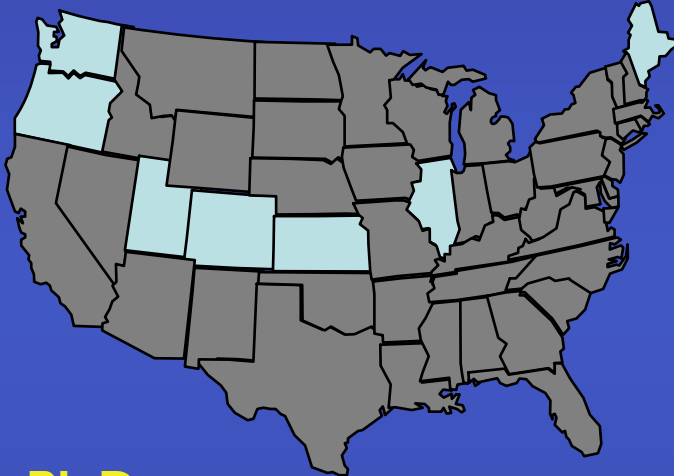




# Using Prevention Science to Guide Youth Development in Brigham City



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# Overview

- **Science based prevention.**
- **Brigham City's Youth Empowerment Team and the Communities That Care system - achieving better outcomes for young people.**
- **Using the SOaR strategy with teen employees.**
- **What can you do?**

# Early Drug Abuse Prevention Findings

- Tested approaches were largely ineffective (Elmqvist, 1995; Hanson, 1992; Moskowitz, 1989).
- Drug information programs *increased* drug use in some studies (Tobler, 1986).



# History of Crime Prevention in the U.S.

- Before 1980, nine experimental tests of delinquency prevention programs were conducted in the U.S.
  - **NONE** found desired effects in preventing delinquency. (Berleman, 1980)



# The Premise of Prevention Science

To prevent a problem before it happens, the factors that predict the problem must be changed.

# Advances in Prediction

- Studies following children over time have identified predictors of substance abuse, delinquency, violence, school dropout, teen pregnancy, and other problem behaviors –  
Called : **Risk factors.**
- **AND** Studies have identified predictors of positive outcomes including success in school and avoiding health risk behaviors-  
Called : **Promotive and protective factors.**

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# Promotive and Protective Factors

- **Individual Characteristics**
  - **High Intelligence**
  - **Resilient Temperament**
  - **Competencies and Skills**
- **In each social domain (family, school, peer group and neighborhood)**
  - **Prosocial Opportunities**
  - **Reinforcement for Prosocial Involvement**
  - **Bonding**
  - **Healthy Beliefs and Clear Standards for Behavior**

# Risk Factors for Adolescent Problem Behaviors

Risk Factors	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence	Depression & Anxiety
<b>Community</b>						
Availability of Drugs	✓				✓	
Availability of Firearms		✓			✓	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	✓	✓			✓	
Media Portrayals of Violence					✓	
Transitions and Mobility	✓	✓		✓		✓
Low Neighborhood Attachment and Community Disorganization	✓	✓			✓	
Extreme Economic Deprivation	✓	✓	✓	✓	✓	

# Risk Factors for Adolescent Problem Behaviors

## Risk Factors

	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence	Depression & Anxiety
<b>Family</b>						
Family History of the Problem Behavior	✓	✓	✓	✓	✓	✓
Family Management Problems	✓	✓	✓	✓	✓	✓
Family Conflict	✓	✓	✓	✓	✓	✓
Favorable Parental Attitudes and Involvement in the Problem Behavior	✓	✓			✓	

# Risk Factors for Adolescent Problem Behaviors

Risk Factors	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence	Depression & Anxiety
<b>School</b>						
Academic Failure Beginning in Late Elementary School	✓	✓	✓	✓	✓	✓
Lack of Commitment to School	✓	✓	✓	✓	✓	

# Risk Factors for Adolescent Problem Behaviors

Risk Factors	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence	Depression & Anxiety
<b>Individual/Peer</b>						
Early and Persistent Antisocial Behavior	✓	✓	✓	✓	✓	✓
Rebelliousness	✓	✓		✓		
Friends Who Engage in the Problem Behavior	✓	✓	✓	✓	✓	
Favorable Attitudes Toward the Problem Behavior	✓	✓	✓	✓		
Early Initiation of the Problem Behavior	✓	✓	✓	✓	✓	
Constitutional Factors	✓	✓			✓	✓

# Advances in Prevention

**Controlled studies have identified both ineffective and effective prevention and youth development policies, programs and actions.**

# Effective Programs and Policies Have Been Identified in a Wide Range of Areas

1. Prenatal & Infancy Programs
2. Early Childhood Education
3. Parent Training
4. After-school Recreation
5. Mentoring with Contingent Reinforcement
6. Youth Employment with Education
7. Organizational Change in Schools
8. Classroom Organization, Management, and Instructional Strategies
9. School Behavior Management Strategies
10. Curricula for Social Competence Promotion
11. Community & School Policies
12. Community Mobilization

# Bullying Prevention Program

Description: Reduction of victim/bully problems

Target: Grades 4-7

Cost: Full-time consultant, minimal classroom costs

Contact: Dan Olweus, Ph.D.  
Research Center for Health Promotion  
(HEMIL)  
University of Bergen  
Christiesgt. 13, N-5015  
Bergen, Norway 47-55-58-23-27

# **Bullying Prevention Program Evidence of Effect**

- Reductions in bully/victim problems of 50 percent.
- Reductions in antisocial behavior (theft, vandalism, truancy).
- Improvement in school climate.



# Strengthening Families Program Ages 10-14

**Description:** Seven session family based program to reduce behavior problems and substance use by enhancing parenting skills, parent-child relationships and family communication.

**Target:** Parents and their children ages 10 to 14.

**Contact:** Virginia Molgaard  
Iowa State University  
[vmolgaar@iastate.edu](mailto:vmolgaar@iastate.edu)



# Strengthening Families Evidence of Effects

- 26% to 56% relative reduction in lifetime drug use 4 years after program.
- 32% to 77% relative reduction in conduct problems 4 years after program.



# But...

Prevention approaches that do not work or have not been evaluated are more widely used than those shown to be effective.

**(Gottfredson & Gottfredson, 2002, Hallfors et al 2001, Ringwalt et al., 2002.)**



# The Challenge for Community Prevention

- To address those risk factors most prevalent in a community with tested, effective programs that reduce those risk factors.
- To address those protective factors most depressed in a community with tested, effective programs that strengthen those protective factors.



# **The Communities That Care System**

- **Operated by the Youth Empowerment Team.**
- **Measures community levels of protection and risk by surveying young people.**
- **Matches the community's profile of risk and protection with tested, effective actions.**
- **Focuses on outcomes: Are fewer teens using drugs? Fewer smoking? Fewer committing violent acts?**

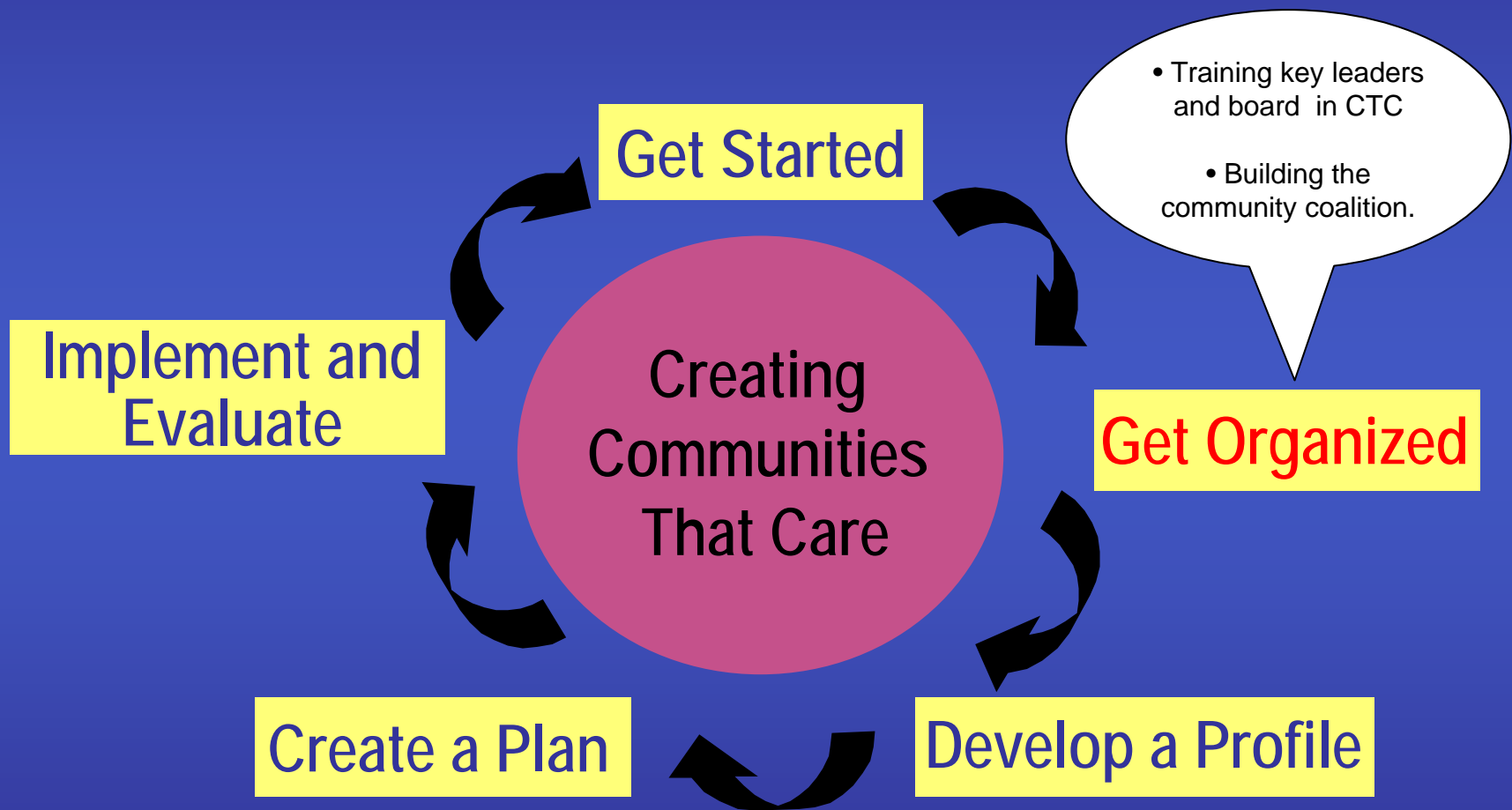


# The Communities That Care Operating System





# The Communities That Care Operating System





# Get Trained and Organized

- In 2003, Brigham City's key leaders (mayor, police chief, school leaders, health care leaders, business, service, etc.) were oriented to the CTC process and
- Created a community board, the Youth Empowerment Team, to implement CTC.
- Brigham City's Youth Empowerment Team has been trained to use CTC system.



# The Communities That Care Operating System



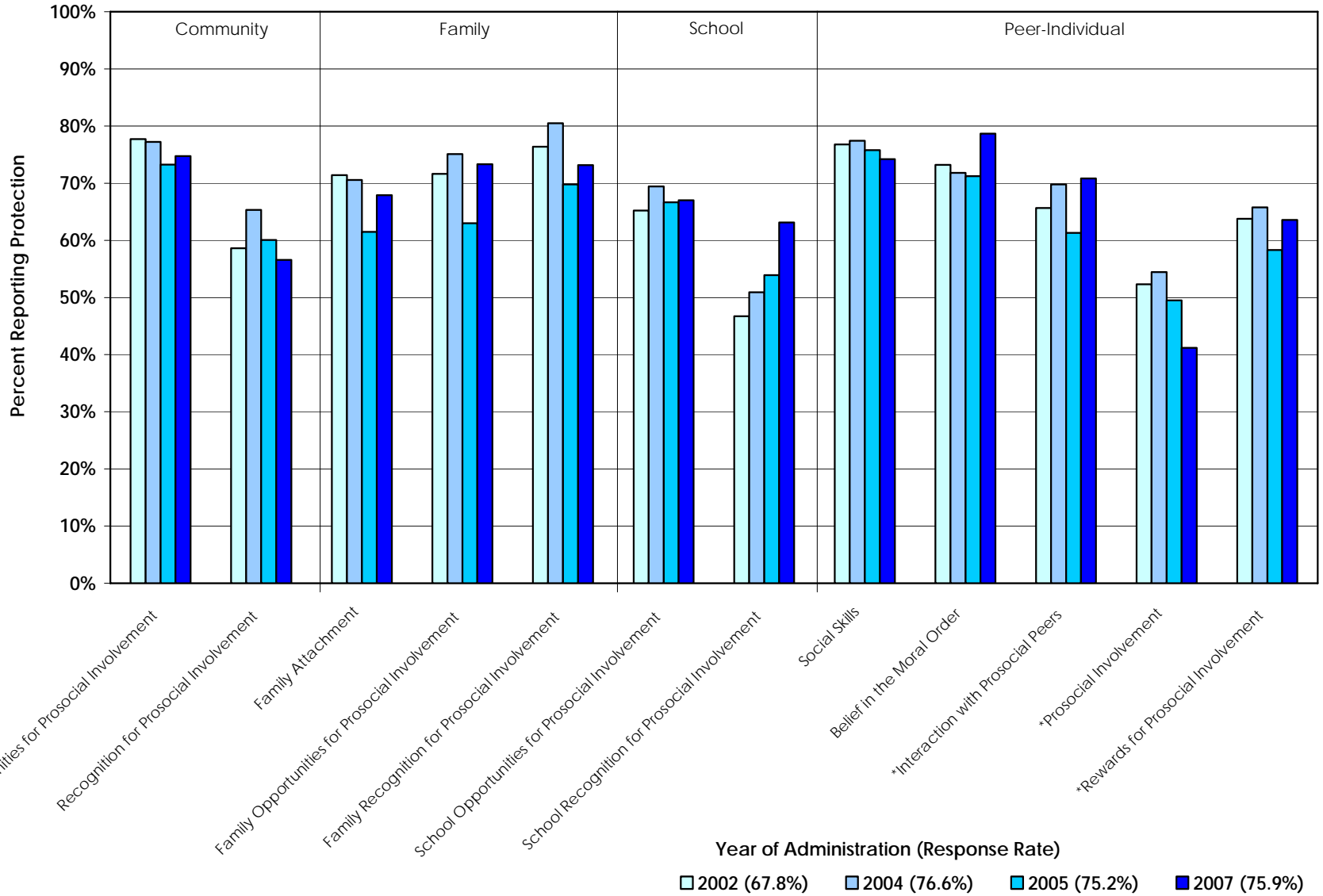


# The CTC Youth Survey

- **Assesses young peoples' experiences and perspectives.**
- **Provides valid and reliable measures of risk and protective factors across gender, grade and racial/ethnic groups. (Arthur et al., 2002; Glaser et al., 2005)**

# Brigham City, UT Protective Profile

## 8th Grade: 2002, 2004, 2005 and 2007

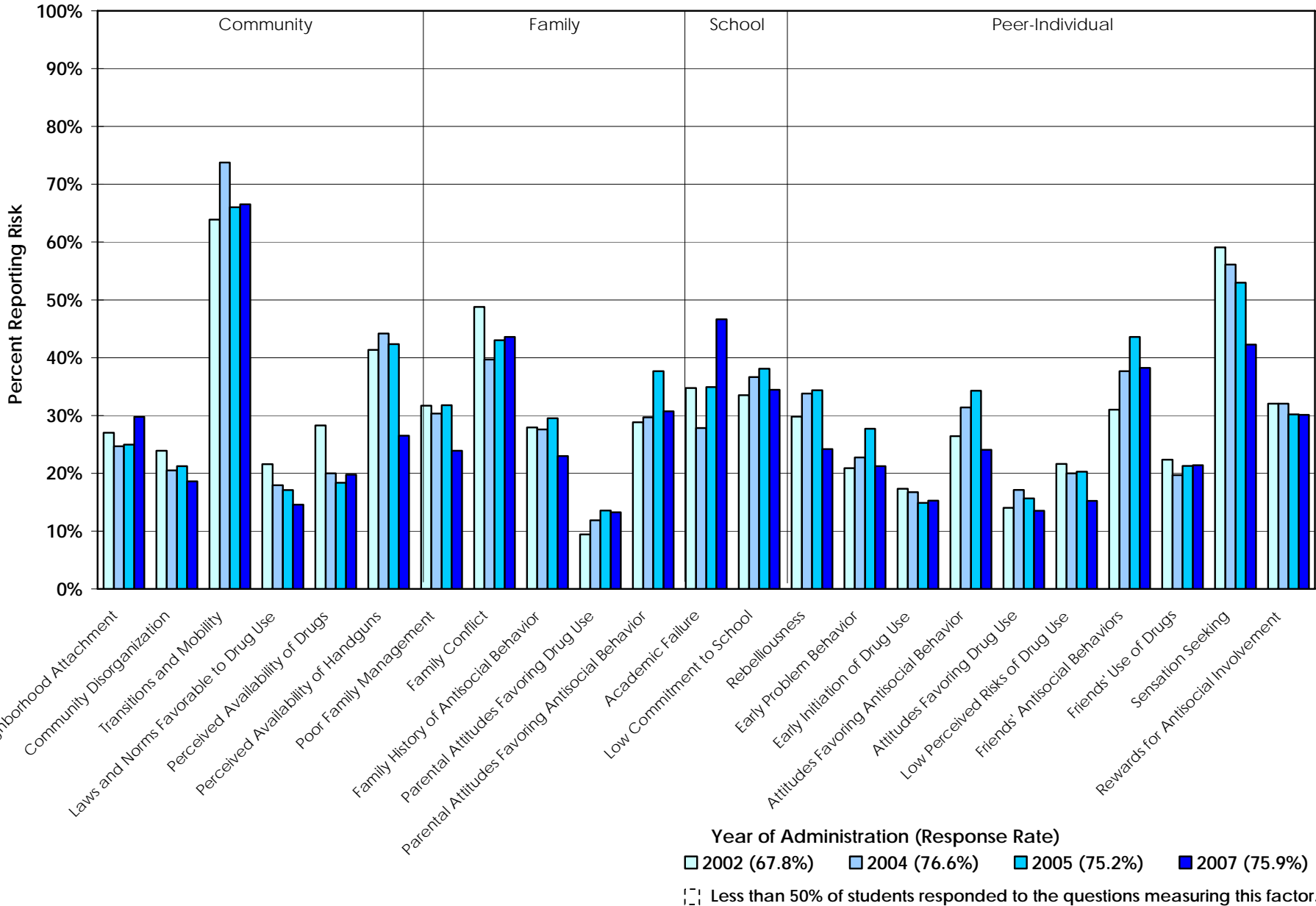


\* These questions were not asked in one or more of the survey years (see Appendix B).

□ Less than 50% of students responded to the questions measuring this factor.

# Brigham City, UT Risk Profile

## 8th Grade: 2002, 2004, 2005 and 2007

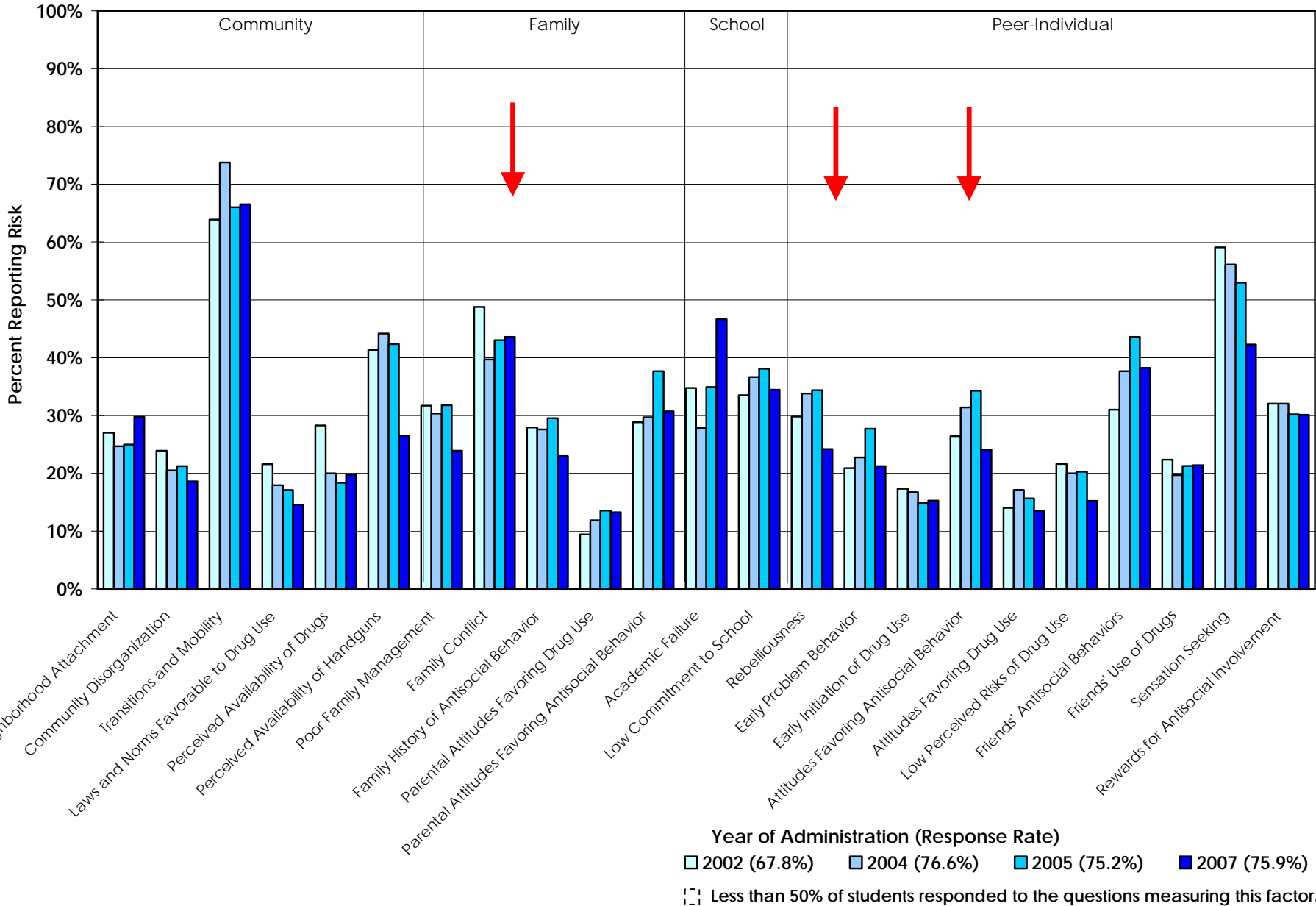


# Brigham City's Prioritized Risk Factors

- Family Conflict
- Rebelliousness
- Youth Attitudes Favorable towards Antisocial Behavior

# Brigham City, UT Risk Profile

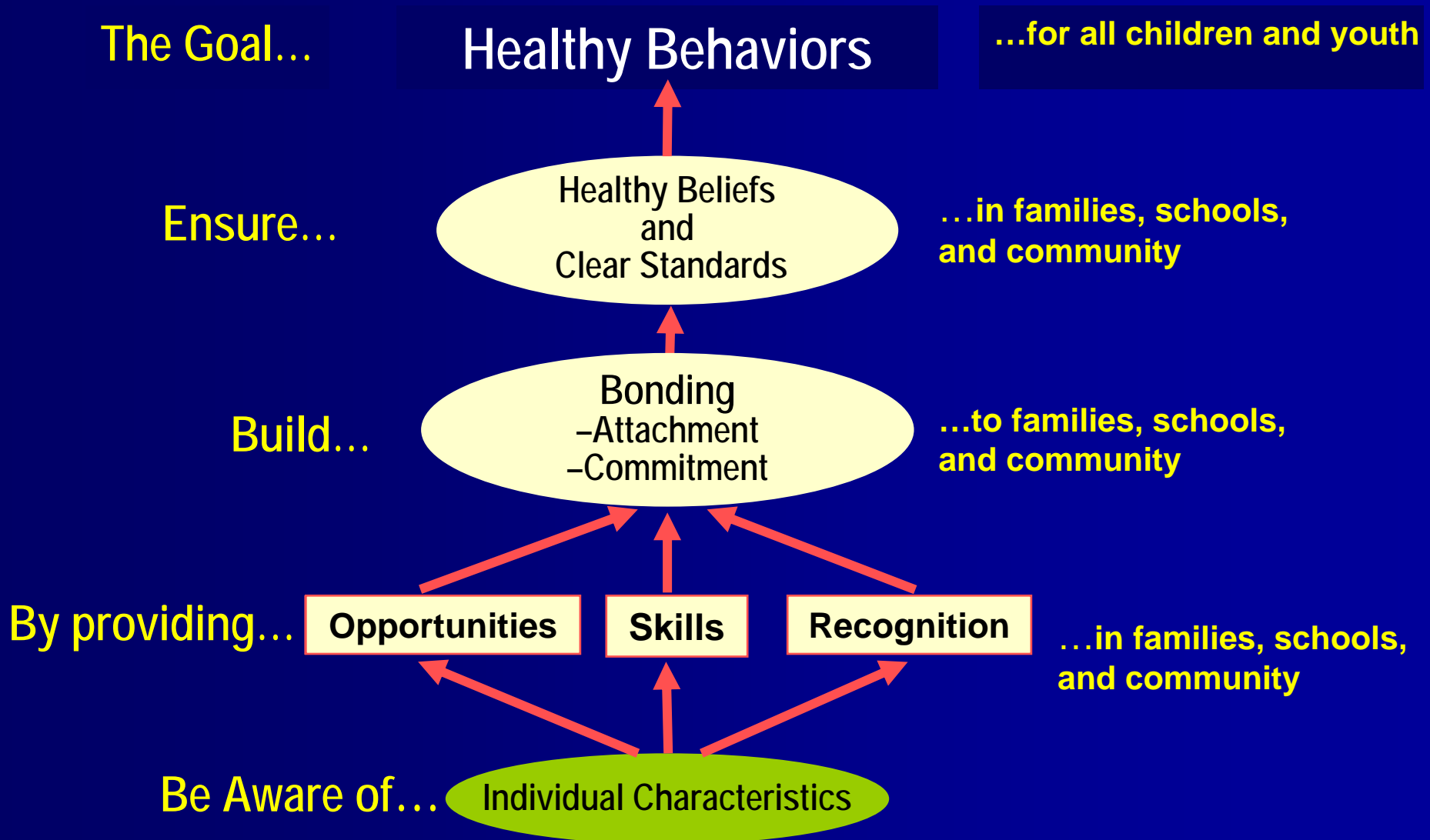
## 8th Grade: 2002, 2004, 2005 and 2007



# Youth Empowerment Team's Plan to Address Priority Factors

- **Rebelliousness and Favorable Attitudes  
Towards Antisocial Behavior**  
**Olweus Bullying Prevention Program**
- **Family Conflict**  
**Strengthening Families 10-14 Program**
- **Opportunities and Recognition for  
Prosocial Behavior**  
**SOaR into Action**

# Using the Social Development Strategy: (SOaR)

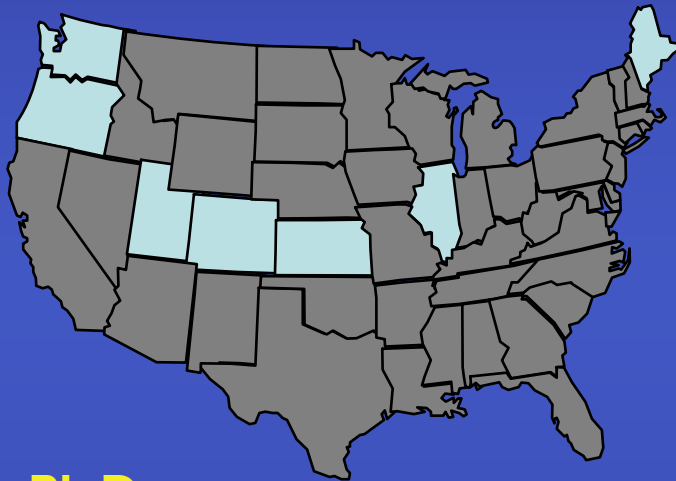


# What You Can Do to Support CTC in Brigham City

1. Provide young people with opportunities, skills and recognition for positive involvement.
2. Display Strengthening Families recruitment brochures in your place of business.
3. Encourage clients, customers and employees to participate in Strengthening Families workshops.
4. Observe Brigham City's prevention programs to ensure implementation fidelity.
5. Support the prevention programs in Brigham City schools.
6. Join the Brigham City Youth Empowerment Team!



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