



Representing the Communities of Bald Eagle—Bellefonte—Penns Valley

Our *VISION* for our communities is that they will be a places where all children are safe, connected to others, encouraged to learn and explore their world, and supported by a web of concerned adults. Our communities will have gathering places, where people of all ages learn, play, and meet with each other. All adults in our communities will be accountable and share responsibility for nurturing , educating, and supporting our children, our families, and each other.

The Communities That Care® Process:

Centre County is part of a national prevention process under which communities evaluate the risks that affect the healthy development of youth and implement research-based programs to diminish those risks. The goal is to reduce substance abuse, teen pregnancy, school dropout, delinquency, violence, and depression and anxiety. In Centre County, risk and resource assessments have been completed using local data and the results of the Pennsylvania Youth Survey (PAYS). From this data, local risk and protective factors have been identified and programming is being implemented to address selected targets.

Centre County Prioritized Risk Factors:

Research has identified, through multiple longitudinal studies, twenty reliable predictors of adolescent substance abuse, delinquency, teen pregnancy, school dropout, and violence. Identifying and understanding risk factors aids communities in preventing problem behavior. In Centre County, the following risk factors have been identified:

- ◆ Favorable Parental Attitudes Towards Alcohol, Tobacco, and Other Drug (ATOD) use and Antisocial Behavior
- ◆ Low School Commitment
- ◆ Peer Pressure
- ◆ Transition & Mobility

Centre County Prioritized Protective Factors:

Protective factors can buffer young people from risks and promote positive youth development. Protective factors include individual characteristics (gender, resilient and outgoing temperament, and intelligence), healthy beliefs and clear standards, and bonding. Research has also identified protective processes that build strong bonds

between young people and the adults in their lives and promote positive youth development. They include providing opportunities for involvement, fostering skills, and offering recognition for meaningful involvement and contributions. In Centre County, the following protective factors have been identified as most lacking:

- ◆ Community Rewards for Positive (Prosocial) Involvement
- ◆ School Rewards for Positive (Prosocial) Involvement

Centre County *Communities That Care*® is implementing the following STRATEGIES to reduce the prioritized risk factors, increase protective factors, and reduce problem behaviors:

- ◆ Creation and support of a Prevention Coordinator position within each of the targeted school districts to implement prevention programming and serve as a liaison between the schools and Centre County *Communities That Care*®
- ◆ Implementation of nationally recognized, proven effective, school-based prevention programming including Promoting Alternative Thinking Strategies (PATHS), the Olweus Bullying Prevention Program, Project Towards No Drug Abuse, and the LifeSkills Training Program
- ◆ Delivery of curriculum training for early education providers to promote the expansion of the PATHS curriculum to pre-kindergarten educational programs
- ◆ Participation as a key player in a Drug Free Communities Coalition (Centre County Prevention Coalition) with the goal of strengthening and increasing substance abuse prevention initiatives throughout Centre County
- ◆ Coordination of the Strengthening Families Program with the goal of improving parenting skills, building life skills in youth, and strengthening family bonds. The program offers concurrent learning sessions for parents and youth followed by family sessions and has been proven to delay the onset of youth problematic behavior, increase youth resistance to peer pressure, and increase parents' ability to set appropriate limits and show affection and support of their children.
- ◆ Involvement and support of activities that encourage meaningful family interaction such as Kid's Day
- ◆ Hosting community education and outreach activities
- ◆ Assessment and dissemination of local Pennsylvania Youth Survey (PAYS) data—Development of a Community Data Report
- ◆ Exploration of indicated school-based prevention programming for youth at risk of substance abuse and low commitment to school - Procurement of funds to implement Reconnecting Youth in Bald Eagle and Bellefonte Area School Districts in 2007

***Centre County Communities That Care*®**

132 North Allegheny - P.O. Box 165 — Bellefonte, PA 16823

Phone: 814-404-9511 E-mail: centrecountyctc@yahoo.com Web Address: www.centrecountyctc.org