

# Communities that CARE

Communities That Care (CTC) is a local coalition-based system that uses a public health approach to prevent community problems such as violence, delinquency, school drop-out, and substance abuse.

CTC's principal strategy focuses on strengthening protective factors that can buffer young people from problem behaviors and promote positive youth development. CTC also reduces risk factors within a community that increase the likelihood that a young person will make choices leading to negative behaviors.

CTC is grounded in social work, public health, psychology, education, medicine, criminology, and organizational development science. It engages all community members who have a stake in healthy communities and healthy futures for young people. Members of a CTC typically include parents, teachers, religious leaders, government workers, law enforcement, students/teenagers, PTA, city and civil leaders, and a city employee hired or designated to coordinate the CTC system.

CTC is a sophisticated system that can be implemented effectively with the help of CTC Coaches who have been trained and have experience implementing the system throughout Utah. The Utah Division of Substance Abuse and Mental Health provides these coaches and other technical assistance required to implement CTC effectively.

Research has been done to show that communities that use the CTC model and carefully assess their community's needs, pool resources to address the prioritized needs, and implement science based programs and strategies, will reduce problem behaviors and increase community well being.

For every dollar a community leverages for CTC, taxpayers can expect back a cost savings range of four to forty-two dollars typically spent by government programs. Savings come from reduced emergency room visits, criminal and juvenile justice, expense, child welfare investigations and interventions, treatment expenses, and lost productive time by youth and adults.

CTC is designed to bring the efforts of community leaders and community members together to address the specific issues facing their community's youth in an efficient and scientific manner.

The CTC system is a process to monitor the success of a local coalition's efforts through clear, measurable, outcomes that are tracked over time to show progress and ensure accountability. This allows coalitions to continually do the most effective prevention interventions in their community.

