

Prevention with CTC

What is prevention?

The act of stopping something from happening or of stopping someone from doing something, especially bad things.

Basics

Growing up there can be circumstances (risk factors) which increase the likelihood of problem behaviours, e.g. violence or drug abuse. Protective factors like recognition for achievement or strong social bonds lessen the risk of these youth problems. The strategy of reducing risk factors and strengthening protective factors has been scientifically tested and proven effective.

What is CTC?

CTC is an evidence-based system, which connects stakeholders in a certain area or school to address local problems. CTC empowers communities to use the advances of prevention science to achieve better behavioural outcomes for young people. With the results of a school survey, they are able to create a plan for adequate prevention work.

Why use CTC in Braunschweig?

The city of Braunschweig conducted the CTC school survey twice already. The results are used to develop fitting prevention programs for certain districts and schools.

Advantages are:

- ✓ All young people are being heard
- ✓ Scientifically proven methods
- ✓ Connecting local stakeholders
- ✓ Overview of existing prevention programs
- ✓ Revealing gaps and overlaps in existing programs
- ✓ Resources are spent where they are needed
- ✓ Changes are easily identified through recurrent surveys
- ✓ Prevention work saves money



How is CTC implemented?

Communities That Care is an ongoing process with following steps:

Right now, the CTC process is tested in the local district of Braunschweig – Lamme.

Step 1:	Introduce CTC to your community.
Step 2:	Organize a steering committee and community board, conduct school survey
Step 3:	Assess community risks and strengths using data.
Step 4:	Create a community action plan for prevention work.
Step 5:	Implement and evaluate programs and policies, monitor the effectiveness of those and measure results.

contact

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