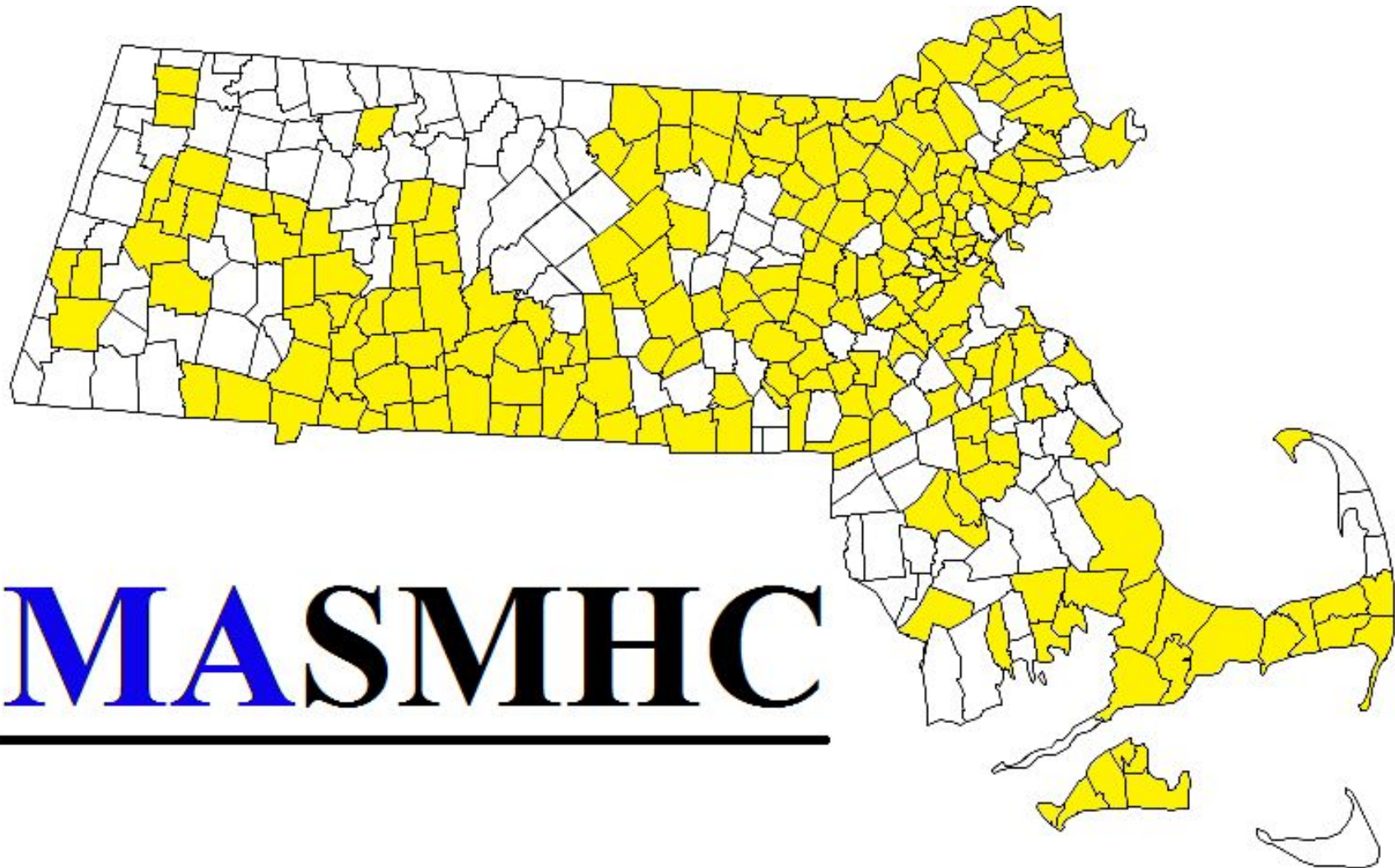
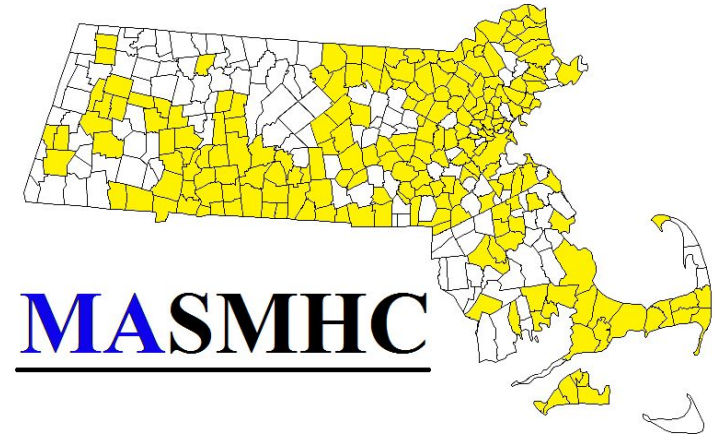


MASMHHC



Building Sustainable Systems of Support



Session Description

This session will focus on enhancing the sustainability of the systems and supports developed by prevention specialists. Drivers of sustainability will be discussed across a variety of topics relevant to prevention specialists, including assessing the needs of the population they serve, providing training and prevention programming, collecting and using programmatic data, and developing a strong coalition. Strategies to foster sustainability will also focus on managing the logistics of prevention programming, including developing clear implementation plans, documenting efforts, integrating activities into systems and processes of the organizations served, and fostering processes that improve replication of efforts. Attendees will have the opportunity to share best practices that have fostered sustainability across a variety of topics relevant to their roles.

Objectives

- Participants will understand how sustainability is defined for their role
- Participants will understand the drivers of sustainability and how to apply those drivers to increase sustainable practice
- Participants will share best practices to foster sustainability across topics relevant to the role of the prevention specialist



Warm Opening



Share in the chat or come off mute...

What are you most proud of from your work this year?

What are you doing over the summer?

Sustainability...and what it means to you.

SAMHSA sustainability planning focuses on maintaining effective prevention, treatment, and recovery services beyond initial grant funding by building stakeholder ownership, diversifying resources, and integrating services into local systems.

Key steps include assessing current project successes, engaging partners, identifying funding, and developing a formal, actionable sustainability plan.



Discussion: The Role of the Prevention Specialist

The prevention specialist is a behavioral health professional who has demonstrated competency related to alcohol, tobacco and drug use prevention, and who provides services that help individuals, families and communities to develop the capacities needed to achieve behavioral health and wellness.

Prevention specialists deliver evidence-based prevention programming in a wide range of settings including schools, workplaces, health care centers, behavioral health programs, community-based organizations, and prevention coalitions.



Breakout Group 1 - Sustainability Self Assessment

Given what we know about the role of the prevention specialist and the definition of sustainability:

- How are you successfully building sustainability into your planning and implementation? What are a couple examples you could share?
- What are the aspects of sustainable practice that you could improve over time?

Consider the key steps outlined in SAMHSA's definition of sustainability as you consider your response:

Key steps include assessing current project successes, engaging partners, identifying funding, and developing a formal, actionable sustainability plan.



Building Toward a Sustainability Plan

Today we will discuss major aspects of the role of a prevention specialist and engage in collaborative reflection to identify best practices and strategies that align well with the definition of sustainability.

Quick check-in:

Which items on the left feel most aligned with your role?

Which feel less aligned with your daily practice?

We will focus on these aspects of your daily work:

- Conducting needs assessments
- Facilitating training
- Delivering curriculum
- Building coalition
- Collecting and using data
- Shaping policy
- Marketing and advertising

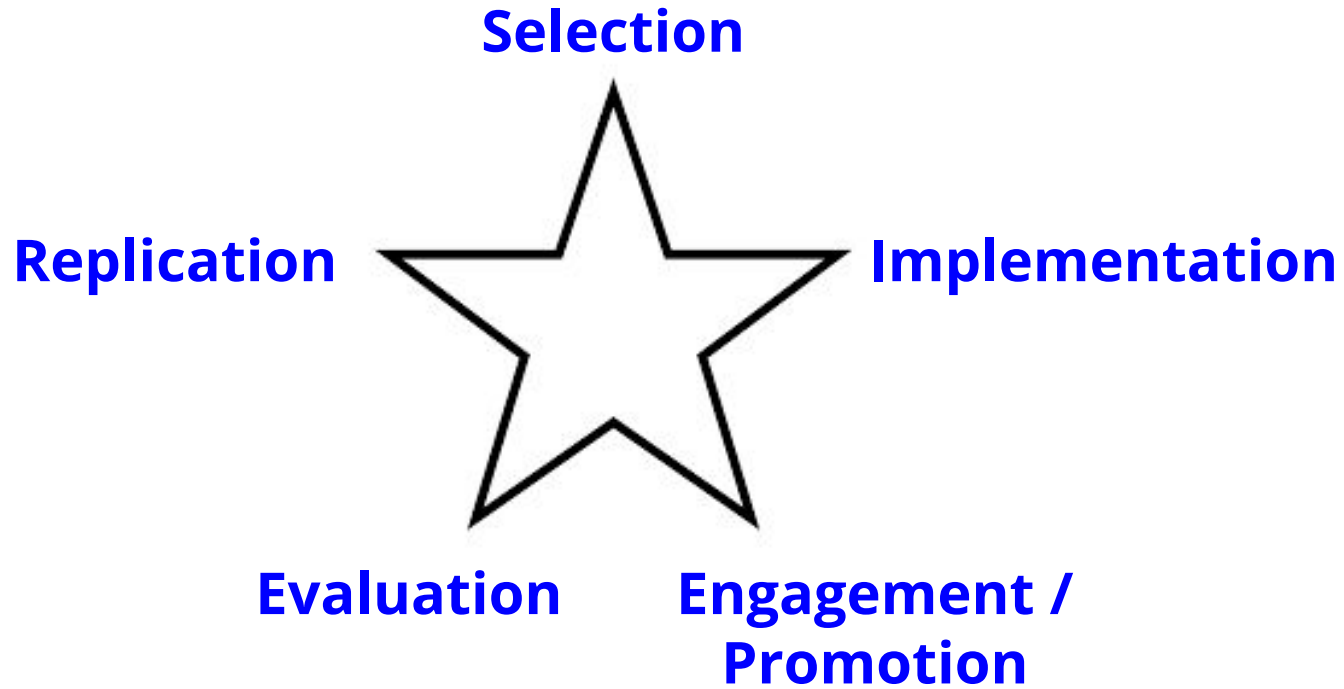
Drivers of Sustainability

As we work to build toward better sustainability, the following drivers will serve as strong guideposts for practice. Let's unpack what we mean by each:

- Selection - is our selection of a tool or resource aligned with our intended work? Is the tool or resource evidence-based?
- Implementation - Do we have a documented implementation plan that can be referenced? Are we implementing using continuous improvement practices?
- Engagement and promotion - Are we securing stakeholder engagement and feedback throughout our efforts? Is our work visible and accessible to all?
- Evaluation - Are we reflecting on the impact of our work? The effectiveness of our planning?
- Replication - Are we ensuring our work can be replicated over time by others? Are we developing resources, plans, and methods that can be used repeatedly?

Sustainability Drivers





Conducting Needs Assessments



Needs Assessment / Resource Mapping

"...an attempt to assess or measure a perceived or actual need by collecting data to document a challenge that exists."

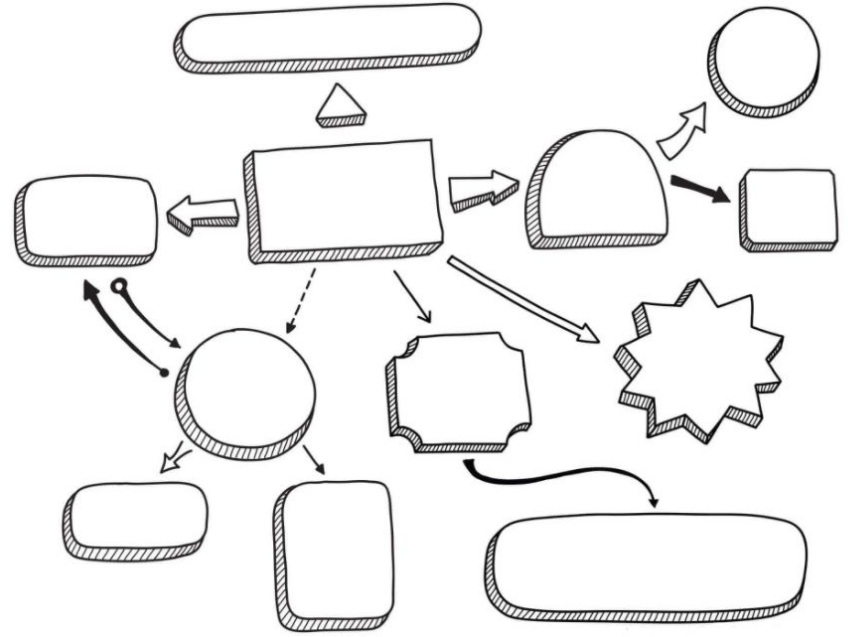
https://www.cde.state.co.us/sites/default/files/documents/fedprograms/dl/consapp_na_guide.pdf



Resource Mapping

Resource mapping is an active process to identify, visually represent, and share information about internal and external supports and services to inform effective utilization of resources. The resource map or guide that results from this process is often based on your needs assessment and other information about strengths and needs in your school and community. A resource map may also be referred to as an asset map or environmental scan.

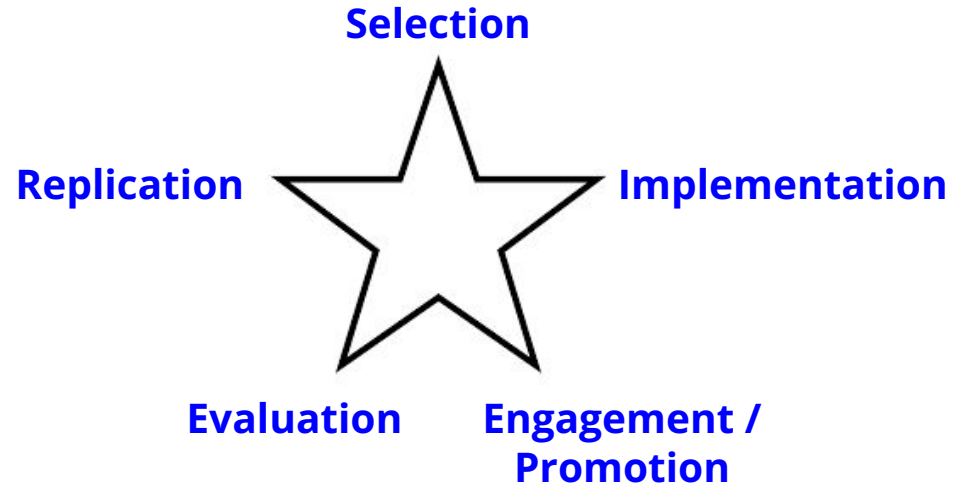
-NCSMH



Has your district undertaken efforts to explicitly map out what it has in terms of human and material resources? Data systems? Community-based services?

Crowdsourcing Solutions: First together...then on your own.

- How are you already conducting needs assessment effectively in alignment with the drivers of sustainability on the right?
- What aspects could be improved?

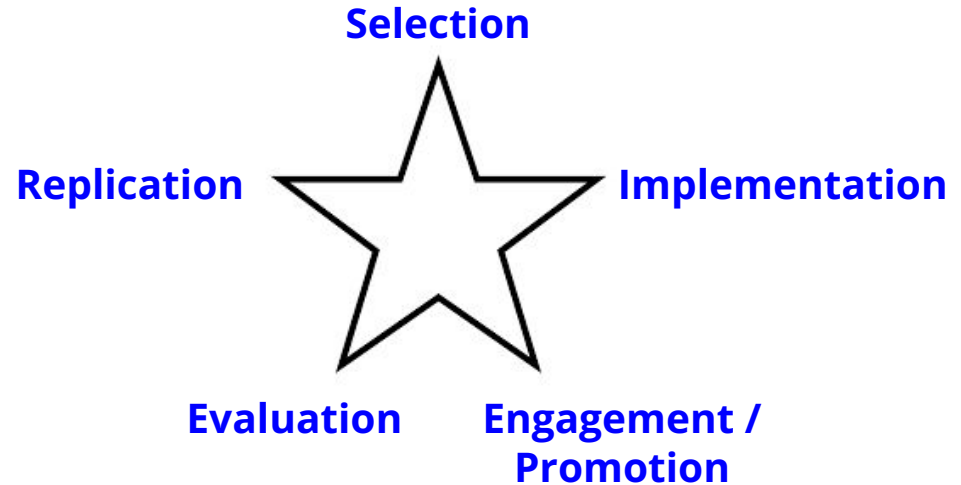


Facilitating Training



Crowdsourcing Solutions: Breakout Group

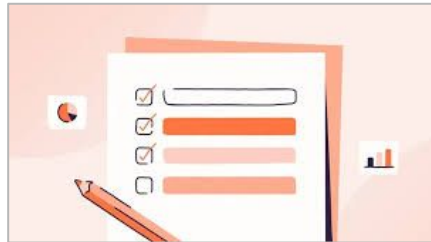
- How are you already facilitating training effectively in alignment with the drivers of sustainability on the right?
- What aspects could be improved?



Delivering Curriculum

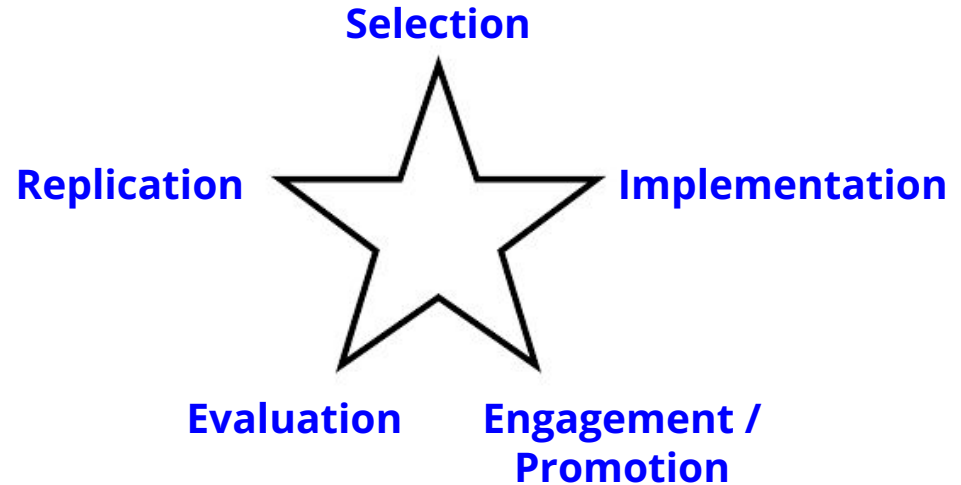
Curriculum Implementation Resource Example

- Click on the link in the chat to access the [MPS TRAILS to Wellness Curriculum Implementation Resource](#)
- How does this resource align well with the sustainability drivers we have discussed?
- Are there aspects of this kind of resource that you could adapt to guide your curriculum design and delivery?



Crowdsourcing Solutions: Breakout Group

- How are you already delivering curriculum effectively in alignment with the drivers of sustainability on the right?
- What aspects could be improved?



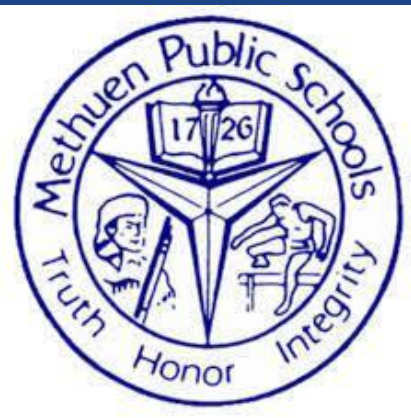


5 minute
break

Building Coalition



Methuen's Mental Health Parent & Student Advisory Council (MHPSAC)



MHPSAC Purpose & Intent

The Mental Health Parent & Student Advisory Council was formed in order to give students and parents a voice regarding the mental health initiative in Methuen. The goals of the MHPSAC will be to identify steps to reduce stigma related to mental health problems, promote health and wellbeing through increased awareness and prevention, improve students' access to and use of mental health services and supports, and continue to strengthen and unify our community regarding mental health awareness and access to quality services and supports.

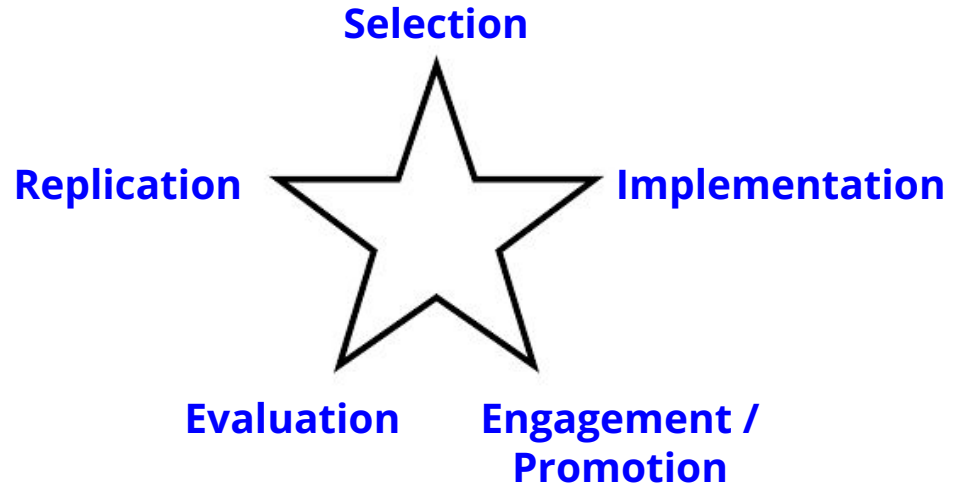
Promoting Student and Family Voice to Improve Methuen's CSMHS

- Methuen's Mental Health Parent & Student Advisory Council (MHPSAC) was originally formed in the 15-16 school year to support the work of establishing a CSMHS in Methuen.
- Grappling with sustainability and the impact of COVID-19
- Reconstituting the MHPSAC
- A bifurcated approach that elevates student voice and provides flexible engagement
- Supporting a project driven focus
- Directly addressing sustainability



Crowdsourcing Solutions: Group Discussion

- How are you already building coalition effectively in alignment with the drivers of sustainability on the right?
- What aspects could be improved?



Final Breakout Group

There are three more components of practice to review. You will be able to select into a breakout group topic that is of most interest to you.

- Collecting and using data
- Shaping policy
- Marketing and advertising

Be prepared to report out on:

- How you already implement the component of practice effectively in alignment with the drivers of sustainability?
- What aspects could be improved?

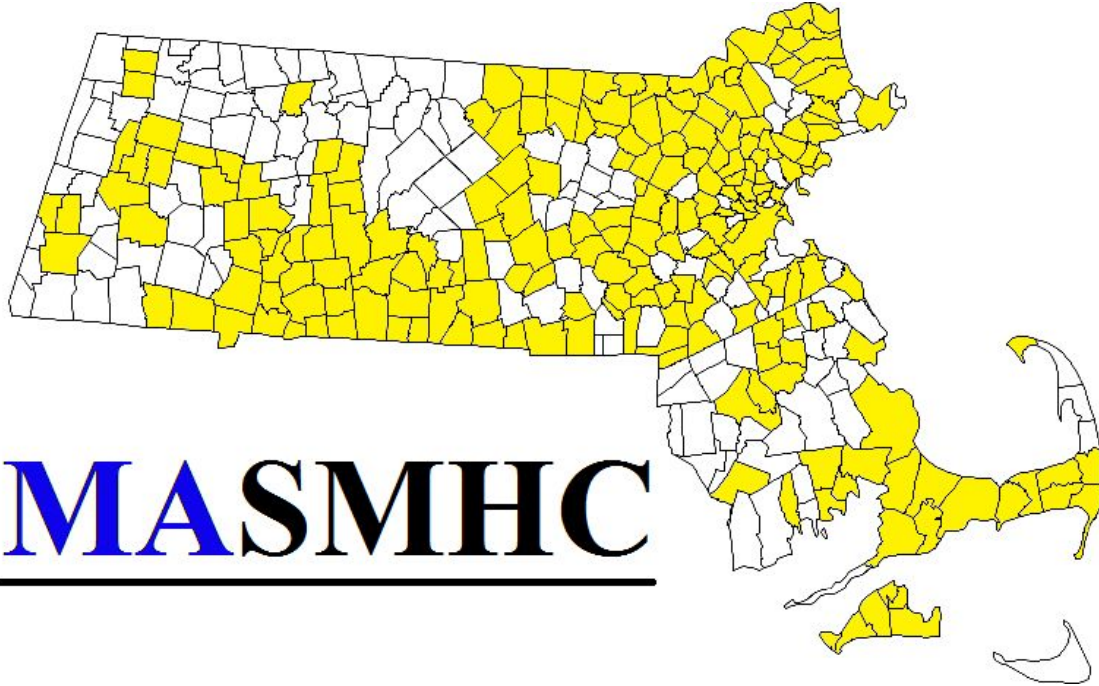


Final Reflection

- How might you thread together the best practices you have discussed today into a cohesive plan that you could share with others?
- How might this documented plan ensure your work sustains well into the future?
- How might this plan support continued application for funding?



MAssachusetts School Mental Health Consortium



MASMHHC



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