

Implementing CTC involves steering a coalition through the 5 Phases of CTC, guided by the Milestones and Benchmarks

Phase 1: Get Started

Communities get ready to introduce CTC.

- Identify a lead agency and hire a community coordinator/facilitator (full time recommended).
- Using the online tools (see [Tools for Community Leaders](#) for specifics on Phase 1) and with coaching from a CTC specialist, you can create a small group to explore the advantages of CTC for your community and explore key leader interest. Key community leaders will attend an orientation provided by a CTC specialist in your community. Once key leaders have decided to use the Communities That Care system, your community will start the work of implementing CTC.

Phase 2: Get Organized

Communities form a board or work within an existing coalition. After recruiting community board members, they:

- Learn about prevention science.
- Write a vision statement.
- Organize workgroups.
- Develop a timeline for installing CTC.

Phase 3: Develop a Community Profile

Communities assess community risks and strengths—and identify existing resources. The community board and workgroups:

- Review data from the community's youth survey.
- Identify priority risk and protective factors that predict targeted health and behavior problems.
- Assess community resources that address these factors.
- Identify gaps to be filled in existing resources.

Phase 4: Create a Community Action Plan

The community board creates a plan for prevention work in their community, to:

- Reduce widespread risks and strengthen protection.
- Define clear, measurable outcomes using assessment data.
- Select and expand tested and effective policies and programs using the [Blueprints for Healthy Youth Development](#) website.

Phase 5: Implement & Evaluate

In this final phase, communities:

- Implement selected programs and policies.
- Monitor and evaluate them.
- Measure results and track progress to ensure improvements are achieved.

Expectations and local costs to Implement CTC

To successfully prevent behavioral health problems community wide using CTC, your community will need to plan and budget for three key elements beyond the CTC Implementation Support System:

- CTC is guided by a local community coordinator/facilitator hired by the community. Plan for a minimum 50% position, preferably full-time.
- CTC is guided by data from the CTC Youth Survey. If your locally available student survey data do not measure enough of the risk and protective factor constructs that are part of the CTC system, we recommend contacting [Bach-Harrison](#) for your survey needs. Current costs for paper forms are \$2.25 per ordered survey for orders of less than 1,000 surveys and \$2.00 per ordered survey for orders of 1,000+ surveys. That covers all costs from printing/shipping to final reporting. The cost for online surveys is \$2.25 per completed form.
- CTC will lead your community to implement tested and effective prevention policies and programs. Plan for the cost of implementing these programs starting in Year 2. For examples of programs and associated costs, visit the [Blueprints for Healthy Youth Development](#) website.

Building capacity to implement Communities That Care with quality includes the deliverables involved in working with the Center for CTC (see below).

It also includes the active participation and engagement of the project staff. Specifically, CTC staff and community facilitator/coordinators. Community CTC sponsoring organizations and staff will be expected to:

1. Attend and fully engage in all trainings provided to the project (as appropriate to their role).
2. Actively participate in on-going coaching, including up to 3 coaching calls per month.
3. Ensure adequate staffing for each CTC community. The Center for CTC strongly recommends one paid, full-time facilitator/coordinator for each CTC community.
4. Ensure access to community-level data on youth health and behavioral problems and the risk and protective factors that are known to predict those problems.
5. Enable funding for effective prevention program/policy implementation in Phase 5.
6. Support and reinforce communities' high quality delivery of the effective prevention programs/policies they select as part of their community action plans.
7. Enable support from key leaders to ensure the success of CTC at the community level.

These are the community-level supports that were in place in the communities in the randomized controlled trial of CTC that has shown such strong results in preventing adolescent problem behaviors. It is through the trainings and the practical application of regular coaching calls, and the availability at the community level of the supports listed above, that communities are able to successfully implement the CTC system.

The CTC Plus implementation support system deliverables from the Center for Communities That Care include the following:

Year 1

- Strategic consultation to get started.
- Key leader orientation in your community.
- Three-day training for the local coordinator/facilitator who will lead CTC web-assisted workshops in your community
- Proactive coaching and assistance (Zoom, phone or e-mail) to help the facilitator/coordinator guide the community through the milestones and benchmarks of each of the five phases of CTC – up to three contacts per month.
- Technical support to run CTC web-assisted workshops in your community.
- Access to milestones and benchmarks tools to monitor progress and fidelity to the CTC implementation process.
- A peer support system including monthly networking sessions with other CTC coordinators.

Year 2

- Social Development Strategy Workshop in your community.
- All Year 1 supports with the exception of the key leader orientation and facilitator training.