



CREATING SUSTAINABLE IMPACTS: A FRAMEWORK FOR ACHIEVING SUSTAINABILITY FOR ADOLESCENT HEALTH PROGRAMS



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Acknowledgements

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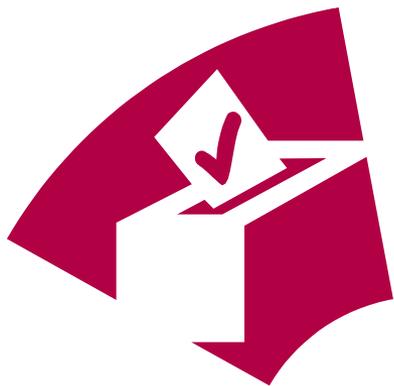
Estelle Raboni, Project Director
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- Describe OAH's sustainability framework;
- List the key factors that contribute to sustainability;
- Consider how the key factors align with your program's sustainability efforts; and
- Learn about fellow grantees sustainability experiences.

Agenda

- Welcome and introductions
- Objectives
- Overview of OAH's sustainability TA efforts
- Conceptualizing sustainability
- Introduction to the OAH Sustainability Framework
- Key factors for achieving sustainability
 - Successful peer sustainability stories
- Questions and answers
- Next steps

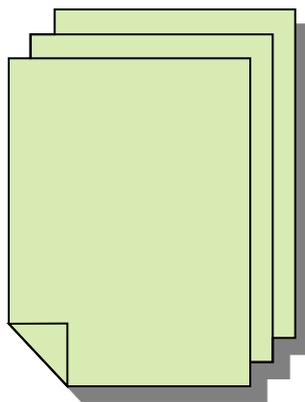




Polling



Questions
and
Answers



Materials

OAH Staff and Speakers



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Jessica Aufrichtig

Expectant and Parenting
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We know that grantees are.....

- Varying stages of implementation
- Varying states of sustainability planning and capacity
- One size will not fit all
- Needs will evolve overtime



Teen Pregnancy Prevention Resource Center



- Home
- About Us
- OAH Initiatives
- Adolescent Health Topics
- News
- Resources & Publications
- Grants

Pregnancy Assistance Fund (PAF)

The PAF Resource and Training Center exists to provide training and technical assistance to PAF Grantees and other pregnant and parenting teen service providers in the field. Read about PAF Grantees, access training materials, and learn more about services and supports for pregnant and parenting teens through lists of resources.

in PAF RESOURCE AND TRAINING CENTER

- About PAF
- Training Topics
- Resources
- PAF Grantee Highlights
- Online Training
- PAF Grantee Map

SPOTLIGHT ON CALIFORNIA



Partnerships Support a Life Planning Intervention for Pregnant and Parenting Teens

SPOTLIGHT ON NEW MEXICO



Nurturing Relationships: Coming Full Circle

TRAINING TOPICS

- Engaging Diverse Populations
- Building Collaborations
- Strategic Communications
- Performance Management
- Sustainability

EVIDENCE-BASED PROGRAMS

Explore the database

TALKING WITH TEENS

Our Site for Parents and Other Adults

FOR OAH GRANTEES



- Home
- About Us
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- Resources & Publications

Grants



Teen Pregnancy Prevention Resource Center

The Teen Pregnancy Prevention Resource Center provides training materials and resources for TPP grantees and other organizations working to reduce teen pregnancy in the United States. It offers: [E-Learning modules](#), [informative podcasts](#), [webinars](#), and [training materials](#).

- About TPP
- Training Topics
- Resources
- Grantee Map and Descriptions
- Grantee Success Stories
- Connect
- Calendar of TPP Events

SUCCESS STORY - UTHSC AT HOUSTON



Forging strong partnerships to reduce teen pregnancies in Harris County, Texas

SUCCESS STORY - DENVER HEALTH AND HOSPITAL AUTHORITY



Using Text Messaging to Reduce Teen Pregnancies in Denver, Colorado

TRAINING TOPICS

- Building Collaborations
- Choosing an Evidence-Based Program and Curriculum
- Cultural Competence
- Engaging Select Populations
- Evaluation
- Implementation
- Performance Management
- Recruitment, Retention & Engagement
- Strategic Communications & Dissemination
- Sustainability

EVIDENCE-BASED PROGRAMS

Explore the database

JOIN THE GROUP FOR **SUPPORTING PREGNANT & PARENTING TEENS**

[in](#) *Let the world know what you think.*

JOIN THE NETWORKING GROUP FOR **PREVENTING TEEN PREGNANCY**

[in](#) *Let the world know what you think.*

www.hhs.gov/ash/oah/





■ 2013 - Present

- Grantee Dialogues
- OAH sustainability workgroup
- TPP & PAF sustainability workgroup
- Review of literature & existing frameworks
- OAH sustainability framework
- OAH sustainability resource guide*
 - Spring 2014
- Online E-learning Module*
 - Spring/Early Summer 2013

- Have you and your team defined what sustainability means?
 - No
 - Somewhat / in the process
 - Yes
 - Yes, but rethinking it a bit

- Ensuring *continuity* of services
- Continuing an *impact* in the community
- Continuing the program's *mission and goals* even if the program itself is not sustained
- Continue *building local coalitions* to help continue services
- Continue providing *high-quality services*
- *Replicate* and *expand* services
- Continuing to *achieve* the same level of *outcomes*
- *Build coalitions* with our partners and do more work like this
- *Changes* that have a long term *value* with the *community*
- *Building capacity* to address teen pregnancy prevention

A hand in a dark suit sleeve is writing the words "What is Sustainability?" on a chalkboard with a white marker. The text is written in a casual, hand-drawn style. A question mark is visible below the word "Sustainability".

What is
Sustainability?

Adolescent health programs will be better positioned to achieve sustainable impact when they can...

effectively leverage partnerships and resources to continue programs, services, and/or strategic activities that result in improvements in the health and well-being of adolescents.

“But one of the most important differences in sustainability is getting people to change the way they think about the issue.”

– TPP Grantee

“One thing we’ve learned with sustainability is not all communities are at the same level.” - PAF Grantee

- Funding
- Institutionalization -“ finding a permanent home(s)”
- Collaboration
- Champion
- Adapting to change
- Planning

- Responded to expressed grantee need for more support and resources around sustainability
- Incorporated key concepts from OAH staff, OAH grantees, literature and existing federal resources including



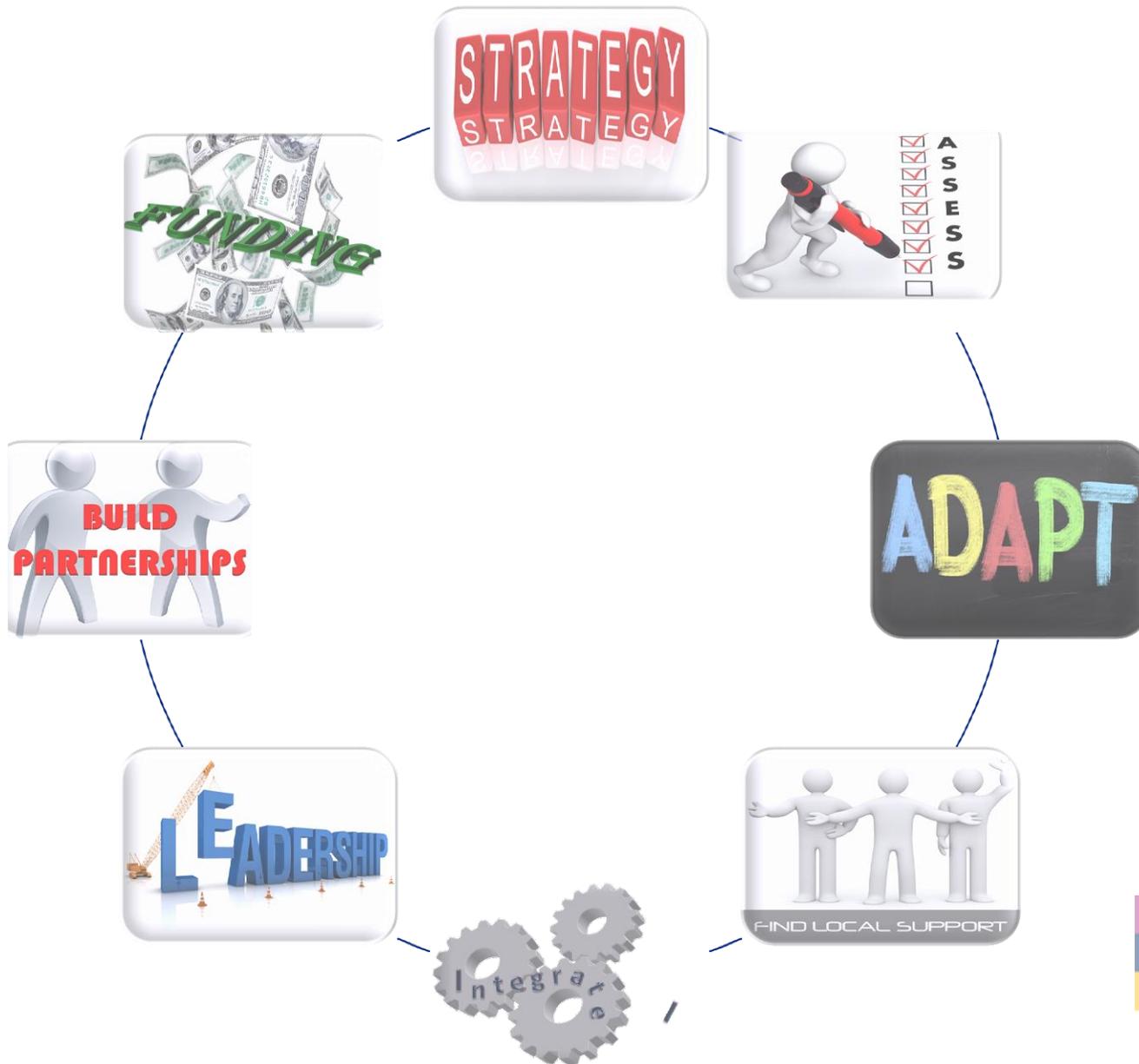
Methodology

- Conducted across a broad range of mediums;
- Conducted using PubMed, Google Scholar, and Google;
- Utilized citation network analysis;
- Conducted targeted review of HHS materials and utilized citation networking techniques; and
- Included all relevant articles, resources, and tools produced in English.

Findings

- Creating sustainable programs:
 - Is a continuous and organic process; and
 - Requires planning to account for local needs and a program/services mission and goals.
- Planning early is critical:
 - Build a team;
 - Create a vision; and
 - Start developing a strategy.

8 Key Factors that Influence Sustainability



Factor 1: Create an Action Strategy

- Start planning early
- Create a shared vision with partners and community leaders
- Incorporate sustainability activities into daily program operations
- Create a sustainability plan
- Incorporate measures of success into your sustainability plan



STRATEGY
STRATEGY
STRATEGY

Sustainability Plan Template

DEVELOPING A SUSTAINABILITY PLAN

Instructions: Use the template on the following pages to build your sustainability plan. You may wish to complete other activities throughout the Resource Guide and use information from these activities to address some of the components.

Goal		Timeline													Measures of success	Person(s) responsible / Resources needed
Objective	Activities	1	2	3	4	5	6	7	8	9	10	11	12			
	1															
	2															
	3															
	4															
	5															

Estelle Raboni
Project Director
Changing the Odds Program
Morris Heights Health Center



Successful Sustainability Stories

MORRIS HEIGHTS HEALTH CENTER: CHANGING THE ODDS WITH TOP® IN THE BRONX

Changing the Odds

- Implementing TOP[®] in 12 middle and high schools throughout the Bronx
- 500+ students
- During the school day and after-school
- Integrated with MHHC School-based Health Centers



Constantly evolving – dependent on stakeholder feedback and commitment

MHHC definition to sustain implementation of TOP in some shape or form

- Early planning
 - Meeting with all principals
 - Assessing program perception
 - Assessing needs/costs
 - Developing next steps (e.g., teachers trained as facilitators; earmarking funds w/in school budgets; becoming an official DOE vendor
 - Piloting sustainability model Y5

- Don't assume responses – you might be surprised
- Continual cultivation of your stakeholders works! Report on your successes regularly
- Your participants are your biggest advocates
- Remind your stakeholders (principals) who your students are – they may see bigger changes in them that's not in your data.

- Becoming an official DOE vendor
- Reporting to local elected officials with interest in their schools/youth; soliciting discretionary funds
- Developing a business plan for a sustainable program model that is income-generating
- Diversifying funding streams (e.g., online fundraising)

Factor 2: Assess the Environment

Embed continuous assessments throughout the life of the program or service



Identify focus areas for conducting an environmental assessment



Use the information gathered

Assess the Environment: An Example

Shannon Flynn
Director of Research and Evaluation
South Carolina Campaign to Prevent Teen Pregnancy



Successful Sustainability Stories

SUSTAINABILITY: WHERE WE ARE AND WHAT'S NEXT

- High Quality Implementation
 - Fidelity
 - Trained Teachers
- Supportive Environment
- Regular part of the middle school experience



Maybe not all,
but as many schools as possible



High Quality Implementation



Assessing the Programmatic Environment



- Surveys:
 - Teachers and Site Coordinators
 - Students
- Interviews/ Focus Groups/ Meeting:
 - Principals
 - Parents
 - District Leaders
 - Teachers



Use the data to build support





EASY TO FACILITATE

"The curriculum is user-friendly, so it does not appear to be an additional task for a teacher to do."

"If we have a better system in place in middle school, we see less and less of teen pregnancy in high schools."

"It did not feel like we were being mandated to do something else or that something was added to our plate. It was truly a resource to help us do what we need to do anyway."

-SC Principals



WHAT'S IT ALL ABOUT?

The evidence-based program, *It's Your Game, Keep It Real!* (IYG) is a two-year, school-based program developed to prevent HIV, STDs, and pregnancy. The primary aims of the program are to:

- Delay the initiation of sex
- Increase condom use knowledge, confidence and intentions

IYG consists of a total of 24 lessons; 12 sessions are delivered in 7th grade and 12 sessions are delivered in 8th grade. The multi-component intervention uses both group and individualized activities, including:

- Classroom activities
- Individualized computer-based activities
- Student journaling
- Parent-child homework assignments

100%

Of teachers who are currently implementing IYG in South Carolina say it is somewhat or very compatible with the needs of their students.

91%

Of middle school students in South Carolina who have taken part in the IYG curriculum agreed they will be able to use the information and skills learned in the program lesson.



COMPLIANCE

When implemented with fidelity, IYG is compliant with the Comprehensive Health Education Act (CHEA) and fulfills objectives in all eight South Carolina Health and Safety Standards.

REPLICATED IN SOUTH CAROLINA

The South Carolina Campaign to Prevent Teen Pregnancy has been involved in the large-scale implementation of the IYG program in 12 middle schools throughout South Carolina. The SC Campaign provided technical assistance and training to school staff to ensure the program was implemented with fidelity. As part of the program, the SC Campaign has worked extensively with school leaders and teachers.

AGE-APPROPRIATE

"IYG started healthy conversations about sex and consequences of sex for our students that may not have been started otherwise...that's accomplishing a whole lot."

"We're educating our students so that they can make better decisions."

-SC Principals

“Sustainability” ?



Research to Practice



- Assembling school sustainability team
- Defining sustainability
- Data → Support



- High Quality First
- Data
- Assess support
- Maintain relationships
- Ask the question



- Match services offered to community needs and uphold the fidelity or best practice of the model being implemented
- Create opportunities for innovation and utilization of successful practices

Factor 4: Secure Community Support

- Formulate a communication approach and message
- Promote the program and its services
- Use program leaders, strategic partners, and community champions to share your message



Secure Community Support: An Example

Jessica Aufrichtig
Expectant and Parenting Teen Program Coordinator
NM Public Education Department



Successful Sustainability Stories

NEW MEXICO

SUSTAINABILITY KEYS TO SUCCESS

SECURING COMMUNITY SUPPORT

- Alamogordo GRADS program has served approximately 400 expectant and parenting teens over last 5 years, but experienced a drop in enrollment due to staff and program changes
- GRADS programs at two high schools were recommended closure for the 2013-2014 school year due to low enrollment from the previous year and budget cuts



“We Must Keep GRADS!”

- Use program leaders and key partnerships to champion message
- Students, former GRADS teachers, school faculty, legislators, and community stakeholders testified to value of the GRADS Program
- Supporters also included social service directors and a former state representative

Personal Success Stories are Key



- Current and former GRADS students shared personal testimonies of how GRADS helped them achieve graduation and postsecondary opportunities
- Letters from students and community partners were sent by the GRADS advisory committee to district superintendents and school boards everyday

- Keeping GRADS students in school over the past 6 years has provided school districts with approximately \$1m of additional funding
- Data shows an impact on GRADS enrollment, retention, graduation rates, and student success
- Children of teen parents received early intervention and education services that helped prepare them for kindergarten

- Superintendent and school board voted to keep GRADS
- Collaboration among GRADS, school district and community partners was instrumental in program success and decision to keep program
- GRADS program is part of local infrastructure
- GRADS class is now offered during four class periods each day and case management during two class periods

Factor 5: Integrate Program Services

- Streamline service delivery, policies, and practices
- Integrate programs, services, and practices into the broader community fabric



Factor 6: Build a Team of Leaders



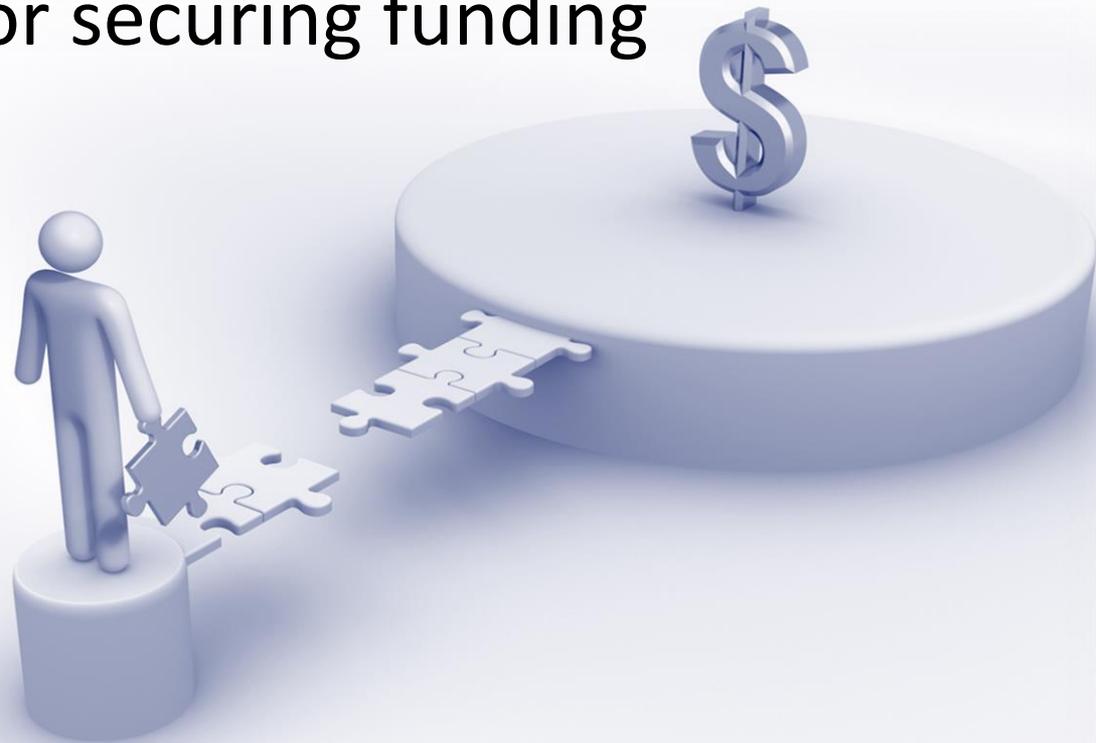
- Identify strong internal leaders
- Keep organizational leaders engaged and secure their commitment
- Identify external community champions
- Promote leadership development

Factor 7: Create Strategic Partnerships

- Develop strategic partnerships
- Assess existing partnerships continuously
- Establish a shared vision and commitment to sustainability
- Engage partners to help market program successes
- Leverage partner resources



- Review the program budget to identify core activities and services
- Identify and seek funding opportunities
- Develop a strategy for securing funding
- Create a budgetary line item
- Build fundraising and grant writing capacity

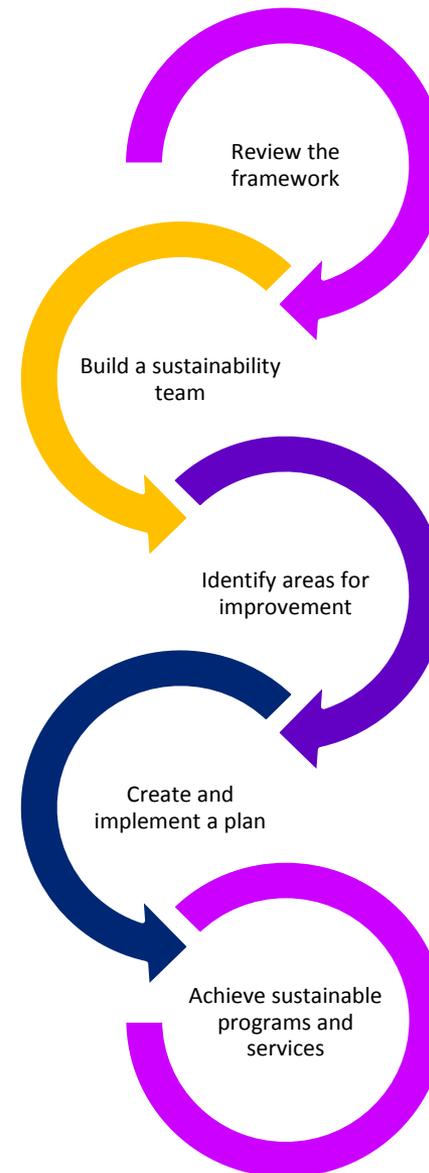


Which one of these factors present the biggest challenge for you? (Select your number 1 challenge) – 2 separate polls

- Create an action strategy
- Assess the environment
- Be adaptable
- Secure community support
- Integrate programs into community infrastructures
- Build a leadership team
- Create strategic partnerships
- Secure diverse financial opportunities

Next Steps

- **Review the framework**
 - Share and discuss with your team and partners
- **Build a sustainability team**
 - Identify internal leaders and external champions to help develop a sustainability strategy
- **Identify areas for moving your program towards achieving sustainability**
 - Assess your current program's sustainability efforts
- **Create and implement a plan**
 - Use the OAH resources and framework to start (or continue) your sustainability planning
 - Attend the OAH Sustainability Workshops
- **Achieve sustainability**
- **Provide us with your feedback** 😊





Thank you!

For any questions or additional information, please contact:
Your Project Officer

or

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**CHANGING
THE ODDS**
BRONX  NY



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www.twitter.com/sccampaign



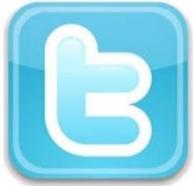
Questions?

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