



STATE PARTNERSHIPS

— IMPROVING —

NUTRITION & EQUITY

**Planning for the Long Haul: Understanding and Using the PSAT for Sustaining
your SPINE Project**

October 12, 2022 | 2:00-3:30 PM ET

Special Topic Learning Opportunity



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**
Promoting Health. Preventing Disease.



WELCOME!





Agenda

2:00-2:05 PM	Welcome
2:05-2:10 PM	Opening Activity
2:10-2:20 PM	Framing the Conversation
2:20-2:55 PM	Speaker Introductions/Presentations
2:55-3:15 PM	Large Group Activity
3:15-3:25 PM	Audience Q&A
3:25-3:30 PM	Closing/Next Steps

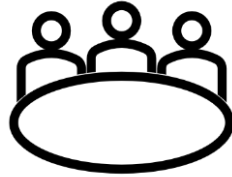




A few reminders...



This meeting will **be recorded**



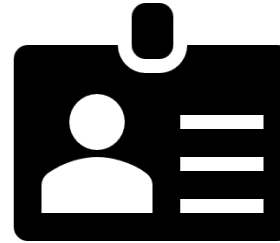
We **encourage you to share**



Use **Chat** for comments and reactions



Ask **questions via Chat** or you can submit questions anonymously [here](#)



Please use the same **display name** as the one you used for register. Display your **pronouns** if you wish.



Please take a moment to complete the **survey, at end of today's meeting**





SPINE Meeting Norms

- Remain emotionally, intellectually, and socially engaged
- Listen to understand
- Practice being vulnerable. It's ok to speak in rough draft.
- Feel free to speak *your* truth, while knowing it's only part of the truth
- Be ok with not having all of the answers and be honest about your capacity
- Be willing to assume best intentions while simultaneously be working to build trust
- Aim to be constructive rather than critical
- Have fun!





Opening Activity





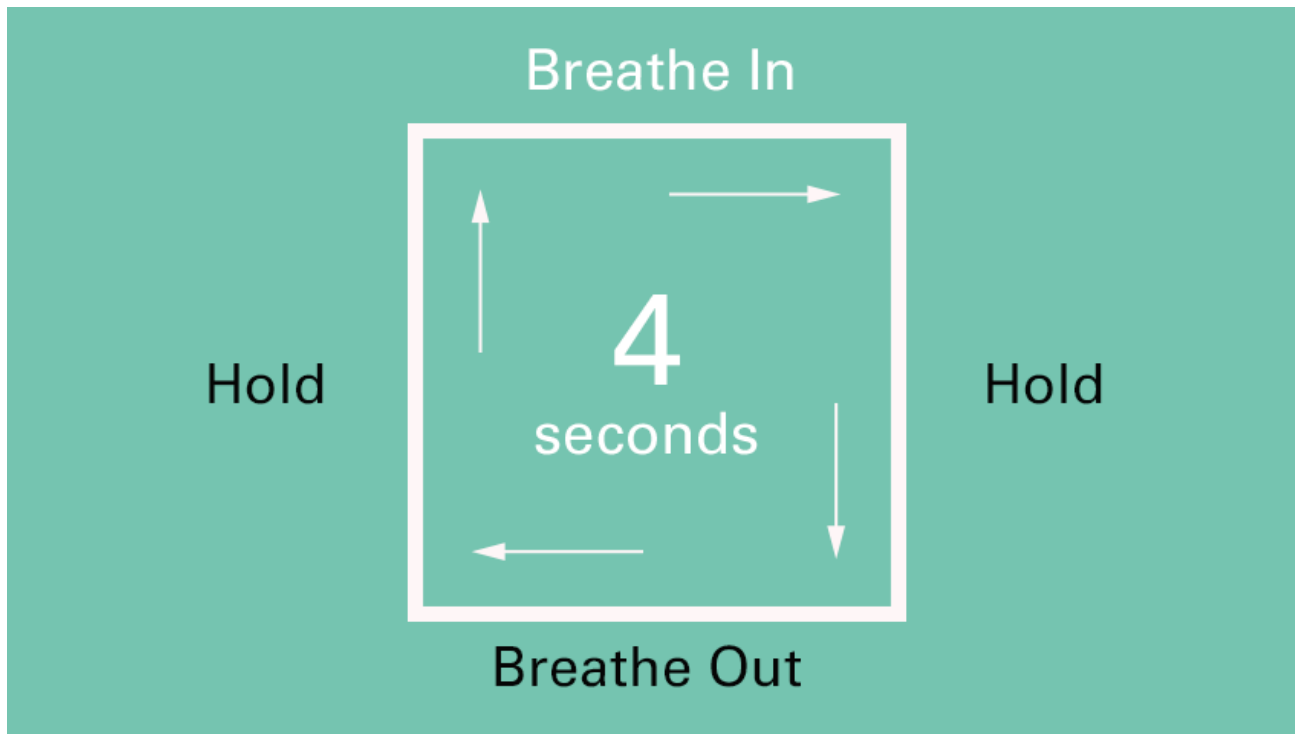
Body and Emotion Check In

- Center your body
- Take 3 deep breaths in and out of your nose
- Notice symptoms of stress overload:
 - Rapid heart rate
 - Clenched jaw and grinding teeth
 - Breathing rapidly or irregular breathing
 - Feeling low energy, weak or tired
 - Upset stomach
 - Achy and tense muscles
 - Headache
 - Cold or sweaty hands and feet
 - Cognitive symptoms:
 - Racing thoughts
 - Feeling nervous, restless or tense
 - Trouble concentrating or focusing on the present
 - Feeling Constantly worried
 - Feeling disorganized and forgetting things





Square Breathing





Framing the Conversation





CDC Definition Reflection

Sustainability is “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” - From the [Healthy Communities Program Sustainability Guide](#)





Speaker Introductions/Presentations





Our Speakers



Kim Prewitt (she/her)
Manager of Sustainability
Center for Public Health
Systems Science
Brown School
Washington University
St. Louis, Missouri



Valerie Howard
Assistant Bureau Chief
Bureau of Community Health
and Wellness
Missouri Department of
Health and Senior Services'



Preserving Progress:

Assessing and planning to sustain your SPINE project

Kim Prewitt | February 17, 2022

Goals for today

- **Explore** factors that influence sustainability capacity
- **Learn** about a tool you can use to assess program sustainability
- **Introduce** three-step planning process for building capacity for sustainability



Why Sustainability?

Sustaining through changes and challenges





**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

NEWS NOW

Gov. Cuomo touts NY's alcohol industry, vows more help

...

Spanish Colonial horses vi

Funding cuts to hit smoking cessation programs

Want to quit smoking? Think a class could help? Better take it by June 30. Further cuts to the state's tobacco control funding will kick in July 1 and tobacco cessation classes will be one of the casualties, said Eileen Gleason, tobacco cessation ...



More than
just money

suh-stey-nuh-bil-i-tee

the ability to maintain programming and its
benefits over time





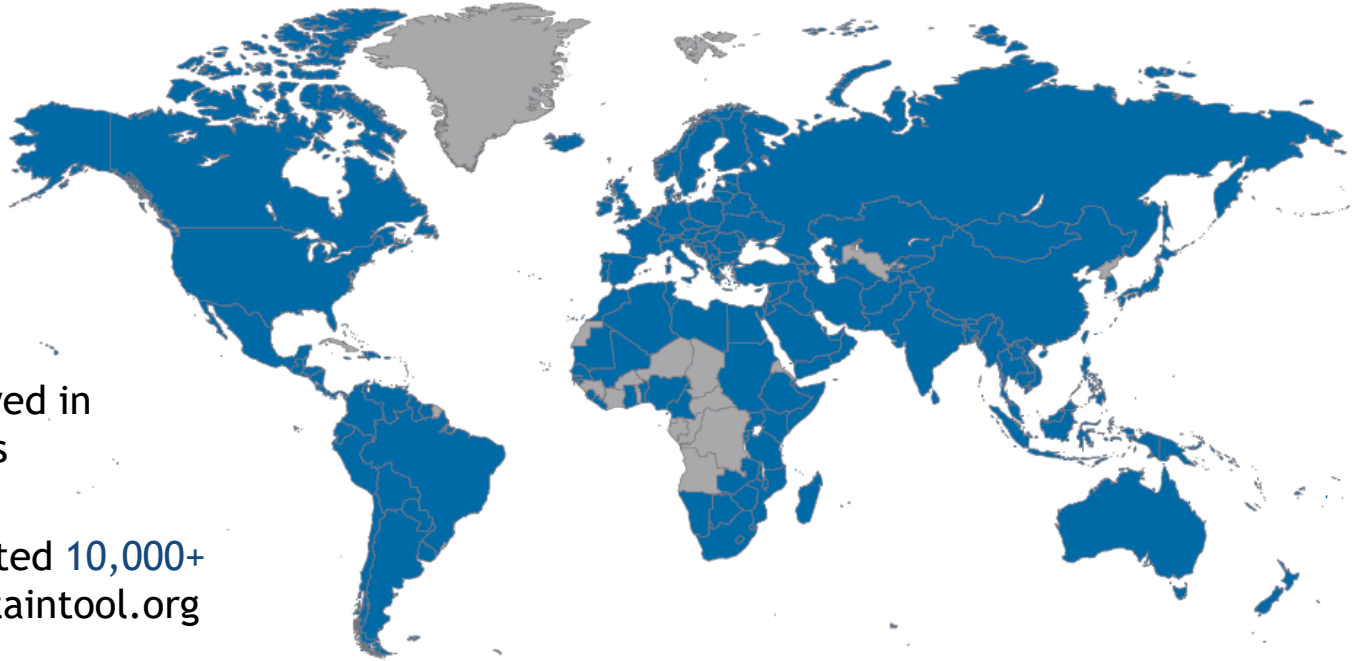
Program Sustainability Framework



Sustaintool.org by the numbers

Website viewed in
175 countries

PSAT completed 10,000+
times on sustaintool.org



The sustainability planning process

Understand



The sustainability planning process

Understand → Assess →



The screenshot shows the 'Program Sustainability Assessment Tool' interface. At the top, a progress bar indicates the current stage is 'Communications'. The section title is 'Communications' with the subtitle 'Strategic communication with stakeholders and the public about your program.' Below this, there are five assessment items, each with a horizontal slider and a 'NA' button. The sliders are labeled 'Less Extent' on the left and 'More Extent' on the right. The items are:

- The program has communication strategies to secure and maintain public support. (Slider value: 3)
- Program staff communicate the need for the program to the public. (Slider value: 5)
- The program is marketed in a way that generates interest. (Slider value: 3)
- The program increases community awareness of the issue. (Slider value: 4)
- The program demonstrates its value to the public. (Slider value: 5)

At the bottom, there are three buttons: 'PREV', 'SAVE AND CONTINUE LATER', and 'NEXT'.



The sustainability planning process

Understand → Assess → Plan



Communications
Strategic communication with stakeholders and the public about your program.

LESS EXTENT MORE EXTENT

The program has communication strategies to secure and maintain public support. [Progress bar: 2/5] [NA]

Program staff communicate the need for the program to the public. [Progress bar: 2/5] [NA]

The program is marketed in a way that generates interest. [Progress bar: 2/5] [NA]

The program increases community awareness of the issue. [Progress bar: 2/5] [NA]

The program demonstrates its value to the public. [Progress bar: 2/5] [NA]

LESS EXTENT MORE EXTENT

PROG. SAVE AND CONTINUE LATER NEXT

Partnerships: Cultivating connections between your program and its stakeholders							
Sustainability SMART Objective: By October 2019, form three new strategic partnerships with staff and/or key resources to dedicate to program intervention.							
Steps to achieve objective: [Be very specific and include important sub-steps. Anyone should be able to pick up this document and understand what needs to happen in order to reach your objective.]	Who will do the work? [Who will ultimately ensure the work gets finished?]	What does success look like? [What metrics will you use to track progress on the completion of each step? How will you know it's time to move on to the next step?]	What non-financial resources are needed for this step? Where will they come from?	Due date [In the appropriate quarter, enter a specific date by which the activity must be completed.]			
				Q1	Q2	Q3	Q4
1. Identify potential partners <ul style="list-style-type: none">Determine what is needed in terms of resources/knowledge/skillsIndependently research by looking at organizations' websites and other available resourcesSchedule internal meeting for brainstorming and discussionConsider existing connections and reach out to partners for insight	Leadership, input from partners and staff	List of potential partners	Partner contact information, access to potential partner websites/other resources	Feb. 28, 2019			
2. Develop profiles of potential partners <ul style="list-style-type: none">Research partners more extensivelyCirculate profiles to partners and staff for inputPrioritize partners based on information compiled	Research staff, input from partners	Profiles of potential partners outlining the following: <ul style="list-style-type: none">Benefits to themTheir contributionsFocus areas, mission, and current activitiesAny existing connections with themPriority level	Partner contact information, access to potential partner websites/other resources	May 15, 2019			





Sustainability Framework



Environmental Support



Having a
supportive
internal and
external
climate



Funding Stability



Establishing a
consistent
financial base
for your
program



Partnerships



Cultivating
connections
between your
program and
its
stakeholders



Organizational Capacity



Internal support and resources needed to effectively manage your program



Program Evaluation



Assessing
your
program to
inform
planning and
documenting
results



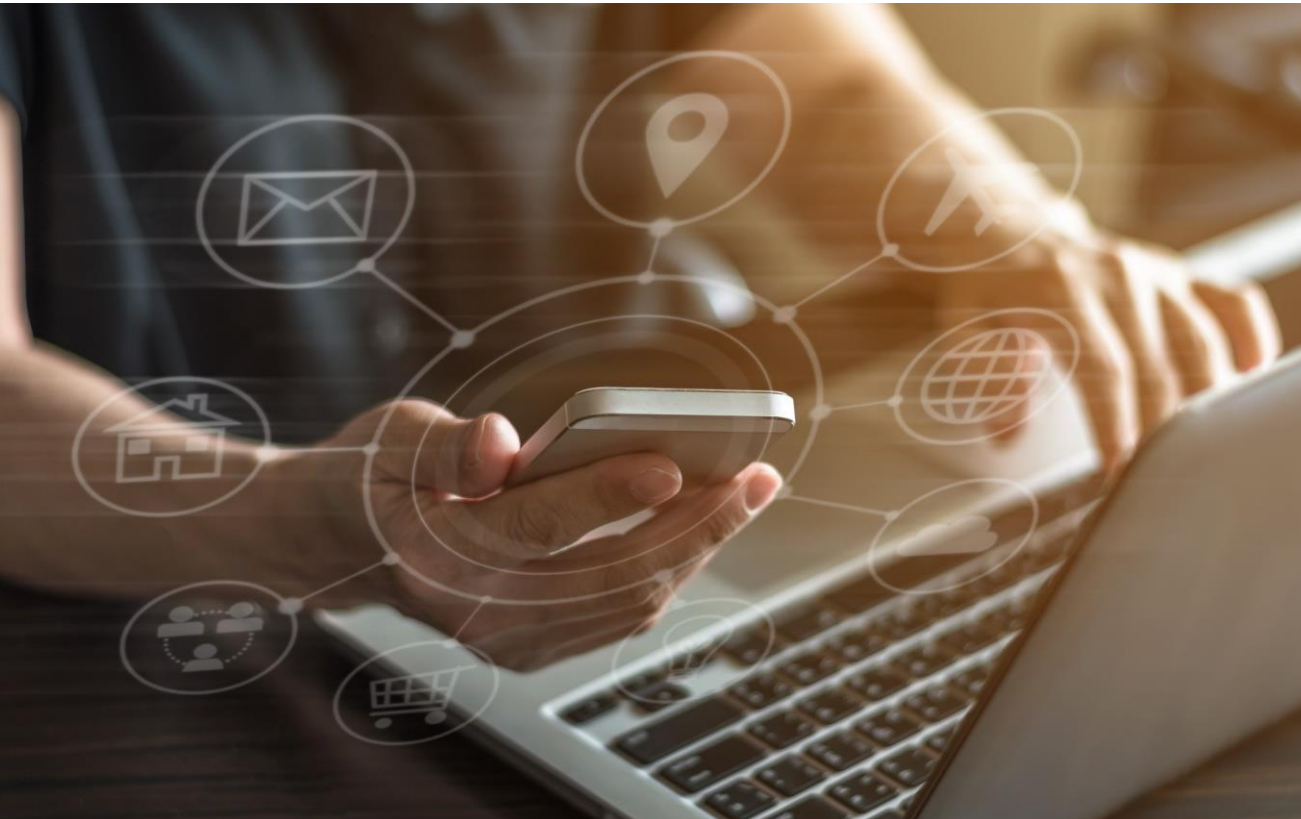
Program Adaptation



Taking action
to adapt your
efforts to
ensure
ongoing
effectiveness



Communications



Strategically
communicating with
stakeholders
and the public
about your
program



Strategic Planning



Using processes that guide your program's directions, goals, and strategies



Domain Connectivity

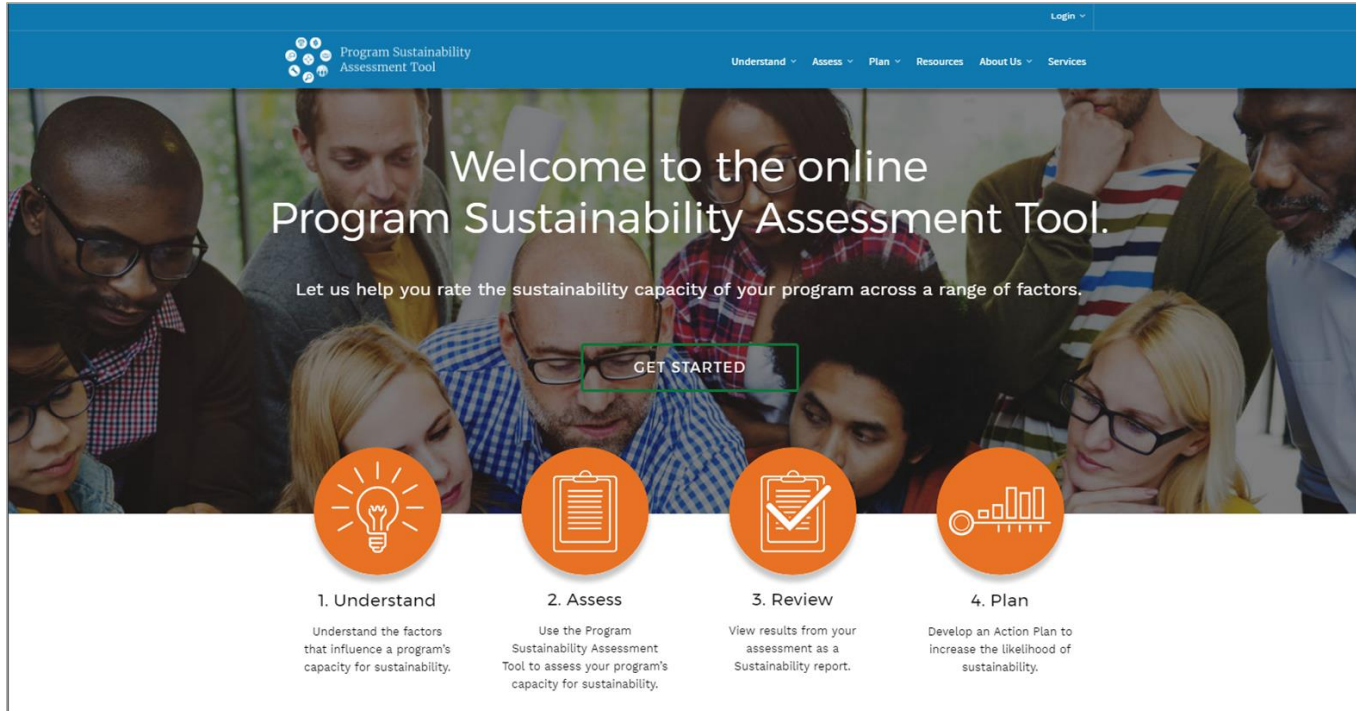




Focus on what
you can change



Sustaintool.org



Program Sustainability Assessment Tool


Understand Assess Plan Resources About Us Services

Login


Welcome to the online Program Sustainability Assessment Tool.

Let us help you rate the sustainability capacity of your program across a range of factors.


[GET STARTED](#)

- 


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.
- 

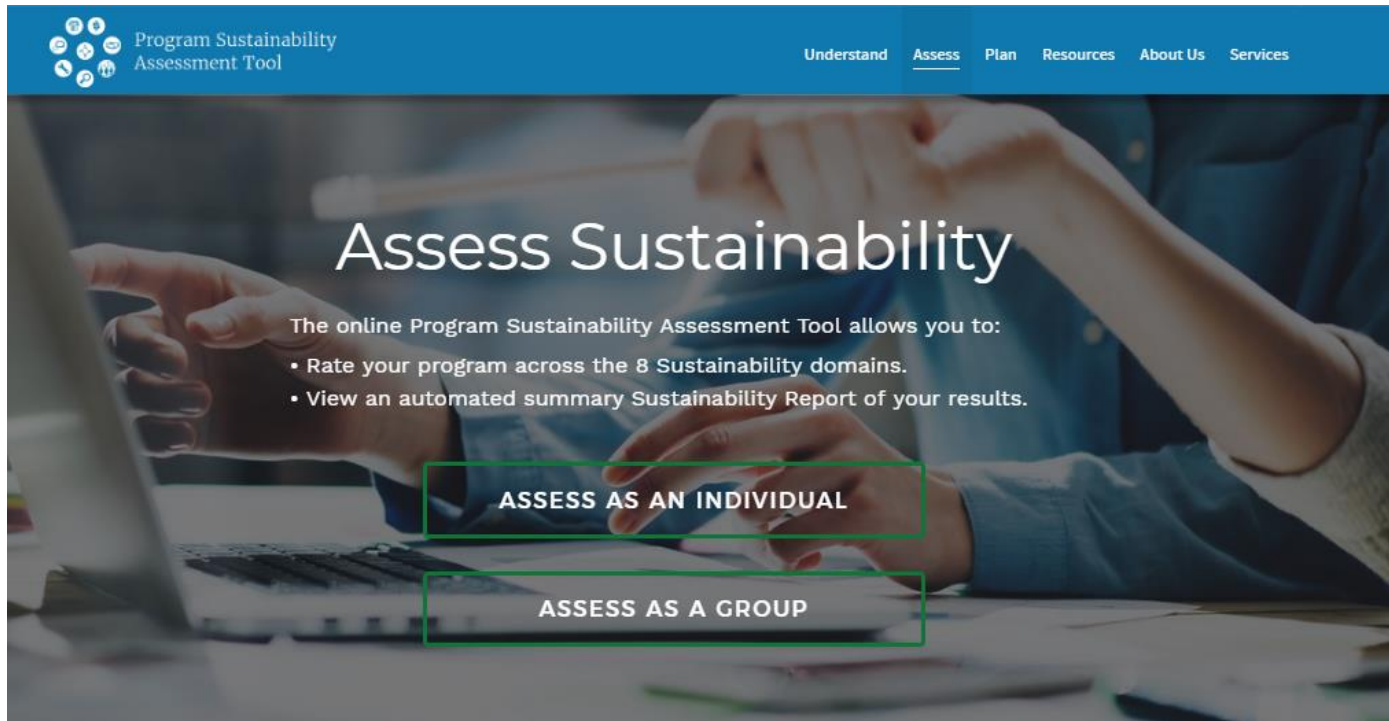
4. Plan

Develop an Action Plan to increase the likelihood of sustainability.



Assessing Sustainability

Program Sustainability Assessment Tool

The image is a screenshot of the Program Sustainability Assessment Tool website. The header is a solid blue bar. On the left, there is a logo consisting of eight small circular icons arranged in a circle, followed by the text "Program Sustainability Assessment Tool". On the right side of the header, there is a navigation menu with the following items: "Understand", "Assess" (which is underlined), "Plan", "Resources", "About Us", and "Services". The main content area has a background image of hands working on a laptop. Overlaid on this image is the text "Assess Sustainability" in a large, white, sans-serif font. Below this, in a smaller white font, is the sentence "The online Program Sustainability Assessment Tool allows you to:". Underneath this sentence is a bulleted list with two items: "• Rate your program across the 8 Sustainability domains." and "• View an automated summary Sustainability Report of your results." At the bottom of the main content area, there are two green-outlined rectangular buttons. The top button contains the text "ASSESS AS AN INDIVIDUAL" and the bottom button contains the text "ASSESS AS A GROUP". Both buttons have a white background and green text.

Program Sustainability Assessment Tool

Understand Assess Plan Resources About Us Services

Assess Sustainability

The online Program Sustainability Assessment Tool allows you to:

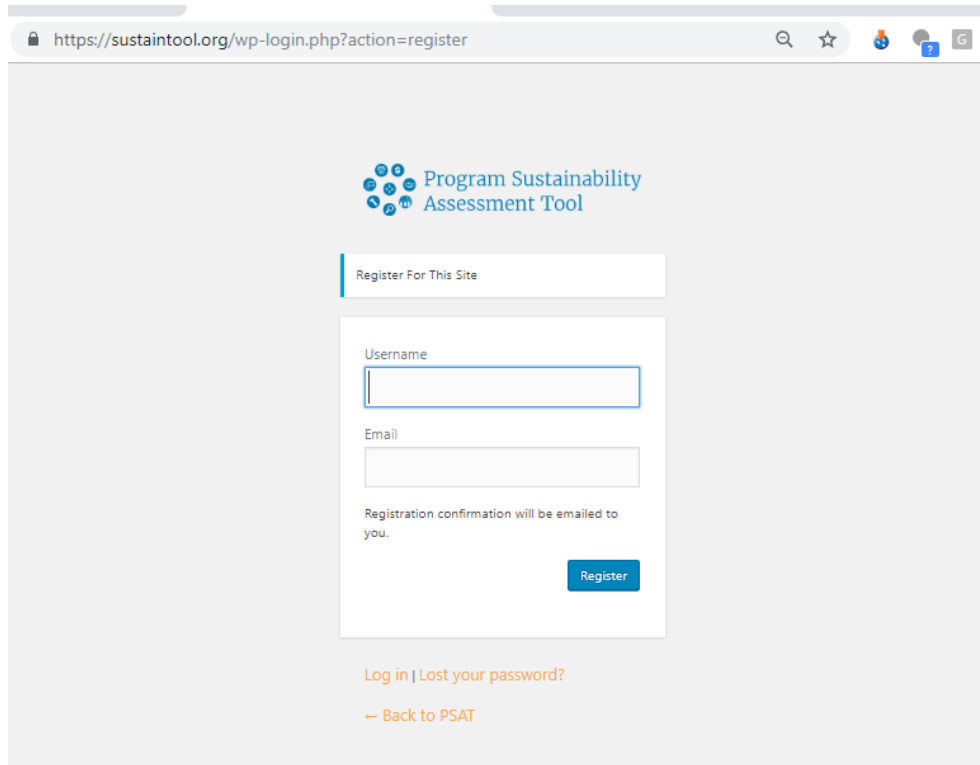
- Rate your program across the 8 Sustainability domains.
- View an automated summary Sustainability Report of your results.

ASSESS AS AN INDIVIDUAL

ASSESS AS A GROUP



PSAT: Register



The screenshot shows a web browser window with the URL <https://sustaintool.org/wp-login.php?action=register>. The page features the PSAT logo, which consists of a cluster of blue and green circles. Below the logo, the text "Program Sustainability Assessment Tool" is displayed. A registration form is centered on the page, titled "Register For This Site". It contains two input fields: "Username" and "Email". Below these fields, a message states "Registration confirmation will be emailed to you." and a blue "Register" button is positioned at the bottom right of the form. At the bottom of the page, there are two links: "Log in | Lost your password?" and "← Back to PSAT".

Program Sustainability Assessment Tool

Register For This Site

Username

Email

Registration confirmation will be emailed to you.

Register

[Log in | Lost your password?](#)

[← Back to PSAT](#)

- Username
- Email address



Strategic communication with stakeholders and the public about your program.

LESS EXTENT

MORE EXTENT

NA

Less Extent

NA

Great Extent



NA

Less Extent

A horizontal progress bar with a blue fill and a grey border. The bar is divided into seven equal segments. The fourth segment from the left is highlighted with a blue circle containing the number '4'. The other segments are grey with black numbers 1, 2, 3, 5, 6, and 7.

NA

Some Extent

6

NA

Greater Extent

PREV

SAVE AND CONTINUE
LATER

NEXT

Program Sustainability Assessment Tool



Sustainability Report

INDIVIDUAL

Example

Submitted by: kprewitt@wustl.edu

Date: July 14, 2017

Many factors impact a program's ability to continue providing services and producing benefits over time. For example, funding, quality evaluation, infrastructure, strong partnerships, and clear communication all have a role to play in supporting program sustainability. The **Program Sustainability Assessment Tool (PSAT)** allows stakeholders to rate their programs on the extent to which they have processes and structures in place that will increase the likelihood of sustainability. This report summarizes the current sustainability capacity for your program. Results are based on your program's responses to the Program Sustainability Assessment Tool. Assessment results can then be used to identify next steps in building program capacity for sustainability in order to position efforts for long-term success.

Interpreting the Results

The table presents the average rating for each sustainability domain based on the responses that you provided. The remainder of the document presents the ratings for indicators within each domain. There is no minimum rating that guarantees the sustainability of a program. However, lower ratings do indicate opportunities for improvement that a program may want to focus on when developing a plan for sustainability.

Next Steps

- These results can be used to guide sustainability planning for your program.
- Areas with lower ratings indicate that there is room for improvement.
- Address domains that are most modifiable, quicker to change, and have data available to support the needed changes.
- Develop strategies to tackle the domains that may be more difficult to modify.
- Make plans to assess your program's sustainability on an ongoing basis to monitor program changes as you strive for an ongoing impact.

Here is your sustainability score: **3.9**

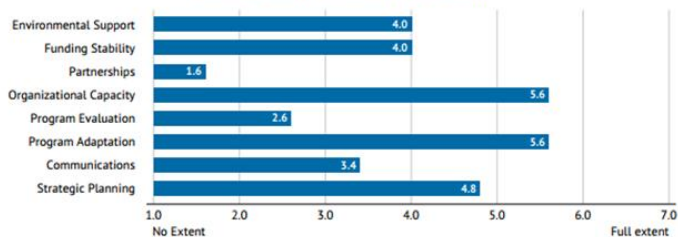
Domain	Domain Score
Environmental Support	4.0
Funding Stability	4.0
Partnerships	1.6
Organizational Capacity	5.6
Program Evaluation	2.6
Program Adaptation	5.6
Communications	3.4
Strategic Planning	4.8

1 = program has this to no extent

7 = program has to the full extent

NA = not able to answer

Sustainability Capacity By Domain



For more information about the Program Sustainability Assessment Tool and sustainability planning, visit <https://sustaintool.org/>

Sustaintool.org: Results PDF



Your example program

Submitted by: kprewitt@wustl.edu

Date: June 23, 2020

Many factors can affect sustainability, such as financial and political climates, organizational characteristics, and elements of evaluation and communication. The **Program Sustainability Assessment Tool (PSAT)** allows stakeholders to rate their programs on the extent to which they have processes and structures in place that will increase the likelihood of sustainability. Assessment results can then be used to identify next steps in building program capacity for sustainability in order to position efforts for long term success.

Interpreting the Results

The table presents the average rating for each sustainability domain based on the responses provided by 5 participants. The remainder of the document presents the average ratings for indicators within each domain. There is no minimum rating that guarantees the sustainability of a program. However, lower ratings do indicate opportunities for improvement that a program may want to focus on when developing a plan for sustainability.

Next Steps

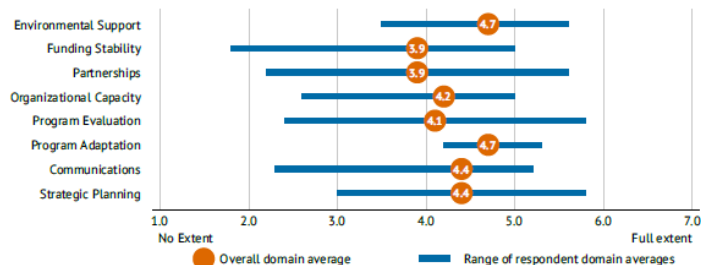
- These results can be used to guide sustainability planning for your program.
- Areas with lower ratings indicate that there is room for improvement.
- Address domains that are most modifiable, quicker to change, and have data available to support the needed changes.
- Develop strategies to tackle the domains that may be more difficult to modify.
- Make plans to assess your program's sustainability on an ongoing basis to monitor program changes as you strive for an ongoing impact.

Here is your sustainability score: **4.3**

Domain	Domain Score
Environmental Support	4.7
Funding Stability	3.9
Partnerships	3.9
Organizational Capacity	4.2
Program Evaluation	4.1
Program Adaptation	4.7
Communications	4.4
Strategic Planning	4.4

1 = program has this to no extent
 7 = program has to the full extent
 NA = not able to answer

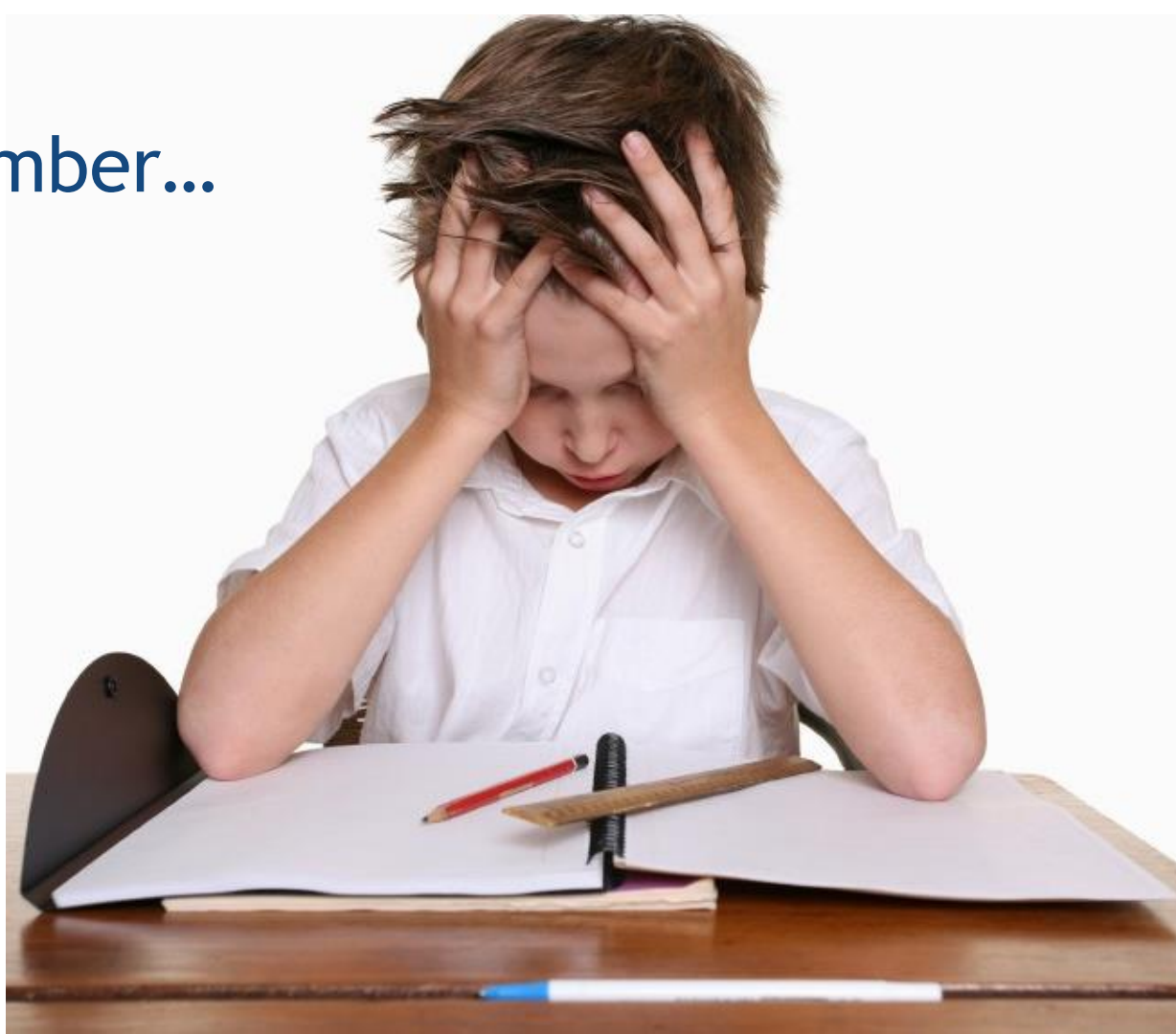
Average Sustainability Capacity By Domain



For more information about the Program Sustainability Assessment Tool and sustainability planning, visit <https://sustaintool.org/>

Sustaintool.org:
Results PDF

Remember...



Planning for Sustainability

Key sustainability plan components

- Sustainability domain/area of focus
- SMART objective
- Action steps
 - Responsible individuals
 - Resources needed (e.g., meeting space, software)
 - Outcomes (i.e., what does success for each step look like?)
 - Timeline (i.e., due dates)



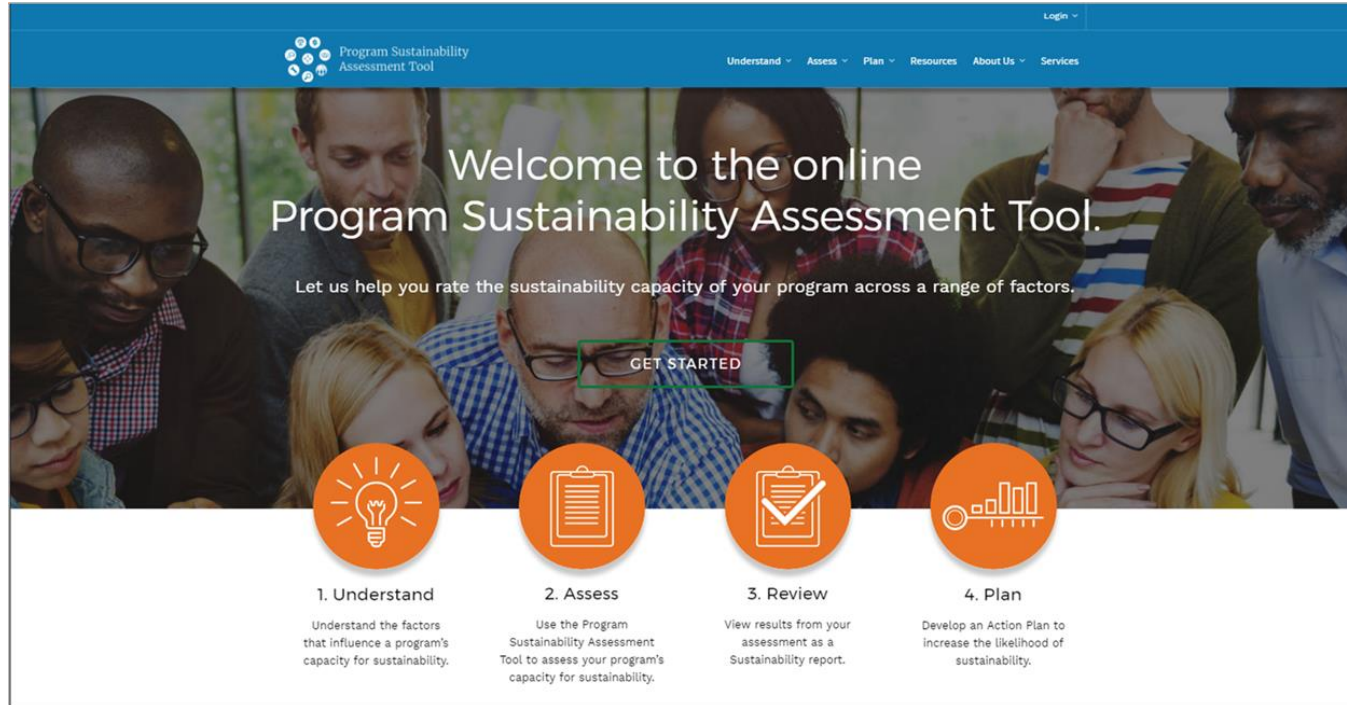
Partnerships: Cultivating connections between program partners and its stakeholders

Sustainability SMART Objective: By October 2022, form three new strategic partnerships with staff and/or key resources to dedicate to our intervention.

Steps to achieve objective: [Be very specific and include important sub-steps. Anyone should be able to pick up this document and understand what needs to happen in order to reach your objective.]	Who will do the work? [Who will ultimately ensure the work gets finished?]	What does success look like? [What metrics will you use to track progress on the completion of each step? How will you know it's time to move on to the next step?]	What non- financial resources are needed for this step? Where will they come from?	Due date [In the appropriate quarter, enter a specific date by which the activity must be completed.]			
				Q1	Q2	Q3	Q4
1. Identify potential partners <ul style="list-style-type: none"> Determine what is needed in terms of resources/knowledge/skills Independently research by looking at organizations' websites and other available resources Schedule internal meeting for brainstorming and discussion Consider existing connections and reach out to partners for insight 	Leadership, input from partners and staff	List of potential partners	Partner contact information, access to potential partner websites/other resources	Feb. 28, 2022			
2. Develop profiles of potential partners <ul style="list-style-type: none"> Research partners more extensively Circulate profiles to partners and staff for input Prioritize partners based on information compiled 	Research staff, input from partners	Profiles of potential partners outlining the following: <ul style="list-style-type: none"> Benefits to them Their contributions Focus areas, mission, and current activities Any existing connections with them Priority level 	Partner contact information, access to potential partner websites/other resources		May 15, 2022		



Sustaintool.org



Program Sustainability Assessment Tool


Understand Assess Plan Resources About Us Services

Login


Welcome to the online Program Sustainability Assessment Tool.

Let us help you rate the sustainability capacity of your program across a range of factors.


[GET STARTED](#)

- 


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.



Valerie Howard

- Assistant bureau chief of the Missouri Department of Health and Senior Services' Bureau of Community Health and Wellness



Questions?

Contact Us

Kim Prewitt

kprewitt@wustl.edu

Valerie Howard

Valerie.Howard@health.mo.gov

cphss.wustl.edu

cphss@wustl.edu



[@CPHSSwustl](https://twitter.com/CPHSSwustl)





Large Group Activity





Zoom Poll

Which of the following domains do you feel **MOST** confident about in your SPINE project, in regards to planning, implementation, and success?





Zoom Poll

Which of the following domains do you feel **LEAST** confident about in your SPINE project, in regards to planning, implementation, and success?





Miro Board Activity: Brain Dump

Think about all the ways (promising practices you have heard of or have been implemented in your work) sustainability can be built through the eight domains. Using the post it notes, jot down your thoughts.

[Miro Board Link](#)





Audience Q&A





Closing & Next Steps





Additional Resources

- Bodkin, A., Hakimi, S. Sustainable by design: a systematic review of factors for health promotion program sustainability. *BMC Public Health*.2020;964.
- Calhoun A., Mainor A., Moreland-Russell S., Maier RC., Brossart L., Luke D.A. Using the Program Sustainability Assessment Tool to Assess and Plan for Sustainability. *Prev Chronic Dis*.2014;11.
- Luke D.A., Calhoun A., Robichaux C.B., Elliott M.B., Moreland-Russell S. The Program Sustainability Assessment Tool: a new instrument for public health programs. *Prev Chronic Dis*.2014;11.





Announcements/Reminders

- October 15: Q3 Progress Report Due
- October 18: SPINE Monthly Update Call
- October 26: BRIC Webinar "Partnerships, Coalitions and Sustainability"
- October 30: Q3 Invoices Due
- Please complete the survey at the end of today's meeting

Visit the [SPINE Internal Hub](#) for additional announcements, reminders, and webinar replays!





Thank you!

