

ABSTRACT SUBMISSION AIC 2016: #56

1. Title:

Implementing effective population prevention programs for a whole rural community

2. Author(s):

Dr Bosco Rowland, Lisa Neville

3. Key words:

Repeated cross-sectional, adolescents (aged 12 – 18), alcohol use, prevention

4. Abstract text:

a. Background and aims

Scaling up tested and effective programs to be delivered to whole communities is complex. Often communities have limited resources or systems to ensure programs are delivered as designed. Programs not delivered with fidelity are likely to compromise outcomes, and in some cases have contra-indicated effects. This presentation will outline how tested and effective programs were selected and implemented in the local rural community of Myrtleford, Victoria using the evidence based Communities that Care (CTC) framework.

Implementation challenges faced by small communities will be highlighted.

b. Methods

With a population of over 3000, Myrtleford used local data to select and implement a range of tested and effective programs targeting alcohol use and school engagement. Repeated cross-sectional surveys were undertaken with students in years 5, 7 and 9 in 2009 and following implementation in 2015.

Programs were delivered through schools, and community agencies.

Implementation plans were developed for each program and monitored to ensure adherence to program design, dosage of program, quality of delivery and participant involvement.

c. Results

Overall, programs were delivered as intended and monitored to ensure implementation fidelity. Implementation of tested and effective programs using the CTC prevention framework produced significant reductions in alcohol use, solvent use, marijuana use, and rates of school suspension.

d. Conclusion

Communities that Care offers a practical and workable prevention science framework for communities to implement tested and effective prevention programs. It helps communities to identify relevant programs, but also monitor faithful implementation.