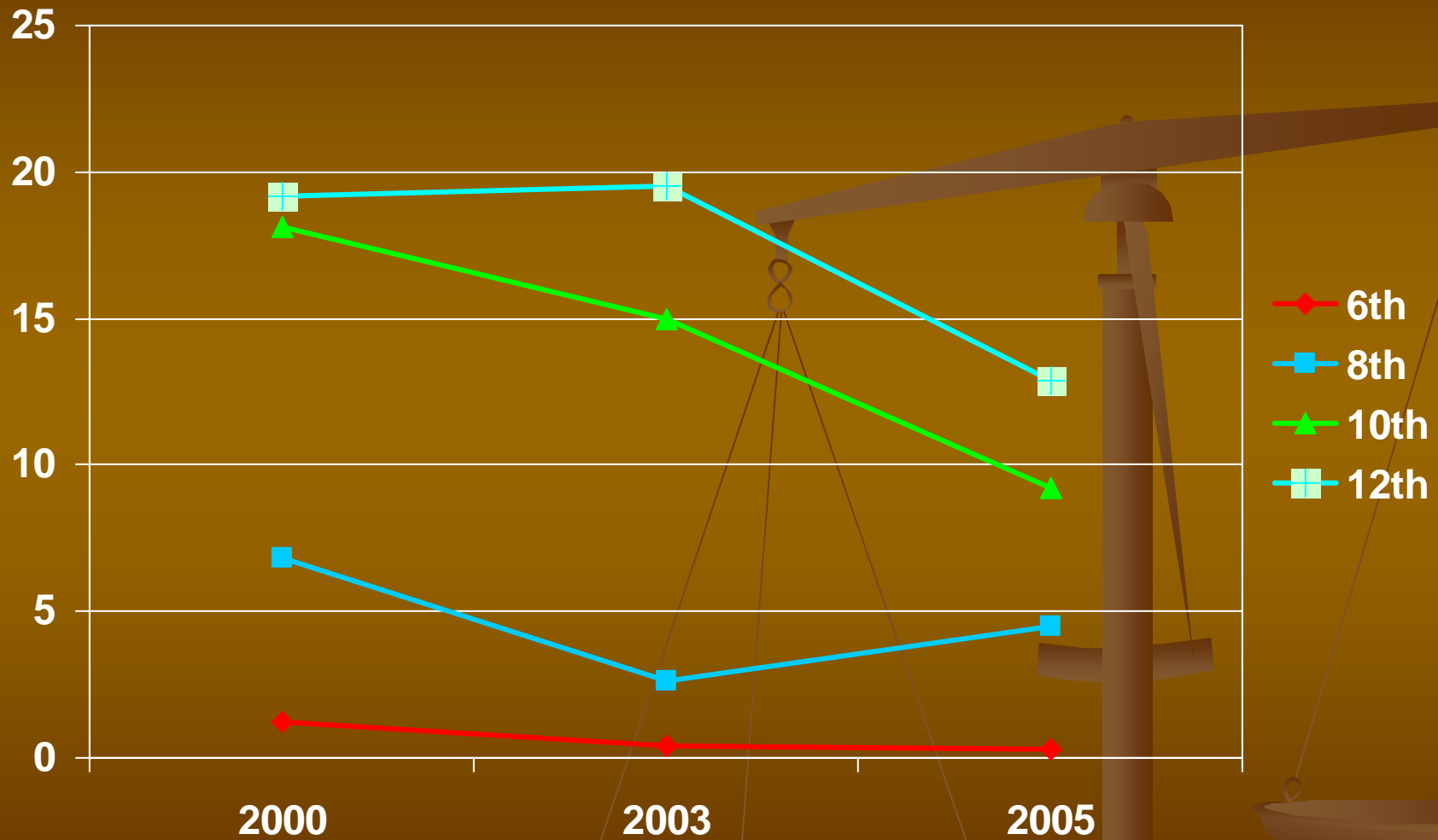
Past 30-day Alcohol Use Developmental Trajectories



Marijuana – Past 30 Day Use



Past 30-day Marijuana Use

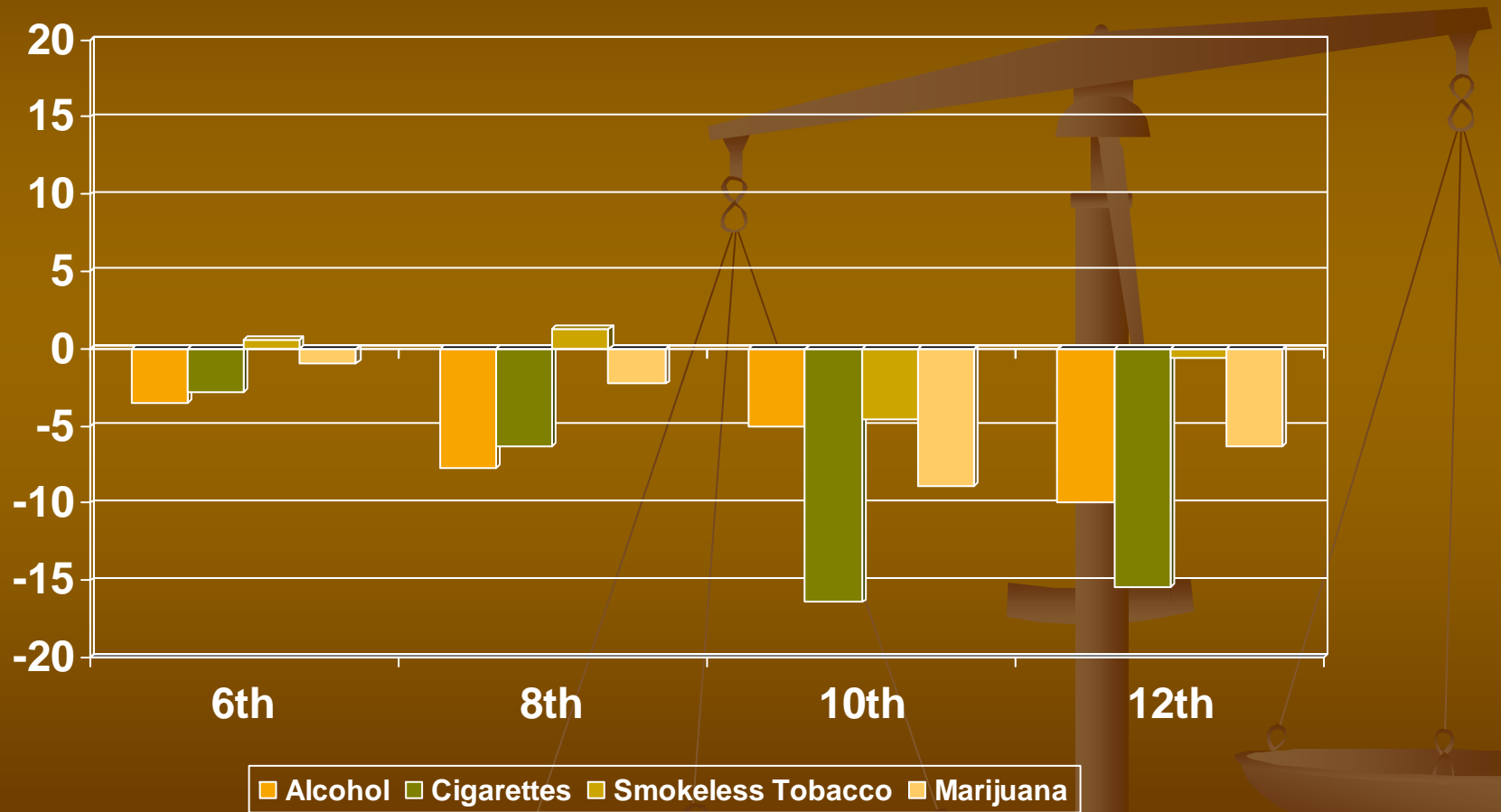


Past 30-day Marijuana Use Developmental Trajectories

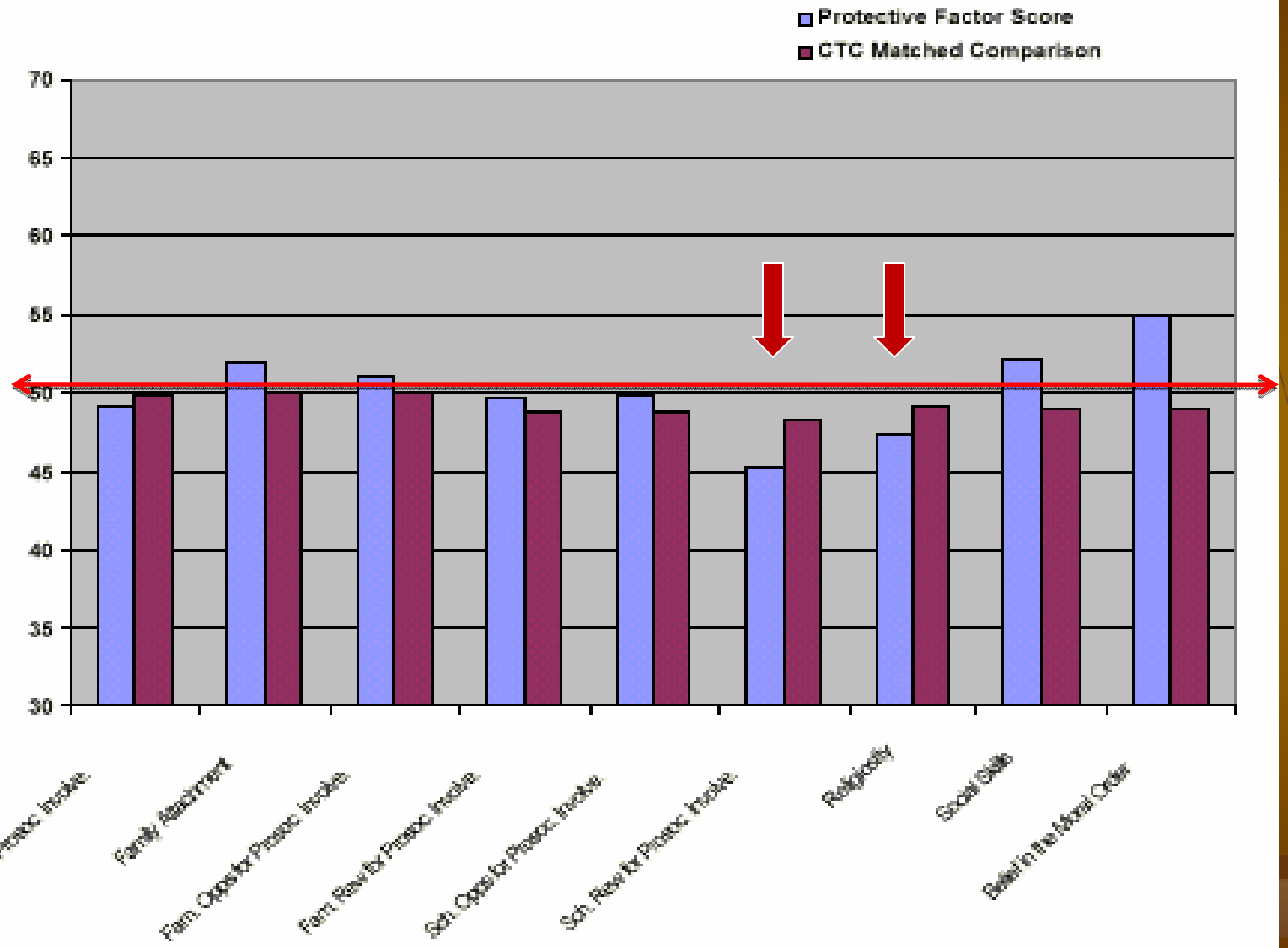


Past 30-day Use

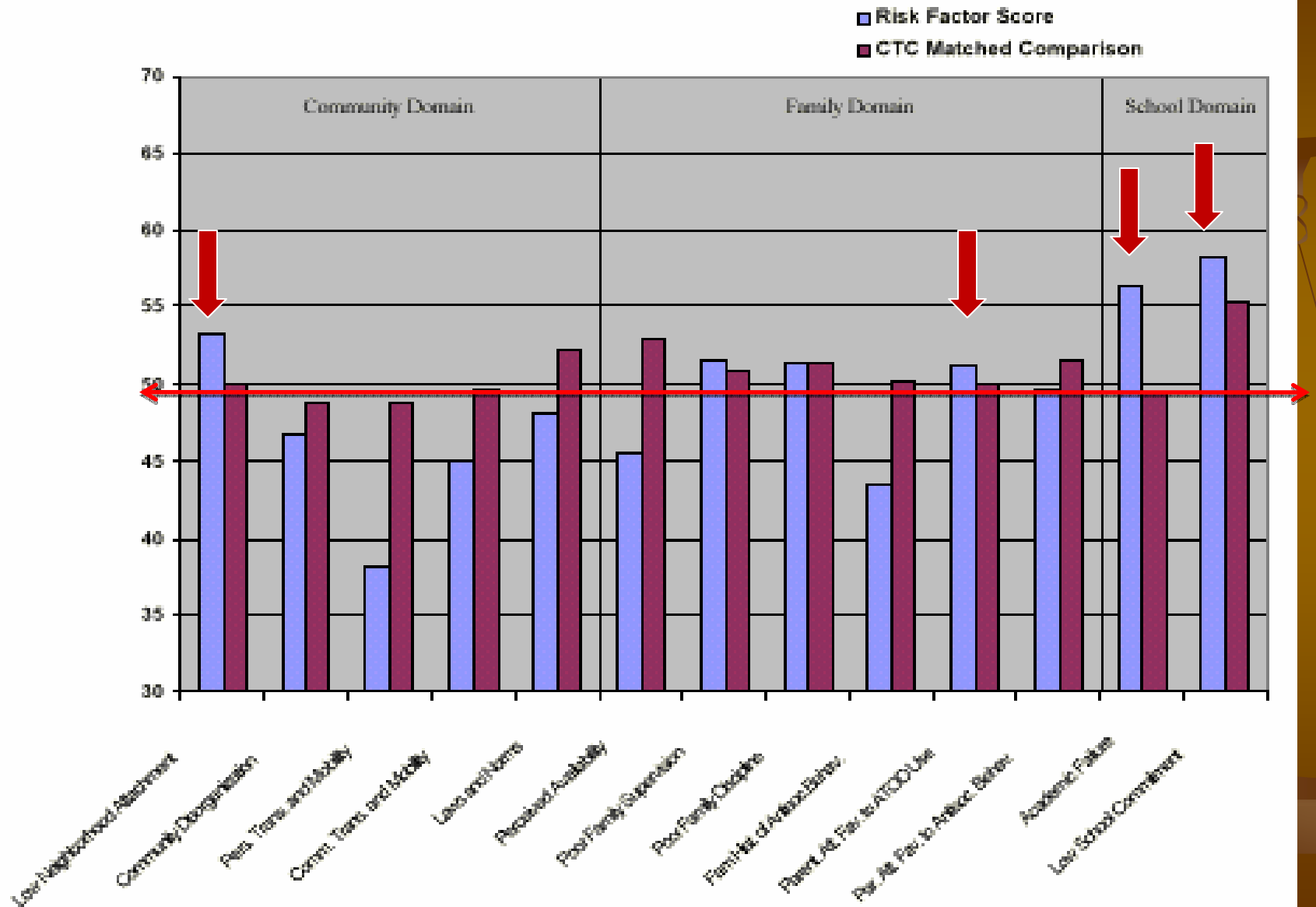
2000 – 2005 Change



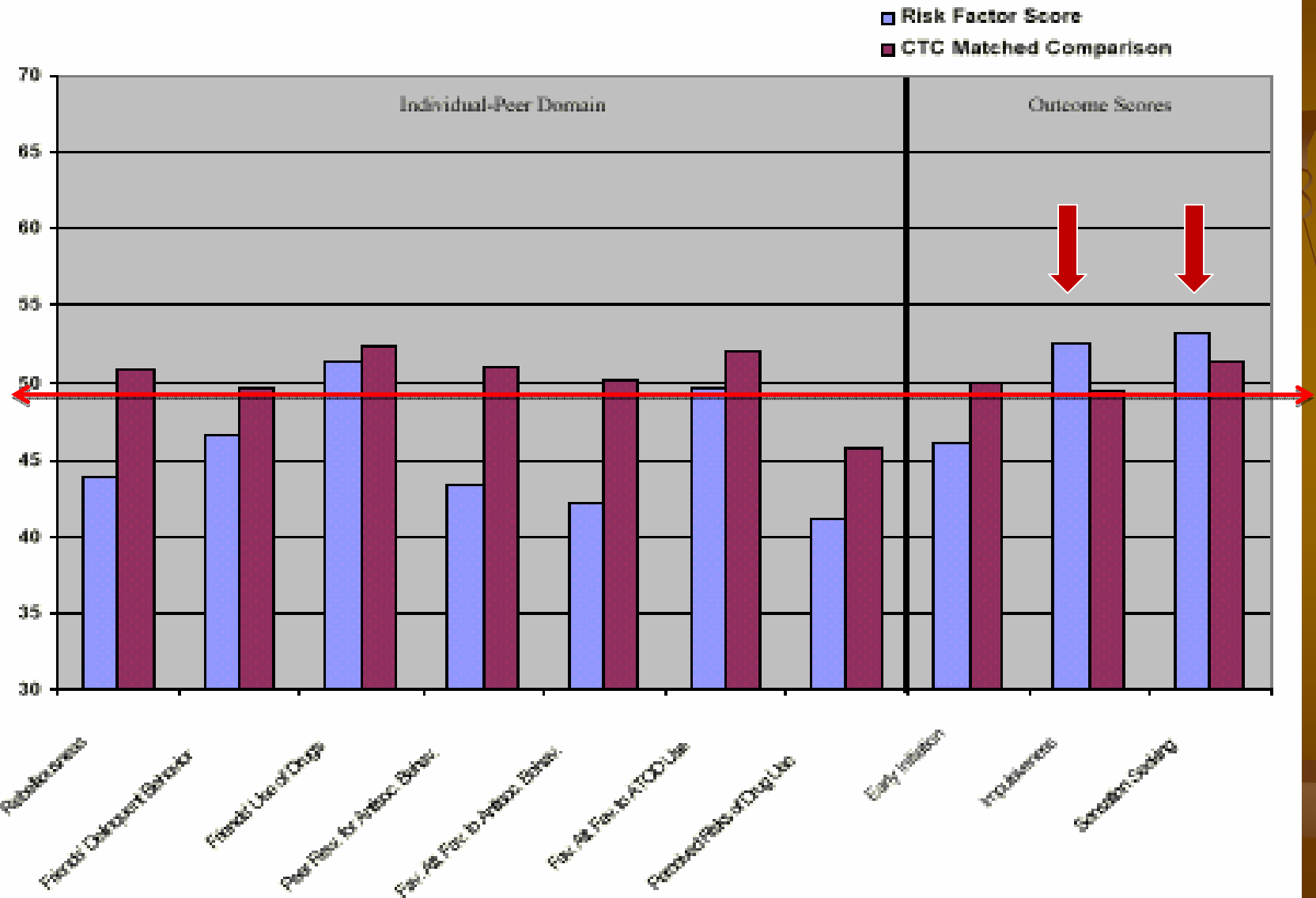
Graph 6: Protective Factor Scores for Centre County.



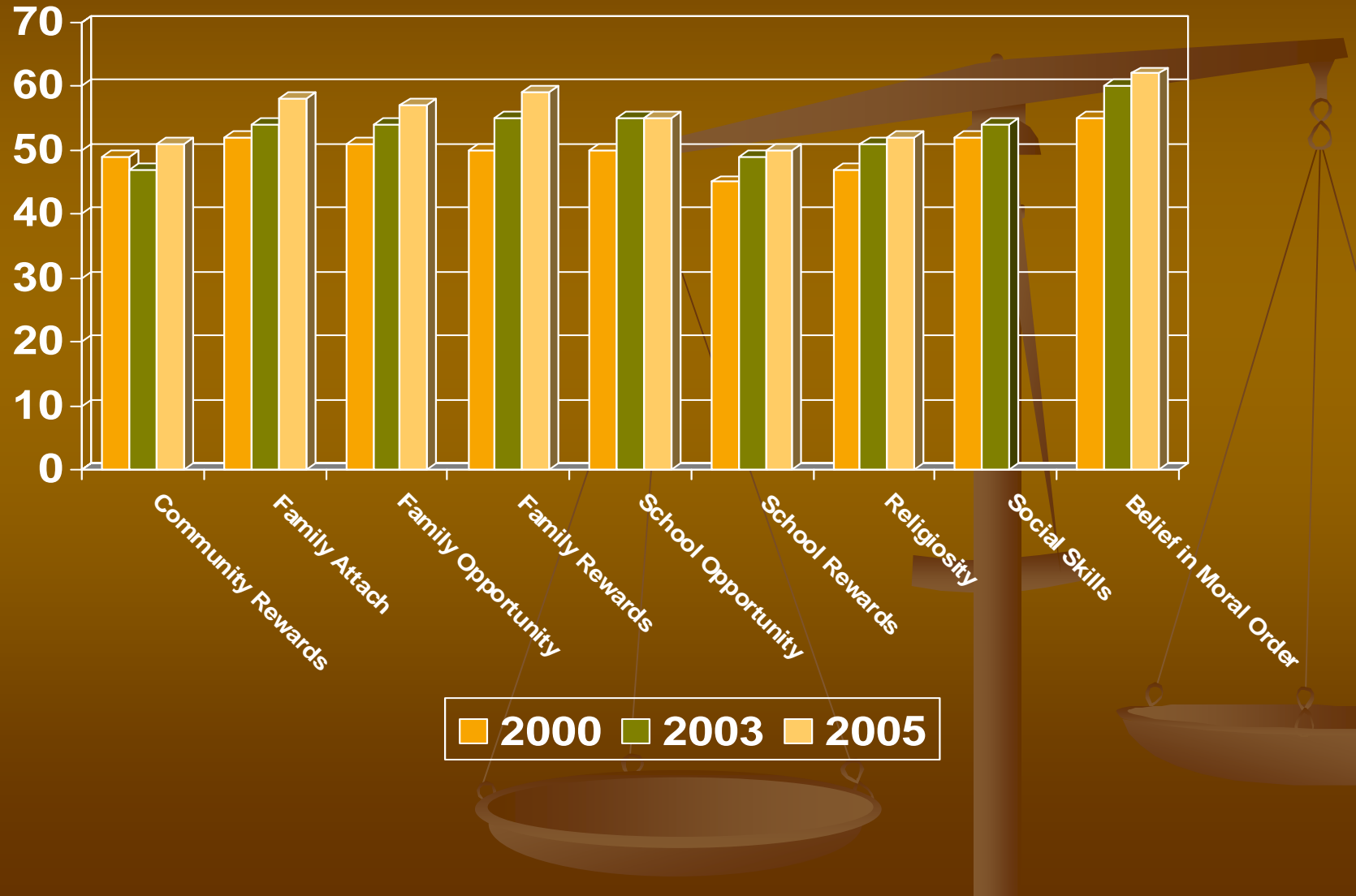
Graph 7: Risk Factor Scores for Centre County: Community, Family, and School Domains.



Graph 8: Risk Factor Scores for Centre County: Individual-Peer Domain and Outcome Scores.

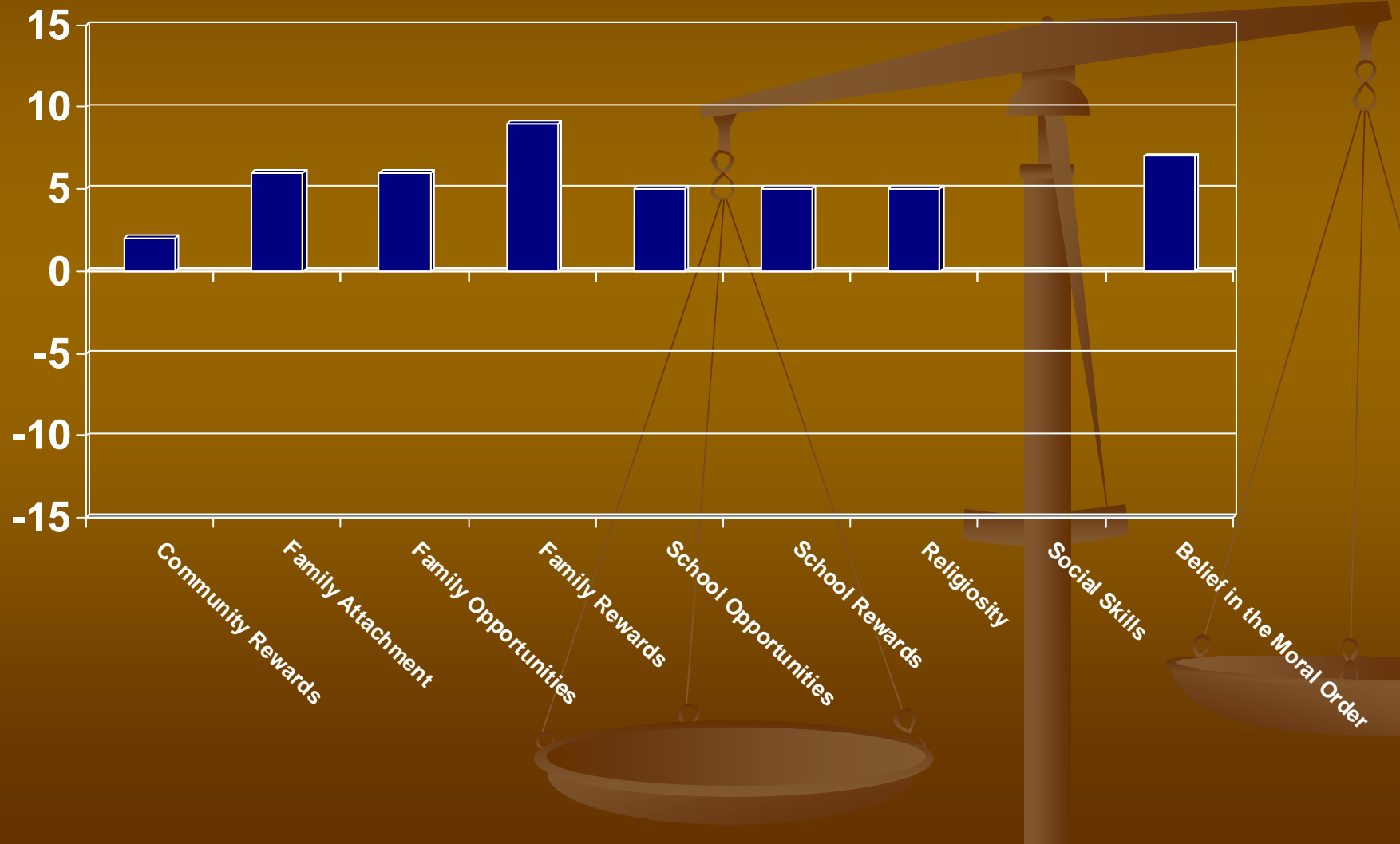


Protective Factors

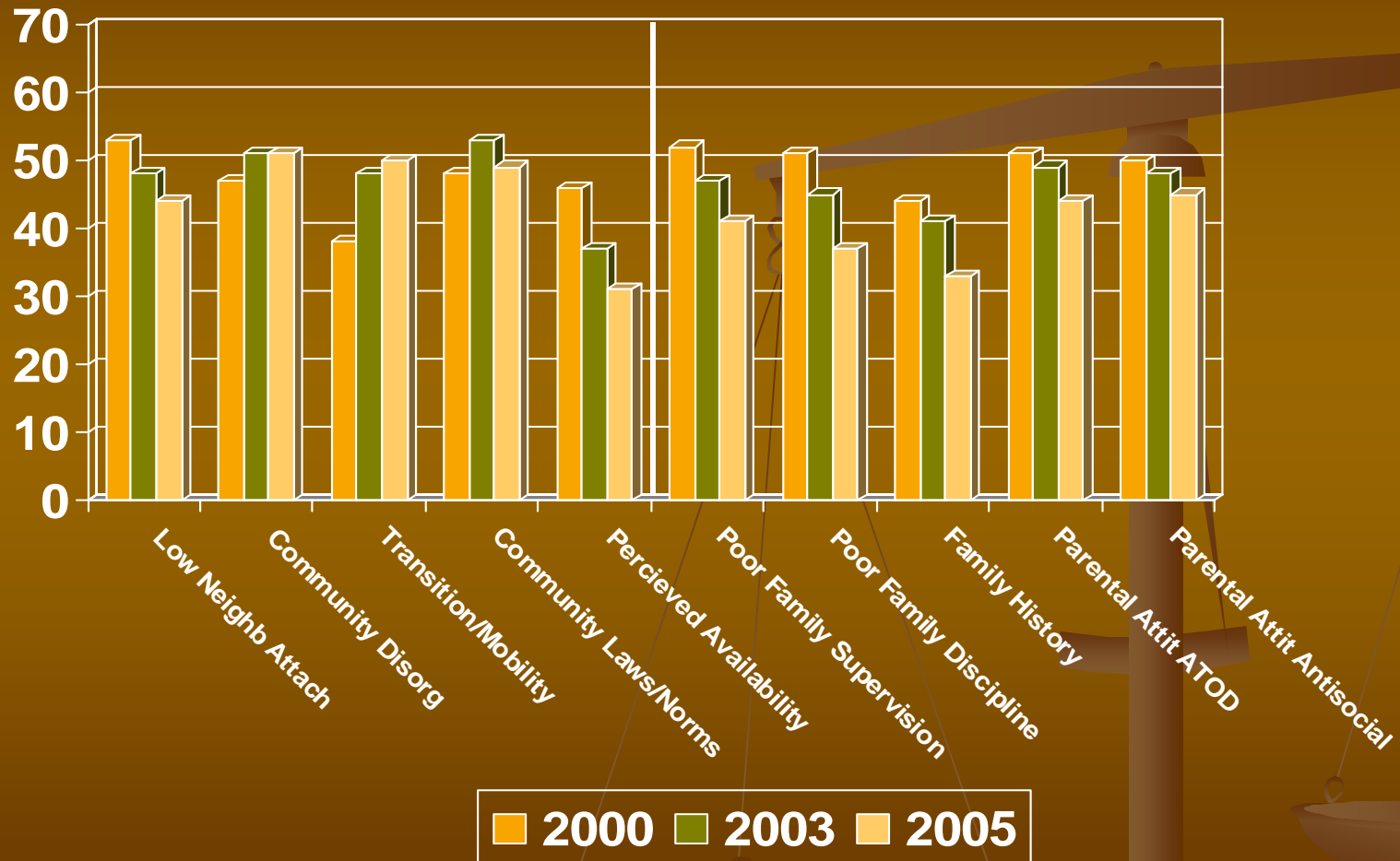


Protective Factors

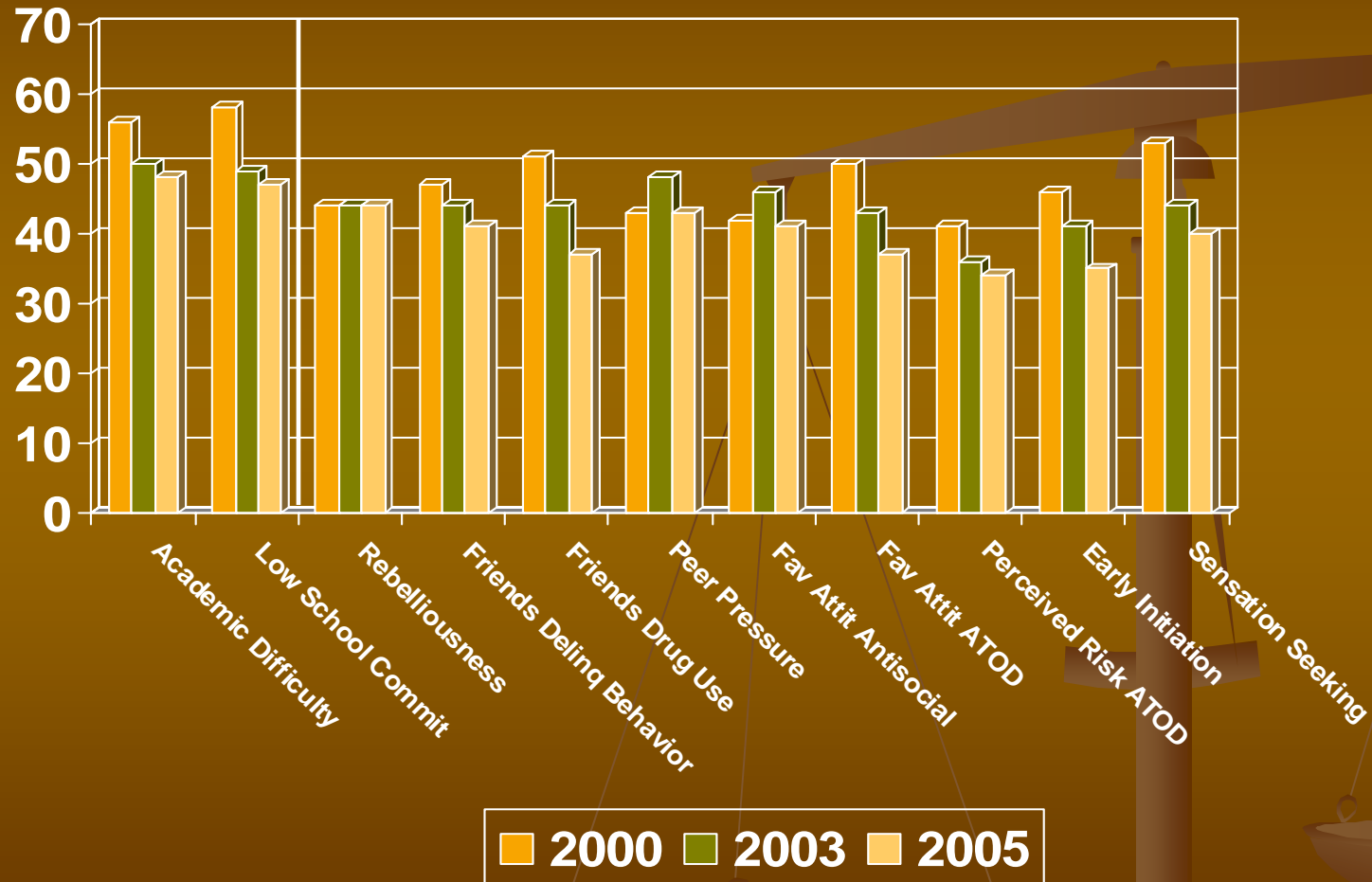
2000-2005 Change



Community and Family Risk Factors

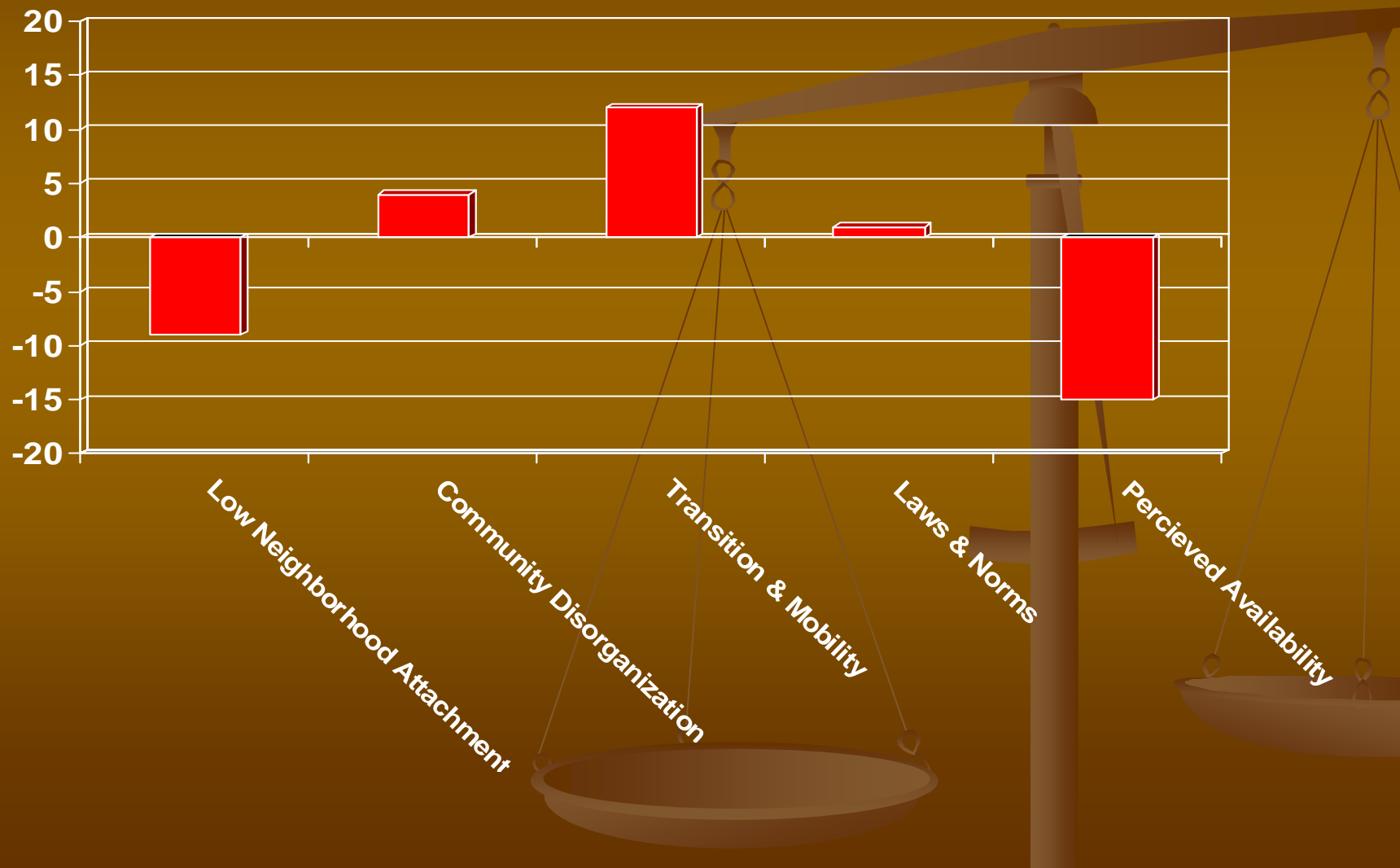


School and Individual Risk Factors



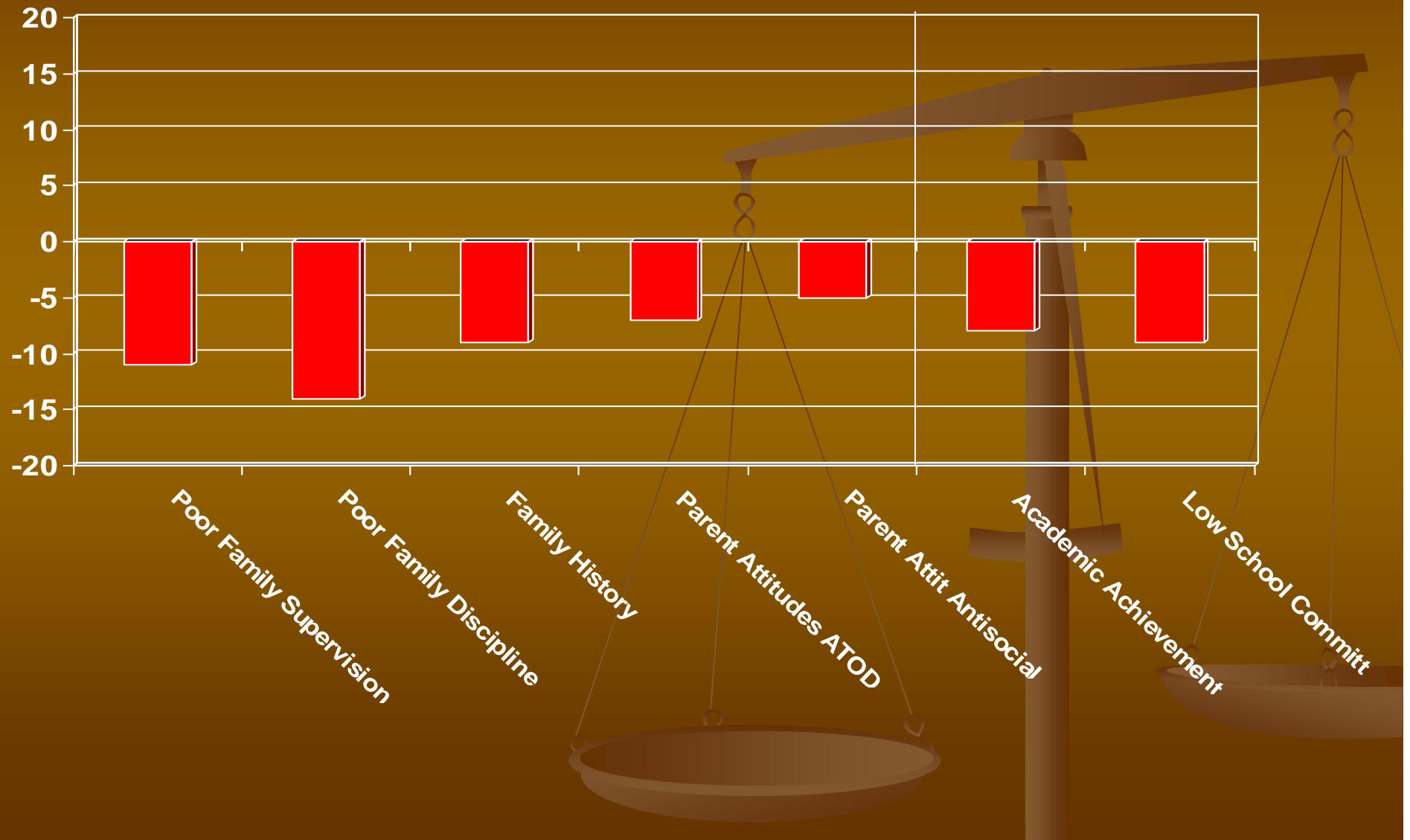
Community Risk Factors

2000-2005 Change



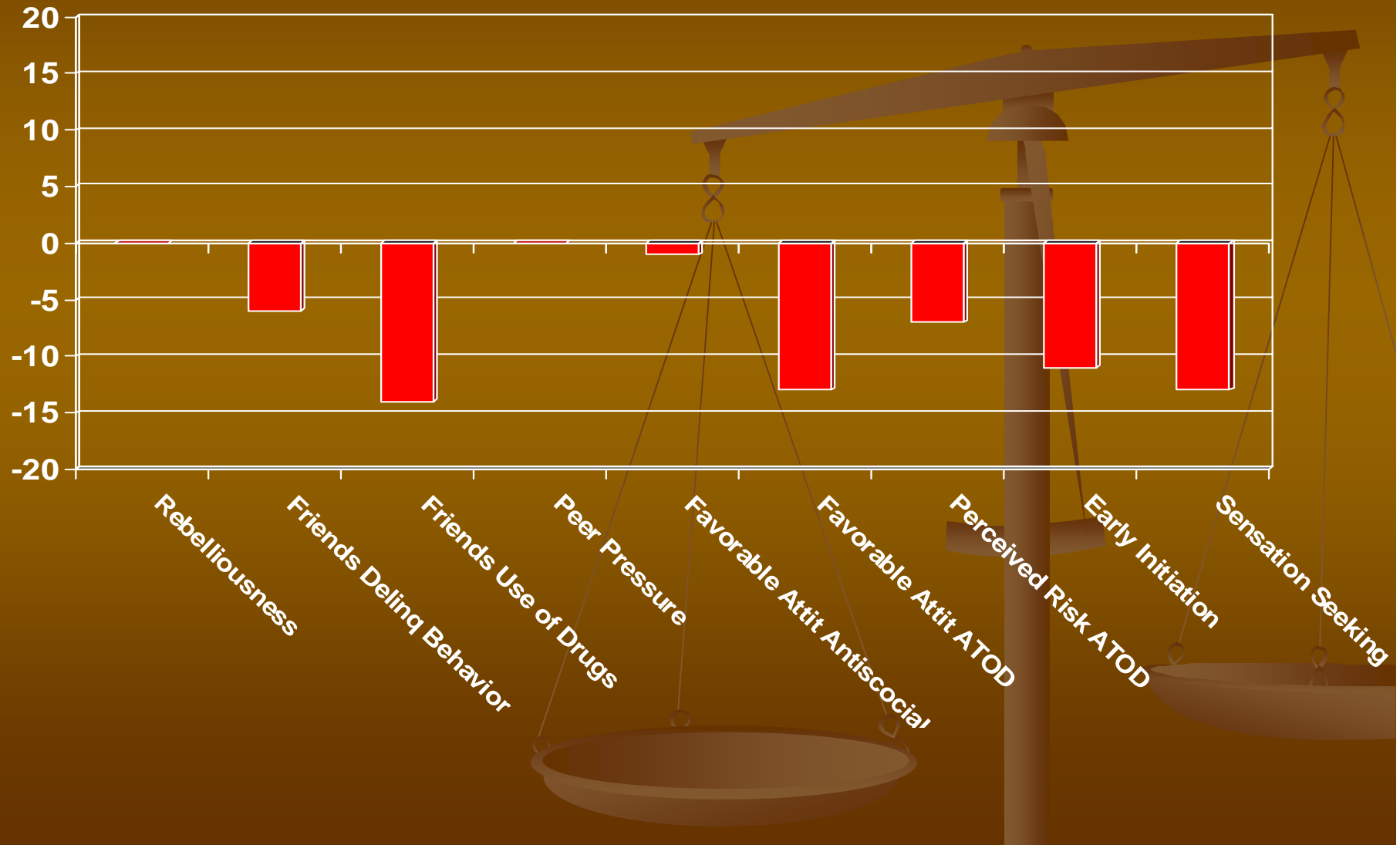
Family & School Risk Factors

2000-2005 Change



Individual & Peer Risk Factors

2000-2005 Change



Progress on 5-year Targets

Protective Factors	2000	2005	change		
Family Rewards	50	59	9	*priority	target met (52)
School Rewards	45	50	5	*priority	target met (50)
Religiosity	47	52	5	*priority	no target set
Risk Factors					
Poor Family Supervision	52	41	-11	*priority	target met (48)
Poor Family Discipline	51	37	-14	*priority	target met (48)
Parental Attitudes Toward ATOD Use	51	44	-7	*priority	target met (49)
Parental Attitudes Toward Antisocial Behavior	50	45	-5	*priority	target met (48)
Academic Failure	56	48	-8	*priority	target met (52)
Low School Commitment	58	49	-9	*priority	target met (53)
Sensation Seeking*	53	44	-9	*priority	target met (50)

Evidence-based Programs



- Theoretically sound interventions that have been evaluated using a well-designed study (randomized controlled trial or quasi-experimental design) and have demonstrated significant improvements in the targeted outcome(s).
- Evidence is strengthened by independent replication and sustained benefits.

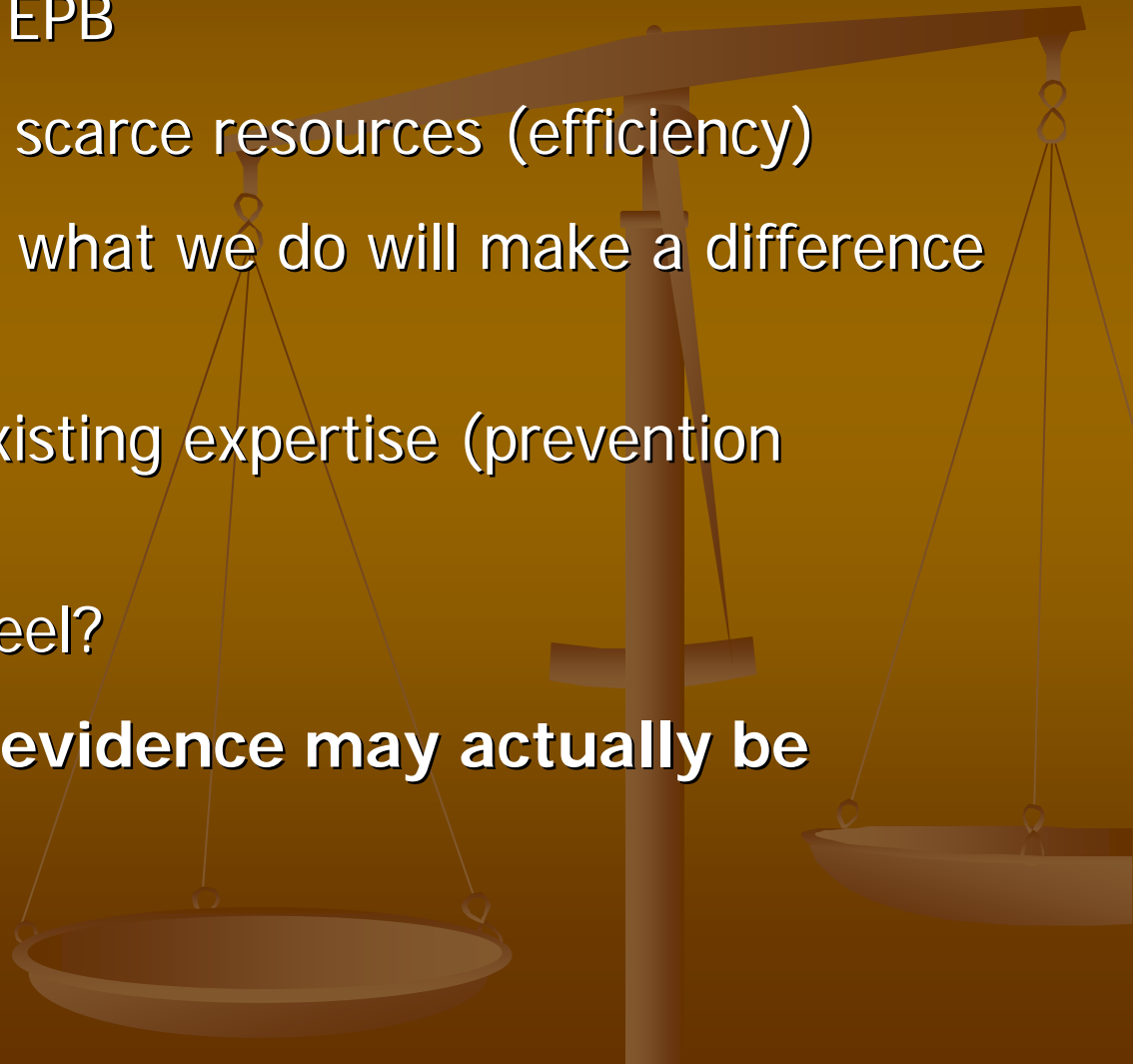
Effective Programs



- Are based on a proven theory of the etiology of the outcome to be prevented
- Are based on a logic model of intervening in and changing the pathway
- Rely on implementation that does not violate that logic model (fidelity)

Why Evidence-based?

- Funding may require EPB
- More effective use of scarce resources (efficiency)
- More confidence that what we do will make a difference (accountability)
- Take advantage of existing expertise (prevention science)
- Why reinvent the wheel?
- **Programs without evidence may actually be harmful**



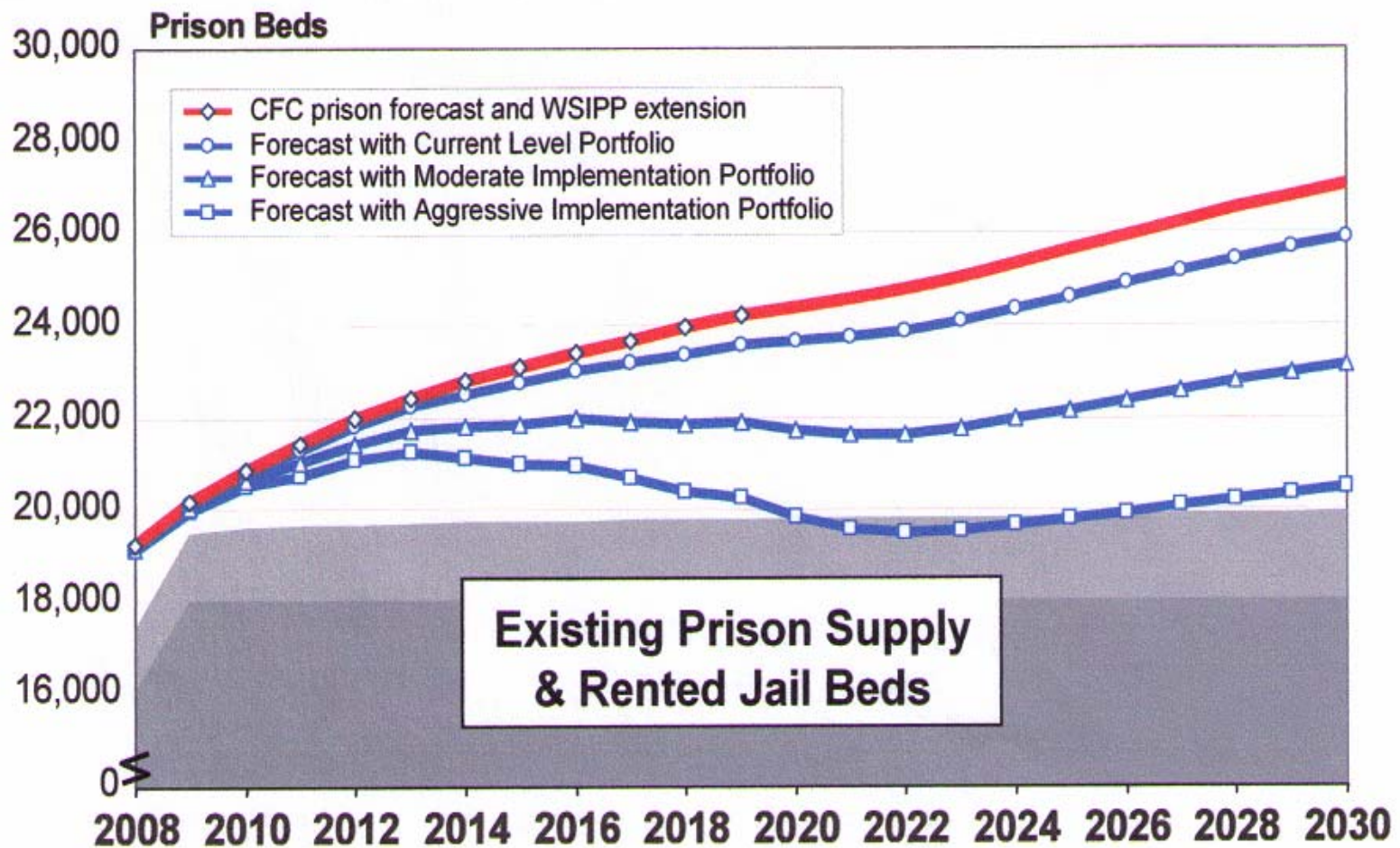
Evidence-based Prevention is Cost-effective

www.wa.gov/wsipp

(measured benefits and cost per youth)

Program	Benefits	Costs	B-C
Nurse Home Visitation*	\$26,298	\$9,118	\$17,180
Guiding Good Choices*	\$7,605	\$687	\$6,918
Strengthening Families 10-14*	\$6,656	\$851	\$5,805
Project Northland*	\$1,575	\$152	\$1,423
LifeSkills Training*	\$746	\$29	\$717
Project TND*	\$279	\$5	\$274
All-Stars*	\$169	\$49	\$120
Functional Family Therapy*	\$16,455	\$2,140	\$14,315
Multisystemic Therapy*	\$14,996	\$5,681	\$9,316
DARE	\$0	\$99	-\$99
Intensive Supervision Probation	\$0	\$1,482	-\$1,482
Scared Straight	-\$11,002	\$54	-\$11,056

Adult Prison Supply and Demand in Washington: 2008 to 2030, Current Forecast and the Effect of Alternative Evidence-Based Portfolios



Steve Aos, Marna Miller, and Elizabeth Drake. (2006). *Evidence-Based Public Policy Options to Reduce Future Prison Construction, Criminal Justice Costs, and Crime Rates*. Olympia: Washington State Institute for Public Policy.