



# The Community Youth Development Study (CYDS)



## *Communities That Care* Sustained Effects on Youth Outcomes

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# Our Funders and State Collaborators

## Funders

**National Institute on Drug Abuse**

**National Cancer Institute**

**Center for Substance Abuse Prevention**

**National Institute on Child Health and**

**National Institute of Mental Health**

**Human Development**

**National Institute on Alcohol Abuse and Alcoholism**

## State Collaborators

**Colorado** DHS Alcohol & Drug Abuse Division

**Illinois** DHS Bureau of Substance Abuse Prevention

**Kansas** Dept. of Social & Rehabilitation Services

**Maine** DHHS Office of Substance Abuse

**Oregon** DHS Addictions & Mental Health Division

**Utah** Division of Substance Use & Mental Health

**Washington** Division of Behavioral Health & Recovery



# The Communities That Care Prevention System

## Develops community capacity to:

- Build a coalition of diverse stakeholders.
- Assess and prioritize risk, protection, and health and behavior outcomes.
- Increase protection and address priority risks with tested, effective preventive interventions.
- Sustain high fidelity implementation of preventive interventions to reach all those targeted.



# The *Communities That Care* System



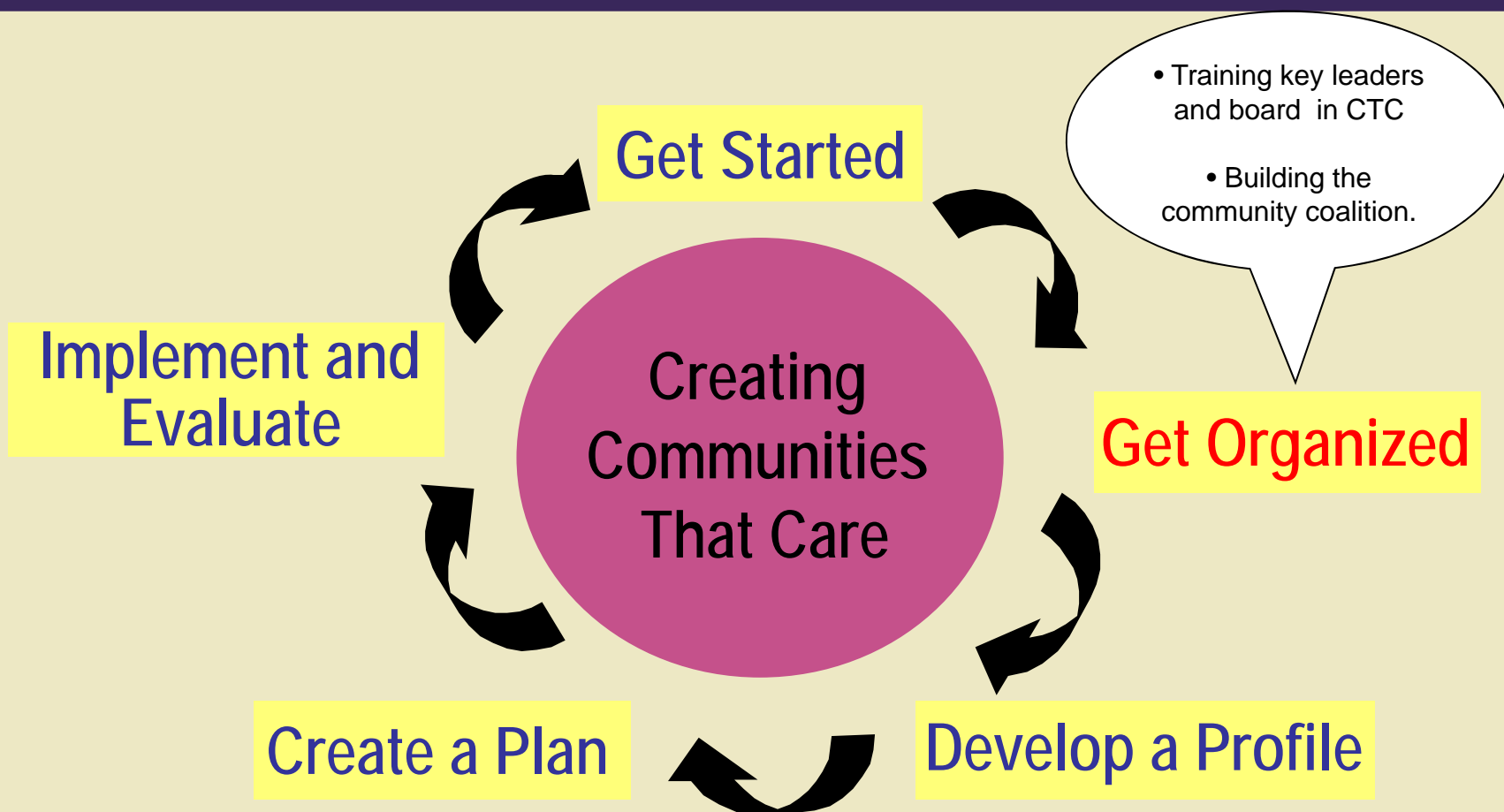


# The Communities That Care Operating System





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# The Communities That Care Operating System

- Form task forces.
- Identify and train implementers.
- Sustain collaborative relationships.
- Evaluate processes and outcomes.
- Adjust programming.

**Implement and Evaluate**

**Get Started**

**Get Organized**

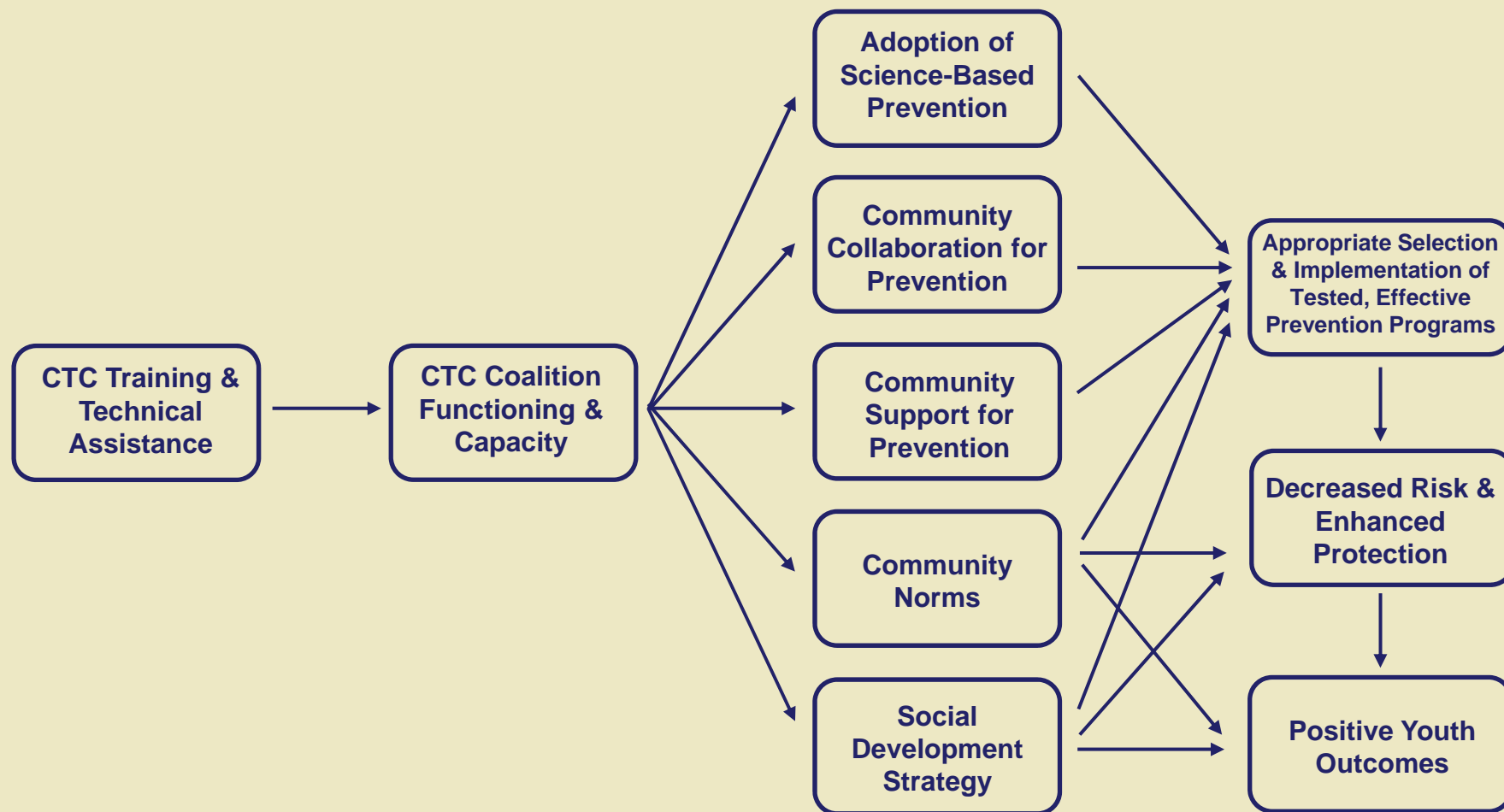
**Create a Plan**

**Develop a Profile**





# CTC Logic Model

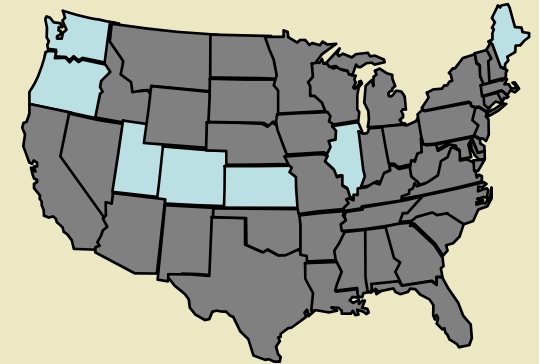




# Community Youth Development Study Design



- A community randomized trial of CTC
- 24 communities in 7 states
  - Washington, Oregon, Utah, Colorado, Kansas, Illinois, Maine
- Communities matched in pairs within state
  - Randomly assigned to CTC or control condition
  - 12 intervention and 12 control communities
- CYDS communities are small, incorporated towns with clear community names and boundaries
  - Population size 1,500 to 41,000 (average ~15,000)



Hawkins et al. (2008), Brown et al. (2009)

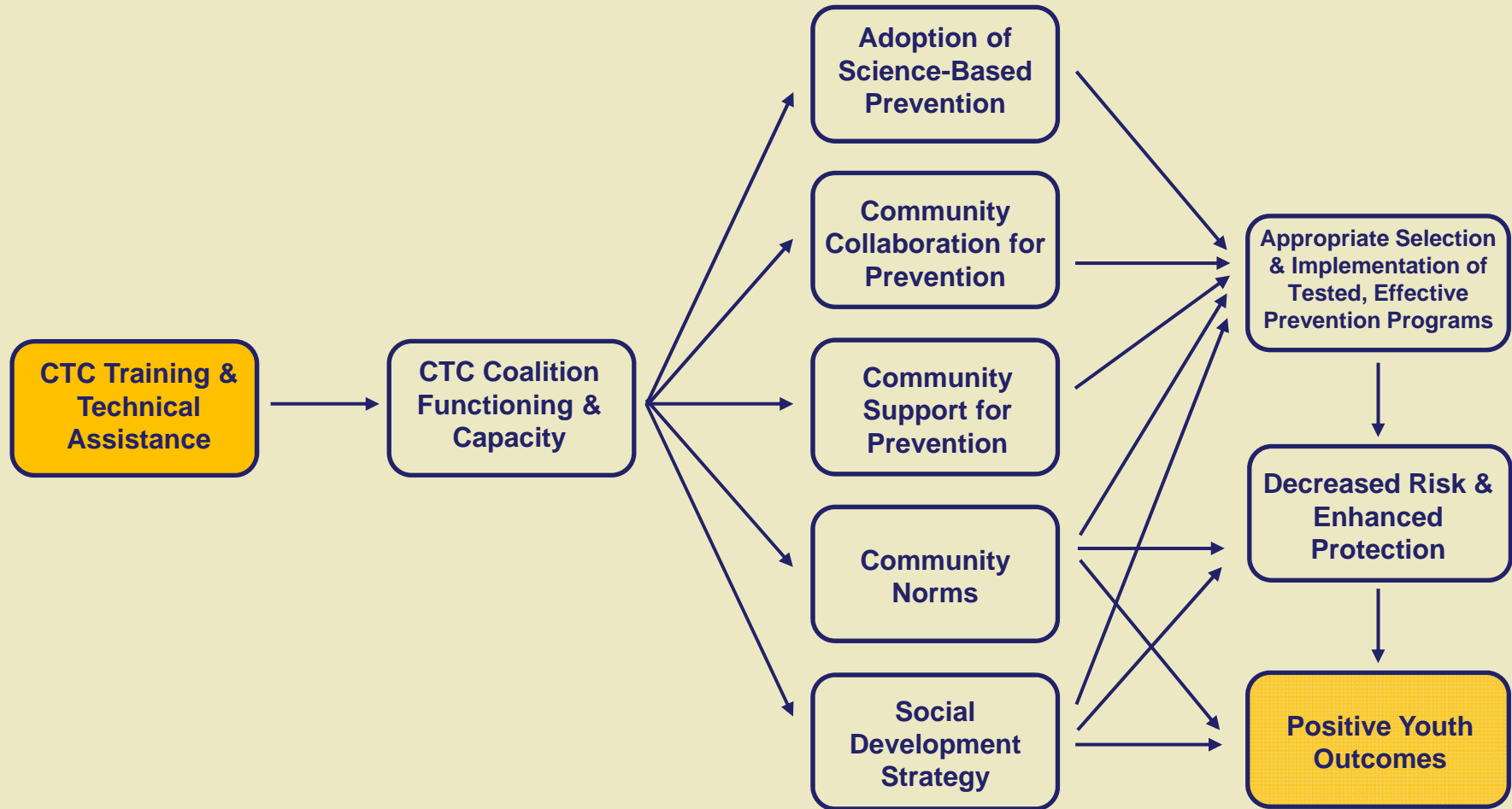


# CTC Towns: Coalition of Stakeholders

- Received 6 CTC Trainings
- Collected Data on Local Levels of Risk and Protection
- Prioritized Risk and Protective Factors to Address
- Implemented tested prevention policies and programs from CTC menu



# CTC Logic Model





# Youth Development Survey (YDS)

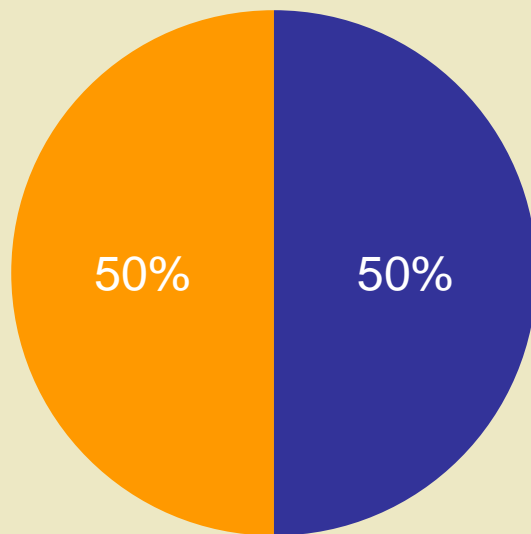
- Annual survey of panel recruited from the Class of 2011.
- Participants recruited in grade 5 (2004) and grade 6 (2005).
- Active, written parental consent
  - Consent rate: 76.1% in CTC and 76.7% in control communities
- Final longitudinal sample:  $N=4407$
- Self-administered questionnaire
  - Grades 5-10: Paper and pencil
  - Grade 12: 74% paper and pencil; 26% online completion



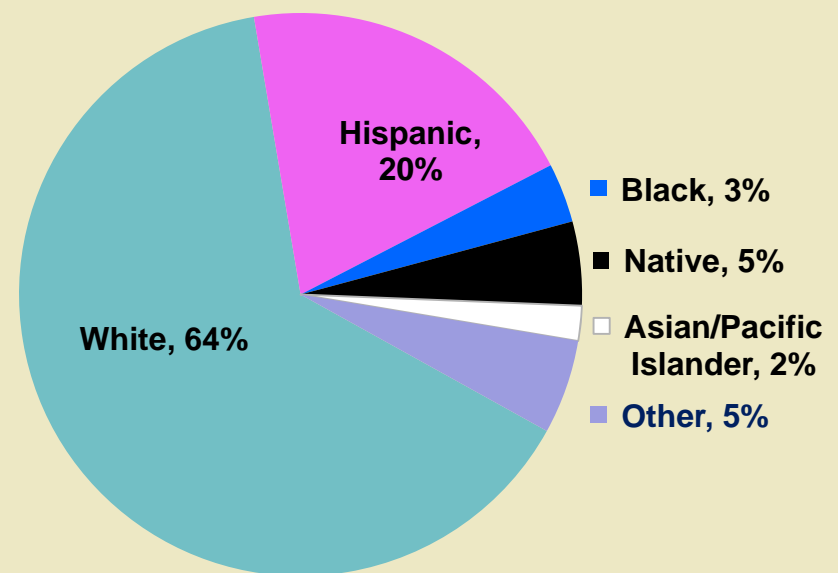
# YDS Sample Composition

## Sex

■ Male ■ Female



## Race/Ethnicity

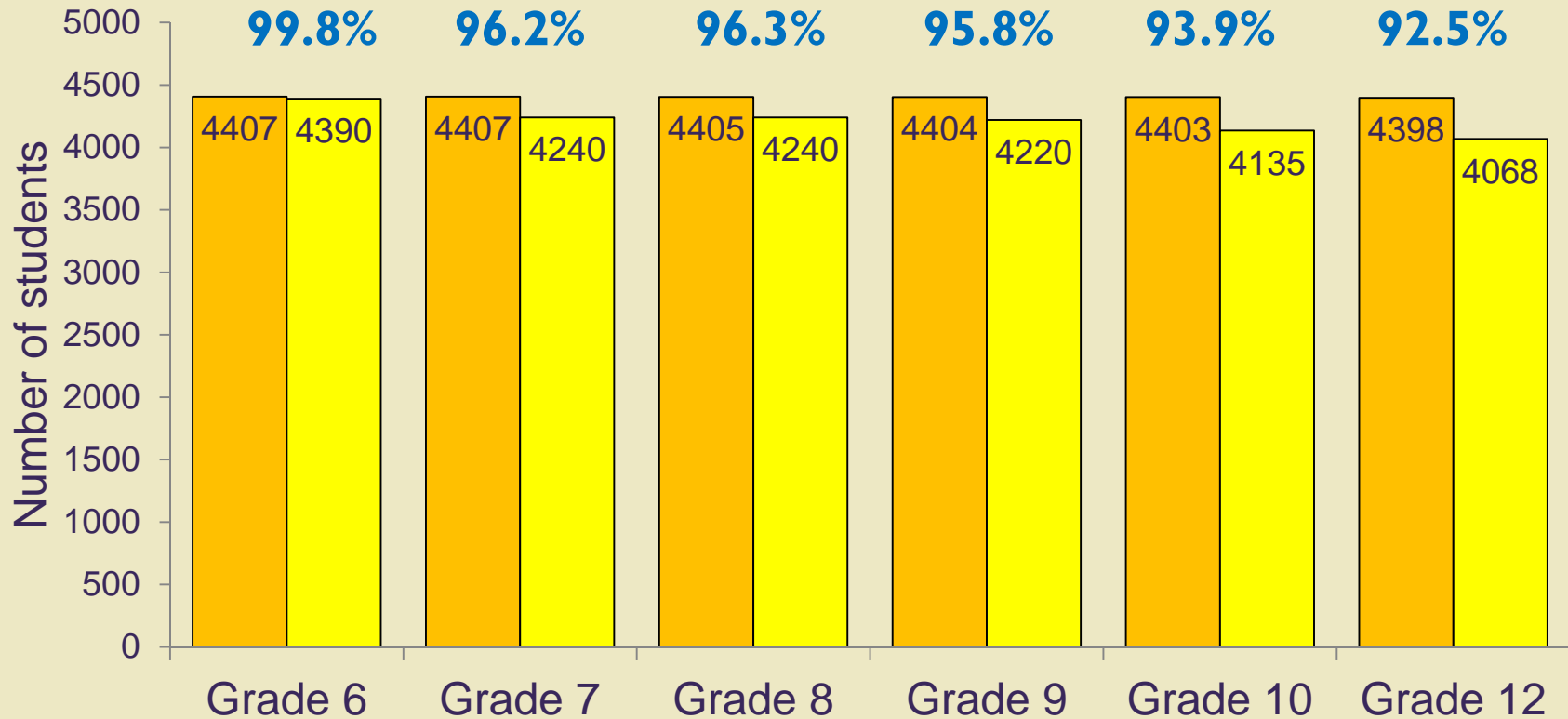




# YDS Response Rates\*

\* Of the active still-living sample

■ Eligible ■ Surveyed

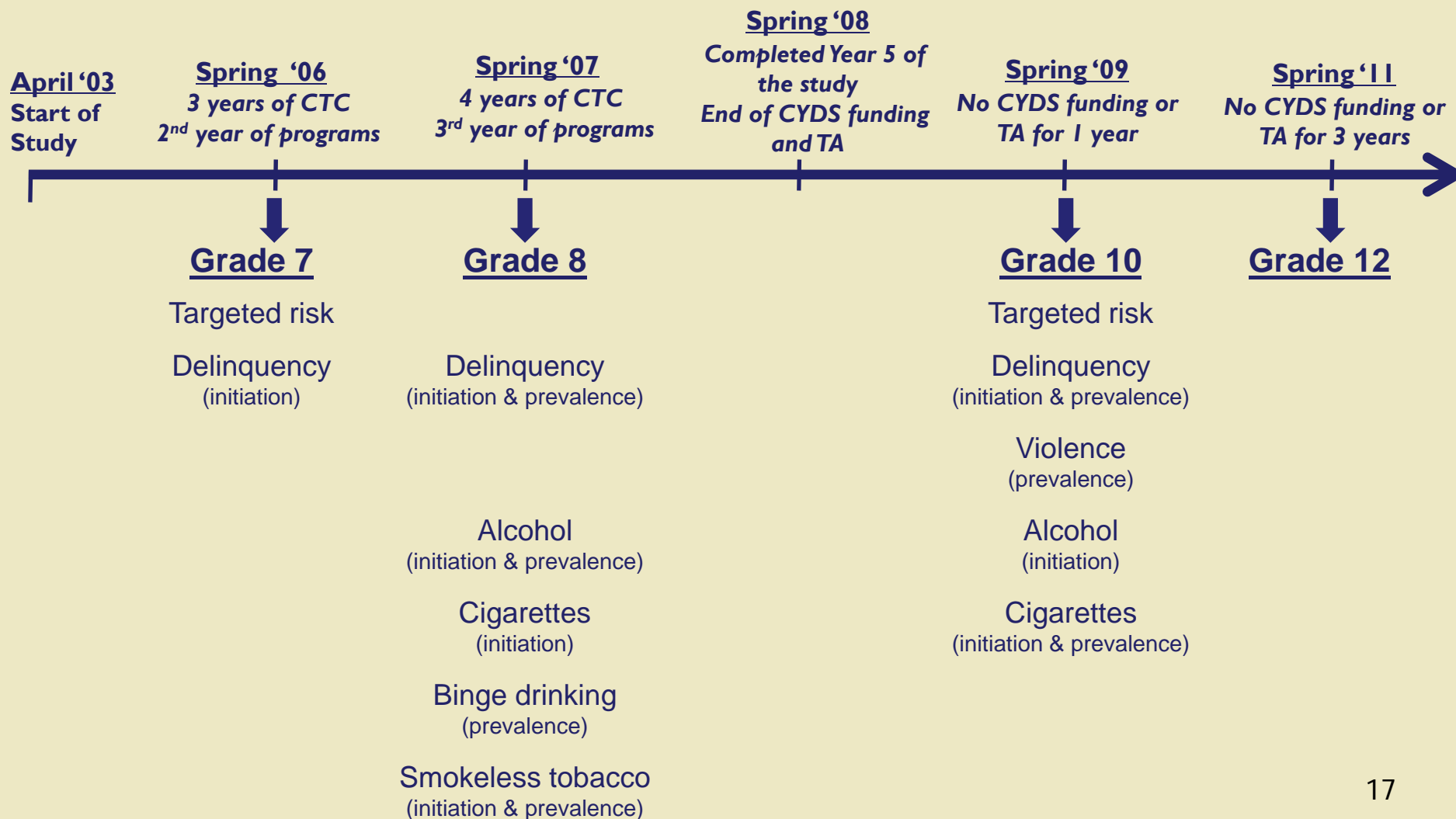


Response rates do not differ by condition.





# CYDS Timeline: Youth Outcomes





## Effects of CTC on Initiation of Behavior Problems-Grade 8

In the panel, by grade 8 youth in CTC communities were

→ 33% less likely to start Smoking Cigarettes

→ 32% less likely to start Drinking

→ 25% less likely to start engaging in Delinquent Behavior

...than those from control communities.



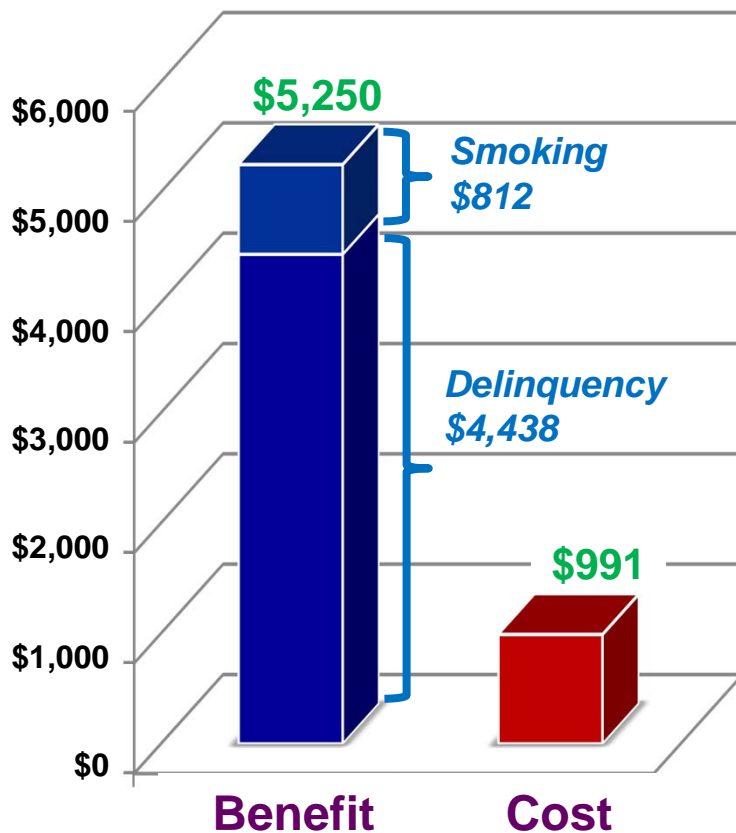
## Effects of CTC on *Current* Behavior in Grade 8

- Eighth graders in the panel in CTC communities
  - 23% less likely to drink alcohol currently
  - 37% less likely to “binge” drink (5 or more drinks in a row).
  - Committed 31% fewer different delinquent acts in past year...than those from control communities.



# Benefits of CTC Compared to Costs –Grade 8 Results

## Benefits & Costs Per Youth



## Benefit - Cost Analysis Per Youth

	<i>Participant</i>	<i>Taxpayer</i>	<i>Other</i>	<b>TOTAL</b>
Smoking	\$671	\$140	--	<b>\$812</b>
Delinquency	--	\$2,033	\$2,405	<b>\$4,438</b>
<b>Total Benefits</b>	<b>\$671</b>	<b>\$2,173</b>	<b>\$2,405</b>	<b>\$5,250</b>
<b>Costs</b>				<b>(\$991)</b>
<b>Net Present Benefit</b>				<b>\$4,259</b>
<b>Benefit-Cost Ratio</b>				<b>\$5.30</b>

CTC returns **\$5.30** for every \$1.00 invested.



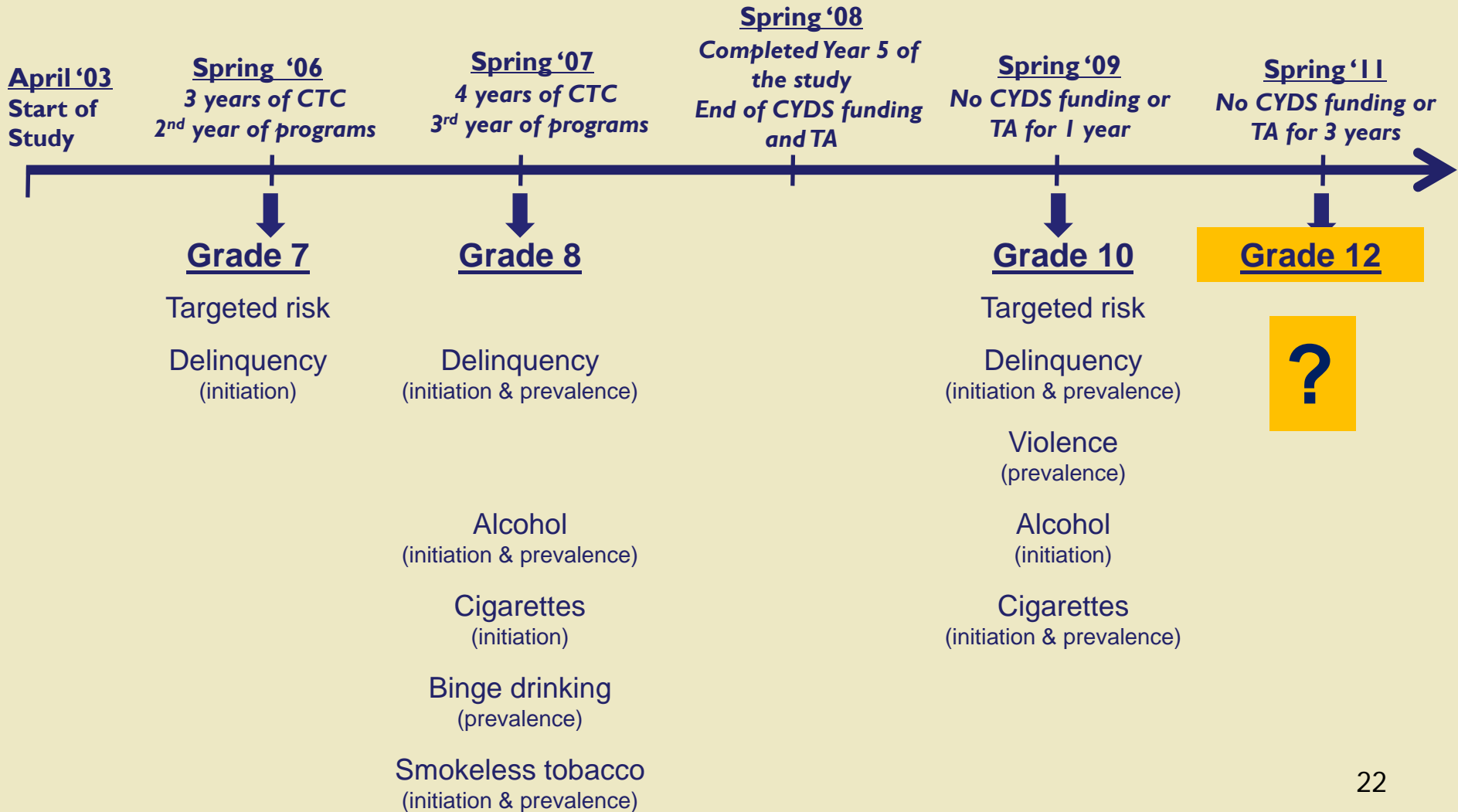
## Sustained Effects after Six Years of CTC (Grade 10)

- In the panel, compared to controls, 10<sup>th</sup> graders from CTC communities had
  - Lower levels of targeted risk factors.
  - Less initiation of delinquent behavior, alcohol use, and cigarette use.
  - Lower prevalence of past-month cigarette use.
  - Lower prevalence of past-year delinquency
  - Lower prevalence of past-year violence.

(Hawkins et al., 2012, Archives of Pediatrics and Adolescent Medicine)



# CYDS Timeline: Youth Outcomes





# Research Question



- Does CTC continue to reduce adolescent substance use, delinquency, and violence?

	Phase I					Phase II				
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10
2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013
YDS	Grade 5	Grade 6	Grade 7	Grade 8	Grade 9	Grade 10	-	Grade 12	Age 19	-
Randomization & Training	Implementation (supported)					Sustainability (unsupported)				



# Analysis

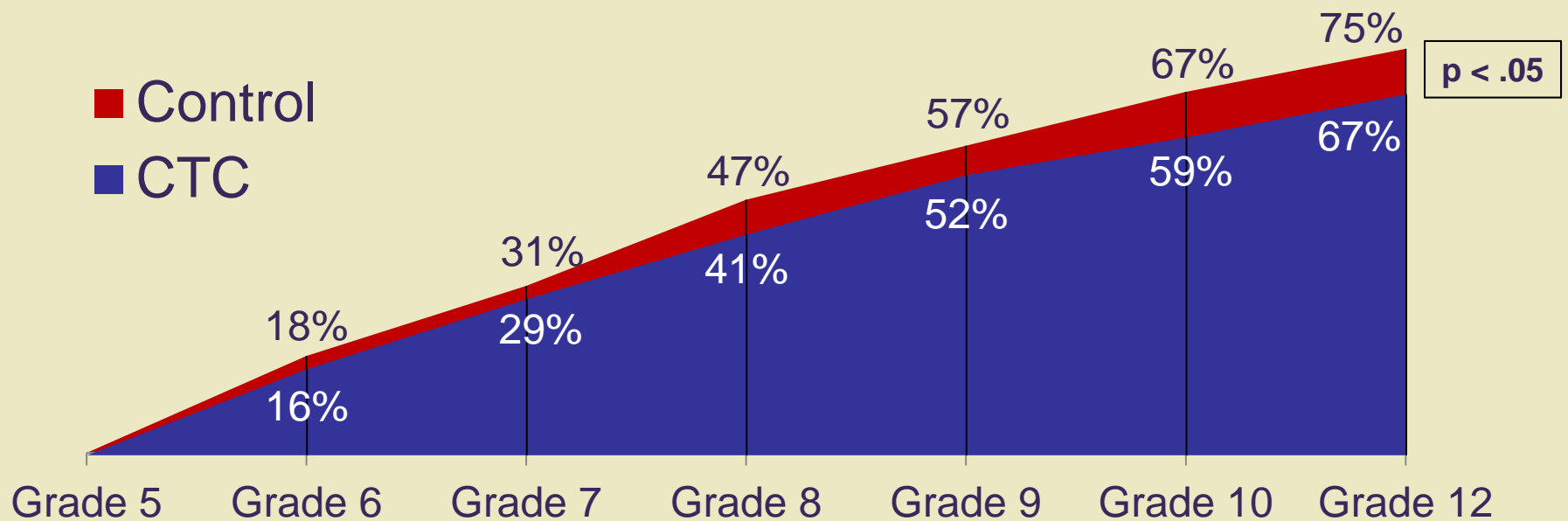
- Multi-level models to account for nested data:
  - 4407 Students
  - 24 Communities
  - 12 Matched Pairs
- Adjustment for student and community characteristics
  - Students: Age, race, ethnicity, parental education, religious attendance, rebelliousness.
  - Community: Student population, % of students receiving free/reduced price school lunch.
- Missing data approach:
  - 40 imputed data sets
  - Results averaged using Rubin's rules





# Cumulative initiation of ALCOHOL use

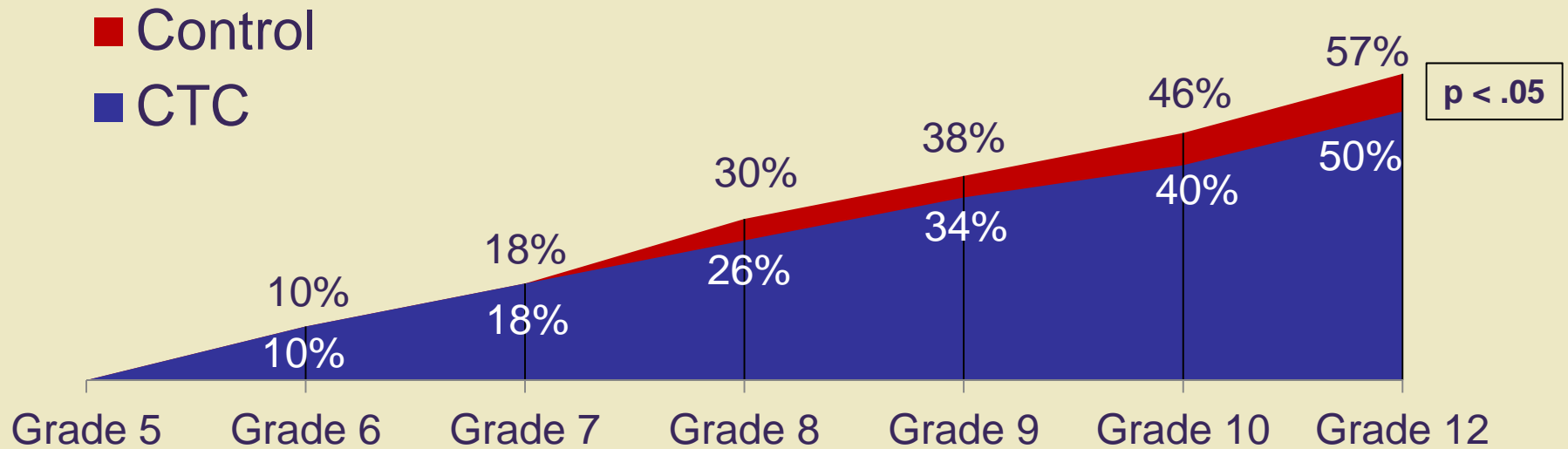
N = 3459 non-initiators at baseline (78.5% of total sample).





# Cumulative initiation of CIGARETTE use

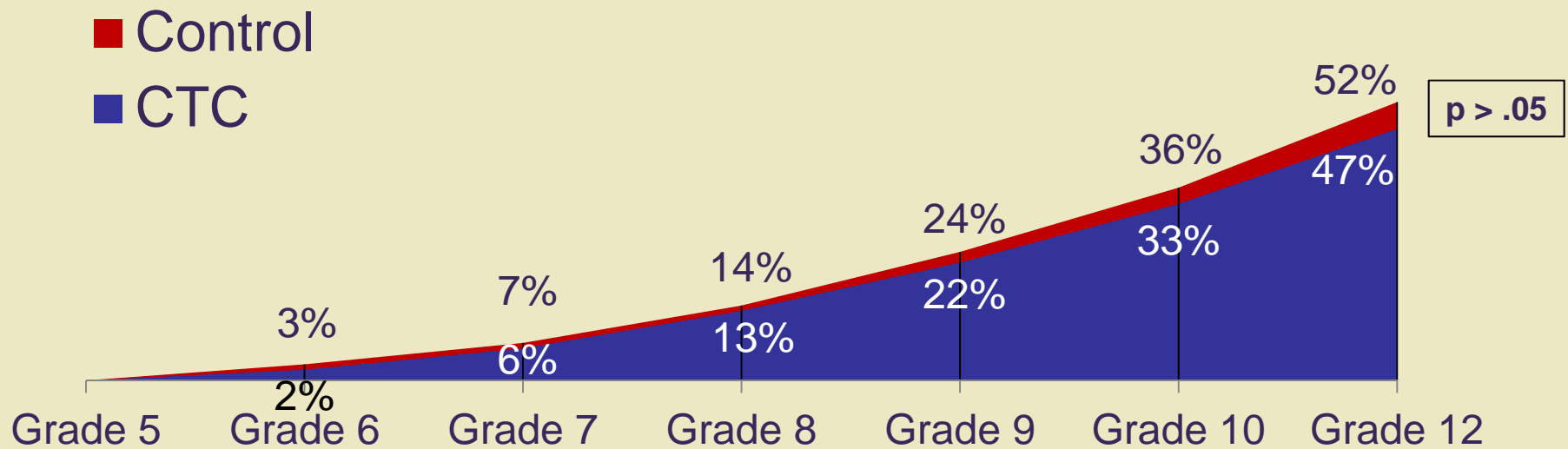
N = 4050 non-initiators at baseline (91.9% of total sample).





# Cumulative initiation of MARIJUANA use

N = 4394 non-initiators at baseline (99.7% of total sample).





## Initiation of other drug use

- No significant differences by condition in initiation of:
  - Binge drinking
  - Smokeless tobacco use
  - Inhalant use
  - Nonmedical use of prescription drugs
  - Other illicit drug use (including ecstasy, cocaine, psychedelics, and stimulants)



# Delinquency and Violence

**How many times in the past year (12 months) have you ...?**

1. stolen something worth more than \$5?
2. purposely damaged or destroyed property that did not belong to you (not counting family property)?
3. taken something from a store without paying for it?
4. been arrested?
5. attacked someone with the idea of seriously hurting them?
6. beat up someone so badly that they probably needed to see a doctor or a nurse?
7. carried a handgun?



# Delinquency and Violence

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3. taken something from a store without paying for it?
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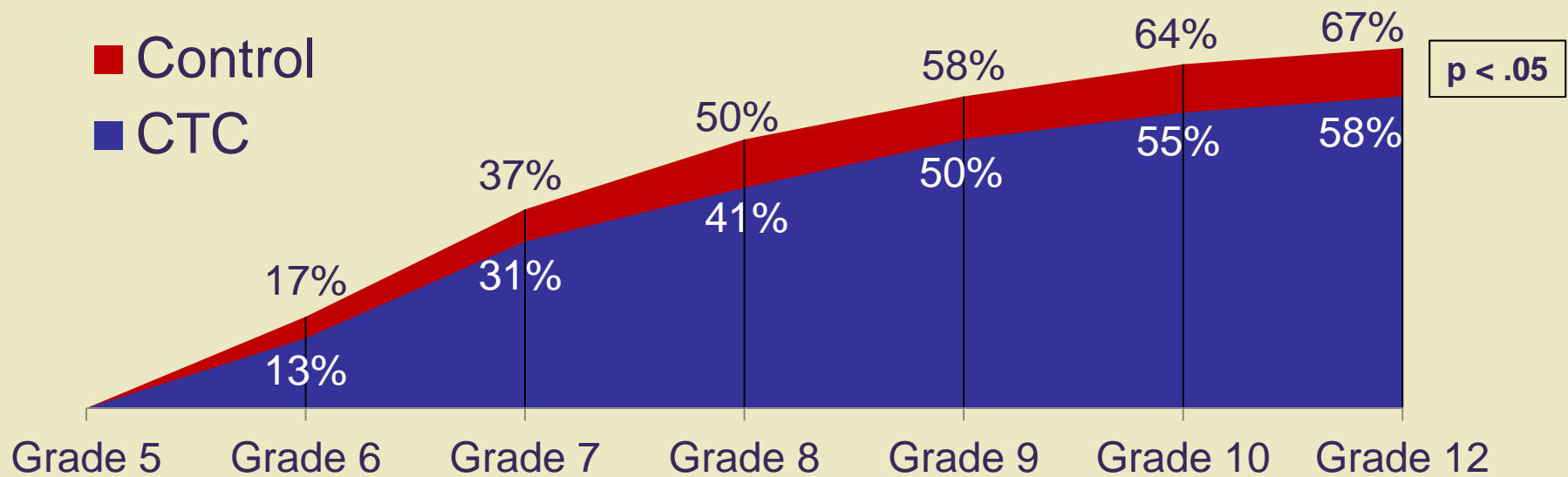
## Violence

5. attacked someone with the idea of seriously hurting them?
6. beat up someone so badly that they probably needed to see a doctor or a nurse?
7. carried a handgun?



# Cumulative initiation of DELINQUENCY

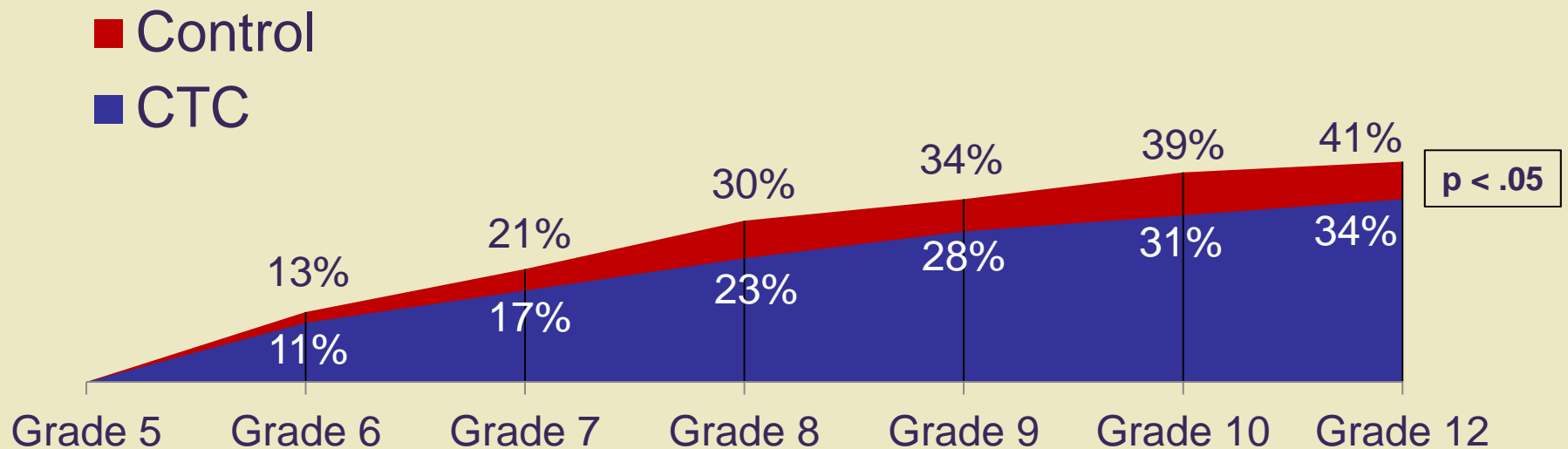
N = 3464 non-initiators at baseline (78.6% of total sample).





# Cumulative initiation of VIOLENCE

N = 4006 non-initiators at baseline (90.9% of total sample).







## Past-Year Prevalence in Grade 12

- No significant differences by condition in past-year prevalence of:
  - Alcohol use
  - Cigarette smoking
  - Marijuana use
  - Delinquency
  - Violence



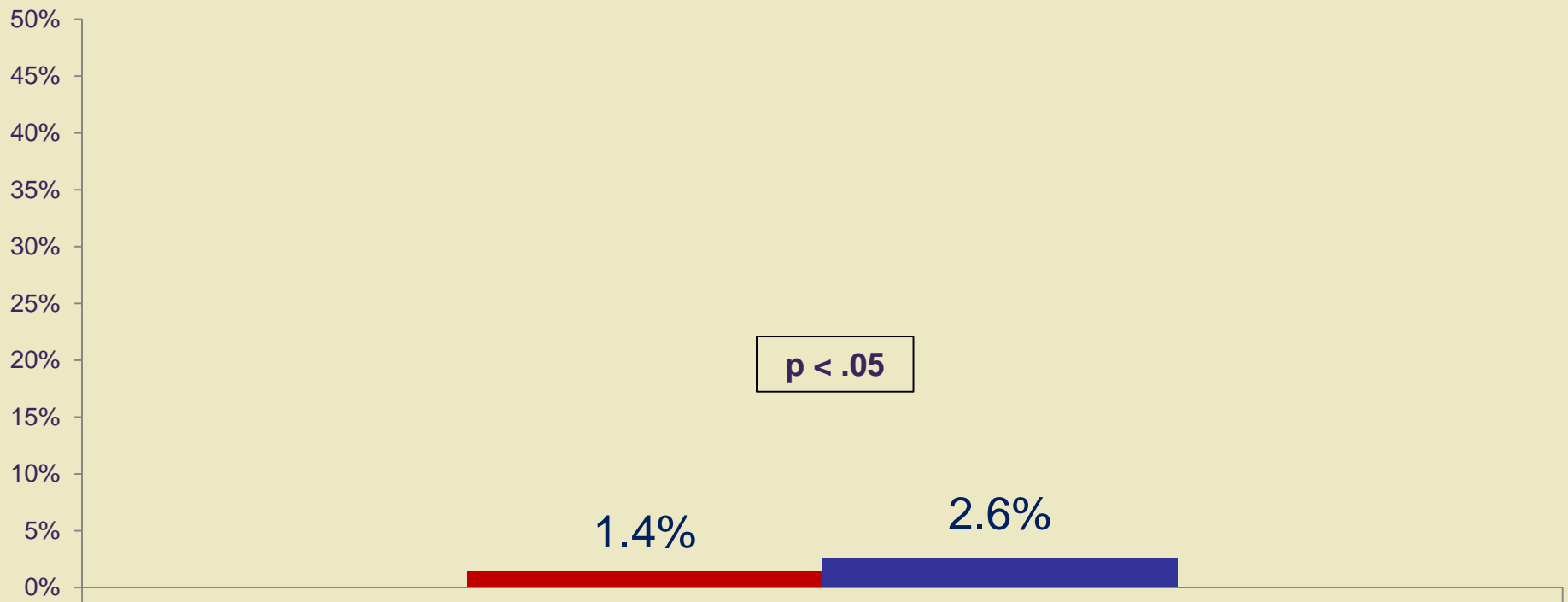
## Past-Month Prevalence in Grade 12

- No significant differences by condition in past-month use of:
  - Alcohol
  - Binge drinking (past 2 weeks)
  - Cigarettes
  - Marijuana
  - Smokeless tobacco
  - Inhalants
  - Prescription drugs
  - Other illicit drugs (including cocaine, psychedelics, and stimulants)



# Prevalence of Past-Month ECSTACY Use

■ Control ■ CTC



## Ecstasy (Grade 12)

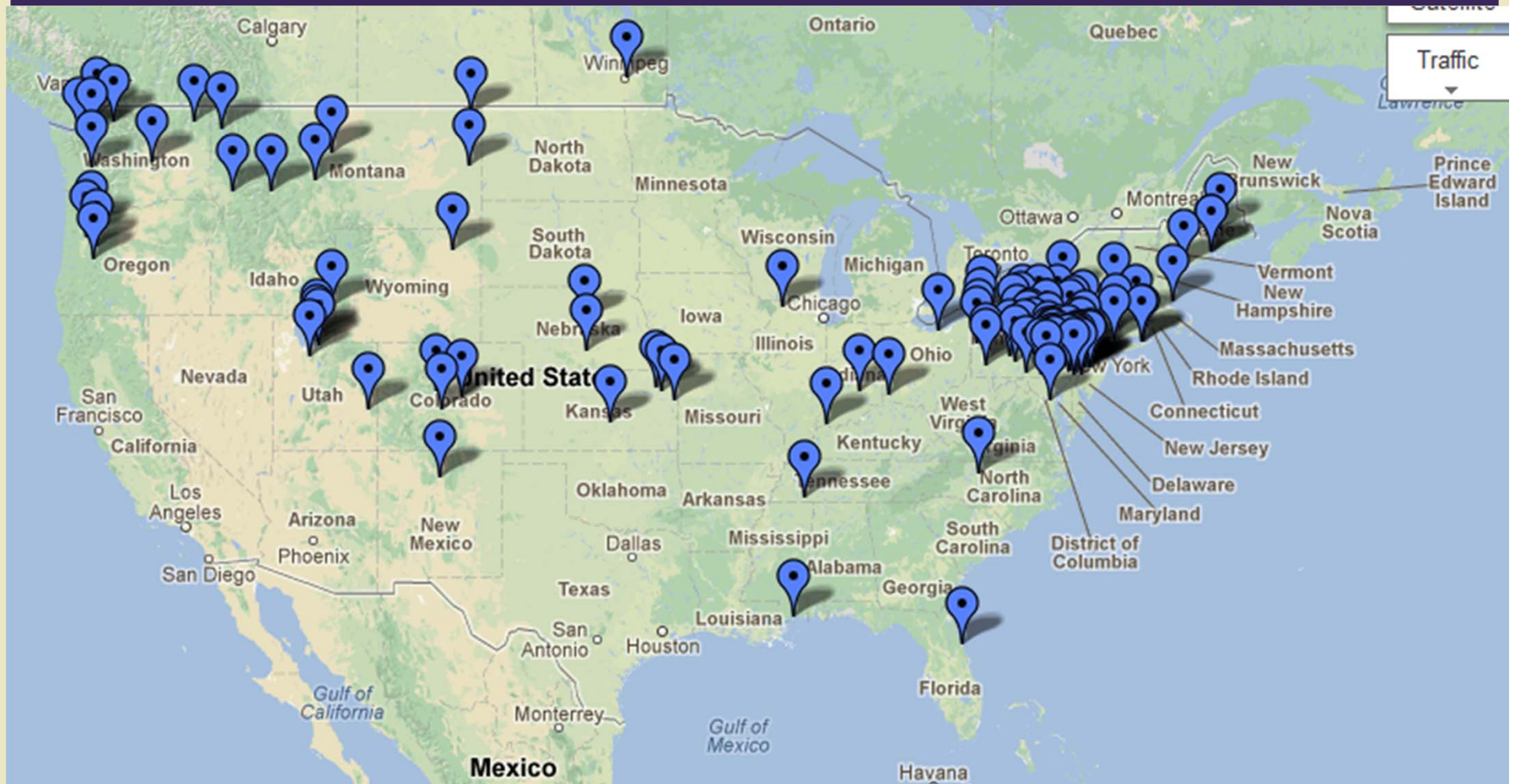


# Conclusions

- 8 years after CTC implementation and 3 years after study-provided resources ended:
  - CTC continued to prevent the initiation of alcohol use, smoking, delinquency, and violence through 12<sup>th</sup> grade.
  - CTC did not produce sustained reductions in levels of risk or current prevalence of substance use, delinquency, or violence.



# Communities across the US are using CTC





# THANK YOU!

All materials needed to implement Communities That Care have been placed in the public domain and are available for downloading at:

<http://www.communitiesthatcare.net>

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