

**Time frame**

Not specified

Stakeholders

Political executive
 Formal education
 Extra-curricular education
 Child protection
 Prevention and health promotion

**Institutional framework****Structure-related quality criteria**

Strategic orientation
 Designing the provisions/
 living spaces
 Collaboration
 Coordination
 Efficacy review

The starting point

Köniz wanted to gain a scientific analysis of the living conditions of all young people living in Köniz using a survey. It was to help develop evidence-based, effective programmes and measures for reducing very pronounced risk factors and for promoting less pronounced protective factors. Community development process Communities That Care, CTC, was chosen as the tool for doing this. This process supports communities in evidence-based planning of health promotion and prevention activities, as well as networking all key people, and should be seen as a long-term prevention strategy. A survey of all upper school pupils is used to ascertain the existing risk and protection factors in the fields of family, school, young people/peers and living environment. Where a child or young person is exposed to more risk factors and fewer protective factors, the risk is greater that youth problem behaviours will develop, such as delinquency, violence, addiction and low educational achievement, or mental illnesses such as depression or anxiety. The results of the science-based CTC youth survey and other statistics form the basis for creating a local profile of Köniz. This prioritises a selection of risk and protective factors, identifies gaps in provisions and allows Köniz to adopt the appropriate measures.

Aims

The aim is to reduce the existing risk factors and reinforce the protective factors to which Köniz children and young people are exposed. This is done using the planning and implementation of evidence-based health promotion and prevention activities, as well as networking all key people. The overall aim is a preventative long-term strategy to improve children's and young people's living conditions.

Target group

- Children and young people
- Political decision-makers. In Köniz: Education and Social Affairs Director
- Key people from local administration, schools, health promotion and prevention agencies or addiction agencies, youth work, police, church, associations, etc. In Köniz: prevention agency, children and youth work, education department, social department and schools

Costs

Please direct enquiries about costs to: heimgartner@radix.ch

Project progression

Communities that Care is carried out in 5 project phases.

CTC phases 1 and 2 (creating organisational structures, networking of key people).

The project launched in March 2016 following approval from the Köniz local council. A CTC core group and steering group was established in August. The prevention officer acted as coordinator. The steering group comprises representatives from education, social affairs, youth work, prevention and schools. Swiss health charity RADIX provides advice and support to the groups.

CTC phase 3 (prioritisation of risk and protective factors, analysis of existing provisions, identification of gaps in provisions). Köniz developed a local profile until spring 2019: based on the results of the CTC youth survey, the steering and core groups prioritised high risk factors and weak protective factors. The analysis of the existing prevention programmes identified existing gaps in provisions related to the prioritised risk and protective factors.

CTC phases 4 and 5 (creating, implementing and evaluating a communal action plan).

The local profile was the basis for the selection of prevention programmes and measures. These were condensed as part of an action plan, formulated with measurable and verifiable aims and will be implemented from summer 2019.

Success factors

- Networking all relevant stakeholders
- The option of reviewing existing structures and creating new ones
- Availability of empirical data (youth survey) enabling targeted action

Specific success factors in Köniz:

- Administration structure: prevention, youth work and education are in the same department
- Existing, usable communication vehicles such as the school head conference
- Existing ethics charter of Köniz
- Early recognition and intervention network

Challenges

- Carrying out the CTC youth survey is costly with high number of pupils
- Provisions analysis
- Selection of usable prevention programmes
- Change of staff in the CTC steering group
- Funding new measures

Conclusion

CTC creates added value through

- improving risk and protective factors underlying youth behavioural problems and mental illnesses
- the networking taking place between community and school and various official and private agencies and organisations
- the science-based data basis of the CTC youth survey
- the inclusion of existing provisions
- the implementation of evidence-based prevention programmes

Contact details

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Information

<https://www.radix.ch/de/gesunde-gemeinden/angebote/ctc-communities-that-care/>