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Keys for Evidence-based Program Sustainability

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What is program sustainability?

- “continued use of program components and activities for the continued achievement of desirable program and population outcomes” (Scheirer & Dearing, 2011).





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Yes! We did it! We got the grant to implement our program.



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Our program is a success –
and we are having a positive
impact on our community!



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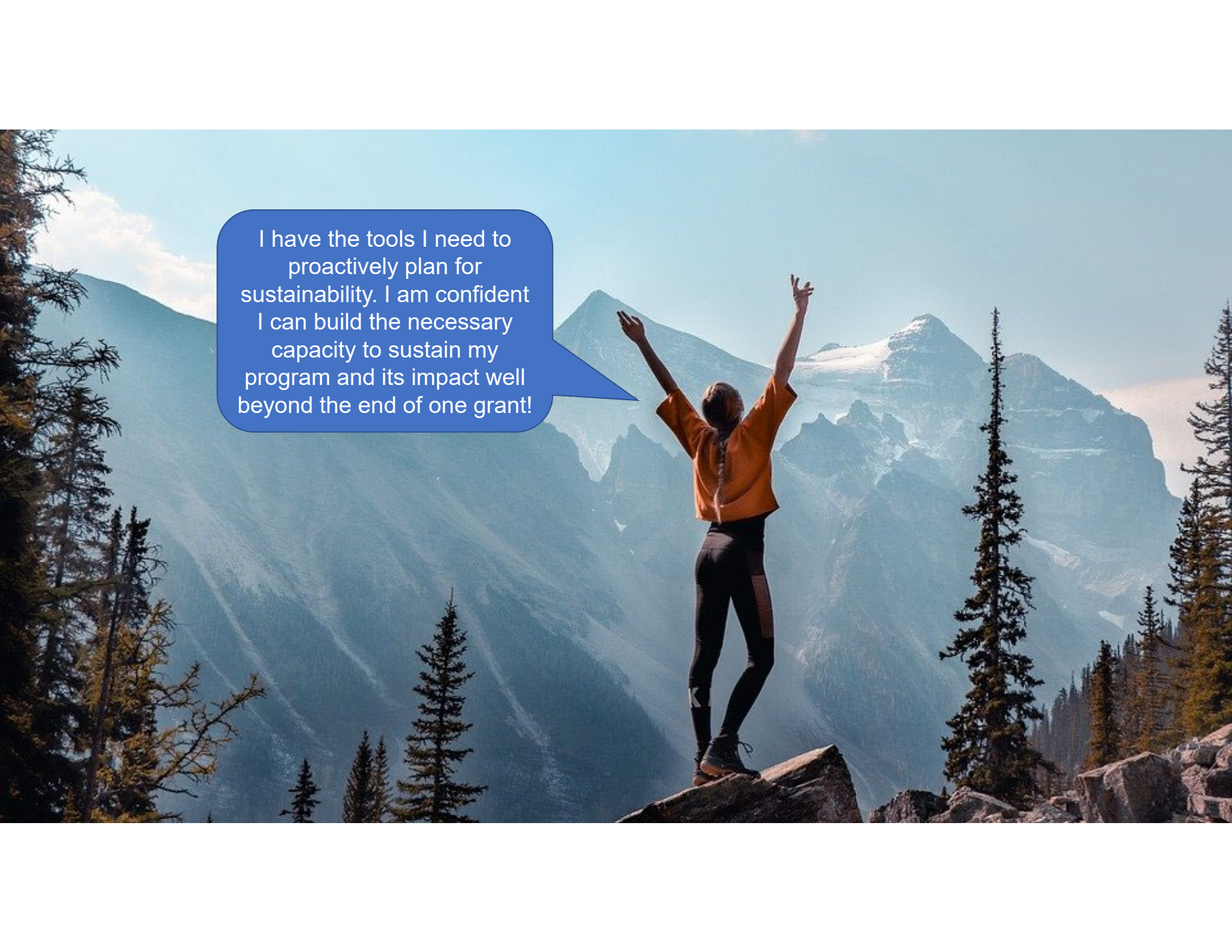
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Our grant is coming to an end. We have to find more funding!!!





I have the tools I need to proactively plan for sustainability. I am confident I can build the necessary capacity to sustain my program and its impact well beyond the end of one grant!



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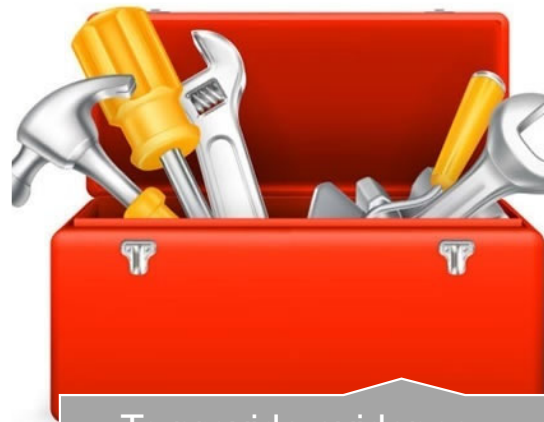
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Today's Objective

To increase your ability to proactively plan for evidence-based prevention program sustainability.



To review the keys to sustainability.



To provide evidence-based sustainability planning tools.



To begin exploring how to apply these tools.



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WASHINGTON STATE
 UNIVERSITY
EXTENSION



HOW CAN WE KEEP IT GOING? KEY INGREDIENTS FOR EVIDENCE-BASED PROGRAM SUSTAINABILITY

By
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Prevention Science. **Drew Lenore Betz**, M.S., CFLE, Professor, Extension
Youth and Family.

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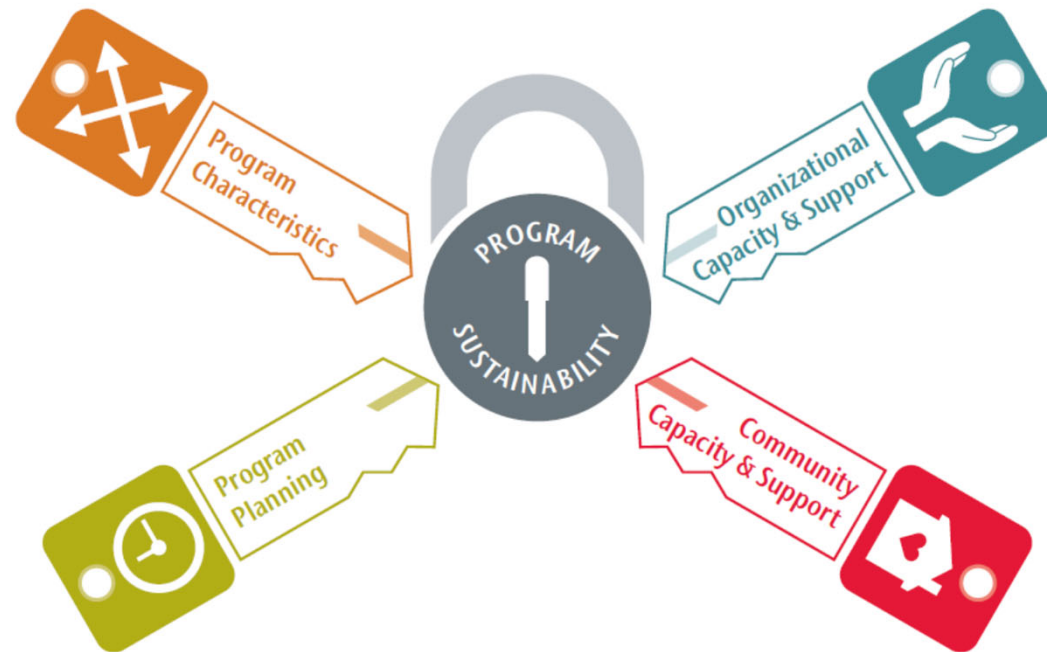
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The Keys to Sustainability





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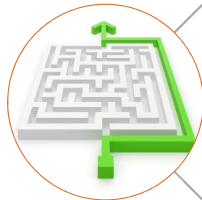
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The Keys to Sustainability

Program Characteristics



Flexibility and adaptability to different settings (while maintaining fidelity).



Less complexity and fewer resource requirements.



Alignment with the organization's goals and routines.



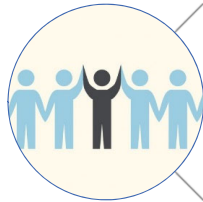
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The Keys to Sustainability

Organizational Capacity & Support



Supportive leadership
committed to program's
success.



Necessary human and
financial resources.



Effective organizational
systems to support
program implementation.



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The Keys to Sustainability

Community Capacity & Support



Supportive social, political,
and economic climate.



Relationships with leaders
and organizations with
similar goals.



Supportive policies,
resources, and advocates.



The Keys to Sustainability

Sustainability Planning

Step 1: Prepare and Assess Your Program

- Define the program being assessed and identify participants for the assessment process.
- Complete the Program Sustainability Assessment Tool (PSAT) with key program stakeholders.



Step 2: Develop an Action Plan

- Assemble a sustainability planning team.
- Review your program's mission and purpose.
- Review the PSAT results.
- Prioritize sustainability capacity building areas.
- Develop an action plan with specific steps aimed at building this capacity.



Step 3: Take Action

- Implement the action plan.
- Reassess sustainability capacity with the PSAT annually.



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Program Sustainability Assessment Tool



<https://sustaintool.org>



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Program Sustainability Assessment Tool

“We have a wonderful relationship with [county health dept official] and ...he’s saying he’d like to see the program in every middle school in the county...He’s getting excited about it!”



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“It’s true that when we had that grant it really, it fully funded us. I didn’t have to kind piecemeal things together. When we lost that, I think we tried for a while to piecemeal it together through various grants and pull a little from, it just wasn’t sustainable.”

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“As soon as the funding kind of dropped and the collaboration about that, then it just was kind of on our own to do. I think it definitely could be more successful, but without some other players at the table it’s kind of all on us right now to continue it.”

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“You’ll have that coordinator piece, because you can get staff to come in, but to coordinate, get everything together that you need, you need that one person to really solidify the program. I think that’s key to making it really go.”

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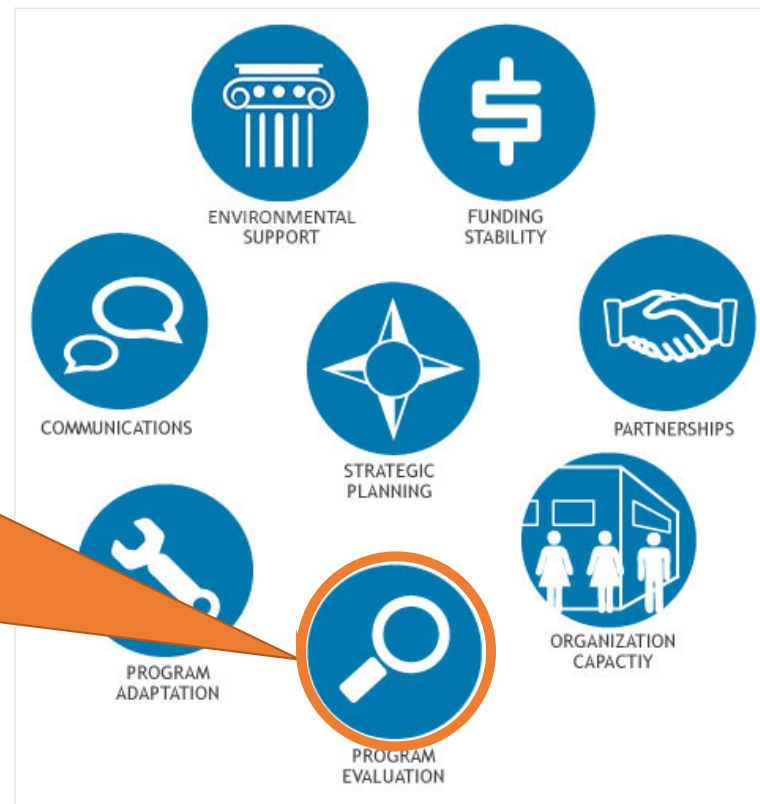
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“...we look at [the evaluation report] and we have a meeting about it and we talk about it amongst the facilitators. We usually just go over it together and have the conversation and that’s about it.”



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“...we find that a couple of the youth activities are kind of like what, the youth are not interested. So, okay what we’ve done ... is we have taken other like ropes course activities or something and plugged them instead if they have the same objective or similar objective. So, that the kids are still moving towards that, meeting that objective for the week, but with a different activity.”



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“...the board has in their minutes a time in the meeting where they always just have good news that they present, and so we always talk about the Strengthening Families Program, and kind of let them know how many families took it, how received it was, yeah, I always ask them to come.”



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“...there is no formal plan yet, but the organization right now is going through strategic planning process. Over the last year we’ve tried to really hone in on, with the researches we have, what we can put our efforts in that could change, with our strategic planning process. But we are going through that now and I think that we’ll have some guidance with what we need to put our energy into.”

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1. Understand

Understand the factors that influence a program's capacity for sustainability.



2. Assess

Use the Program Sustainability Assessment Tool to assess your program's capacity for sustainability.



3. Review

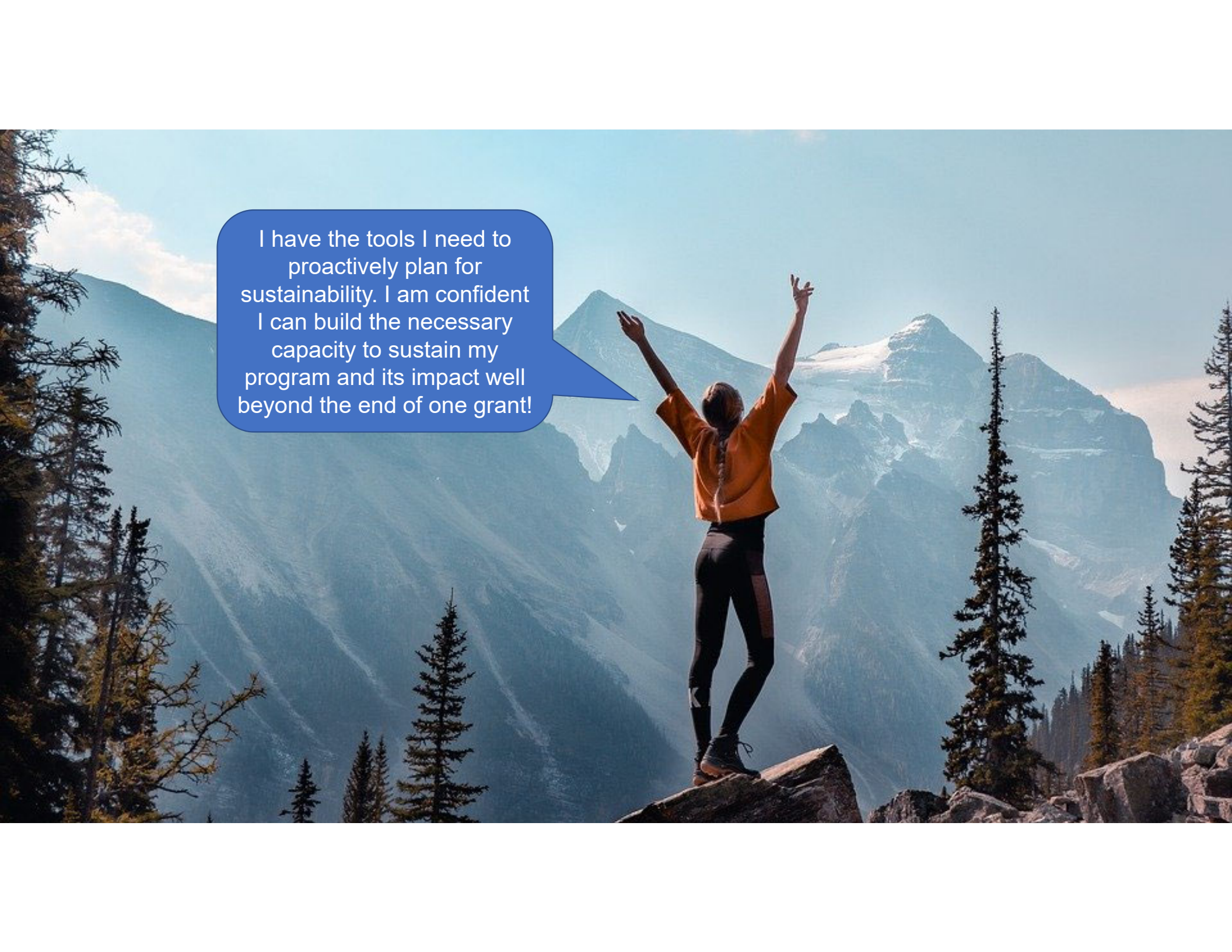
View results from your assessment as a Sustainability report.



4. Plan

Develop an Action Plan to increase the likelihood of sustainability.

<https://sustaintool.org>



I have the tools I need to proactively plan for sustainability. I am confident I can build the necessary capacity to sustain my program and its impact well beyond the end of one grant!