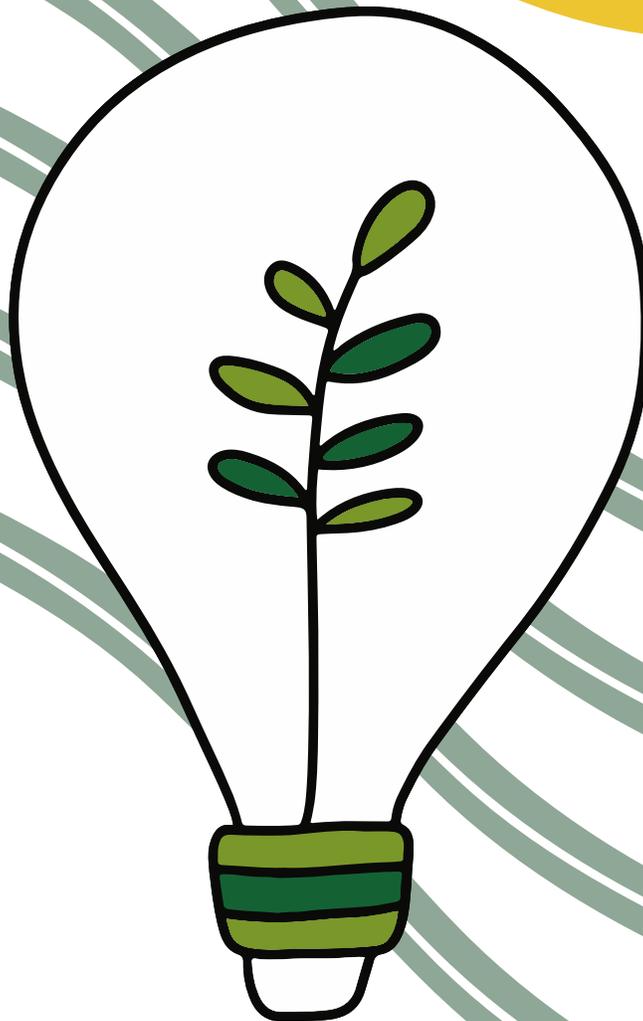


PROGRAM SUSTAINABILITY

What is it &
how can you achieve it?



PREVENTION RESEARCH CENTER

COLORADO STATE UNIVERSITY

Promoting Health & Wellness Throughout the Lifespan



COLORADO

Prevention Services Division

Department of Public Health & Environment

Program Sustainability

What is it?

- Program sustainability refers to 3 components:
 - Continuation of a program within an organization
 - Ability to maintain program outcomes and benefits
 - Capacity built in the community to continue carrying out the program on its own

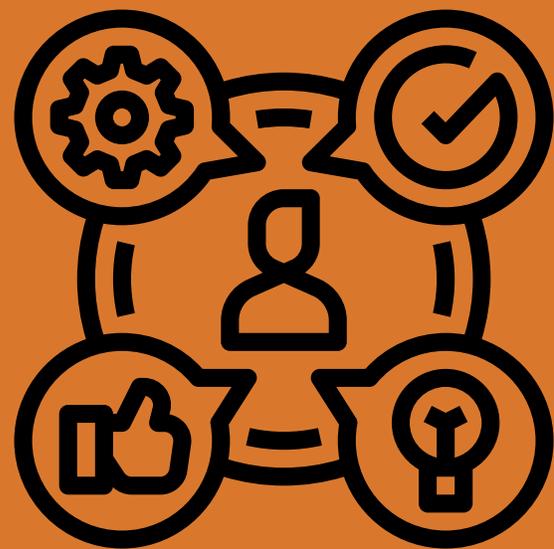
Start thinking about sustainability NOW! Don't wait until your program is in its final year of funding. By then, it's likely too late.

Program Sustainability

Why Does it Matter?

Prioritizing and planning for sustainability will help you:

- Define critical short- and long-term goals and objectives
- Attract and make the best use of resources
- Obtain input and buy-in from your community, partners, and key stakeholders

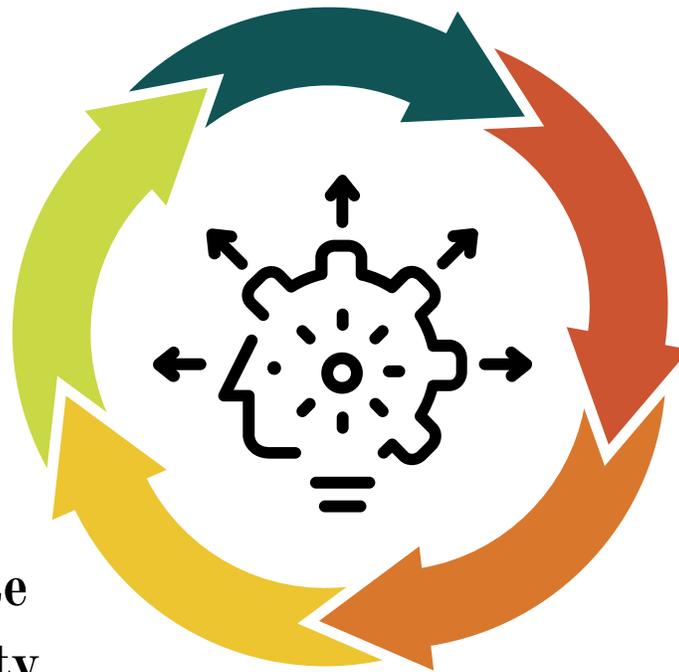


The Phases of Sustainability

**1 - Assess Prevention
Infrastructure
Readiness**

**2 - Develop
Sustainability
Plan (Objectives,
Actions,
Protocols)**

**3 - Execute
Sustainability
Actions**



**5 - Reassess and
Modify
Sustainability
Plan if
Necessary**

**4 - Evaluate
Sustainability**

Continue reading through this tool to find guidance and resources for each phase of the life cycle!

[Full Article - Building Capacity and Sustainable Prevention Innovations: A Sustainability Planning Model](#)

Phase 1- Consider These 5 Factors of Sustainability to Assess Your Prevention Readiness

Adaptability

Does your program have the ability to be modified over time?

Leadership

Does your program have a "champion" present?

Fit

Does your program align with its organization's missions and procedures?

Benefits

Do your staff members and participants readily perceive the program benefits?

Buy In

Do stakeholders in other organizations provide support?

Phase 2 - Common Considerations When Developing Your Plan

Organizational Capacity

Create the internal support and resources needed to effectively manage your program

Partnerships

Cultivate connections between your program and important stakeholders

Strategic Planning

Use processes that guide your program's direction, goals, and strategies

Program Evaluation

Assess your program to inform planning and document results

Program Adaptation

Take actions that adapt your program to ensure its ongoing effectiveness

Funding Stability

Establish a consistent financial base for your program

Political Support

Develop internal and external political environments that support your program

Communication

Strategically communicate with stakeholders and the public about your program

Phase 3 - Execute Your Plan!

Now that your plan is developed, you are ready to take action!

Each community's plan for sustainability is going to be unique to their own community needs and capacity. While you execute your plan, keep in mind that previous evaluations have found that most sustainable programmers prioritize these 5 actions:

Action	Example
Developing partnerships and networking with others	Reach out to professionals in your community such as school administrators and mental health clinicians
Acquiring knowledge, skills and resources to increase program capacity	Stay up to date with the program training, get recertified as needed
Strategically using funding and materials	Create a budget based on your available funding
Changing procedures and policies as needed	Utilize the PRC's fidelity tool to learn about adapting your program!
Generating support for the program	Share success stories and positive testimonials from participants

Phase 4 - Evaluate for Sustainability

Program sustainability can be measured in several different ways that often vary in the factors they assess.

We recommend that you check with your evidence-based program or coalition model (e.g., Communities That Care, PROSPER) to see if they have an existing measure of sustainability.

If not, here are some examples to choose from:

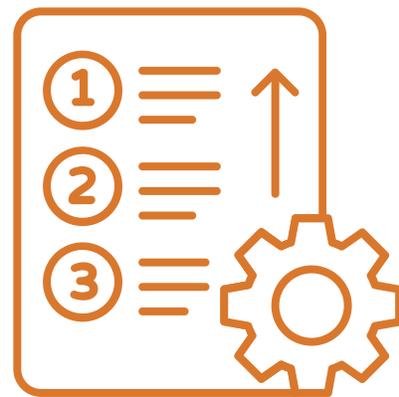
[EPIS Sustainability Planning Checklist](#)

[Sustainment Measurement System Scale \(SMSS\)](#)

[SMSS Reliability and Validity Article](#)

[The Program Sustainability Assessment Tool \(PSAT\)](#)

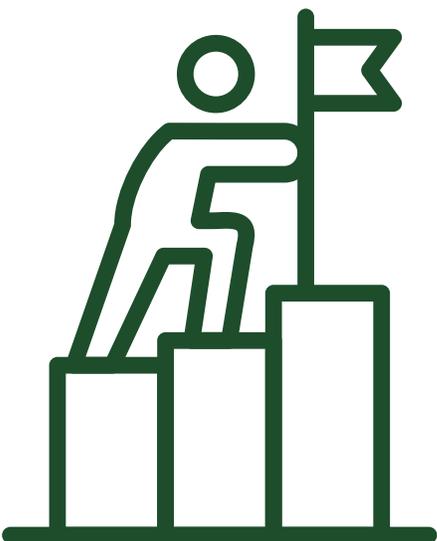
[PSAT Reliability & Validity Article](#)



Phase 5 - Reassess and Modify (if necessary)

If you are happy with the sustainability evaluation results, congratulations! Continue to monitor your sustainability plan.

Your sustainability evaluation can also be used to make improvements to your sustainability plan, when needed.



References

1. **Johnson, K., Hays, C., Center, H., & Daley, C. (2004).** Building capacity and sustainable prevention innovations: a sustainability planning model. *Evaluation and Program Planning, 27(2), 135-149.*
2. **Luke, D. A., Calhoun, A., Robichaux, C. B., Elliott, M. B., & Moreland-Russell, S. (2014).** The Program Sustainability Assessment Tool: A new instrument for public health programs. *Preventing Chronic Disease, 11.*
3. **Office of Adolescent Health. (2014, March).** Building sustainable programs: The Resource Guide .
4. **Palinkas, L.A., Chou, CP., Spear, S.E. et al. (2020)** Measurement of sustainment of prevention programs and initiatives: The Sustainment Measurement System Scale. *Implementation Science 15, 71 (2020).*
5. **Scheirer, M. A. (2005).** Is sustainability possible? A review and commentary on empirical studies of program sustainability. *American Journal of Evaluation, 26(3), 320-347.*
6. **Schell, S. F., Luke, D. A., Schooley, M. W., Elliott, M. B., Herbers, S. H., Mueller, N. B., & Bunger, A. C. (2013).** Public health program capacity for sustainability: a new framework. *Implementation Science, 8(1), 1-9.*