



A 10-STEP GUIDE FOR DEVELOPING A SUSTAINMENT ACTION PLAN

To Sustain Your Services After a Grant Ends or Funding Changes

PHASE 1

Understanding Your Capacity

1

Decide the What and the Why

Clarify which components of your mental health program or grant you want to sustain and why sustainment is important.

2

Identify Sustainment Barriers and Facilitators

Understand what factors help or hinder your organization's ability to sustain the program.

3

Prioritize the Barriers and Facilitators

Weigh importance vs. feasibility for your domain areas.

4

Identify Strategies for Sustainment

Select activities designed to overcome barriers and/or strengthen facilitators to sustainment.

5

Plan for Evaluating Sustainment

Decide how you'll know whether your sustainment plan is working.

6

Develop Your Action Plan

Create a sustainment support model and use it as a roadmap to build your Sustainment Action Plan.

7

Implement Your Plan

Put your plan into action.

8

Evaluate Your Plan

Assess how well your Sustainment Action Plan is working.

9

Refine Your Plan

Use findings from Step 8 to refine and strengthen your sustainment strategies.

10

Repeat The PDSA Cycle and Monitor Your Plan

Use a continuous learning process to improve your plan over time.

PHASE 2 (Plan)

Developing Your Strategies

PHASE 3 (Do- Study-Act)

Implementing, Reviewing, and Adapting Your Plan



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