

Sustainability: Key Areas to Focus on Now

Sustainability and Cultural Competence

Sustainability and cultural competence is at the heart of SAMHSA's Strategic Prevention Framework, shown at the right. There are five steps in the framework, but the **guiding principles** are sustainability and cultural competence – and the implication is that you cannot have one without the other. Cultural competence helps insure the success of the project and the success of the project is vital to sustainability, as it is the **outcomes** that need to be sustained.



Figure 1. SAMHSA's Strategic Prevention Framework

SAMHSA's Six Steps to Sustainability

SAMHSA's six steps to sustainability are:

1. Build ownership among stakeholders
2. Share results to secure more funding
3. Track and publicize outcomes
4. Identify program champions
5. Invest in capacity
6. Identify diverse resources

Native Connections Grantees' Strategic Action Plan Sustainability Steps

Many Cohort 1 Native Connections (NC) grantees have developed goals and objectives in the Strategic Action Plans (SAP) that support the six steps of sustainability. Shown below are some of these goals and objectives, demonstrating how other grantees have incorporated culture and sustainability into their SAPs. Sample goals and objectives are taken verbatim from grantee SAPs.



Build Ownership Among Stakeholders

Some sample SAP objectives that target building ownership among stakeholders, which includes strengthening partnerships and marketing the project outcomes are shown below:

1. Collaborate with Tribal Court Development to bring teachings, healing opportunities and to deal with our own issues. (Alakanuk)
2. Develop Memorandum of Understanding agreements with a broad spectrum of Tribal entities and community members to generate greater and more effective attention to suicide prevention and a referral process. (Turtle Mountain)
3. Compile/develop and disseminate culturally appropriate information about mental health, substance abuse, and suicide intervention services - distribute information at community events and organizations regularly. (Selawik)
4. Address barriers to using Traditional and other Mental Health and Wellness services as they are identified and with Mescalero traditional methods. (Mescalero Cohort 1)

Share Results/Track and Publicize Outcomes

To sustain outcomes, grantees must share the results of their data with the community.

1. During year 4 present local statistics and information about suicide and substance abuse issues and resources to community groups that serve or are involved with Native American youth in at least two communities within the Osage Nation service area. (Osage)
2. Utilize evaluation and surveillance data to improve program, demonstrate results back to Wellness Board and Tribal Administration, and document all project outcomes to SAMHSA. (Shingle Springs)





3. Develop surveillance system and data related to suicide incidents and treatments. (Santo Domingo)
4. Collect data on the use of services before and after the Social Marketing campaign to assess its efficacy (as well as barriers to accessing and using Mental Health services). Disseminate information to the Mescalero community on the benefits of Mental Health and Wellness services. (Mescalero Cohort 1)

Identify Program Champions

For a prevention effort to thrive in a community, it needs respected leaders to carry the message and support community change.

1. Build Local leadership and empower communities to find/develop local solutions. (Maniilaq)
2. Enhance the leadership's role in their involvement with activities that support the program, individuals, family, and the communities over all well-being. (Nambé Pueblo and Standing Rock)



Photo Courtesy of Osage News

Invest in Capacity

Skills and knowledge carried by community members cannot be taken away, even if the funding ceases. Investing in the growth of these is one type of sustainability.

1. Build capacity to accurately identify and effectively support persons thinking about or at Imminent risk of suicide through appropriate referral or direct care. (Selawik)
2. Offer Mental Health First Aid training: 12-hour training to educate people about mental health disorders and crisis and to provide skills to identify and help when someone is developing a disorder or experiencing a crisis. (Selawik)
3. Staff will receive training in Adverse Childhood Experiences to understand factors that impact suicide risk for youth. (Round Valley)



Identify Diverse Resources

The continued use and updating of the Community System Analysis or other asset mapping tools, helps strengthen the alliances that can sustain prevention efforts.

1. Monthly & Quarterly Community meetings/events to meet other partners and community members related to children, youth, young-adults, and families to introduce NC Project/Partnerships (lists nine boards/programs that director attends, including school attendance review board). (Shingle Springs)
2. To weave together and coordinate formal and informal systems and resources for suicide and drug and alcohol prevention programs, intervention programs, and efforts to create a focused community-driven culturally relevant program. (Seneca)

Resources

1. SAMHSA has a wealth of tools and resources, including funding resources, available on their website. Access these through SAMHSA's Center for the Application of Prevention Technologies sustainability page: <https://www.samhsa.gov/capt/applying-strategic-prevention-framework/sustainability>. This page has further links for each area of sustainability discussed in this fact sheet.
2. Prevention Collaboration in Action is SAMHSA's Center for the Application of Prevention Technologies' portal that offers resources organized in the categories: stories, tools, explore by topic, and focus on opioids. This portal has many resources on health collaboration, tips for engaging various types of partners, such as prescribers and people who use drugs. The web address is: <https://captcollaboration.edc.org/>
3. The Grants.gov website offers much more than just a search engine for grants. There is a learning center, applicant resources, and lists of grants as well as links to non-governmental funding sources. The web address is: <https://www.grants.gov/>.