

# Question

How do *you* define sustainability?

What is sustainability?





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# Sharpening Your Prevention Tools

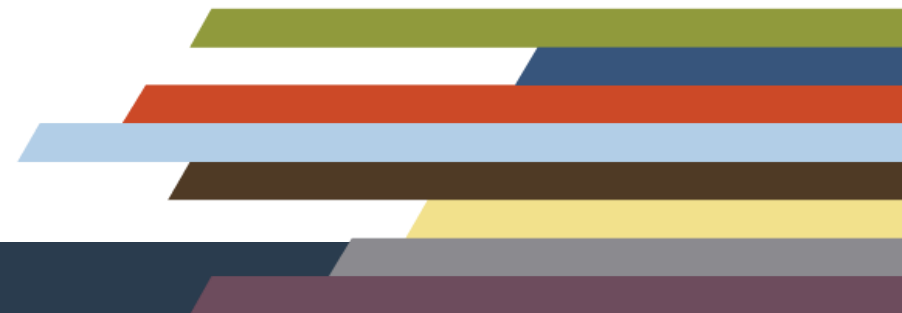
Session 1: Developing Sustainability Plans that Work

*March 8, 2023*

Emily Bhargava, MA, CPS, Training and Technical Assistance (T/TA) Specialist, EDC

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# Technical Information

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D., served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration. The opinions expressed herein are the view of the presenters from the Northeast & Caribbean PTTC and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

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Presented in 2023.

This webinar is being recorded. Following the event, we will share the recording with participants and post on our website.

# Evaluation

Please take the time to complete a brief evaluation:

<https://ttc-gpra.org/P?s=708012>



Your feedback is appreciated!

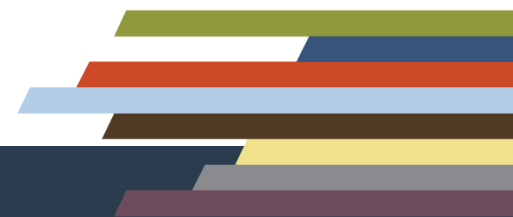
The use of affirming language inspires hope.

**LANGUAGE MATTERS.**

**Words have power.**

**PEOPLE FIRST.**

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.

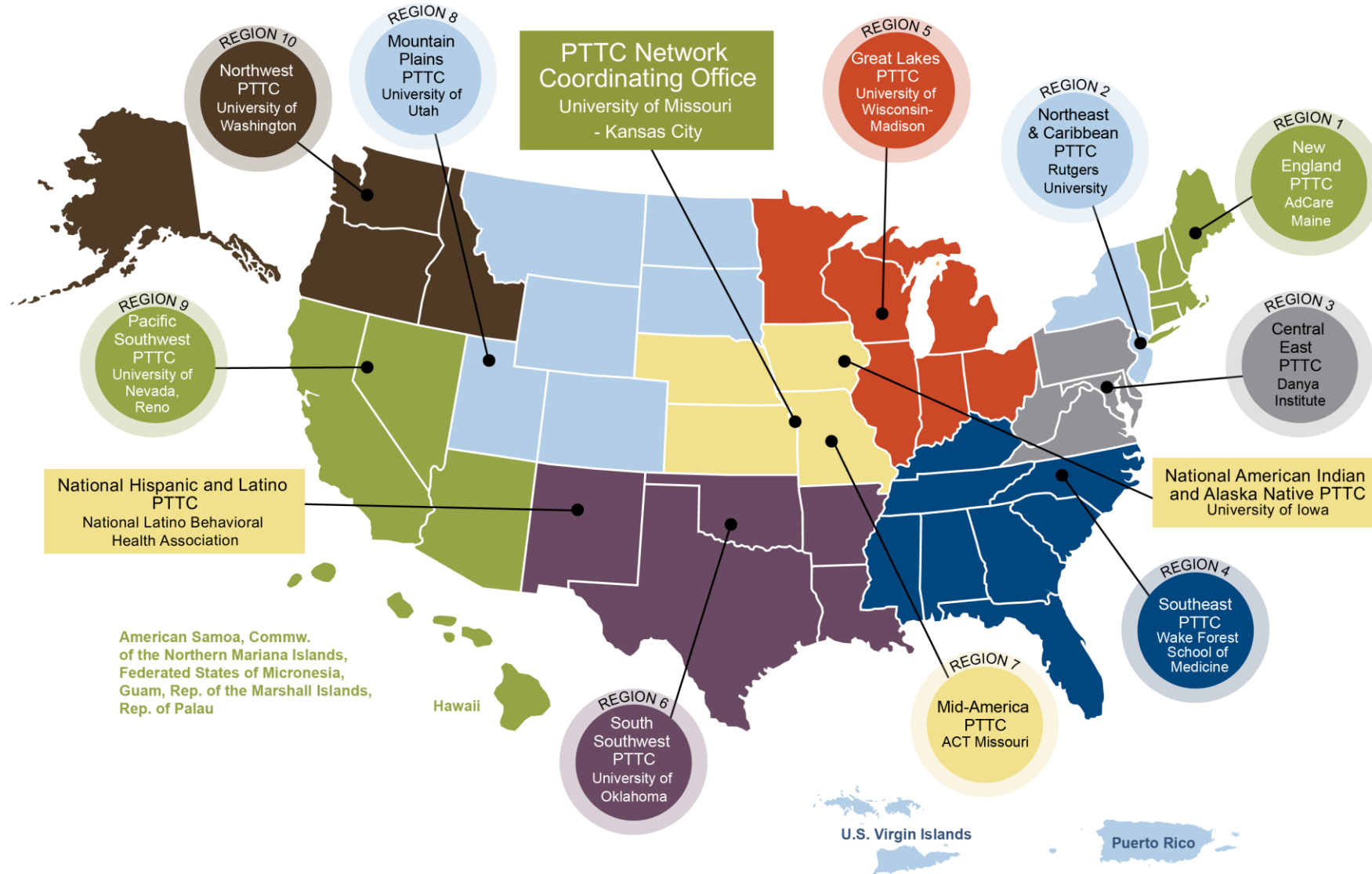




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# Facilitator & Panelist



**Jessica Goldberg**  
T/TA Specialist  
Region 2 PTTC, EDC

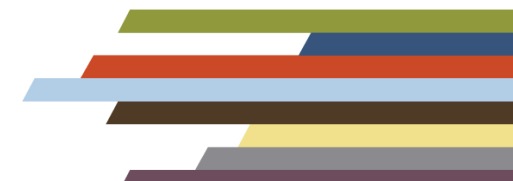


**Emily Bhargava**  
T/TA Associate  
EDC



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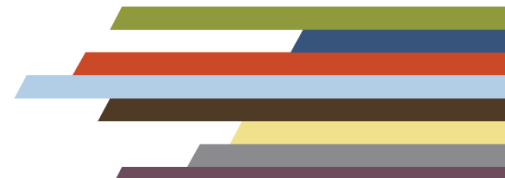




# Road Map

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- Overview of sustainability
- Interview with an expert
- Audience Q & A
- Closing





A close-up photograph of a person's hand holding a small, vibrant green seedling with two leaves and a small bud, growing out of a small amount of dark soil. The background is a soft-focus outdoor scene with green foliage and a bright sky. The overall image has a slightly desaturated, muted color palette, giving it a calm and natural feel.

# Overview of Sustainability

# Poll Question

## Sustainability is...

- Finding ways to make all our prevention outcomes last
- Making sure staff keep their jobs
- Securing a grant before our funding ends
- Not just about money
- Something we can and should work on now
- Other (please write in the chat)

# In Prevention...

*...Sustainability IS the ability to adapt*



# Prevention Sustainability is...

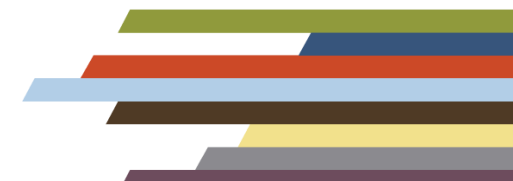
- Process of building an adaptive and effective system that achieves and maintains desired long-term results.
- A community's ongoing capacity and resolve to work together to establish, advance, and maintain effective strategies that continuously improve health and quality of life for all.
- (In the context of preventing substance misuse) sustainability the capacity of a community to produce and maintain positive prevention outcomes after initial funding ends and over time.



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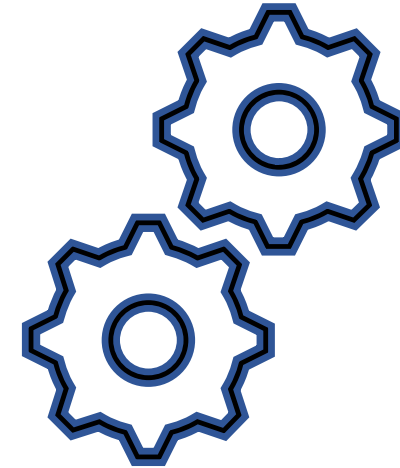
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# Outcomes that matter

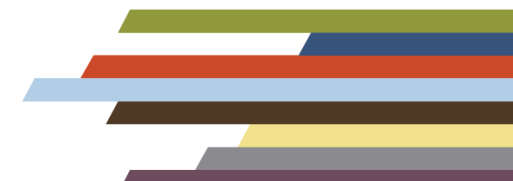
- **Effective strategic planning processes**
- **Interventions that work**
- **Equitable approach**



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# Considerations

How effective each intervention has been in meeting its stated outcomes

The amount of internal capacity your organization or community has

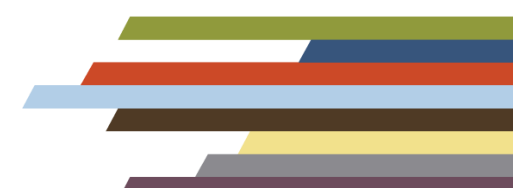
How much support exists for the intervention



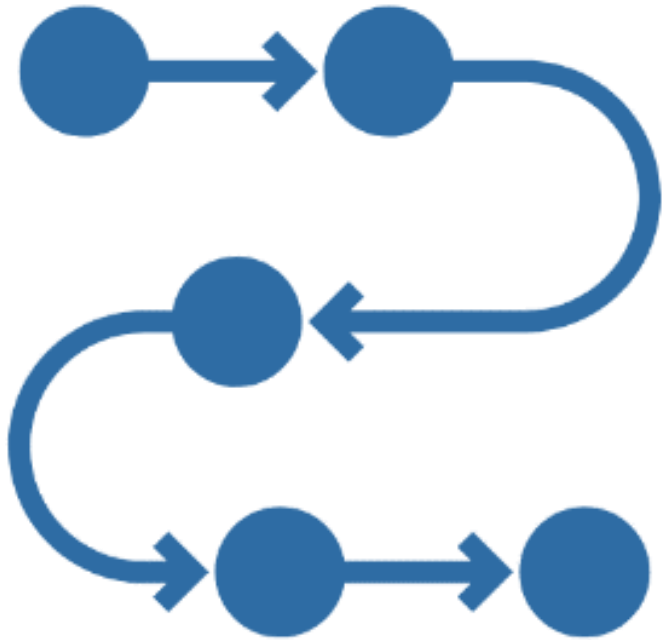
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# Five-step Sustainability Planning Process



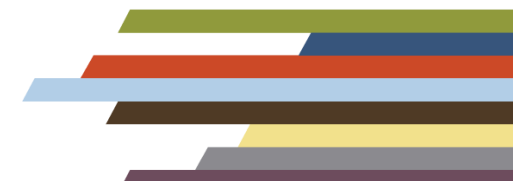
1. Determine your sustainability goal(s) and approach
2. Identify resources needed to reach your goal(s)
3. Identify partners that can help you
4. Develop your pitch for their support
5. Monitor progress/success over time



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# STEP 1: Determine your sustainability goal(s) and approach

**Sustainability goals should be:**

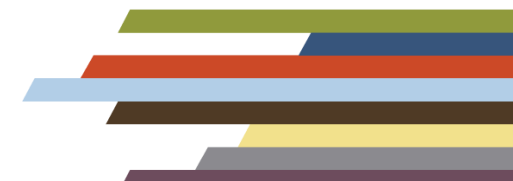
- **Data informed**
- **Realistic**
- **Shared**



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# STEP 2: Identify resources needed to reach your goal(s)

## Identify resources needed to reach your goals:

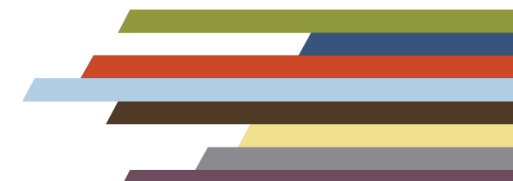
1. To identify needed resources, start by writing objectives for each of your sustainability goals.
2. Identify the personnel and non-personnel-related resources that you will need.
3. Document the costs associated with all of the resources you identified



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# STEP 3: Identify partners that can help you



Prioritize a team approach



Enhance your focus on capacity building



Identify benefits of and resolve barriers to partner engagement



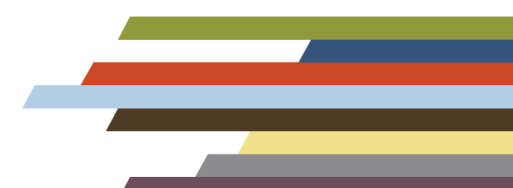
Leverage the assets, resources and perspectives of key stakeholders



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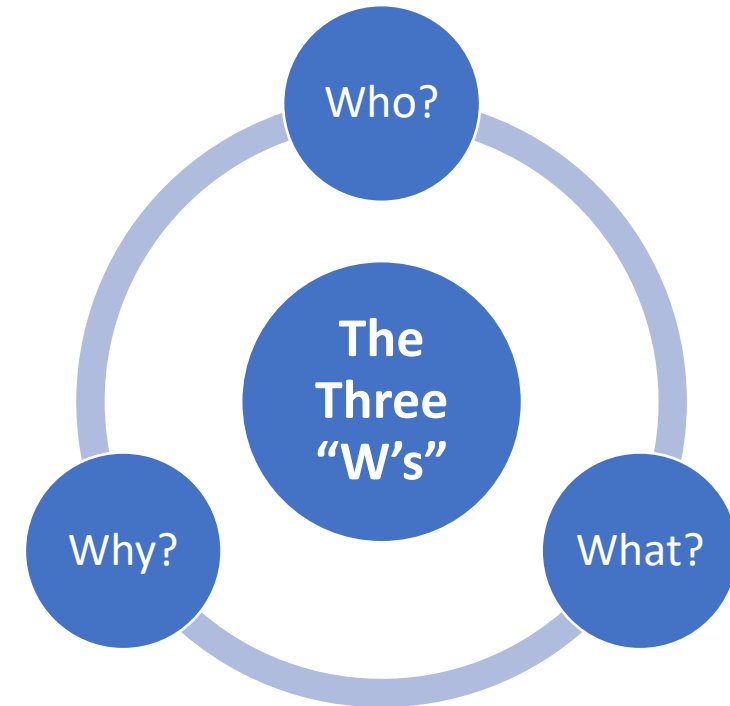
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# STEP 4: Develop your pitch for their support

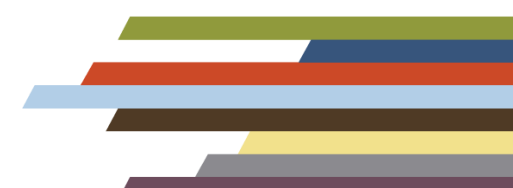
1. Identify initial contacts at your partner organization
2. Determine who will talk to this contact(s)
3. Develop your talking points
4. Hold your exploratory conversations
5. Start preparing our formal requests



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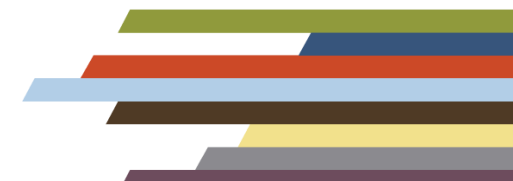
# STEP 5: Monitor progress/success over time


- Identify someone to oversee the plan and track progress
- Convene regular conference calls and/or in-person meetings
- Post the plan online so everyone involved can share new information
- Establish a virtual calendar that sends out reminders of deadlines
- Check in directly with task leads as deadlines approach



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**P.E.A.R.S.**

# Increasing Sustainability

***Think expansively about your options***  
*(Hint: It's not just about funding)*



**Pass off**

**Policy**

**Earn**

**Ask**

**Reconfigure**

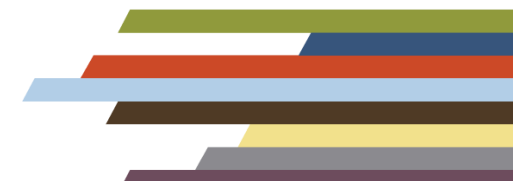
**Share**



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A man with a beard, wearing a light blue button-down shirt and jeans, stands at the front of a room holding a tablet. He is gesturing with his right hand while speaking to a group of people seated in front of him. The audience members are seen from behind, sitting in black chairs. The room has a white wall and a window on the right side. The overall scene is dimly lit, with a soft glow from the window.

# Interview with an Expert

**Questions for  
Panelist:  
Emily  
Bhargava**

Please unmute and ask your questions verbally or write them in the chat and we will address questions in the order they are received.



# Questions?



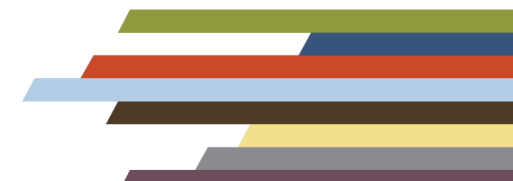
# Resources

- Northeast and Caribbean PTTC's Strategies for Prevention Sustainability
  - [Part 1](#)
  - [Part 2](#)
- Community Toolbox's [Toolkit #16: Sustaining the Work or Initiative](#) from
- Community Anti-Drug Coalitions of America (CADCA)'s [Sustainability Primer: Fostering Long-Term Change to Create Drug-Free Communities](#)
- Community Health Systems Development's [Bringing the Future Into Focus: A Step-by-Step Sustainability Planning Workbook](#)
- Center for Disease Control (CDC)'s [A Sustainability Planning Guide for Healthy Communities](#) from
- Center for Public Health Systems Science / Washington University in St. Louis' [Program Sustainability Assessment Tool](#)



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# Thank You!

If you have questions or comments, don't hesitate to contact:

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# Evaluation

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