



Everyday Sustainability: Building a Foundation for Sustainable Prevention Through the SPF

Webinar Participant Handout – January 25, 2024

There are many definitions of sustainability. It can be defined broadly as:

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.

Or it can be more specific:

The capacity of a community to produce and maintain positive prevention outcomes over time.

No matter how you define sustainability, it is essential that we work toward creating programs and processes that can be sustained well beyond our current funding. Sustainability is most likely to be achieved when it is incorporated into your everyday work.

Keys to Sustainable Prevention

Ensuring sustainable prevention requires that we build systems, structures, and programs that can be sustained by our communities, organizations, and/or funders. Sustainability work should focus on three key objectives:

- **Organizational Capacity:** the administrative ability to conduct and support effective prevention.
- **Effectiveness:** the ability to identify, prioritize and implement effective strategies that address the community's substance misuse patterns and the related context.
- **Community Support:** the development of positive relationships with leaders, champions, and community members who have a stake in continuing prevention work and pursuing positive prevention outcomes.

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Sustainability Milestones

At each step of the Strategic Prevention Framework (SPF) process there are milestones that contribute to building sustainable prevention in our communities. The milestones throughout the SPF help to keep our work on track and focused on the future. Below is a table that outlines the milestones for each step of the SPF and how they relate to the three key objectives to sustainable prevention.

Milestone	Organizational Capacity	Effectiveness	Community Support
Assessment Milestones			
Key partners engaged	X		X
Data agreements formalized	X		X
Capacity data reviewed	X	X	
Gaps identified		X	
Capacity Milestones			
Community readiness assessment completed			X
Staff capacity gaps identified	X		
Capacity building plan created	X	X	
Relationship building with key partners and champions			X
Planning Milestones			
Risk and protective factors identified		X	
Strategies to address priorities selected		X	
Logic model developed		X	
Implementation plan created	X	X	X
Implementation Milestones			
Strategy specific capacity building plan implementation	X	X	X
Fidelity monitoring system in place		X	
Process and outcome data collection system in place	X	X	X
Key partnerships formalized	X	X	X
Evaluation Milestones			
Evaluation plan in place		X	
Ongoing evaluation capacity building	X		
Ongoing monitoring of process and outcome data		X	X
Regular updates/reports on process and outcome data provided			X

Everyday Sustainability Tasks

Reaching each milestone and building the organizational capacity, effectiveness and community support takes deliberate and consistent efforts. Below is a list of the tasks, by step of the SPF, that we do as part of our everyday work to create sustainable prevention.

Coalition Work

- Maintain regular coalition meeting schedule
- Create and support sustainability workgroup
- Check in with coalition members regularly
- Maintain records of coalition meetings, membership, and decisions
- Monitor and evaluate coalition participation and representation

Assessment/Evaluation

- Monitor trends/changes in community data
- Monitor community readiness
- Collect outcome data
- Communicate with data partners

Capacity

- Build and maintain relationships
- Develop prevention knowledge in partners and coalition members
- Gather input from partners
- Identify funders

Planning

- Ensure links between priority areas and changing priorities
- Regularly review logic model
- Keep up to date on evidence-based and informed strategies in the field

Implementation

- Train and support staff
- Monitor day to day implementation
- Regularly assess fidelity
- Communicate regularly with implementation partners
- Collect process and outcome data
- Document processes

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Tools and Resources

- Great Lakes PTTC Prevention Learning Portal: [Sustainability and The SPF](#)
- Rural Health Information Hub Toolkit: [Funding and Sustainability](#)
- [A Guide to SAMSHA's Strategic Prevention Framework](#)
- Community Toolbox: [Chapter 46](#)
- [DCCA Coalition Sustainability Video](#)
- [Northeast and Caribbean PTTC Sustainability Toolkit](#)
- [Project Sustainability Action Plan Toolkit](#), Rural Health Innovations
- Recorded Webinars:
 - [Don't Leave Change to Chance](#)
 - [Sharpening Your Prevention Skills: Developing Sustainability Plans that Work](#)
 - [Strategies for Prevention Sustainability](#)
 - [Keys for Evidence-based Program Sustainability](#)