

Communities That Care. Prevention in Practice.

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What could we do to increase healthy development for more people from childhood through adulthood?



What is Communities
That Care? How does it
prevent substance use
problems and promote
healthy development?

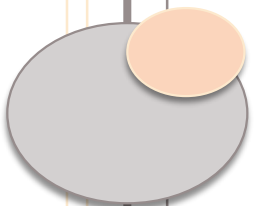
Communities that Care



Communities That Care®

a five phase community capacity building process that has been shown to be effective at increasing community investment in evidence-based prevention service delivery to encourage the healthy development of children and young people

www.communitiesthatcare.org.au





Communities That Care[®]



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CTC COMMUNITIES v

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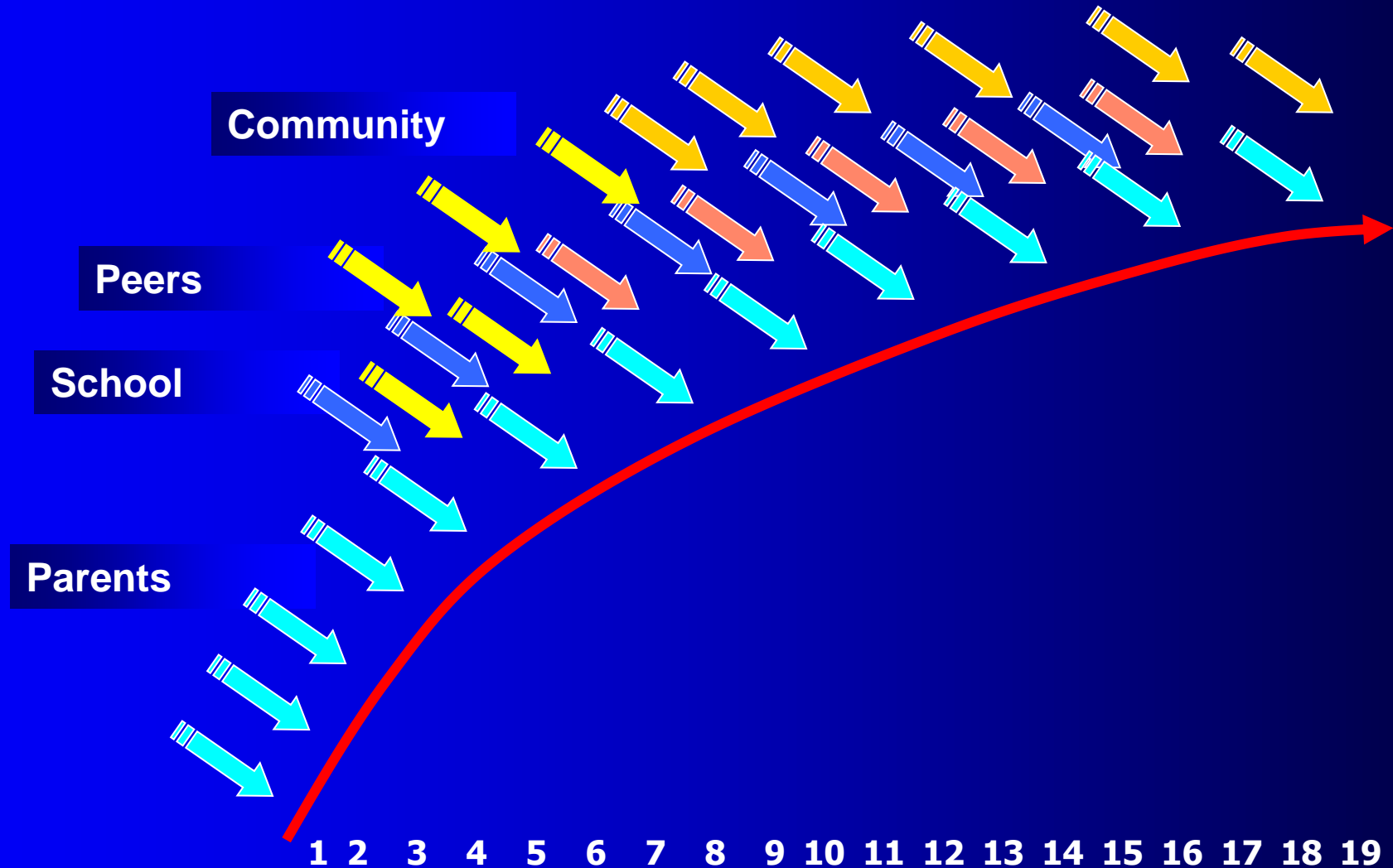
Since 2002, implementation of the CTC process is improving the health and behaviour outcomes for local young people

> CTC COMMUNITIES

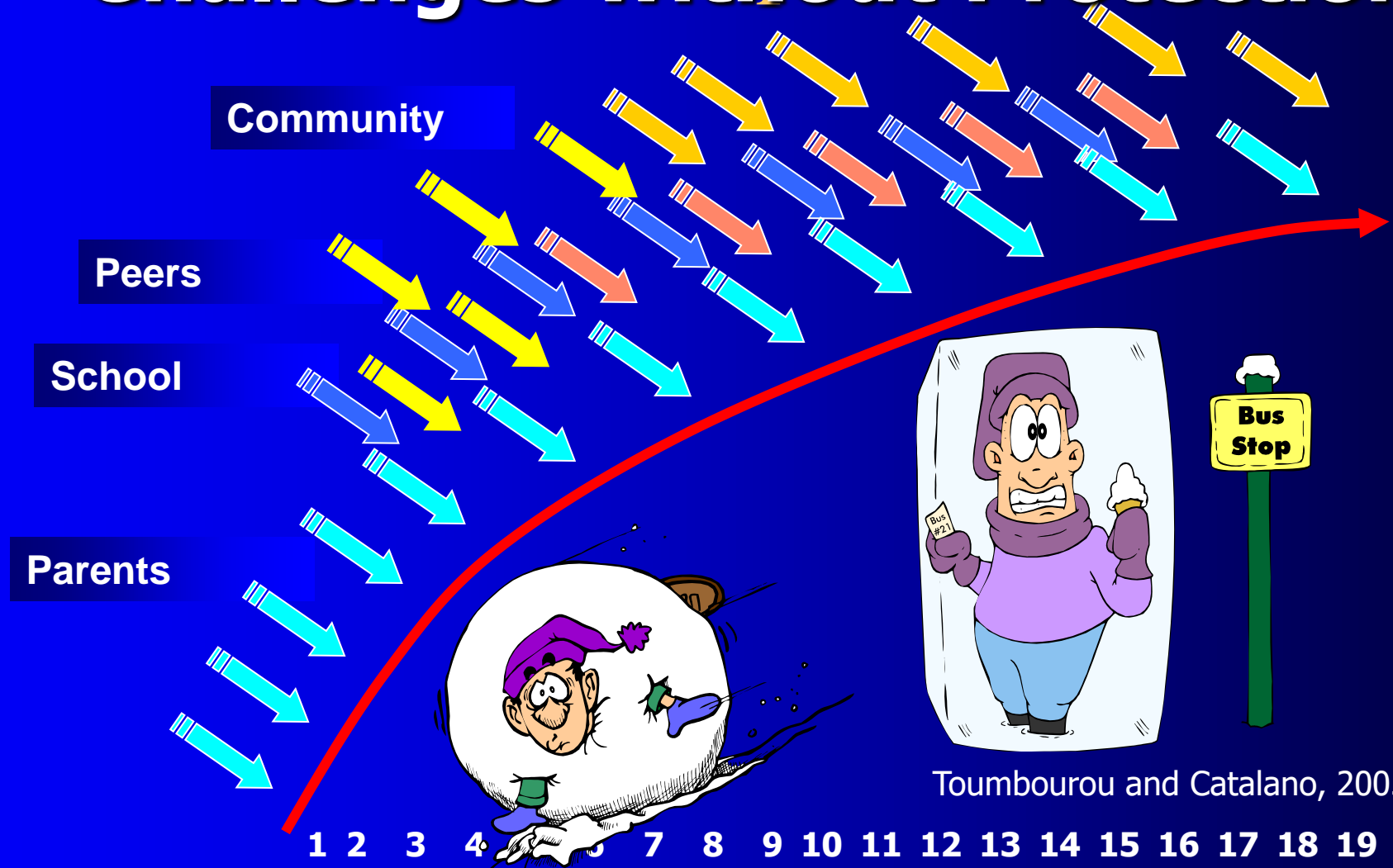


Communities That Care
emerges from a “developmental
prevention science” perspective

Risk Factors Shaping Child and Adolescent Development



Risk and Protective Factors Shaping Early and Adolescent Problem Behavior without Protection Challenges without Protection



Toumbourou and Catalano, 2005

Children's report of their exposure to risk factors are strong predictors of future problems such as substance disorders

Some places are
characterised by high
levels of child “snowball”
risk factors

**A range of interventions have now
been subjected to randomised
trials and have economic-benefit
estimates**

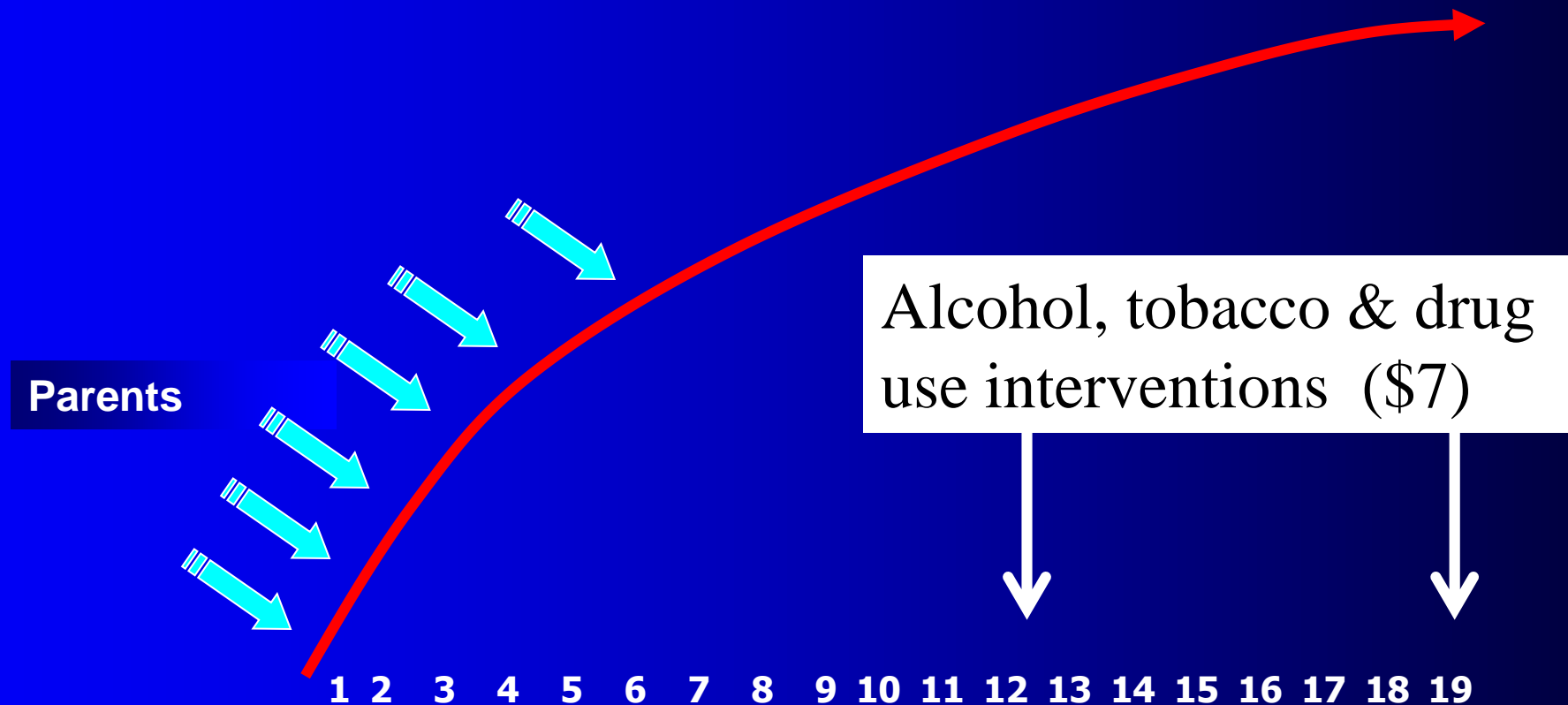
www.wsipp.wa.gov/BenefitCost

*Washington State
Institute for
Public Policy*

Lee et al, 2019

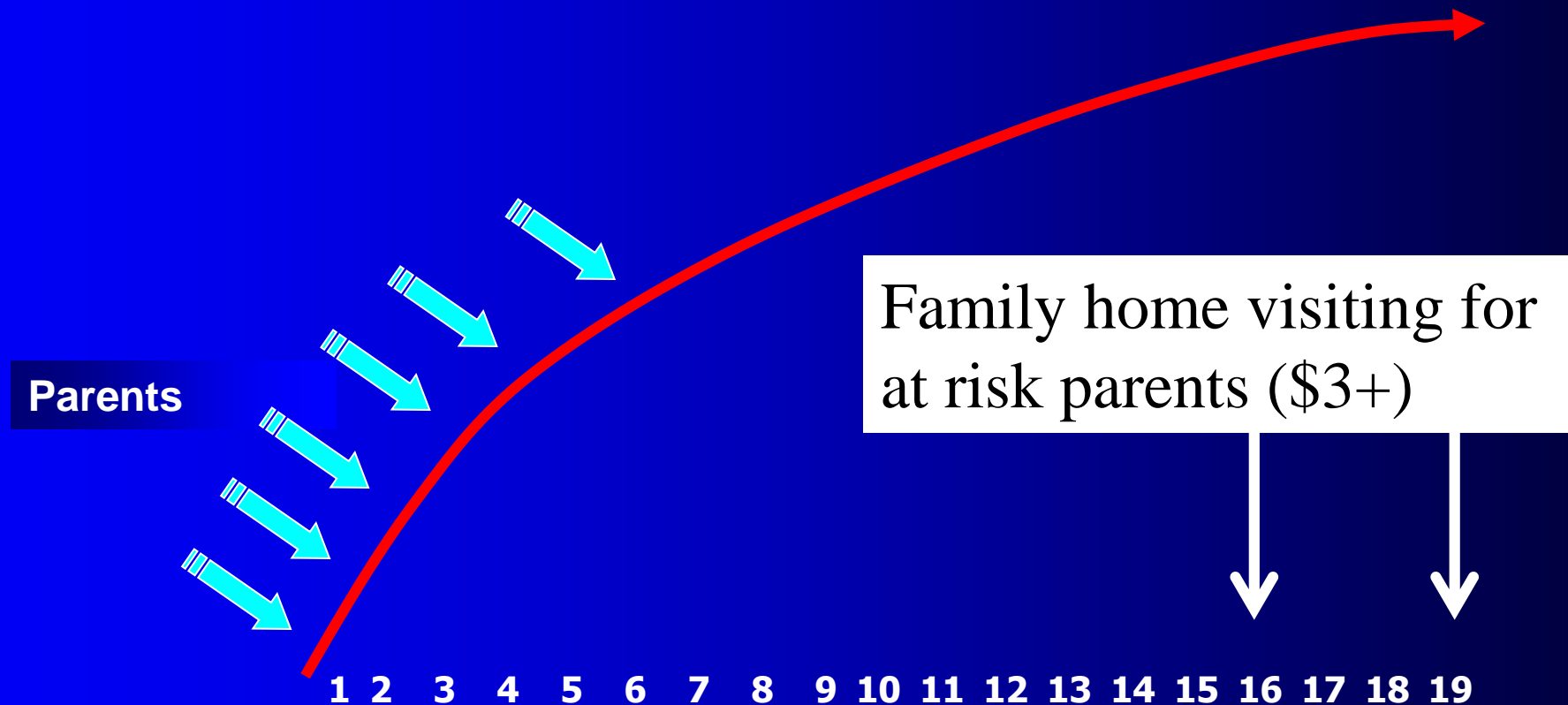
Evidence-based solutions to intergenerational disadvantage

(\$ benefit / \$ spent)

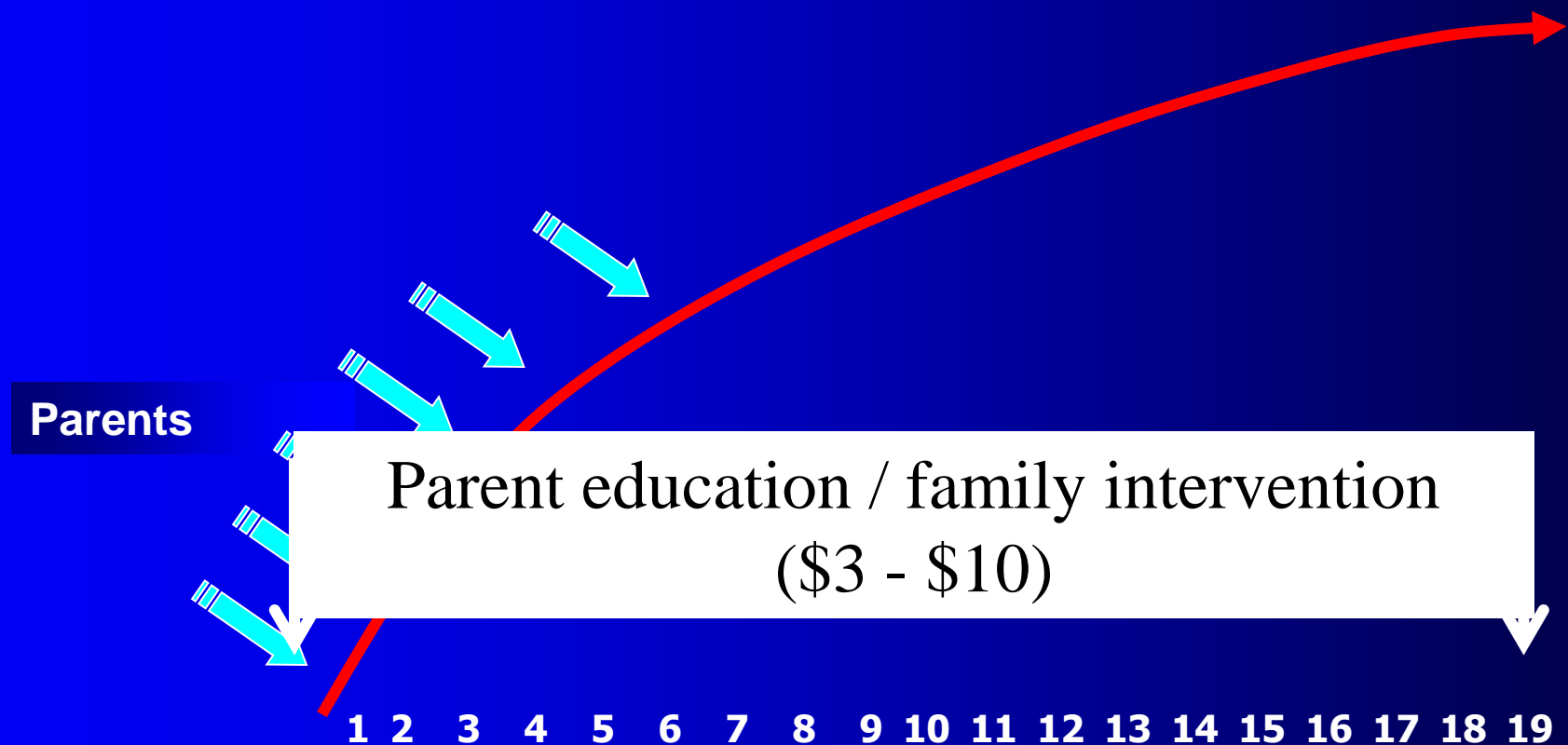


Evidence-based solutions to intergenerational disadvantage

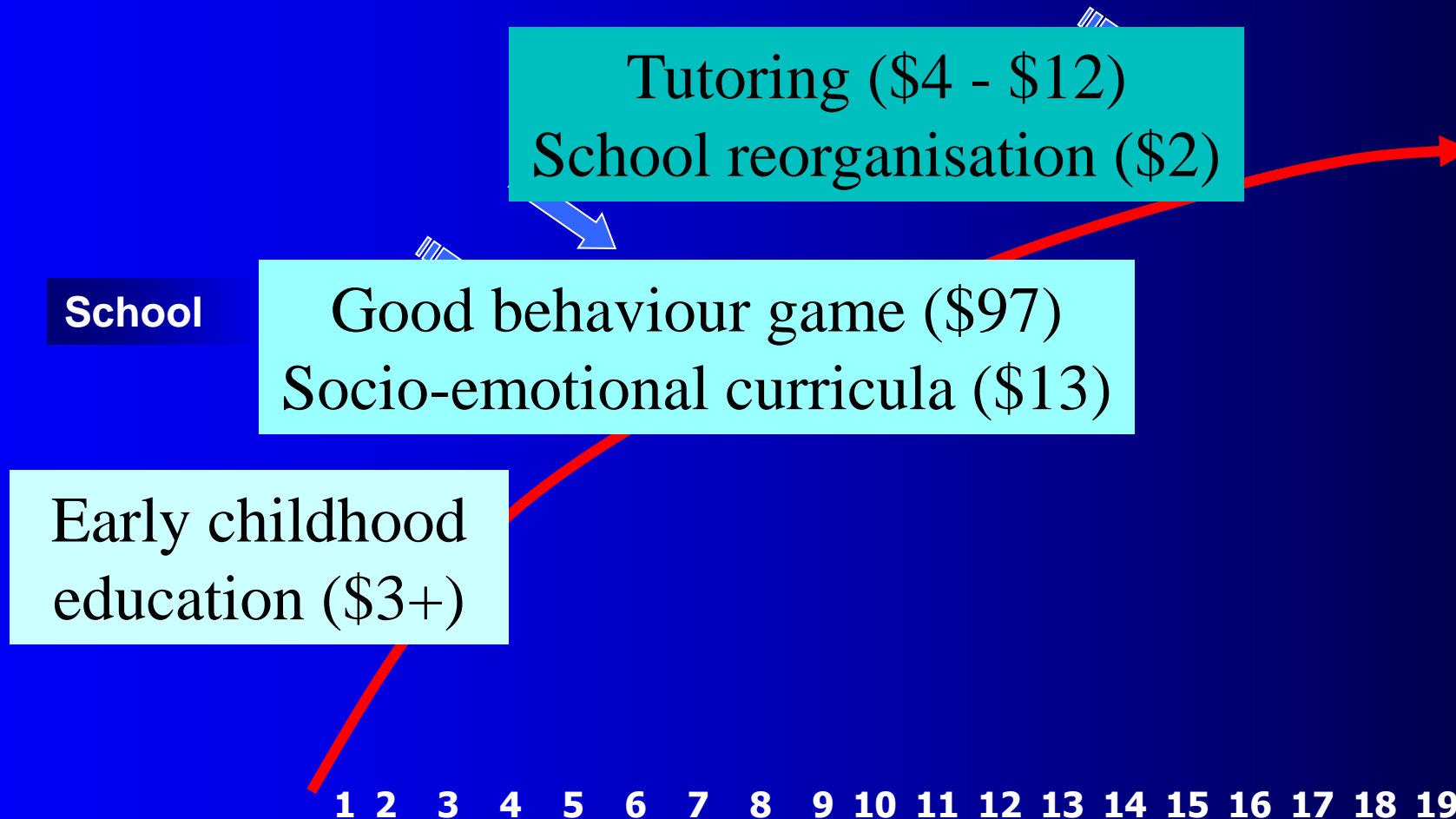
(\$ benefit / \$ spent)



Evidence-based solutions to intergenerational disadvantage (\$ benefit / \$ spent)



Evidence-based solutions to intergenerational disadvantage (\$ benefit / \$ spent)



Evidence-based solutions to intergenerational disadvantage

(\$ benefit / \$ spent)



Very few children and young people in Australia currently receive these cost-effective prevention strategies.

We will reduce inter-generational disadvantage by implementing these strategies.

Communities that Care

- ❖ Initially developed in the USA has evidence for encouraging community investment in cost-effective prevention
- ❖ Effectively reduces population rates of child & adolescent problems and encourages positive development
- ❖ Promotes care and trust to achieve bridging social capital that can address the causes of disadvantage

We recently evaluated the effects in
the first four Australian communities

$N \sim 40,000$

Toumbourou, J.W. Rowland, B., Williams, J., Smith, R., & Patton, G.C. (2019) Community intervention to prevent adolescent health behavior problems: Evaluation of Communities that Care in Australia. *Health Psychology*. 38(6), 536-544. <http://dx.doi.org/10.1037/hea0000735>



Darwin

NORTHERN
TERRITORY

QUEENSLAND

Alice
Springs

WESTERN
AUSTRALIA

SOUTH
AUSTRALIA

Brisbane

Kalgoorlie

Myrtleford

Perth

Bunbury

Sydney

Ballarat

CANBERRA

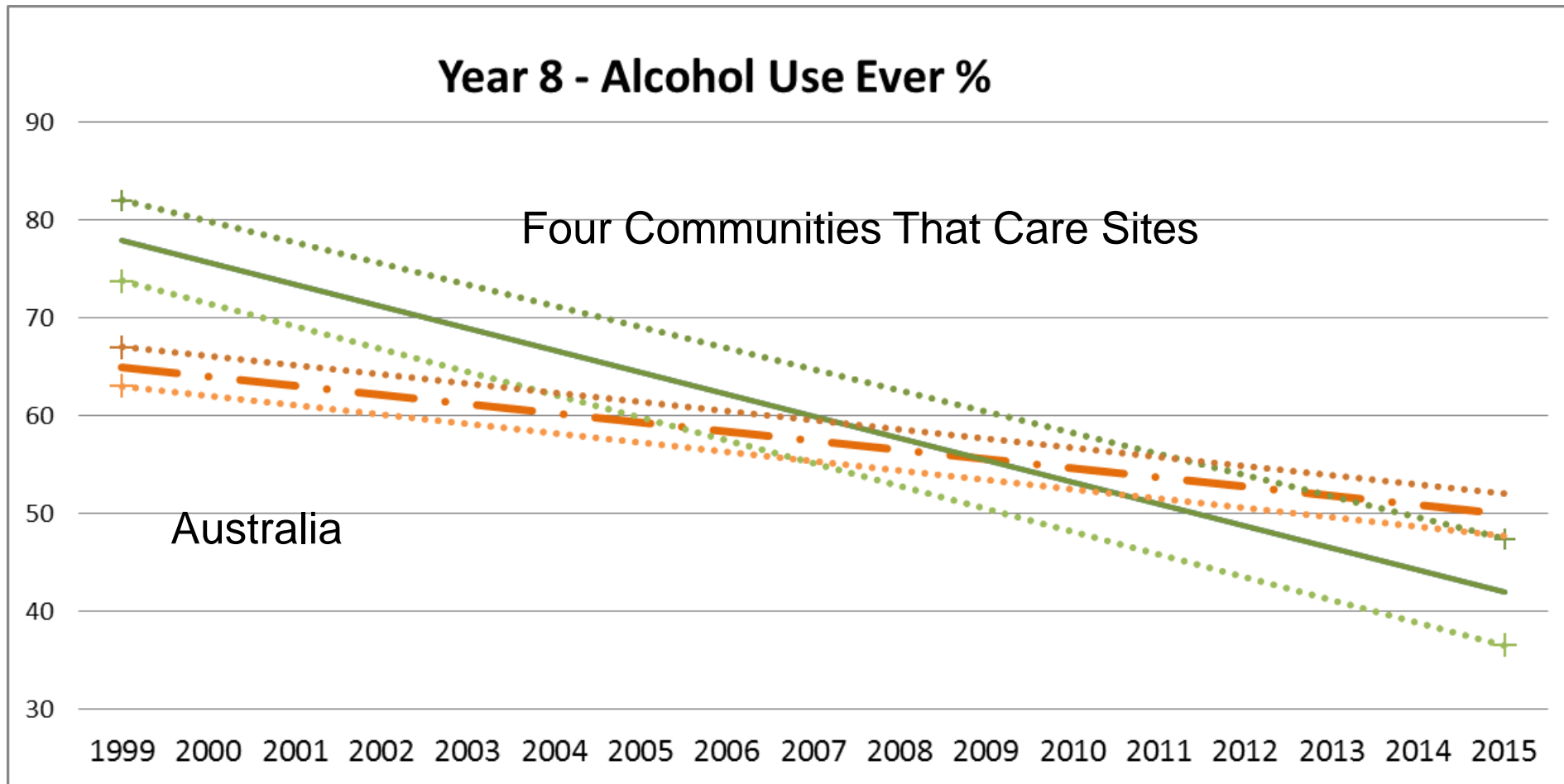
Adelaide

VICTORIA

Melbourne

TASMANIA

Mornington
PS

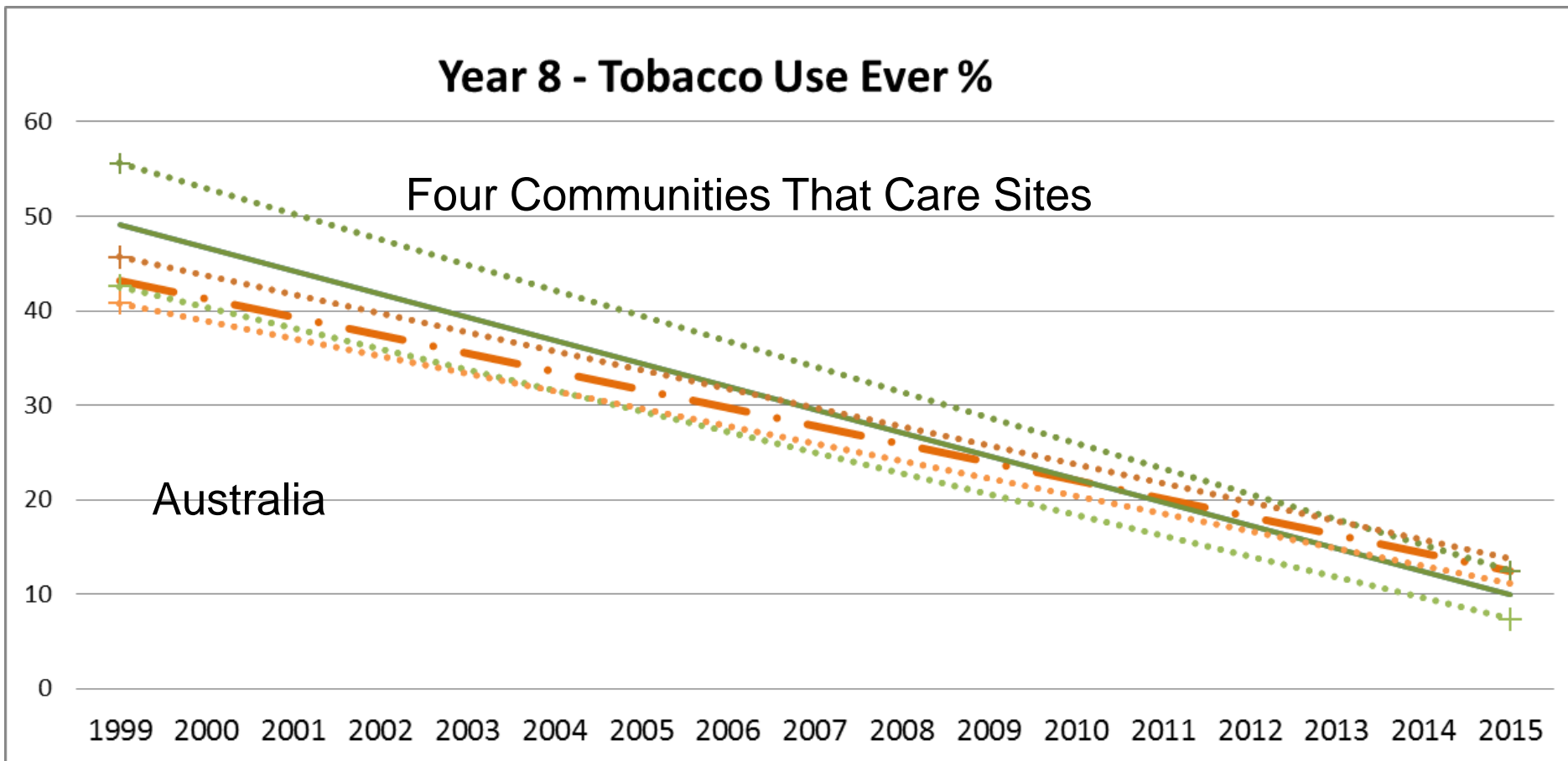


The top line in green are the adjusted estimates for the four Communities That Care sites from 1999 to 2015. The dotted green lines are the 95% confidence intervals – showing the precision of the estimates. The orange lines are the national trends in the remaining communities. When we started the Communities That Care sites had higher levels.

Year 8 - Tobacco Use Ever %

Four Communities That Care Sites

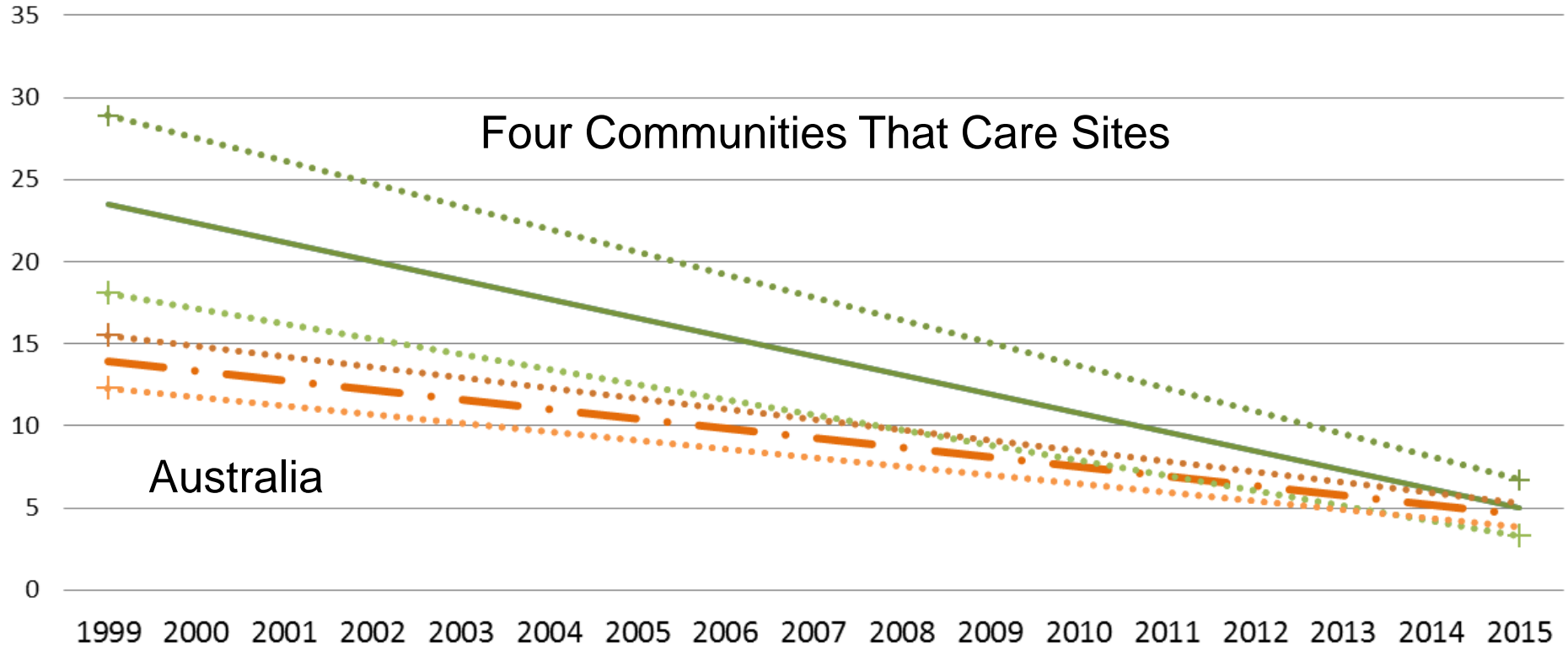
Australia

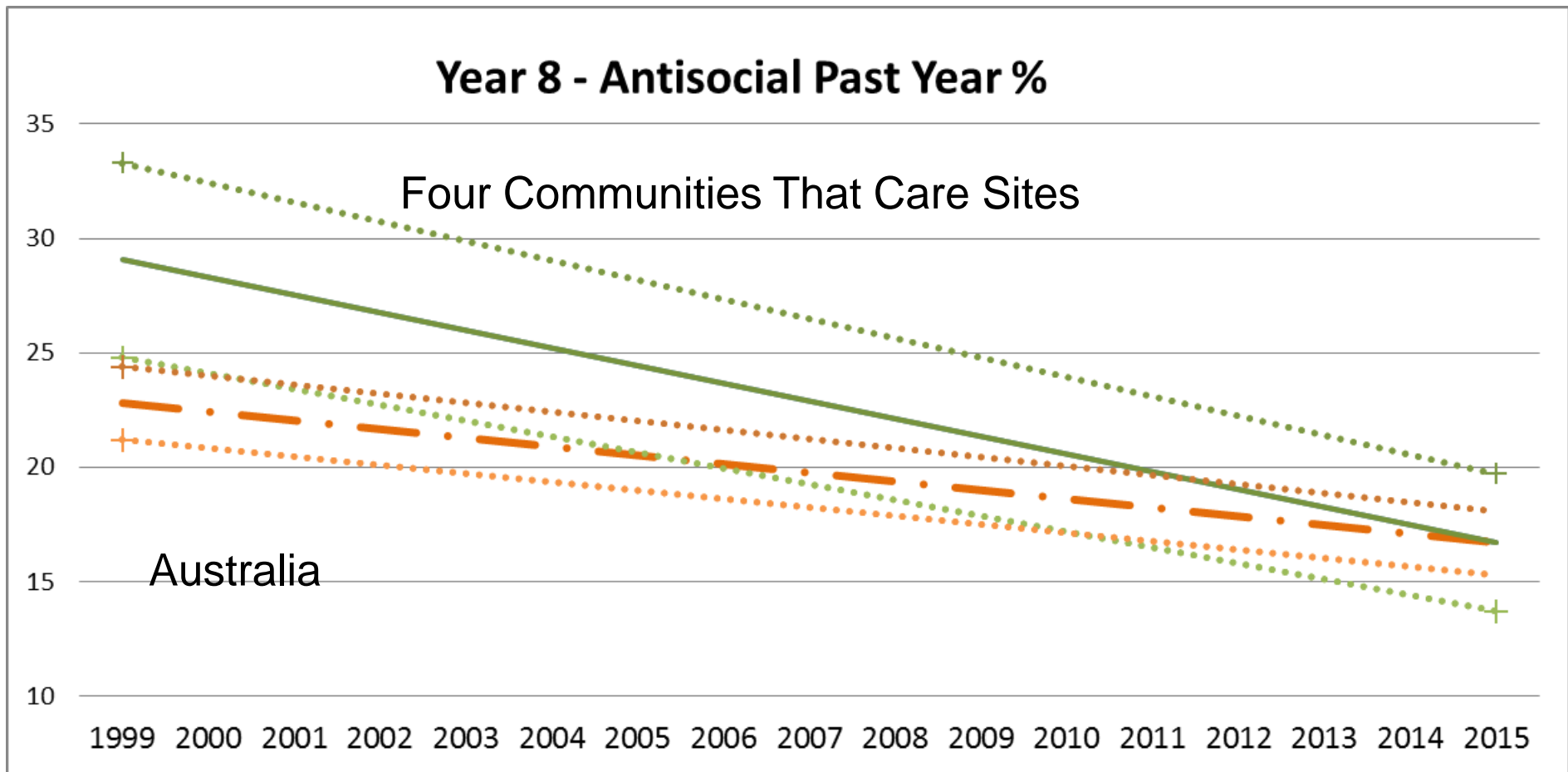


Year 8 - Cannabis Use Ever %

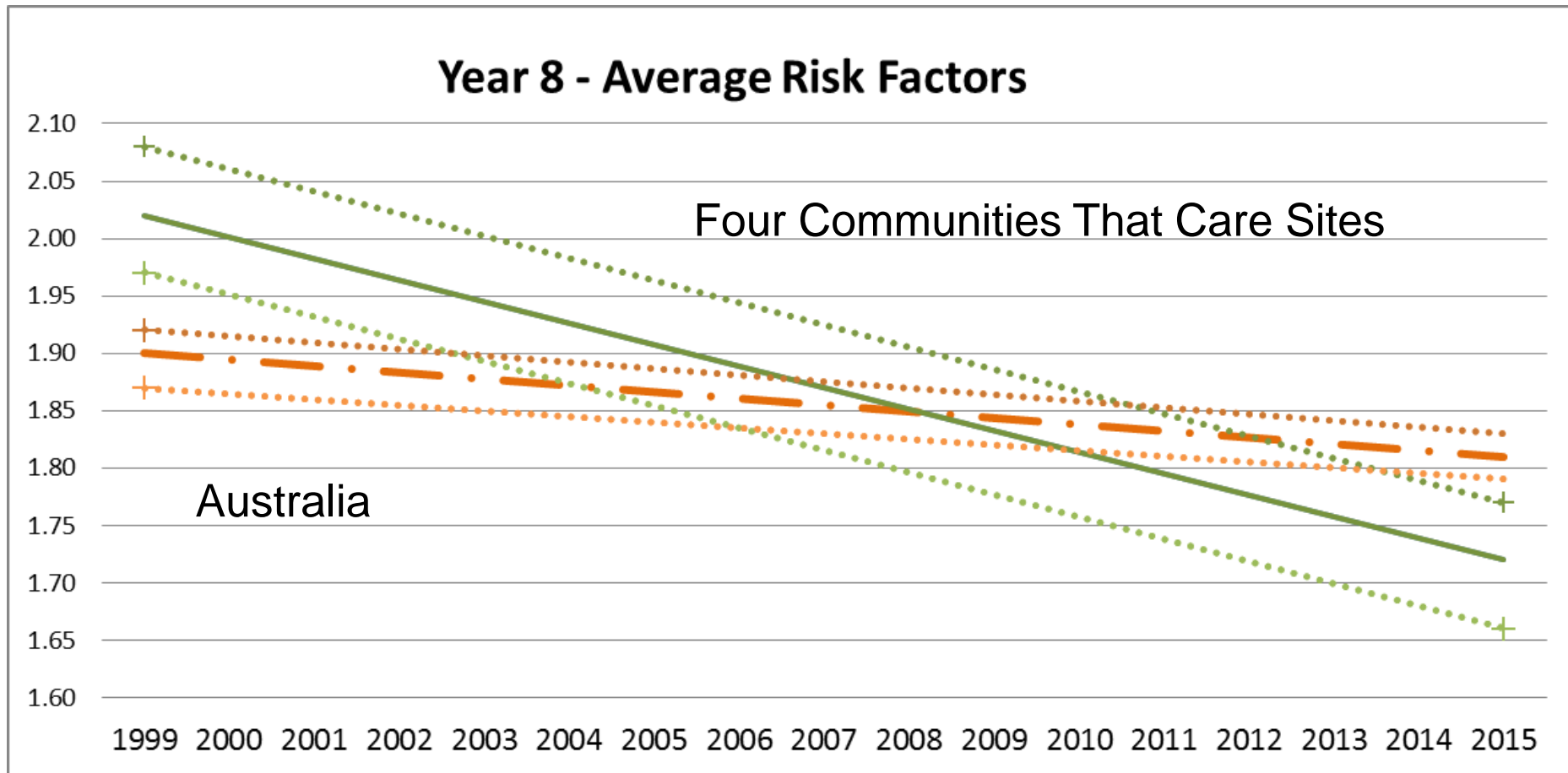
Four Communities That Care Sites

Australia



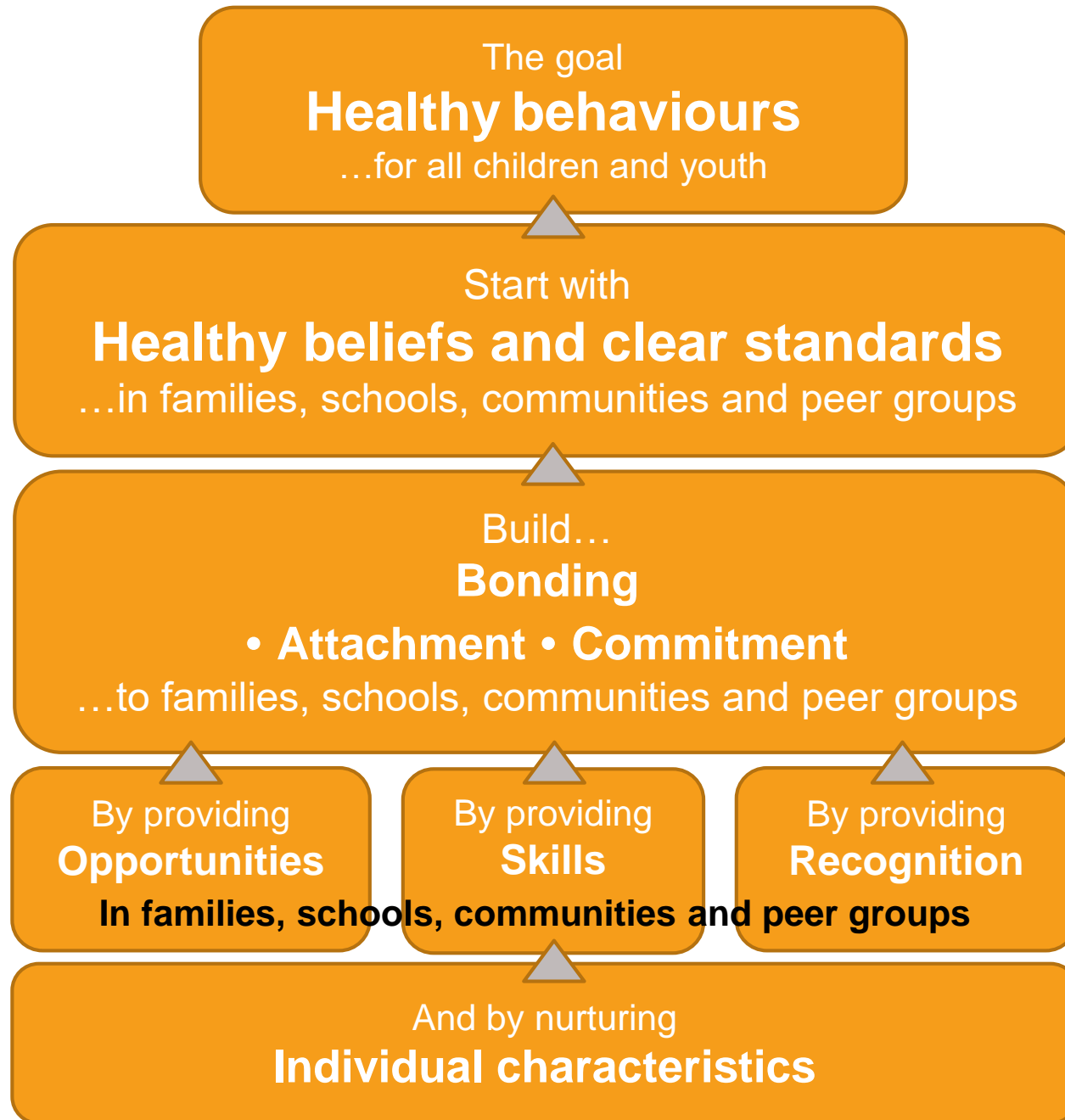


Antisocial – reporting one or more of the following four behaviours over the past year: Carried a weapon; Sold illegal drugs; Stole or tried to steal a motor vehicle such as a car or motorcycle; Attacked someone with the idea of seriously hurting them



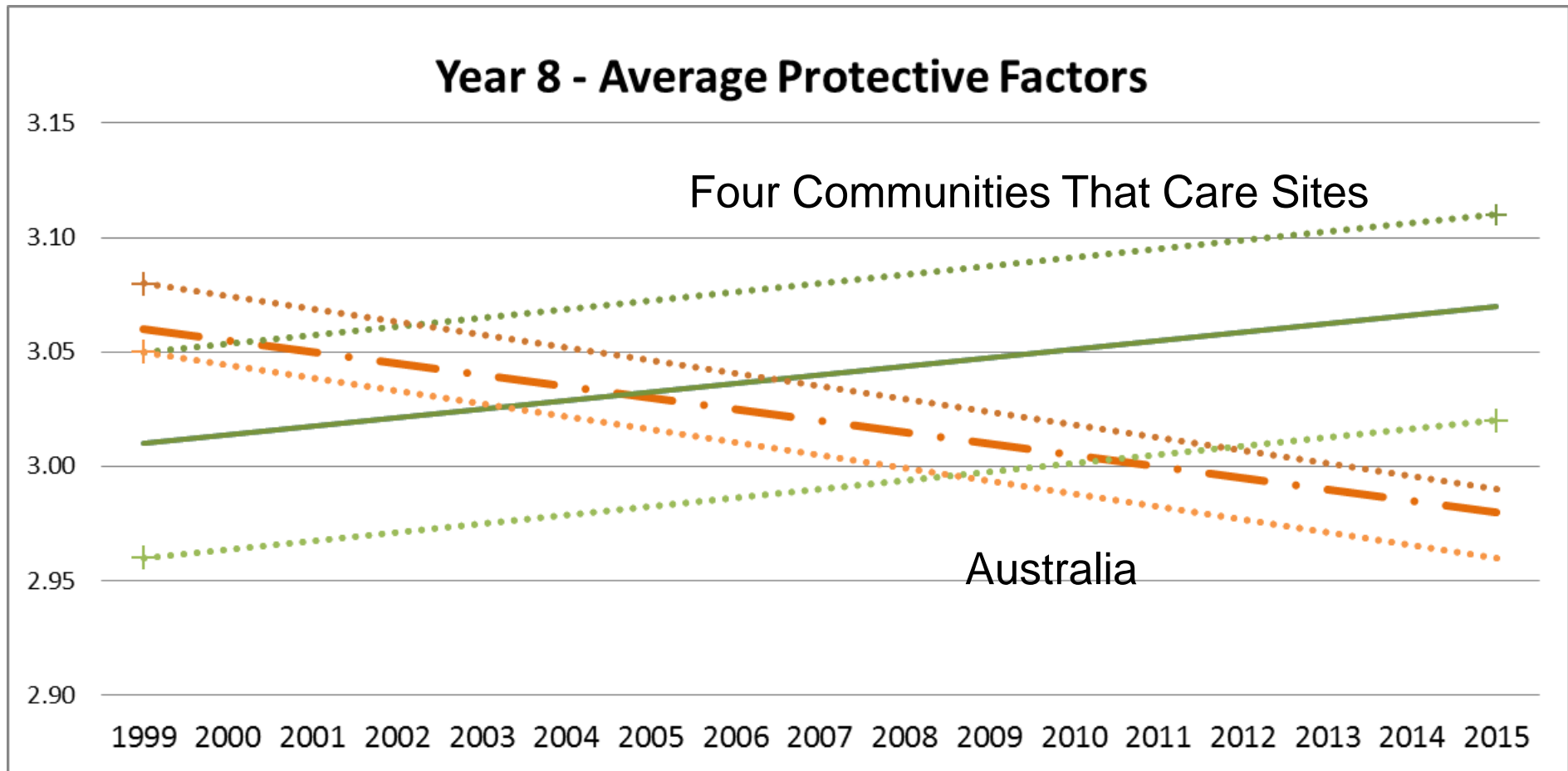
Average 8 Risk Factors: Community Substance Availability; Low Community Attachment; Family Conflict; Parent Attitudes Favourable to Substance Use; Poor Family Management; Individual Attitudes Favourable to Substance Use; Low School Commitment; Academic Failure. Scored 1 to 4.

in cases where it is too late
to protect children from risk –
it remains feasible to
increase protective factors



**BUILDING
PROTECTION:**

The Social
Development
Strategy



Average 7 Protective Factors: Community Opportunities; Family Attachment; Family Opportunities; Family Rewards; School Opportunities; School Rewards; Emotional Control. Scored 1 to 4.



NHMRC National Trial
of
Communities That Care



Darwin

NORTHERN TERRITORY

QUEENSLAND

Alice Springs

Robina, Redcliffe, Woodbridge

WESTERN AUSTRALIA

Kalgoorlie

SOUTH AUSTRALIA

Brisbane

Mandurah

Kalgoorlie

Alpine

Perth

Bunbury

Colac Glenelg

Bendigo, Baw Baw Shire, Cardinia, East Gippsland

Geelong, Warrnambool

Melbourne

Hobson's Bay, Knox, Stonnington,

Yarra

Mornington PS

TASMANIA
Hobart

We recently evaluated the injury prevention effects across Victoria

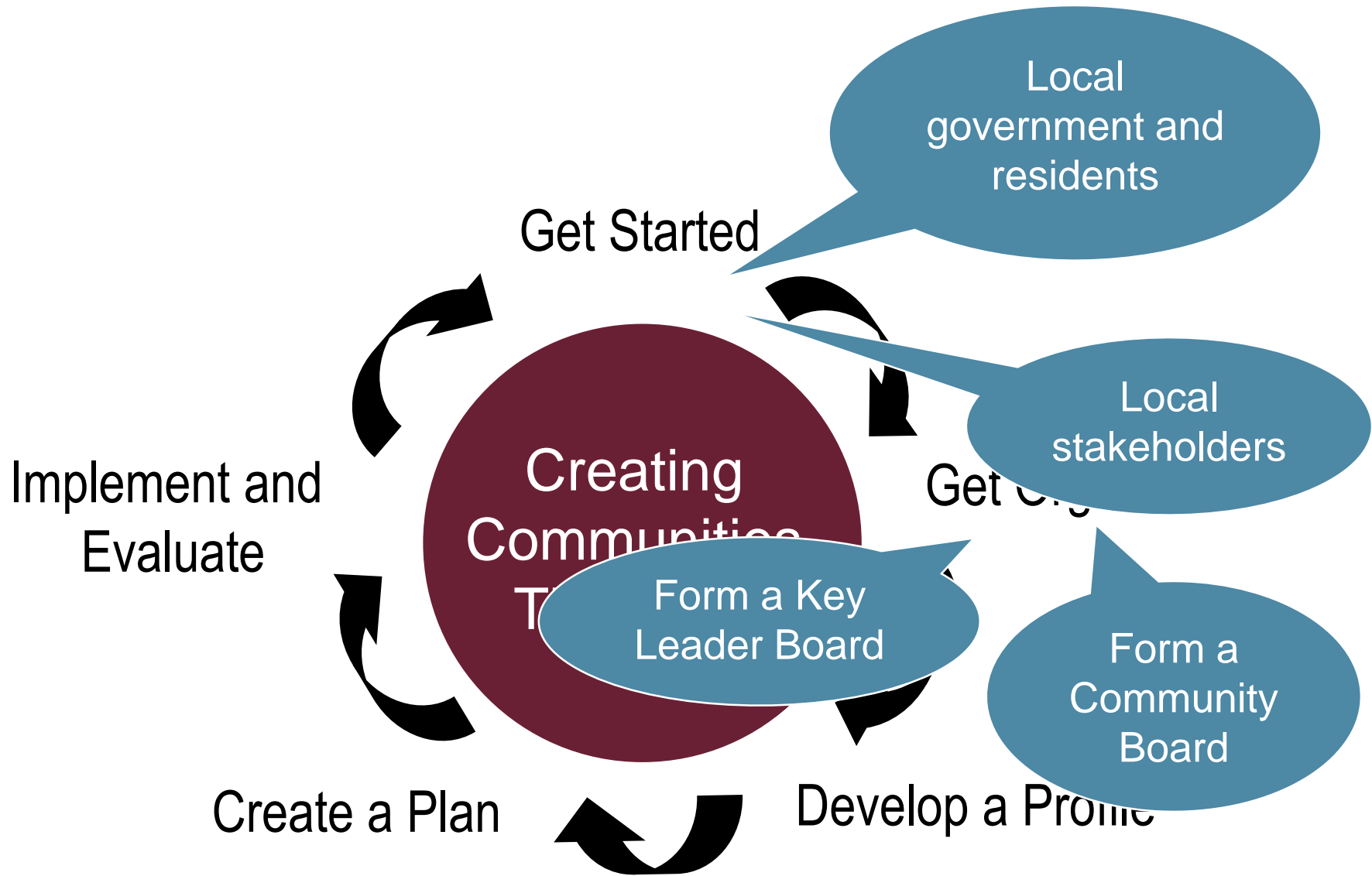
Berecki-Gisoff, J., Rowland, B., Reavley, N., Minuzzo, B., Toumbourou, J.W.
(2019) Evaluation of Communities that Care in Victoria, Australia on youth hospital-admitted injury incidence: 2001-2017. Manuscript in preparation for Journal Submission.

Communities that Care prevents youth injury

- Independent analysis by the Monash Injury Research Institute
- Hospital injury admission rates increased across Victoria for 0 to 19 year olds from 2011 to 2017
- The ten municipalities that implemented Communities that Care had significant reductions in hospital injury rates for 0 to 19 year olds
- This occurred from the point they implemented Phase 5 or Cycle 2 of Communities that Care

How does Communities That Care improve the healthy development of children and young people?

How can you use LDAT funding to implement this model?





Communities That Care provides networking and training opportunities for community co-ordinators

Communities That Care Ltd offers effective training and consultation that increases community stakeholder “readiness” to fund and implement evidence-based developmental prevention

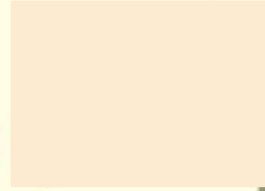
Communities that Care Phases 1 and 2

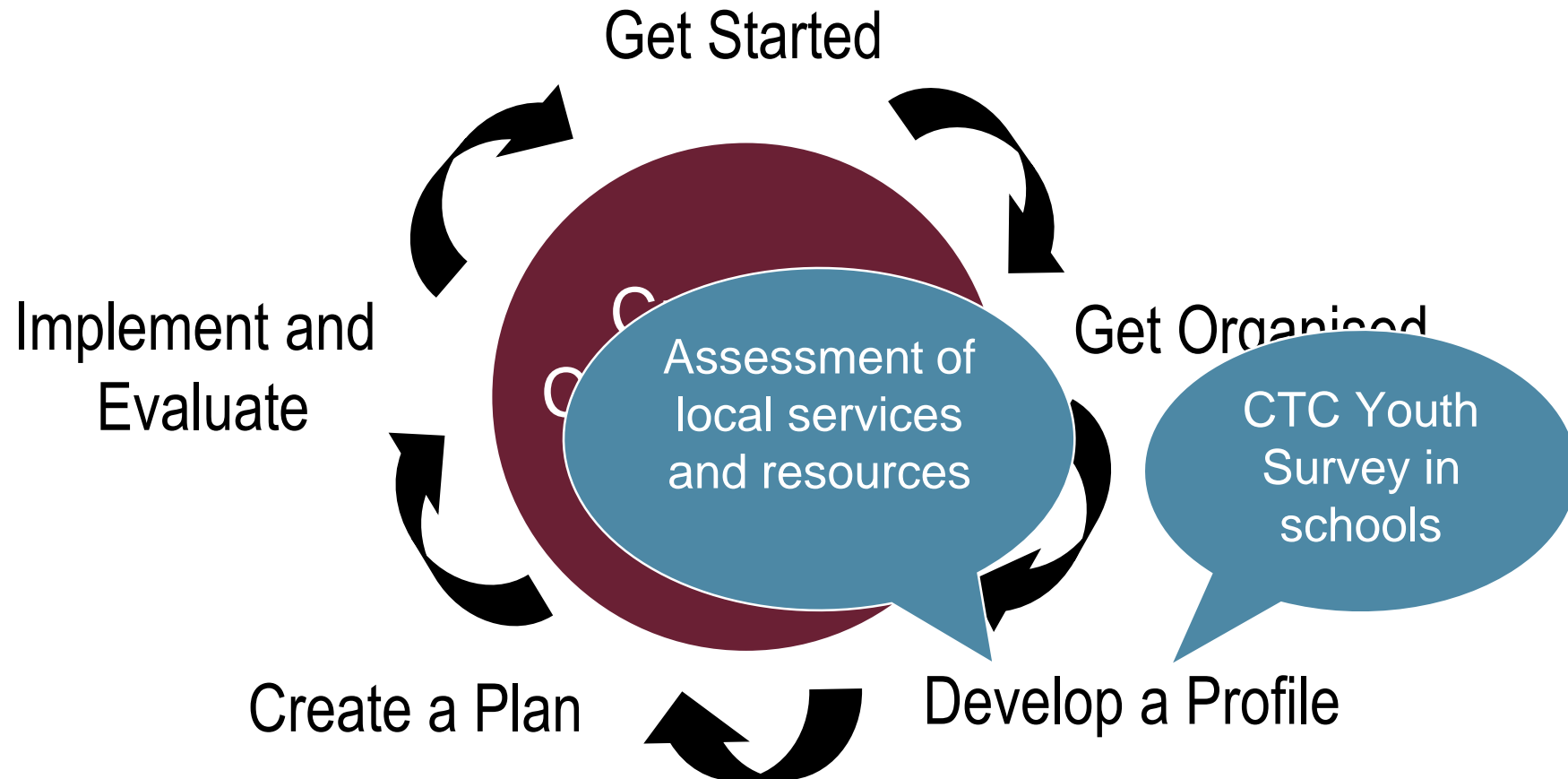


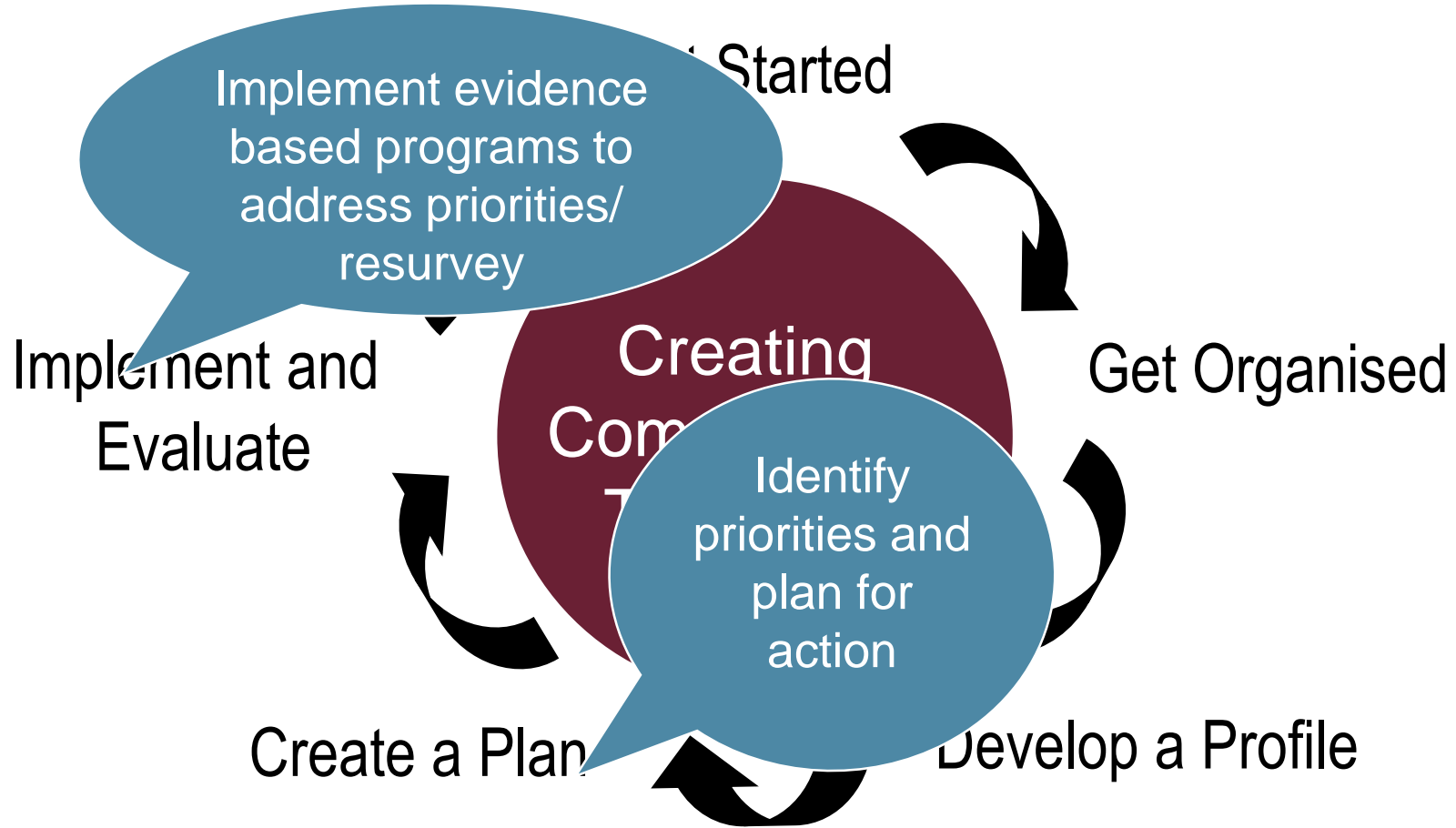
Communities That Care helps establish local prevention coalition

- Mornington Peninsula Shire
Communities That Care Board
- Youth, Local government, Schools,
Community health, Police, Rotary,
Churches, Citizens etc.









Communities that Care Phases 3 and 4

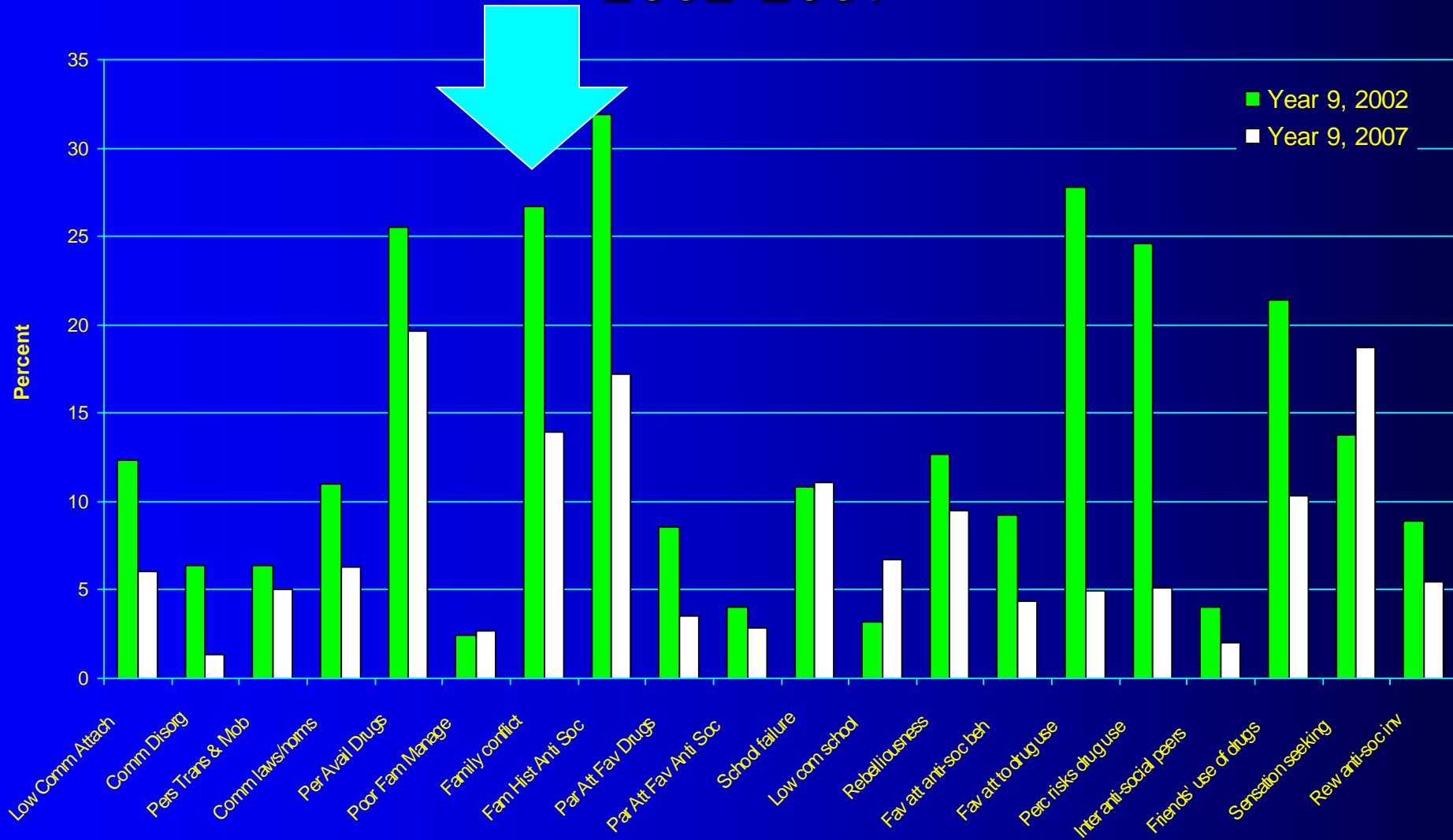


Communities That Care helps coalitions prepare a plan to increase prevention

Mornington Peninsula Shire Communities That Care Plan (2002 -2007) targeted:

- Reduction in alcohol and drugs and risky sex
- By reducing family, school risk factors and by increasing community protective factors

Mornington Peninsula Shire Comparison of Risk Factors for Year 9: Communities That Care 2002-2007



Introducing

Communities That Care[®]

An effective way for your community
to encourage brighter futures for children
and young people



Phase 4: Prevention Strategies Guide

- ❖ Systematic review > Menu of prevention programs
- ❖ Evidence based
- ❖ Indexed to risk and protective factors

- ❖ Focus of programs divided into 3 sections

5.1 Index of programs by risk & protective factors

Risk and Protective Factors	Developmental Stage												Deve
	Pre-natal - 2 years	Pre-natal - 2 years	0 - 10 years	5 - 7 years	5 - 7 years	5 - 7 years	5 - 11 years	6 - 14 years	6 - 14 years	7 - 17 years	10 - 14 years	10 - 14 years	
Community													
Low neighbourhood attachment	✓	✓						✓		✓		✓	
Community disorganisation	✓	✓						✓		✓		✓	
Personal transitions & mobility	✓	✓						✓		✓		✓	
Community transitions & mobility	✓	✓						✓		✓		✓	
Laws & norms favourable to drug use		✓											
Perceived availability of drugs													
*Opportunities for prosocial involvement	✓	✓						✓		✓			
*Rewards for prosocial involvement	✓	✓						✓		✓			
Family													
Poor family management	✓		✓					✓		✓		✓	
Poor family discipline	✓		✓					✓		✓		✓	
Family conflict	✓	✓	✓					✓		✓		✓	
Family history of antisocial behaviour	✓	✓						✓		✓		✓	
Parental attitudes favourable to drug use	✓	✓						✓		✓			
Parental attitudes favourable to antisocial behaviour	✓	✓						✓					
*Attachment			✓						✓			✓	
*Opportunities for prosocial involvement	✓		✓					✓	✓			✓	
*Rewards for prosocial involvement	✓		✓					✓	✓			✓	

Communities That Care Ltd offers effective training and consultation that increases community implementation of evidence-based developmental prevention

Reducing underage alcohol sales



Reducing
alcohol supply
to underage
youth in your
community

Deakin University

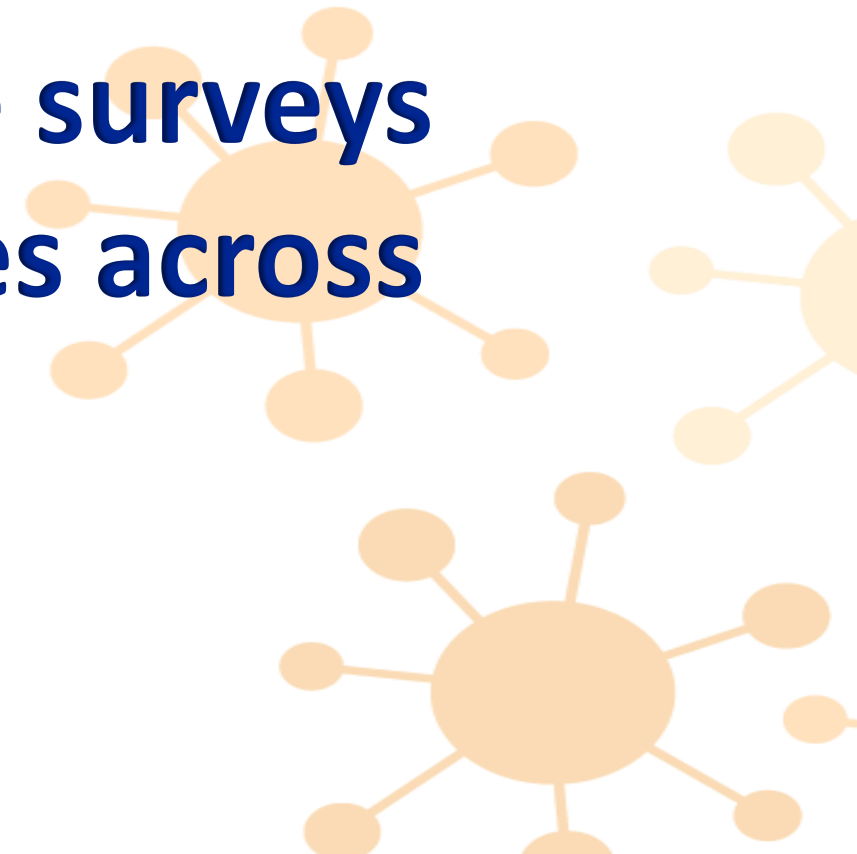
THE SMART **G**ENERATION >



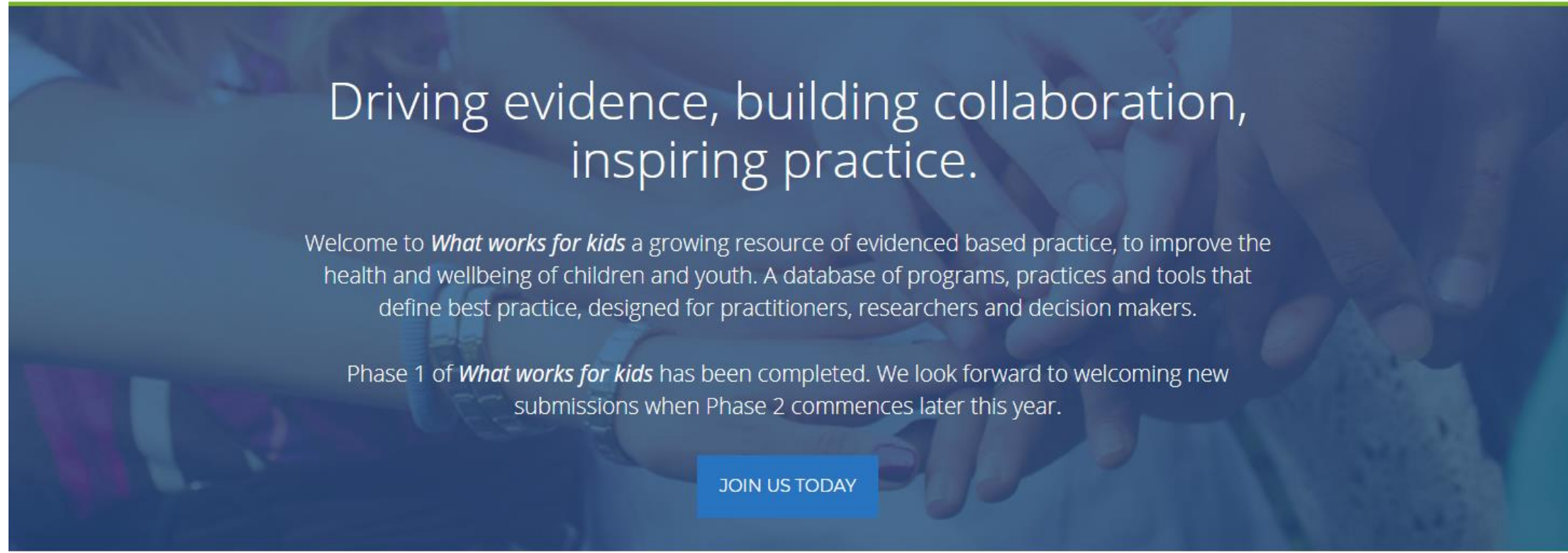
Communities That Care Phase 5



**Communities That Care surveys
help to monitor changes across
time**



Working with the Prevention Science Network within the Australian Research Alliance for Children and Young People we have been able to develop the online “What Works for Kids” portal that lists effective prevention programs coded by the risk and protective factors that they address



Driving evidence, building collaboration, inspiring practice.

Welcome to *What works for kids* a growing resource of evidenced based practice, to improve the health and wellbeing of children and youth. A database of programs, practices and tools that define best practice, designed for practitioners, researchers and decision makers.

Phase 1 of *What works for kids* has been completed. We look forward to welcoming new submissions when Phase 2 commences later this year.

JOIN US TODAY

NEST PRIORITY DIRECTIONS +

PROTECTIVE FACTORS +

RISK FACTORS -

Child factors

- Preterm / low birth weight / birth injury
- Disability / delayed development
- Chronic illness
- Behaviour problems
- Poor social skills
- Poor attachment
- Anxiety / depression
- Poor early school achievement
- Low commitment to school
- School failure (low academic achievement)
- Rebelliousness
- Interaction with antisocial peers
- Use of drugs by friends

Parents and their parenting style

- Sole parent
- Young maternal age
- Social isolation
- Drug and alcohol abuse (including in pregnancy)
- Parental attitudes favourable to substance use
- Harsh or inconsistent discipline
- Lack of stimulation of child
- Lack of warmth and affection
- Rejection of child
- Abuse or neglect
- Favourable attitudes toward antisocial behaviour
- Rewards for antisocial involvement
- Low commitment to school

11 programs matched your query

SHOW PROGRAMS

CONTACT DETAILS



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