Cluster randomised trial of Communities That Care in Australia: Translating research into prevention practice

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Thank you for inviting an Australian to talk to a European Conference. I am as excited as …

Jessica Mauboy invited to the Eurovision song competition
Ninth EUSPR Conference and Members’ Meeting, October 24th – 26th 2018, Lisbon, Portugal

Prevention Technologies – improving the use of evidence in prevention practice
Australian experience with prevention technologies translating evidence to practice

– Evidence translation has assisted successful Australian efforts to reduce school-age alcohol and drug use problems
– Communities That Care technologies have assisted the translation efforts
– Reduced youth alcohol and drug use has introduced a new Australian horizon to focus on positive youth development
– An Australian Communities That Care trial will evaluate positive youth development benefits
Communities that Care Ltd Australia

www.communitiesthatcare.org.au

to improve community prevention service delivery and increase prosocial norms to encourage the healthy development of children and young people
Since 2002, implementation of the CTC process is improving the health and behaviour outcomes for local young people

> CTC COMMUNITIES
Creating Communities That Care

- Get Started
- Get Organised
- Develop a Profile
- Create a Plan
- Implement and Evaluate

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- Get Organised
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Evidence translation has assisted successful Australian efforts to reduce school-age alcohol and drug use problems.
Year 8 - Alcohol Use Ever %

N = 41,000 Toumbourou et al, 2018: DOI: 10.1111/dar.12645
Some argue the reduction is an international trend unrelated to prevention science efforts.
Communities That Care Youth Survey Analysis

- Which risk factor changes (interventions) predicted alcohol trend reductions?
- Lower community availability of alcohol and drugs contributed (lower underage alcohol sales)
- Less favourable parent attitudes to alcohol and drug use contributed (fewer parents supply alcohol to adolescents)
Comparisons Age 15 in 2011

<table>
<thead>
<tr>
<th></th>
<th>Australia</th>
<th>EUR</th>
<th>UK</th>
<th>US</th>
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<tbody>
<tr>
<td>Alcohol (30 days)</td>
<td>34%</td>
<td>57%</td>
<td>65%</td>
<td>27%</td>
</tr>
<tr>
<td>Cigarettes (30 days)</td>
<td>10%</td>
<td>28%</td>
<td>23%</td>
<td>12%</td>
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<tr>
<td>Illicit drugs (life)</td>
<td>16%</td>
<td>18%</td>
<td>27%</td>
<td>38%</td>
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http://dx.doi.org/10.1111/dar.12645
Communities That Care technologies that assisted the translation efforts

– Communities That Care youth survey: accurate estimates of behaviour and modifiable risk and protective factors
– The Communities That Care menu of evidence-based prevention strategies
– Training of community coalitions that advocate for prevention science
Working with the Prevention Science Network within the Australian Research Alliance for Children and Young People, we developed an online list of effective prevention programs coded by Communities That Care risk and protective factors.
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
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<thead>
<tr>
<th>Risk Factors</th>
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<tbody>
<tr>
<td>Child factors</td>
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<tr>
<td>- Preterm / low birth weight / birth injury</td>
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<tr>
<td>- Disability / delayed development</td>
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<tr>
<td>- Chronic illness</td>
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<tr>
<td>- Behaviour problems</td>
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<td>- Poor social skills</td>
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<tr>
<td>- Poor attachment</td>
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<td>- Anxiety / depression</td>
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<tr>
<td>- Poor early school achievement</td>
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<td>- Low commitment to school</td>
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<tr>
<td>- School failure (low academic achievement)</td>
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<tr>
<td>- Rebelliousness</td>
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<tr>
<td>- Interaction with antisocial peers</td>
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<tr>
<td>- Use of drugs by friends</td>
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<tr>
<td>Parents and their parenting style</td>
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<tr>
<td>- Sole parent</td>
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<tr>
<td>- Young maternal age</td>
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<tr>
<td>- Social isolation</td>
</tr>
<tr>
<td>- Drug and alcohol abuse (including in pregnancy)</td>
</tr>
<tr>
<td>- Parental attitudes favourable to substance use</td>
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<tr>
<td>- Harsh or inconsistent discipline</td>
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<tr>
<td>- Lack of stimulation of child</td>
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<tr>
<td>- Lack of warmth and affection</td>
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<tr>
<td>- Rejection of child</td>
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<tr>
<td>- Abuse or neglect</td>
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<tr>
<td>- Favourable attitudes toward antisocial behaviour</td>
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<tr>
<td>- Rewards for antisocial involvement</td>
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<tr>
<td>- Low commitment to school</td>
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</tbody>
</table>

11 programs matched your query

SHOW PROGRAMS
Communities That Care Prevention Science Menu

• Encouraged trials of effective programs that were not previously being implemented in Australia
• Strengthening Families
• Good Behaviour Game
Communities That Care training of prevention science coalitions
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.
YOUNG PEOPLE LEARNING ABOUT PREVENTION SCIENCE
There are now two examples where Communities That Care coalitions have successfully advocated for changes to alcohol supply laws.

It is no longer legal
- to provide alcohol to another parent’s child (2011)
- for a minor to drink alcohol in a restaurant (2018)
We recently evaluated the effects in the first four Australian communities using data from Toumbourou et al, 2018: 
http://dx.doi.org/10.1111/dar.12645
N ~ 41,000
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.
Similar significant trends were found for
- tobacco
- cannabis
- antisocial behaviour
- risk factor average
- protective factor average
National Trial of Communities That Care
National Trial of Communities That Care Australia
Year 1: Outcomes

14 Communities That Care municipalities compared to 14 controls
– Lower rates of adult sale and supply of underage alcohol
– 10% greater reduction in youth alcohol use (ns: Had hypothesised 15% reduction)
– Significantly higher intentions not to use alcohol until legal drinking age
Reduced youth alcohol and drug use introduces a new Australian horizon to focus on positive youth development
Three Young Adult Groups (age 21 in 2010)

Based on Latent Profile Analysis across multiple indicators in a state representative sample in Victoria, Australia

- **11% Maladjusted** (multiple problems)
- **25% Adjusted (Flourishing)** (high trust, civic engagement, optimal health behaviour and mental health)
- **64% Normative** (low trust and civic engagement, less than optimal health behaviour and mental health)
www.youtube.com/watch?v=5G0ndS3uRdo
how can we encourage youth to flourish while improving human development in a coordinated effort across low, middle and high income nations?

http://dx.doi.org/10.1037/gpr0000081
Figure 1. Beneficial action theory.
THE VISION

a youth movement to support prevention science
The Australian Youth Climate Coalition

www.aycc.org.au/

We're building a generation-wide movement to solve the climate crisis.

Join a movement of more than 110,000 young people.

Become an AYCC Regular Donor!

Volunteer
For your local group

Sign-up
Get involved today!
Oaktree

http://www.oaktree.org

Oaktree is young people leading a movement to end poverty. You can get involved right now:

- Help us take our impact further
- Lead the charge in the fight to end extreme poverty
- Join the movement
United Nations Youth Australia

https://unyouth.org.au/
We developed a way of assessing positive development in young adults

Good fit to data
Youth with positive development go on to have better adult development (less health and mental health burden) and contribute more social capital.

- Positive development is associated with better outcomes
  - Emotional health
  - Physical health
  - Friendship quality
  - Positive development
  - Reduced anti-social behaviour

Hawkins, M.T., Villagonzalo et al 2012
CALL TO ACTION

An international trial of Communities That Care sites to test a menu designed to involve youth in prevention science
Timelines and Tasks

- Identify interested Communities That Care coalitions
- Systematic literature review of programs that involve youth in prevention science (e.g., mentoring, cross-age tutoring, Good Behaviour Game, volunteering for prevention services) (2019)
- Cross-nationally coordinated funding proposal (2020)
- Launch trial (2021)