

# Healthy Relationships Toolkit

Empowering Teens to Build Safe & Supportive Relationships

## HEALTHY RELATIONSHIPS TOOLKIT CAPACITY ASSESSMENT: AT-A-GLANCE

The **General Capacity Assessment for Violence Prevention Tool (G-CAT)** is a free online tool that uses input from partners to help communities assess and improve their skills, resources, and ability to carry out comprehensive teen dating violence prevention initiatives. The G-CAT is one component of the Healthy Relationships Toolkit (HeaRT)\* comprehensive prevention model. Based on the unique strengths and resources of the community, the assessment helps communities continually assess and support their efforts to build the capacity necessary to prevent violence in adolescence.

## WHY IS ASSESSING CAPACITY IMPORTANT?

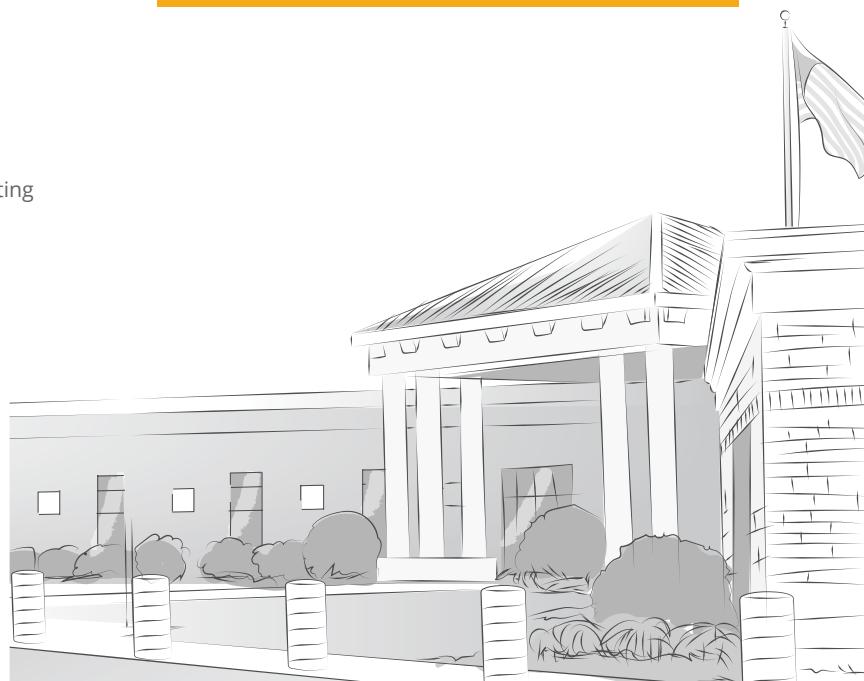
Capacity refers to the information, skills, resources, abilities, and support needed to develop, evaluate, and sustain a public health approach to preventing teen dating violence. Partners that support public health prevention efforts—such as funders, community organizations, schools, and human service organizations—are often faced with limited financial, personnel, and material resources. These groups want to be sure that their resources support goals that communities can achieve. Capacity assessment helps communities direct their resources to organizations and activities with the best chances of success. Capacity assessments can also help organizations identify opportunities to enhance or improve their ability to carry out violence prevention efforts. Communities may be better able to secure additional resources when they can document their ability to succeed.

**Healthy Relationships Toolkit: Empowering Teens to Build Safe & Supportive Relationships** is a comprehensive model to prevent violence in adolescence. HeaRT focuses on 11- to 14-year-olds and is based on the best available evidence on what works to prevent violence in adolescence. It includes multiple components that target individuals, peers, families, schools, and neighborhoods. These components work together to promote respectful, nonviolent teen relationships.

In addition to the **G-CAT**, the HeaRT model also includes:

- Parent Programs
- Youth Programs
- Guide to Informing Policy
- Training for Educators
- i2i Youth Communications Program
- Guide to Using Indicator Data

\*The Healthy Relationships Toolkit was previously referred to as Dating Matters.



## G-CAT COMPONENTS

The G-CAT walks users through an assessment and compiles a report.

- **Capacity Assessment Tool:** collects information from public health partners using an online survey that measures capacity (e.g., skills, resources, and abilities) to successfully carry out a comprehensive violence prevention model. Surveys assess 5 capacity areas and are designed to be used by health department staff, school representatives, community advisory board members, and other stakeholders or partners involved in supporting HeaRT implementation. The capacity areas assessed include leadership, staffing and resources, skills and expertise, collaboration and partnerships, and data and evaluation.
- **Assessment Report:** shows the results of the survey and helps organizations identify priority capacity areas to improve.

## HOW IS THE G-CAT IMPLEMENTED?

Staff from the local health department or community organization responsible for assessing capacity will complete the G-CAT assessment survey online. Each person that completes the survey will receive a report estimating the overall capacity of their organization. Organizations may have staff and partners work together to complete the assessment to create an overall report. Organizations may also ask several staff and partners to complete the assessment independently to reflect their own perception of the organization's strengths and potential areas for growth in capacity for violence

prevention. These reports can then be examined by the prevention lead to identify consensus points and create an action plan.

### Staffing Requirements

The Centers for Disease Control and Prevention (CDC) encourages local health departments (or the community organization that oversees the set up of HeaRT) to designate a point person responsible for collecting data with the G-CAT.

### Time Required

It takes approximately 20 minutes for each participant to complete the online survey.

### Access

G-CAT is available through CDC's HeaRT website at <https://vetoviolence.cdc.gov/apps/heart/content/capacity-and-planning>. The G-CAT User's Guide provides detailed instructions on how to access and complete each step of the G-CAT.

### Cost

There is no cost to use the G-CAT online tool.



## LEARN MORE ABOUT THE HEALTHY RELATIONSHIPS TOOLKIT!

The Healthy Relationships Toolkit—with all of the materials, guidance, and tools you need to implement HeaRT—is available on CDC's VetoViolence website at <https://vetoviolence.cdc.gov/apps/heart>. The Toolkit is your one-stop-shop for everything HeaRT.