



Bennett Parks and Recreation District
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Primary substance abuse prevention is intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use. Prevention efforts may focus on the individual or their surroundings.

Bennett Park and Recreation District (BPRD) in partnership with Tri-County Health Department (TCHD) has received a grant from the Colorado Department of Public Health and Environment marijuana tax funds to support implementation of proven youth substance abuse prevention strategies that will support healthy, positive youth development.

The funding supports a process called Communities that Care (CTC). CTC is an evidence-based approach that walks communities through the process of forming coalitions, identifying prevention priorities, choosing effective programs, policies and strategies to address those concerns and mobilizing the community to implement the selected strategies. Communities engage youth to help make decisions about which strategies to use, including, but not limited to, implementing parent engagement strategies, effective health education curricula that reduce substance use, and changing community attitudes about substance use among both youth and adults.

The Communities that Care model uses a five-step planning process to guide the community in the selection, implementation, and evaluation of effective, culturally appropriate, and sustainable prevention strategies.

- Phase 1: Get Started
- Phase 2: Get Organized
- Phase 3: Develop a Community Profile
- Phase 4: Create a Community Action Plan
- Phase 5: Implement and Evaluate

Communities that Care promotes well-being through the Social Development Strategy. When you have the standards and beliefs in place to promote healthy development, young people are more likely to follow those standards.

To learn more about the Communities that Care process please visit: [http://
www.communitiesthatcare.net/](http://www.communitiesthatcare.net/)

For more information about how you can become involved in the process, please contact me.

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