

The background features a collection of colorful paper figures in shades of blue, green, and yellow, scattered across a light grey surface. Overlaid on this are vibrant, wavy ribbons in shades of red, orange, and blue, creating a dynamic and celebratory atmosphere.

COMMUNITIES THAT CARE

Kathleen Sheffield, Lincoln County Prevention Specialist and CTC Coordinator

Sloane Real Bird, Communities That Care Coach

THE RIVER





THE RIVER



Treatment 



THE RIVER



Intervention →



THE RIVER

Prevention

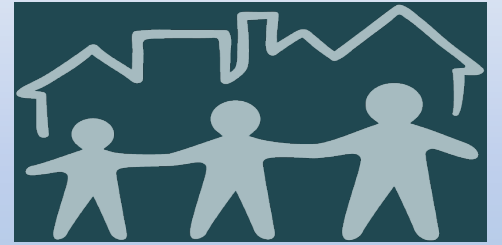


40 Years of Prevention Science Research Advances



- 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 8th 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.

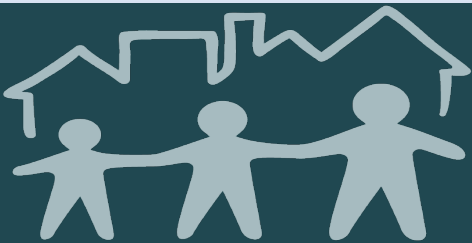


How it works





Milestones & Benchmarks



Milestones & Benchmarks

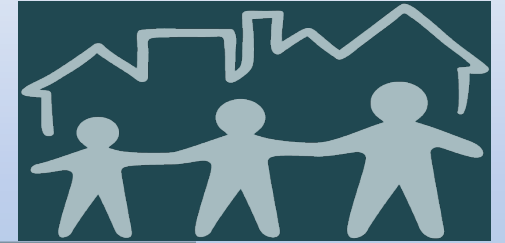
Phase 1: Get Started

Milestone	Benchmarks to Achieve this Milestone
1.1 Organize the community to begin the Communities That Care Process.	Designate a single point of contact to act as a catalyst for the process. Identify a champion (a community leader) to guide the process. Inventory existing initiatives addressing youth and family issues. Identify "lead" agency committed to supporting the project. Secure coordinator/facilitator (at least half time). Form core workgroup to activate the process. Develop roster of key leaders to be involved in the process. Prepare initial work plan and time line for getting started. Identify and acquire resources needed to get started.
1.2 Define the scope of the prevention effort.	Define the community to be organized. Identify health and behavior issues to be addressed to confirm that CTC is appropriate for your efforts. Agree on what is involved in the "prevention" response. Identify legislative/funding supports or constraints. Agree on community board's role. Begin to define how community board will operate in community. Summarize issues related to key aspects.

Activate Windows
Go to Settings to activate Windows.



How it's organized



Community



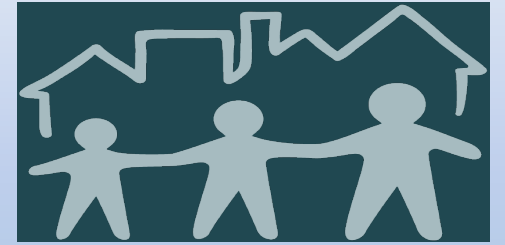
HOW CAN
ADDRESSING
RISK FACTORS
GIVE YOU
MORE BANG
FOR YOUR
BUCK?

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





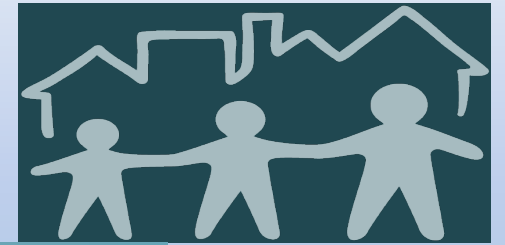
WHEN ARE
YOUNG PEOPLE
MORE LIKELY TO
FOLLOW YOUR
COMMUNITY'S
CLEAR
STANDARDS
FOR
BEHAVIOR?

A. When they know they'll be punished if they don't.

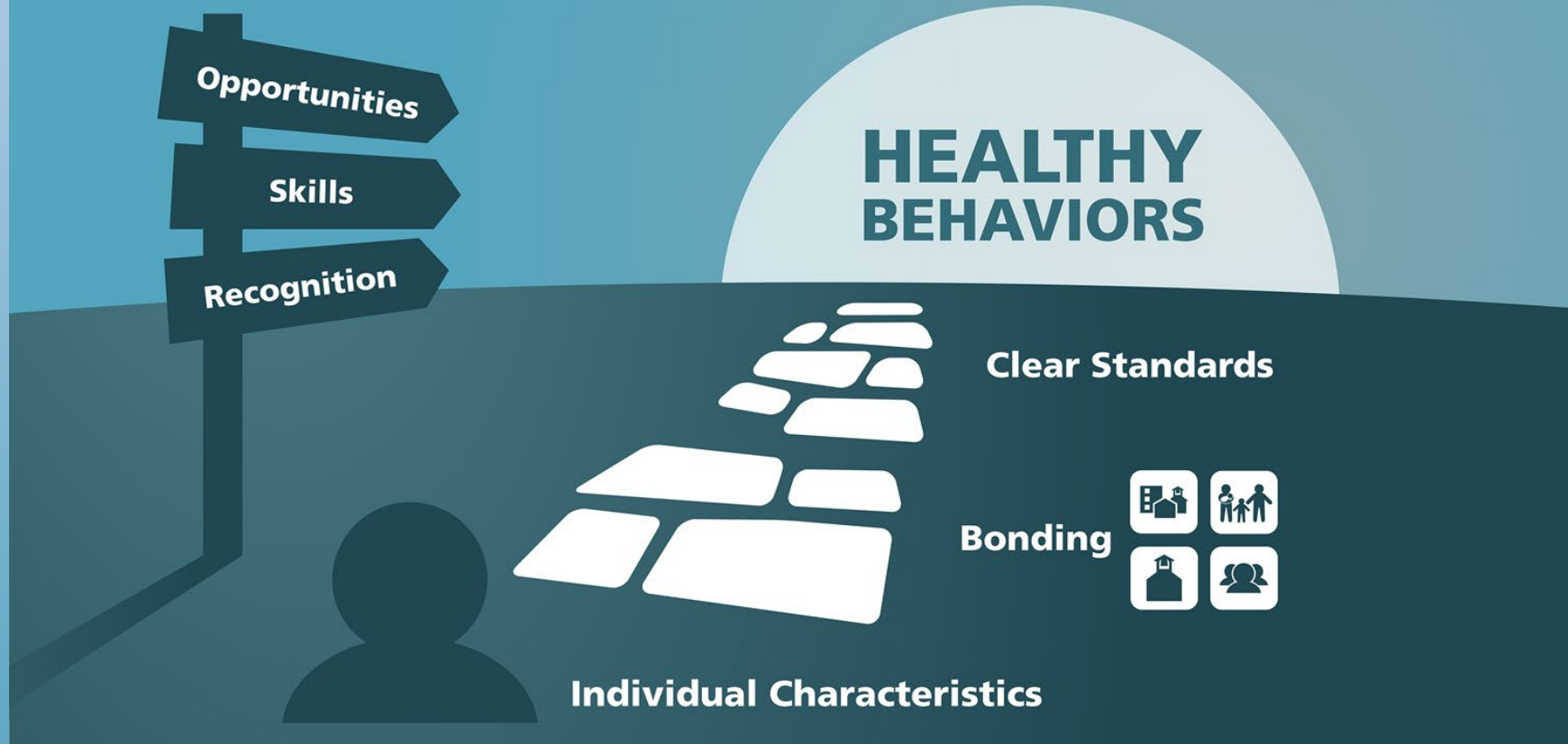
B. When they feel a sense of bonding or attachment to the people providing the standards.

C. When different adults explain the standards in different ways.

Social Development Strategy – 5 Elements of Protection



SOCIAL DEVELOPMENT STRATEGY



communities
that care

W



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 course
- 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/)

Sloane Real Bird

Communities That Care Coach/ One
Health Grants Coalition Manager

406-294-0045

sloane.realbird@onechc.org

Kathleen Sheffield

WMMHC/PFS Grant/CTC Facilitator

406-291-7171

ksheffield@wmmhc.org