



Sustainability Readiness Strategy: How to Sustain Evidence-based Preventive Interventions

**David Collins, Ph.D., Knowlton Johnson, Ph.D.
Steve Shamblen, Ph.D., Hayden Center, Ph.D.**

32nd Annual NPN Conference

August 28, 2019

Panel Presentations

Sustainability Strategy Design & History

– Knowlton Johnson, Ph.D.

Use of the Sustainability Toolkit

– David Collins, Ph.D.

Use of the Excel Tools

– Steve Shamblen, Ph.D.

Training & TA Guide, Evaluation Guide

– Hayden Center, Ph.D.

Future and Interim Steps

– David Collins, Ph.D.



Sustainability Strategy
Design & History

KNOWLTON JOHNSON, Ph.D.

Sustainability Readiness Strategy Design

2019 PIRE Sustainability Readiness Strategy Design

- Toolkit
- Microsoft Excel Tools
- Workgroup Training & Technical Assistance Guide
- Evaluation Guide

Development History

- R&D sustainability project (2001) (PIRE's Southeast CAPT contract with SAMHSA) produced planning model in *Evaluation and Program Planning* (2004)
- Sustainability toolkit and Excel tools using Getting To Outcomes (GTO) process. 2013 preliminary pilot study published in *Journal of Community Psychology*
- 2019 revised toolkit focused on EBPIs. 2017 *Prevention Science* article produced by team highlights the need to sustain EBPIs.

Getting To Outcomes (GTO) as Theoretical Process Model

- The Getting To Outcomes (GTO) process model has been used successfully in underage drinking prevention, and a range of health and safety issues.
- Randomized trials by Chinman, Wandersman, and colleagues in 2016 (*Implementation Science*) and 2018 (*Prevention Science*) have shown GTO to improve sexual health outcomes.

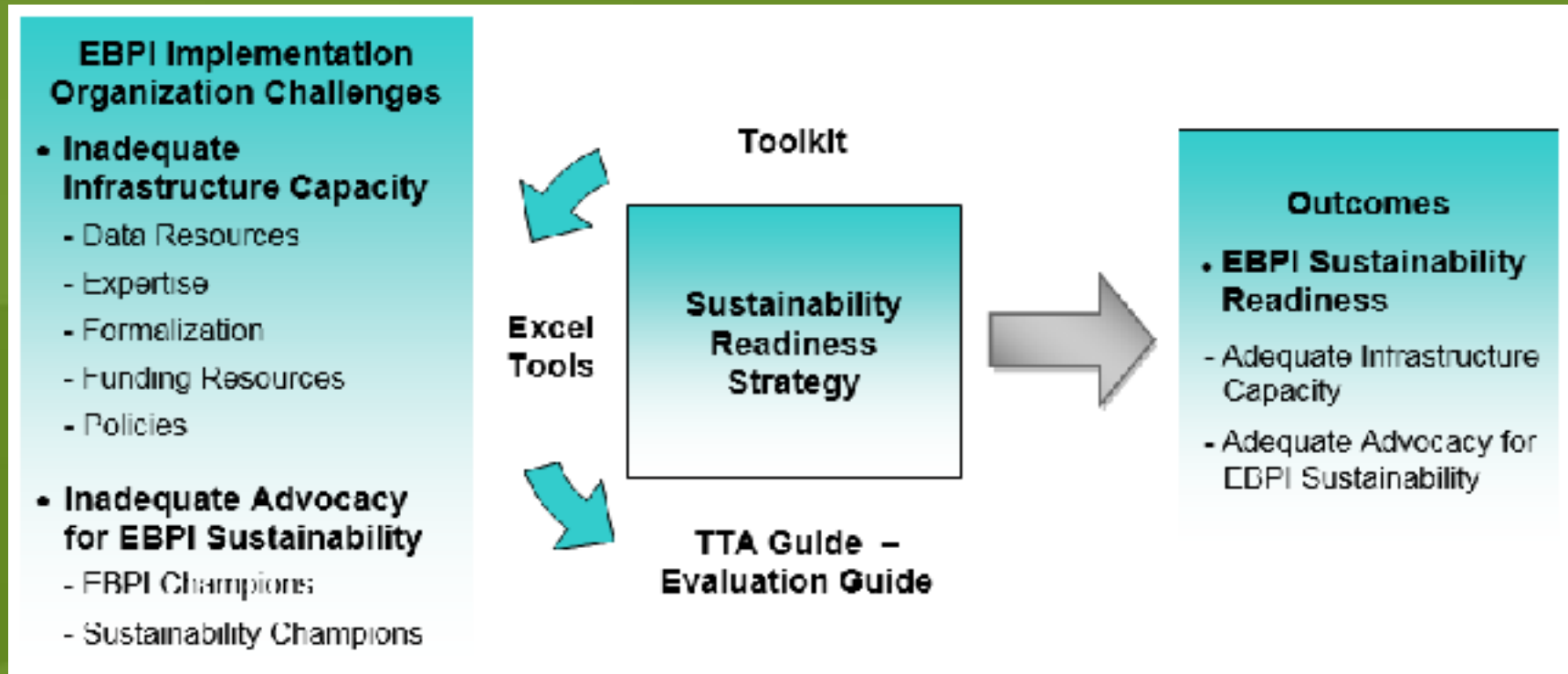
Vision

- Efforts should focus on sustaining EBPIs that have shown benefits to targeted stakeholders in your community or elsewhere.
- Efforts should involve the entire organization membership in decision-making about selecting and sustaining EBPIs.
- A sustainability readiness workgroup and leadership committee should be established to take the lead in working through the process.

What is Our Sustainability Definition?

- Sustainability is the process of ensuring an adaptive prevention system consisting of adequate infrastructure capacity and strong member advocacy for evidence-based preventive interventions (EBPIs) that can be integrated into ongoing operations and continue to benefit stakeholders.

Logic Model



Use of the Sustainability Toolkit
DAVID COLLINS, Ph.D.

Introduction to the Sustainability Readiness Strategy Steps

- The following questions (and tools) build on one another to help organizations plan, implement, monitor, make continuous quality improvements to a completed sustainability plan.

Getting Started

- Establish a sustainability leadership committee of three members
- Committee will convene a workgroup to implement the EBPI sustainability readiness strategy. (Facilitator, Data Coordinator and two additional people interested in the EBPI)
- An external evaluator will collect and analyze data and provide reports at key steps to inform leadership committee and workgroup

Toolkit Questions 1, 2 and 3

- Question 1: What EBPIs meet the sustainability criteria?
- Question 2: What is the EBPI implementing organization's infrastructure capacity and member advocacy?
- Question 3: What are the desired outcomes that constitute achieving sustainability readiness?

Toolkit Questions 4, 5 and 6

- Question 4: What sustainability readiness activities can achieve the desired outcomes?
- Question 5: How do the sustainability readiness activities fit?
- Question 6: What resources are needed to implement the sustainability readiness activities?

Toolkit Questions 7 and 8

- Question 7: What is the plan for impacting sustainability readiness?
- Question 8: What is the level of implementation quality necessary to achieve sustainability readiness?

Toolkit Questions 9, 10 and 11

- Question 9: How well did the sustainability plan achieve sustainability readiness?
- Question 10: How can the sustainability process be continuously improved over time?
- Question 11: Six months later, what is the level of EBPI sustainability readiness and intentions to change?

Calendar Snapshot

- Workgroup Meeting 1 (Get Started) – Month 1
 - Workgroup Meeting 2 (Question 1) – Month 2
 - Workgroup Meeting 3 (Questions 2 & 3) – Month 3
 - Workgroup Meeting 4 (Questions 4-6) – Month 5
 - Workgroup Meeting 5 (Question 7) – Months 6-7
 - Workgroup Meeting 6 (Questions 8-10) – Month 12
- [Question 11 consists of a report that will be reviewed by the leadership committee and workgroup.]

Use of the Excel Tools
STEVE SHAMBLEN, Ph.D.

Excel Tools: What are they?

- A Microsoft Excel workbook with multiple tabs where users can easily enter information
- Worksheets look like paper questionnaire forms, which is user friendly
- Locked spreadsheet cells, so formulas cannot be broken
- Spreadsheet tabs that build on each other and provide reporting

Excel Tools: Why Excel?

- Microsoft Excel is readily available
- Excel, or the freely available (and compatible) LibreOffice is available for all operating systems
- Rapid development and prototyping of toolkit
- Embedded help
- Ready-made structure for data entry and calculation of values

Excel Tools: Benefits of doing it this way?

- Data driven strategy
- Frees staff from having to hand-enter data from paper forms and calculate scale scores
- Toolkit builds on itself, populating future tools based on responses on prior tools
- Immediate feedback and reporting to users
- Paper-based tools do not allow for many of these benefits

EXCEL TOOLKIT DEMONSTRATION

Tools 1-4, 6, 8, 10

Training & TA Guide, Evaluation Guide
HAYDEN CENTER, Ph.D.

Training and TA Guide: Overview

- Our implementation resources for the strategy include a Training and Technical Assistance Guide
- This guide is designed to give trainers and TA providers detailed information to deliver needed training and TA (coaching)

Training and TA Guide: Training Design

- A one-day training can be implemented with one workgroup from a single EBPI implementing organization or with workgroups from multiple organizations
- Participants are workgroup Facilitators and Data Coordinators

Training and TA Guide: Training Content

Main topics covered include:

- Key terms
- Logic model
- Sustainability readiness questions
- Completion calendar
- Excel tool demonstration

Training and TA Guide: Training Objectives

- Gain familiarity with and become comfortable using all the sustainability materials
- Demonstrate a working understanding of all terms, concepts, tasks, and tools needed to plan, implement, and monitor implementation of the sustainability process
- Demonstrate knowledge and proficiency in the step-by-step sustainability process
- Develop a follow-up plan that includes workgroup meeting dates as well as dates for follow-up technical assistance

Training and TA Guide: Technical Assistance Design

- The guide also details the TA (coaching) that will be implemented with the workgroups after the initial one-day training is completed
- The TA (coaching) will be linked to each of the six sustainability workgroup meetings

Training and TA Guide: Technical Assistance Design

Two Types of Technical Assistance (i.e., coaching)

- The first type is through scheduled TA (coaching) calls or face-to-face meetings with the Facilitator and Data Coordinator
- The second type is through drop-in calls in which Facilitators and Data Coordinators can call in during a designated time (on an as-needed basis) to ask additional questions

Evaluation Guide: Overview

- This guide is designed to provide an external evaluator with all the information needed to support the sustainability strategy implementation through provision of data collection, analysis, and reports to the workgroup and leadership committee of the organization

Evaluation Guide: Importance of External Evaluator

- It is important that an *external* evaluation be conducted to ensure valid and reliable assessment results, reducing potential bias on the part of the implementing organization
- Further, having an external evaluator reduces the amount of work to be done by the workgroup

Evaluation Guide: Role of External Evaluator

- An external evaluator will provide reports at key steps to inform the leadership committee and workgroup of sustainability readiness at pre- and post- strategy implementation, and at six-month follow-up
- The external evaluator needs to have the skills and experience in quantitative data analysis and the ability to use statistical analysis packages such as SPSS

Evaluation Guide: Activities by Evaluator

The external evaluator:

- Collects data from leadership committee of the organization implementing the EBPI to be sustained
- Analyzes the results
- Provides reports to the sustainability workgroup and leadership committee

Evaluation Guide: Activities by Evaluator

Finally:

- Intentions to change are measured at baseline prior to Question 2 and at 18-month follow-up for Question 11
- Results related to Question 11 (on readiness and intentions to change) will be presented in a report to the workgroup and the sustainability committee at follow-up

Summary of Training and TA and Evaluation Guides

- Step-by-step detailed instructions for each sustainability readiness question
- Training content and TA (coaching) process described in detail
- Evaluation Guide that outlines timeline and provides instrumentation for an external evaluator to gather information and produce reports

Interim & Future Steps
DAVID COLLINS, Ph.D.

Interim Steps

- Conducted interest survey of states – through the survey and additional outreach, we've identified 14 states in which there is interest for a pilot study.
- Seek funding for pilot study (including through PIRE and other potential sources)

Intended Future Steps

- Conduct 18-month pilot study testing the strategy using randomized control trial design that involves selected states that have indicated interest in participating
- Market the sustainability readiness strategy (assuming positive results)

Sustainability Readiness Strategy Implementation Resources

The implementation resources are available to review in read-only format at the following link:

<https://www.pire.org/sustainability-readiness/>



Questions and Answers