As the UNITY (Urban Networks to Increase Thriving Youth) folks say, “we know how to prevent violence.” It’s just a matter of being willing to work together to do it. Violence is complex. And so it requires comprehensive, collaborative solutions. The more we coordinate our efforts, the more rates of violence fall (UCLA, 2008). And the more we look for ways to address the causes and influences shared by the greatest number of outcomes, the more we naturally move upstream to get at the roots of violence and health -- the oppressions and inequities that create disparities in access to what we all need to be healthy.

What does this all look like in practice? What exactly is the role of a local SV or DV agency or a state coalition in prevention? **How far does collective impact extend beyond violence?** Today we’re going to talk specifically about different models for building collaborative prevention around shared risk and protective factors - **not just for SV and DV, but for multiple other forms of violence AND BEYOND -- to include MULTIPLE OTHER health issues and social problems.**
Learning Objectives

- Recognize how specific risk and protective factors connect violence with other public health problems, such as substance abuse, school absenteeism, teen pregnancy, diabetes, obesity, etc.
- Apply lessons learned from North Carolina and Indiana to develop their own state-specific network map tool to facilitate coordinated, state- and local-level prevention of a set of prioritized health outcomes with shared risk and protective factors.
- Begin planning how they might use the risk and protective factors database to facilitate the primary prevention of multiple forms of violence and other problems in their communities.
“Gang violence is connected to bullying is connected to school violence is connected to intimate partner violence is connected to child abuse is connected to elder abuse... It’s all connected.”

Dr. Deborah Prothrow-Stith, MD

Many forms of violence share common influences and even underlying causes, and what’s more, a number of positive influences or conditions can protect against multiple forms of violence. These shared risk and protective factors present a golden opportunity to understand why violence does or does not occur as well as to guide strategies to simultaneously prevent multiple forms of violence.
Here is where risk and protective factors come in. Risk and protective factors can help us find the answers to these two questions. Risk and protective factors can be used to identify priority audiences and conditions to address with prevention efforts and to develop relevant prevention strategies.
Risk factors
Increase the likelihood of experiencing an adverse outcome

Protective factors
Decrease the likelihood of experiencing an adverse outcome
Some risk and protective factors, what we call \textit{shared risk and protective factors}, are associated with multiple health and violence outcomes. This is the thrust of the projects we’ve undertaken in NC and Indiana.
In 2009, the North Carolina Division of Public Health, Injury and Violence Prevention Branch published a 5-year plan to reduce the burden of injury and violence across the state. The resulting Violence Prevention Goal Team, including NCCADV and partners, identified the need to define, provide data, and recommend strategies to address the following prioritized violence outcomes: Child maltreatment, Intimate partner violence, Sexual violence, Suicide, Youth violence.
The project I’m about to describe, now CDC-funded and housed in the NC Coalition Against Domestic Violence, grew out of the statewide plan for IVP. The project grants special attention to the connections between each of the five prioritized forms of violence and to prevention strategies capable of influencing more than one of these outcomes; such strategies are more likely to maximize use of available resources, foster new partnerships, and increase public health impact. The project used the following methods:
Connecting the Dots: An Overview of the Links Among Multiple Forms of Violence

8 forms of violence
---
31 shared risk & protective factors

National Center for Injury Prevention and Control, Centers for Disease Control and Prevention & Prevention Institute
## Neighborhood Risk Factors

<table>
<thead>
<tr>
<th>Neighborhood Risk Factors</th>
<th>CM</th>
<th>TDV</th>
<th>IPV</th>
<th>SV</th>
<th>YV</th>
<th>Bullying</th>
<th>Suicide</th>
<th>Elder Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neighborhood Poverty</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High Alcohol Outlet Density</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Violence</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lack of Economic Opportunities</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low Neighborhood Support/ Cohesion*</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Neighborhood support/cohesion typically measured at the individual level*

<table>
<thead>
<tr>
<th>Neighborhood Protective Factors</th>
<th>CM</th>
<th>TDV</th>
<th>IPV</th>
<th>SV</th>
<th>YV</th>
<th>Bullying</th>
<th>Suicide</th>
<th>Flder Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coordination of services among community agencies</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Access to mental health and substance abuse services</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Community support &amp; connectedness*</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

*Community support and connectedness typically measured at the individual level.

The result is Prevent Violence NC. Prevent Violence NC is an interactive tool intended to facilitate coordination of strengths-based violence prevention efforts across agencies in North Carolina and at multiple levels of the social ecological model. This tool features research and resources translated into accessible prose and an easily navigable format. Intended to help program planners understand relationships among risk and protective factors, Prevent Violence NC can assist communities in building strategies with the highest potential to address multiple forms of violence and help build key individual, family, and community strengths to promote health and equity. PVNC also literally puts violence prevention on the map by showing where violence prevention around shared risk and protection is happening across the state.

This is a decision-making tool and a partnering tool. We’re trying to help programs SELECT the best interventions that are applicable to their particular communities, CONNECT them to other prevention efforts, and EXPAND the notion of what constitutes violence prevention. All of this is an effort to increase coordination and ensure that programs are comprehensive – in terms of ADDRESSING MULTIPLE LEVELS of the social ecology, in terms of ADDRESSING MULTIPLE DEVELOPMENT STAGES, in terms of ADDRESSING MULTIPLE FORMS OF VIOLENCE and other health outcomes.
We begin by saying this tool is based on two premises – violence is preventable, and many forms of violence share common influences.
We’ve chosen to emphasize growth throughout –

growth of individual, family, and community strengths

growth of the set of people and organizations working to prevent violence

growth of new partnerships

growth of the resources available to support this critical work
The website is organized around an initial set of priority “Key Strengths.” These key strengths are comprised of conceptually similar risk and protective factors shared by all 5 of the priority violence outcomes. These particular themes were purposefully selected at each layer of the SEM, with an emphasis on those at the outer layers, in order to move us closer to accomplishing the goal of increasing impact. These strengths were also selected because the each had a corresponding set of evidence-based or evidence-informed strategies to serve as a jumping off point for collaborative work. As time goes on and the site and available research evolve, we will add to this list of Key Strengths. We see each of these key strengths as being critical to violence prevention and believe that to effectively do this work, all should be addressed as part of the prevention puzzle. This is why collaboration is so important. Remember, violence is complex and it is strengthened through multidisciplinary collaboration. What’s more, none of this work is effective without consideration of how it impacts health equity. If we think about each of these Key Strengths as pieces of a prevention puzzle, then anti-oppression work and health equity work must be the board that provides the foundation for all of the puzzle pieces. We cannot address about violence prevention without addressing health equity.
THIS IS THE PART OF THE TOOL THAT FACILITATES THAT FIRST GOAL WE CALL ‘SELECT’. Each key strength has a page that looks like this. Here you’ll find a summary of the research linking the Key Strength to each prioritized violence outcome, as well as a list of the types of strategies used to modify the risk and protective factors associated with the strength. There are also quick links to lists of evidence-based strategies and programs, a map of programs in NC doing work to build this key strength, links to heaps of planning, implementation, evaluation and funding resources specific to this key strength, and finally, a list of references for folks who’d like to do some more reading.
The Strategies pages - one for each Key Strength - contain information about a variety of evidence-based and evidence-informed strategies to enhance the Key Strength. These strategies are found at multiple levels of the social ecology.
Each Key Strength strategies page also includes a table of evidence-based and evidence-informed programs, with information about the setting in which they are typically implemented and whether they are being implemented in NC.
PreventViolenceNC.org is chock full of prevention resources for planning, implementation, evaluation, and funding. The resources are specific to each Key Strength and general to all prevention work.
We use social media to reach new Prevent Violence NC users, engage current users on topics relevant to violence prevention, and continue to grow NC’s violence prevention network. Follow us!
The prevention map is the centerpiece of the site. This is the section of the site that facilitates the building of connections between prevention efforts. The map is organized according to Key Strength. The current set of pins on the map represent programs NCCADV staff identified through an initial search. In the future we hope the maps will crowd-sourced. There is a nomination form posted on the site that allows users to suggest programs to be added to the map.
The site also contains a number of “Community Stories,” that go into greater depth describing some of the more innovative prevention strategies across NC. Here are a few examples. We will continue to add to this list as we learn of exciting prevention work around the state.
Shared risk/protective factor addressed by Hometown Hires: Lack of economic opportunities.
Forms of violence associated with this shared risk or protective factor: IPV, SV, CM, YV, Suicide (and likely others)
• Support for over 120 community gardens
Shared risk/protective factor addressed by Forsyth Community Gardening: Community connectedness.
Forms of violence associated with this shared risk or protective factor: IPV, SV, CM, YV, Suicide, Elder abuse (and likely others)
Rape Crisis Center of Robeson County, NC

- 8-week class with expecting mothers
- In residential substance abuse treatment center

- Healthy Relationships
- Media Literacy
- Harmful gender stereotypes

NCCADV, 2015
Shared risk/protective factor addressed by the Parenting Program: harmful gender norms. Forms of violence associated with this shared risk or protective factor: IPV, SV, CM, YV, Teen dating violence, Bullying (and likely others)

Also addressed by the program: Parent-Child Connectedness, which is considered by some to be a “Super-protector” for the role it plays in protecting against numerous negative outcomes.
Family Violence & Rape Crisis Services of Chatham County, NC

- Queer-Straight Student Alliances (QSAs) in two high schools

Social support
Awareness-raising
Policy change
Shared risk/protective factor addressed by QSAs: positive school climate and school connectedness.
Forms of violence associated with this shared risk or protective factor: TDV, SV, Bullying, YV, Suicide (and likely others)
• Strategic partnerships around the risk and protective factors shared by multiple forms of violence and other outcomes expand the pool of resources, expertise, and community buy-in necessary to build a meaningful and successful prevention strategy. What’s more, it makes for far more effective prevention because it acknowledges the complexity of violence – the overlaps and intersections not just with other forms of violence, but with other social issues, like financial hardship, discrimination, lack of access to safe neighborhoods and education.

• If we go far enough upstream, we begin to really get at the roots of violence and health, that often hidden, unacknowledged, or disregarded underground system that connects and sustains all of the distinct outcomes (think of the aspen trees), whether we’re talking about the healthy or the unhealthy.

• As you saw in the previous examples, the resulting projects can look nothing like what we typically think of as domestic or sexual violence prevention – or even violence prevention, period. This provides a number of practical advantages: creativity, access to new audiences, the opportunity to work with new partners and expand the meaning and impact of violence prevention, the ability to focus on strengths and assets.
Life is bound by what we can envision.

- Nancy Blakey
Expand upon *Connecting the Dots* matrix to include chronic diseases and other social problems

Image from: http://www.criticalessays.co.uk/the-process-of-writing-a-literature-review/
Goal: Identify risk and protective factors shared between any of the following 25 problems:
If that was one risk factor, just think about how interconnected various social problems are when we think about multiple risk factors.
Helping partners see the connections

- Version #2: A real-life network map

“Netty Spaghetti”
A kinesthetic way to understand just how connected our issues are to one another
One example of coordinated violence prevention in North Carolina
Shared Risk & Protective Factors addressed by the BRC

- Positive school climate & school connectedness
- Academic achievement
- Economic opportunities & employment stability
- Community connectedness
- Parent-child connectedness
- Healthy social and emotional development
- Built environment
- Food insecurity
Structure and/or quality of one’s neighborhood is a risk factor shared between all of these problems:

**Chronic diseases**
- Asthma
- Blood pressure
- Cancer
- Cardiovascular disease
- Diabetes
- Kidney disease
- Obesity
- Stroke

**Mental health**
- General mental health
- Depression
- Stress
- Suicide
- Substance use

**Other**
- Cognitive decline
- Disability
- Eye problems
- Infections
- Mortality
- Sleep

**Crime related problems**
- Child abuse
- Delinquency
- Domestic violence
- Gun use
- Homicide
- Teen dating violence
- Workplace violence
- Violence (general)

**Childhood**
- Child development
- Conduct problems
- Resilience

**Sex/Reproduction**
- Sexual risk behavior
- Paying for sex
- HIV & other STIs
- Pregnancy outcomes
- Teenage parenting