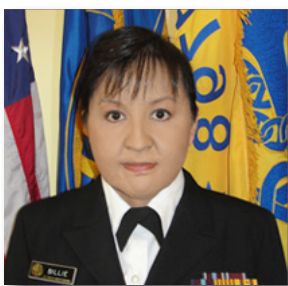




TIPCAP NEWS

September 2018

Newsletter for the Tribal Injury Prevention Cooperative Agreement Program (TIPCAP)



Welcome to the fall edition of the TIPCAP Newsletter focused on program sustainability.

Over the past year I've had the pleasure of teleconferencing with and visiting TIPCAP sites. Time and time again I was impressed by the level of effort of TIPCAP Coordinators, with support from their partners and project officers, to implement training classes, change policy, assess hazards and work to address them, and prevent future injuries. Much work has gone into starting programs, building partnerships, as well as engaging the community, with the hope to sustain the hard-earned injury prevention progress beyond the current TIPCAP funding cycle.

Sustainability means different things to different people and what constitutes successful program sustainability can vary widely. This newsletter issue highlights examples of how coordinators are working towards sustainability in the areas of systems, training, and partnerships. Perspectives from current Part II programs that were formerly Part I programs are also included.

I express my appreciation to the contributors of this issue. Ahéhee' (thank you).

Adaa'aholyá (take care of yourself),

Holly Billie

Injury Prevention Program Manager
Indian Health Service
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Increasing Training Capacity

Winnebago Tribe Creates an Army of Trained Injury Prevention Advocates

Jennifer Straub, Winnebago Tribe of Nebraska's Injury Prevention Program Coordinator, understands that one way to attain a certain degree of program sustainability is to focus on making a program more self-reliant, or reducing the extent that a program has to depend on external assistance. In order to do this, the program has recently focused on growing capacity through increasing the number of Child Passenger Safety (CPS) technicians and the number of A Matter of Balance class instructors in the community. In order to facilitate the training and certification processes, Jennifer has taken on a leadership role by becoming a car seat technician proxy and A Matter of Balance Master Trainer. These certifications make it more convenient and easier to train and certify more technicians and instructors throughout the community. This will ultimately assist the program

in achieving their goals of increasing car seat use and decreasing injuries due to elder falls among Winnebago Tribal members.

Child Passenger Safety Technician Certifications

Jennifer became a car seat technician proxy at a June 2018 car seat technician training and car seat check event she helped organize. By becoming a car seat technician proxy, Jennifer is now able to sign off on car seat checks for other car seat technicians, allowing the technicians in the community easier access to recertification and making the IP Program more self-reliant. In addition to Jennifer receiving her certification at the June event, five CPS technicians were certified. Another CPS technician training event is scheduled for October, where Jennifer plans on becoming a certified CPS Technician Instructor!

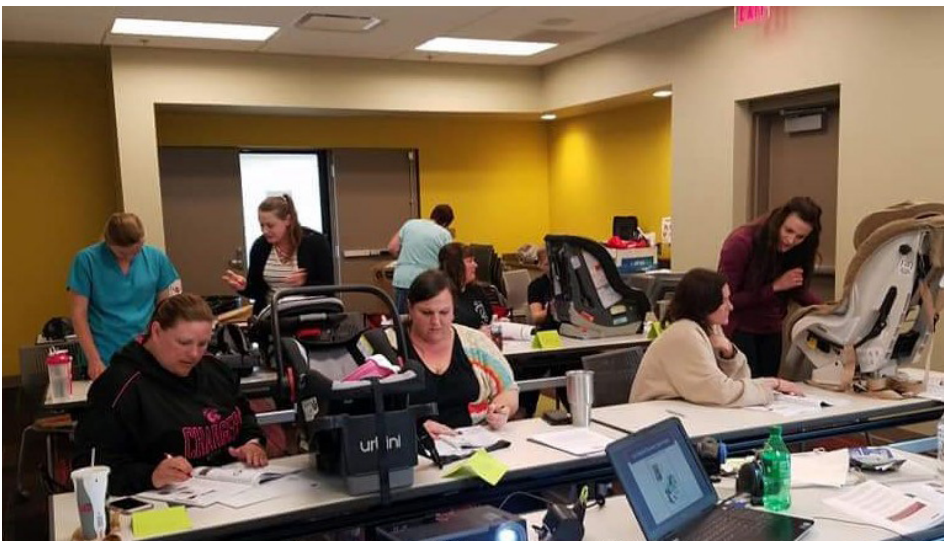
A Matter of Balance Master Trainer

Jennifer also attained certification as A Matter of Balance Master Trainer in June 2018. She can now teach the A Matter of Balance curriculum to coaches and provide them with guidance and support as they lead A Matter of Balance classes on their own in the community. This certification allows the program to continually generate new coaches to meet community needs and train new staff if there's turnover, assisting with program sustainability.

Acquiring certifications allows Jennifer to build capacity among community members by providing them easy access to training and certification. And it's all part of her plan.

“It's been my experience that we need a small army of trained injury prevention advocates who are passionate about child passenger safety or elder fall prevention in order to go out in the community and educate the people.” This continued focus on increasing training certifications will help make the IP Program sustainable after TIPCAP Part I funding has ended.

Congratulations, Jennifer, on your recent certifications!



Left: Training participants work in pairs at the recent car seat technician training June 2018.

Working Within a System

Pyramid Lake Tribal Health Clinic Supports Elder Fall Prevention Efforts

Carla Molino, Injury Prevention Program Coordinator

The Pyramid Lake Tribal Health Clinic, under the Pyramid Lake Paiute Tribe, operates an Elder Fall Prevention Program that provides fall prevention education, home assessments, home modifications, exercise for strength and balance, and referrals for medication reviews and optometry appointments.

The Clinic's Elder Fall Prevention Program is a coordinated effort within the Clinic. The Community Health Representative (CHR) performs the home assessments, a valuable tool to make the home safe and provide one-on-one education to the elder and their family. The CHR utilizes a tool that assesses fall risks for the elder, assists the elder to make adjustments (clear pathways, realign furniture), documents elder needs for home modifications, and makes referrals to the Health Clinic Pharmacist for medication reviews and the Health Clinic Optometry Program for eye appointments. The Health Clinic Maintenance Department installs home modification items (e.g., shower chairs, raised toilet seats, grab bars).

Other collaborations include work with the Tribe's Numaga Senior Center for the distribution of the monthly newsletter and program advisory. The Tribe's Maintenance and Housing Departments also provide assistance for elder home repairs. These departments are able to provide assistance well beyond the capability of the Clinic's Maintenance Department. The Social Services Program provides coordination for other elder resources with referrals made on a back-and-forth basis.

The Elder Fall Prevention Program offers elders two exercise options: yoga and chair-based exercise. Elders are encouraged to attend through an incentive program. There have been many lessons learned in developing an elder exercise program. The primary lesson was selecting an exercise the elders were willing to do. For example, Tai Chi, although popular because of its benefits, was not socially acceptable with Pyramid Lake elders because of the "posing" required. The elders were also not excited to do traditional exercises like weights and distance walking. The Elder Fall Prevention Pro-

gram was fortunate to have the Clinic support the yoga instructor training for a Tribal Member. This member brings personality and elder relationships to the program. One elder commented recently about the yoga instructor, saying, "Chelsie is delightful, so good and helpful." The incentives help keep elders returning; however, some elders are also attending community yoga, which is an added bonus. The yoga instructor also will provide home visits and instruction when requested.

Additionally, the Health Clinic's Diabetes Program provides an Exercise Physiologist for strength and balance testing and supports the overall exercise program by making referrals and encouraging elder participation.

The Elder Fall Prevention Program is fortunate to be part of a Health Clinic system that supports and incorporates the Program's objectives and needs. Through this collaborative system approach, the program is better able to coordinate services and, in turn, help more elders.



Dora Thomas, Community Health Representative, assesses an elder during a home visit.



Instructor Chelsie Eben assists an elder with a chair exercise during a home visit.



Jeff Christensen, clinic maintenance worker, installs a grab bar in an elder's shower.

Partnering for Sustainability

Fond du Lac Band of Lake Superior Chippewa Collaborates for Success

KaRee Lockling, Injury Prevention Program Coordinator

The Fond du Lac (FDL) Human Services Division has been part of TIPCAP since the implementation of the pilot program in 1999. Since the inception of the injury prevention program at Fond du Lac Reservation, the program has covered several traffic-related issues affecting tribal communities. Topics include impaired and distracted driving, pedestrian safety, and child passenger restraints. In more recent years, the program expanded to include elder fall prevention.

In the final years of being fully funded through TIPCAP, efforts shifted to sustaining established services for the community if, in the unfortunate event, injury prevention services didn't continue. The partnerships developed with outside agencies were instrumental to sustain services, as well as the continuation of state and local IHS funding.

In 2015, the Injury Prevention Program was fortunately picked up by the tribe through the clinic's IHS funding and receives Part II funding from TIPCAP to continue the car seat program. Without partnerships like those described below, the FDL Injury Prevention Program would be very limited in the services it would be able to provide.

Partnerships Helping to Sustain Services



Nationwide: Safe Kids

Provides education on childhood injury prevention topics, including pedestrian and bicycle safety, child passenger restraints, and water safety. Resources include access to Safe Kids grants, equipment, incentives, and staffing.

State Coalition: Driving 4 Safe Communities

Provides education on seat belt use, speeding, and impaired and distracted driving. Resources include educational equipment, staffing, impact speakers, and incentives.



Local: Fire Departments

Provides education on fire prevention, child passenger restraints, and home safety assessments. Resources include staff of CPS technicians, facilities for car seat clinics, and car seat distribution.

Annual Progress Reports Due Nov. 30

All FY15-20 Part I and Part IIA Sites

1

Complete the Annual Portion of the Semi-Annual/Annual Progress Report Template

Please refer to the “Semi-Annual Progress Report Template Instructions” and the “Semi-Annual Progress Report FY2018 Template Example” for help completing the report

TIPCAP Transportation Safety Data Summary – Semi-Annual Reporting

Program/Project Name: _____
Date Summary Submitted: _____

If the activity was not part of your work plan for the time period, list the activity was done in the time period but the data are not available

Observational Surveys	Previous Period	Y1		Y2		Y3		Y4	
		Sep. 2015 Feb. 2016	March 2016 Aug. 2016	Sep. 2016 Feb. 2017	March 2017 Aug. 2017	Sep. 2017 Feb. 2018	March 2018 Aug. 2018	Sep. 2018 Feb. 2019	March Aug.
On-Bike Observational Surveys	Provide a description of any modifications to the survey: Date completed survey: If possible location/time combination: If of locations observed: If of locations/time combination observed: Total number of vehicles counted: Number of persons wearing seatbelts: Number of passengers wearing seatbelts: Number of children with no seatbelts: Other safety use (unlabeled): Number of children with no seatbelts: Number of passengers wearing seatbelts: Number of children with no seatbelts:								
On-Bike Total Observational Surveys	Provide a description of any modifications to the survey: Date completed survey: If possible location/time combination: If of locations observed: If of locations/time combination observed: Total number of vehicles counted: Number of persons wearing seatbelts: Number of passengers wearing seatbelts: Number of children with no seatbelts: Other safety use (unlabeled): Number of children with no seatbelts: Number of passengers wearing seatbelts: Number of children with no seatbelts:								
On-Bike Driving Observational Surveys	Provide a description of any modifications to the survey: Date completed survey: If possible location/time combination: If of locations observed: If of locations/time combination observed: Total number of vehicles counted: Number of persons wearing seatbelts: Number of passengers wearing seatbelts: Number of children with no seatbelts: Other safety use (unlabeled): Number of children with no seatbelts: Number of passengers wearing seatbelts: Number of children with no seatbelts:								

2

Complete the Semi-Annual/ Annual Data Reporting Spreadsheet

Refer to the “Data Reporting Spreadsheet Instructions-Semi-Annual/Annual” and “Example of Data Reporting Spreadsheet Semi-Annual” for help completing the spreadsheet

3

Submit the Report and Spreadsheet to GrantSolutions.gov

4

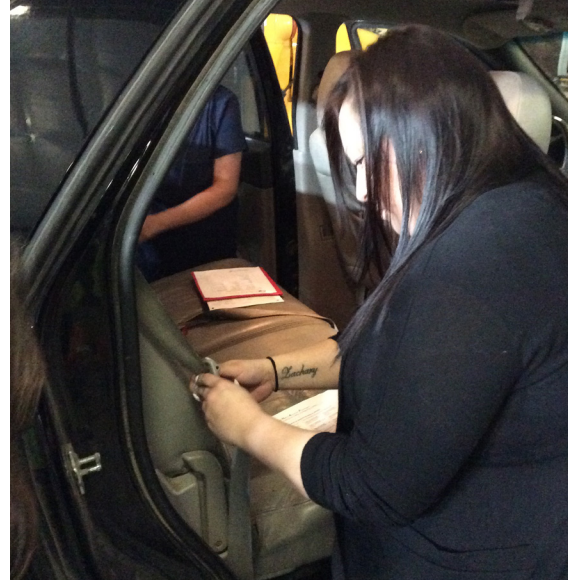
Send the Report and Spreadsheet to Jenn Russell via email at jenn.russell@ucdenver.edu

SEMI-ANNUAL REPORT FY2018 / ANNUAL REPORT FY2018		
IP PROGRAM: [Input program name]	TYPE OF PROGRAM: Part I ____ Part II FY15-20 ____ Part II FY17-20 ____	CURRENT REPORTING PERIOD: [Input start and end date covered]
REPORT COMPLETED BY: [Input name]	DATE SUBMITTED TO GRANTSOLUTIONS.GOV: [Input date]	REPORT REVIEWED BY PROJECT OFFICER: [Input PO name] ____ Yes ____ No
HIGHLIGHTS FROM REPORTING PERIOD		
Semi-Annual: • [Include major accomplishments from the <u>semi-annual</u> reporting period in BLACK]		
Annual: • [Include major accomplishments from the <u>annual</u> reporting period in BLUE]		
OBJECTIVE 1: [copy text exactly from your work plan]		
FOR ANNUAL REPORT ONLY	Objective is (mark one): ____ Met ____ Unmet ____ Partially met	
Supporting Statement		
Activities Copy text exactly from your work plan	Action Steps Copy text exactly from your work plan	Progress/Challenges What progress was achieved or challenges encountered in working towards completing the
		Evaluation Elements Please list any evaluation elements that are <u>BLU</u> reported in the data

Please contact Jenn Russell at jenn.russell@ucdenver.edu if you need a link to the recording of the instructional webinar or copies of the templates, spreadsheets, instructions, or examples. If you have questions or concerns about using the new reporting tools, please contact Jenn.

SNAP trainings help raise awareness of CPS in Lake Traverse community

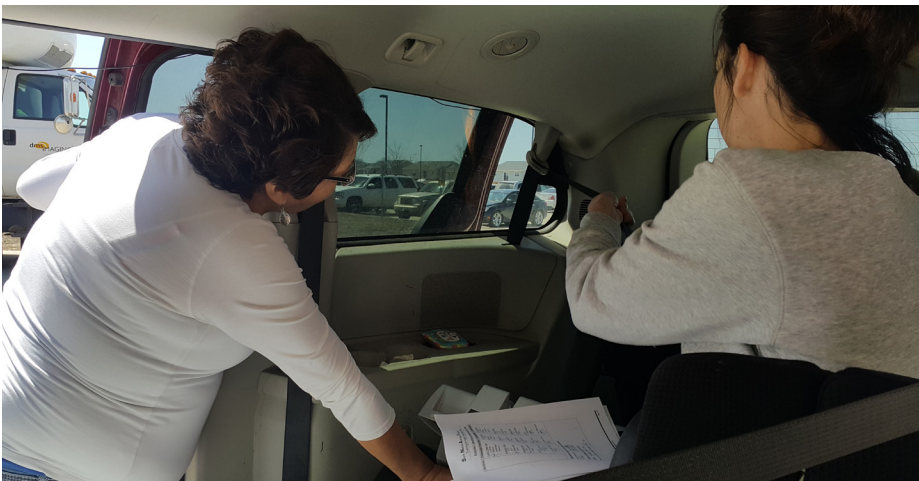
Christy Hacker, Program Coordinator,
Great Plains Tribal Chairmen's Health Board



In March 2018, a Safe Native American Passengers (SNAP) training was provided to Family Service Workers in the Lake Traverse community to increase awareness of child passenger safety. The training was the result of a partnership between the Community Health Education Program of the Sisseton Wahpeton Oyate of the Lake Traverse Reservation (SWOLT), the Northern Plains Healthy Start, and the Child Passenger Safety Program of the Great Plains Tribal Chairmen's Health Board.

Providing SNAP trainings like this are part of an effort to introduce the importance of child passenger safety to maternal child health (MCH) programs and community stakeholders and to attain long term support for these efforts. The first training in March 2018 was provided through the collaboration of CPSTs Liz Anderson, Sandi Bernard, and Gypsy Wanna from SWOLT Community Health Education and Patsey Seaboy from Northern Plains Healthy Start, who conducted the training together. The event was very successful, and additional SNAP trainings are planned with law enforcement and other MCH-serving programs such as Early Childhood Intervention Program, Head Start, and Youth Center. These community partnerships are invaluable in creating long term CPS and CPST sustainability in the Lake Traverse community.

To further recognize and support the importance of Child Passenger Safety, and working towards the elimination of preventable death and injuries, the SWOLT Tribal Council passed "Tribal Resolution SWO-16-000," recognizing the week of September 17-23, 2018 as "Child Passenger Safety Week" and Saturday, September 29, 2018 as "National Car Seat Saturday." A car seat check event is being planned to commemorate National Seat Check Saturday in the Lake Traverse Community.



For more information
about Great Plains Tribal
Chairmen's Health Board's
IP work, contact Christy at
christy.hacker@gptchb.org

Blackfeet Tribe spreads message of safety

Debbie Whitegrass Bullshoe, IP Coordinator

As you drive into Browning, MT, you'll be greeted by a huge billboard in the middle of town that provides you with a message: "We've always traveled safe. Buckle up! It's the Law! Ordinance 85." Blackfeet Injury Prevention Program (IPP) erected the billboard dedicated to sharing a message with the community and visitors of Browning to buckle up.

The billboard, featuring local Blackfeet artist John Cadotte, portrays a native woman and her baby traveling by travois. Mr. Cadotte specializes in ledger paper art work, an expression of art and material culture that links a form or style of painting onto ledger paper. Plains tribes used ledger art in the late 19th century to depict and record what was happening at the time, such as forced relocation, reservation life, and Indian wars. Prior to the availability of ledger paper, animal hides were used for recording historic expressions. Artists utilizing ledger art create stories, scenes, and images inspired by the past. Banik Communications added an image of Chief Mountain to the billboard. Chief Mountain sits by the Canadian border and is sacred to the Blackfeet people.

A dedication of the billboard was held July 10 to bring community partners, stakeholders, and families together. A tribal elder, Gertie Heavy Runner, provided a blessing of the grounds and billboard. Blackfeet Tribal Council members Tim Davis and Terry Tatsey spoke of the need for the community to come together in strengthening the tribe, while Terrance Melton, a Montana Highway Patrol Trooper, was present as an instrumental partner to share this message. Debbie Whitegrass Bullshoe, Coordinator of Blackfeet IPP, dedicated the billboard to children and families who have lost loved ones in car crashes. Teepee poles were erected as an empty lodge in which all those present were given the opportunity to tie ribbons on the teepee poles in memory of their loved ones. This was described by those in attendance as a "moving experience."

Blackfeet IPP relies on community partners and stakeholders. Without their support and involvement, many tasks would not be possible. Those who helped make the billboard possible include: Seat Belt/DUI Task Force Coalition, Safe On All Roads SOAR, Bureau of Indian Affairs, In-

dian Health Service, Glacier Electric Co-op, Montana Department of Transportation, Blackfeet Land Department, Banik Communication, and the programs and people of the Blackfeet Nation.

Blackfeet IPP has implemented a strategy to include everyone in injury prevention efforts. At all events they ask families, adults, youth, and children to sign a pledge that states:

*I pledge to Honor my Life;
I pledge to Honor my Family;
I Pledge to Honor my Community;
and I Pledge to wear my Seat Belt.*

To date, 954 signed Pledges have been posted in the lobby of the Blackfeet Tribal Office. The Pledges are a reminder to everyone to wear their seat belts at all times. The billboard and the pledges are additional strategies being implemented this year on top of existing community-wide efforts to increase seat belt use. Observational surveys conducted each year show that seat belt usage rates in the community have increased from 17% in 2015 to 40% as of July 2018.

For more about the program and recent TIPCAP site visit, see [the article in the Glacier Reporter](#).



Left: Billboard in Browning, MT.

Right: Hallway of pledges in the Blackfeet Tribal Office with Terrance Melton (Montana Highway Patrol), Debbie Whitegrass Bullshoe (Blackfeet IPP), Holly Billie (IHS/TIPCAP), and Dorothy Still Smoking (Blackfeet IPP).

Insights from Experience

Part II TIPCAP sites share insight into how to achieve program sustainability



Julie Villa, California Rural Indian Health Board

“The best thing is find people who feel as strongly about the importance of injury prevention as a cause in the community as you do.”

For me, sustainability means continuing some sort of consistent services. Although the services may take on different forms, consistency in providing them is key. In order to do this, I’ve found that the best (and hardest) thing to do is find dedicated staff and people in the community who feel as strongly about the importance of injury prevention and data collection as I do. You need people to fight for injury prevention as a cause in the communities, and dedicated staff are the people who will do that. Since transitioning to a Part II site, finding the community champions to help has been hard. I’ve overcome these challenges in some areas through effective IHS staff and other community partnerships. But these kinds of challenges will always be there. I believe that you have to keep fighting and work through the hard stuff. You have to keep a good attitude and maintain flexibility as you work with all the changes in the communities. The good will come!

Antonio Blueeyes, Pueblo of Jemez

“Continually remind Tribal leaders and the community of the importance of the program and its financial worthiness.”

When the Pueblo of Jemez Injury Prevention Program transitioned from Part I to Part II funding, the IP coordinator had successfully gained support from the Tribal council to thoroughly absorb the partly-funded injury prevention position into the Tribal financial framework. This meant we could maintain trained staff and consistency with our services, and so I would highly recommend putting energy into meeting with the Tribal council, leaders, and program heads in advance of any funding ending.



In order to maintain this kind of support, it’s important to continually remind Tribal leaders and the community of the importance of the program and injury prevention initiatives. One way of doing this is to maintain awareness of the program’s effectiveness and its financial worthiness. If the Tribal leadership can see how the program positively affects the community, they are more likely to accept the importance of the program and continue to support it. We’ve also found that maintaining the local IP coalition helps to create continued buy-in from organizations in the community. We try to constantly emphasize input and participation by other local programs when planning local initiatives. We have also found that making the effort to reach parents and families directly has been very effective. We partner with schools to provide safety training, and we also train parents during community gatherings. These efforts help to expand all-ages awareness of injury prevention and to gain support for the program. Overall, sustainability efforts have focused on maintaining support for our work from the Tribal leadership and within the community.

Insights from Experience

Feliciano Cruz Jr., Pascua Yaqui Tribe

“Make sure the community you serve is aware of your purpose and your goal. Community discussion can bring awareness.”



I think the most important part of achieving sustainability is that you really have to be the boots on the ground. No matter where your level, you have to be able to engage in the community. The best thing to do is to really pound the pavement (or the grass) and make sure that the community you serve is aware of your purpose and your goal.

You have to make people in the community feel at home and comfortable. It's important to be clear about what is going on and that any changes are being made to make it better for them and their families. And by being the boots on the ground, you are an advocate for injury prevention programs all around the world. The best thing to do is just to advocate for people.

You have to make sure that not just your tribal council is involved. The community needs to see who all is buying in and what exactly you are selling. It's about getting the message right: You're educating them to better take care of themselves and not to depend on one individual to keep them safe. You're teaching them to prevent injuries and fatalities on their own and to be able to spread that knowledge to their family.

This is a really important part of the sustainability puzzle because you can't be everywhere all the time. As the community starts to see the positive effects of your efforts and they see how the tribal council as well as elders on their own committees support these efforts, that's when you start seeing some part of the sustainability. Community members can easily share the knowledge they gain from IP efforts amongst themselves when they understand and believe in those efforts. With a tight knit community, even if it is spread out by geographical distance, community discussion brings awareness when they meet with each other and share with each other.



Marc Matteson, Ak-Chin Indian Community

“Do your homework and always be ready to answer ‘how,’ ‘why,’ and ‘how much’ questions from decision makers.”

I believe one of the keys to sustainability is to start early to show how valuable your program is to the community. You need to show the community that injury prevention is a leading killer but that it can be avoided at a relatively low cost. Once you do this, you can make the case that injury prevention is a priority. So stay visible and show off your successes. Do your homework and always be ready to answer “how,” “why,” and “how much” questions from decision makers.

Additionally, sustainability, to me, means continuing to offer a similar level of services to the community without having to rely on external sources of support. To do this, I try and draw upon the community's resources to collectively address the problem. This helps reduce the amount of burden on any one program or person. Identifying community organizations, programs, or persons who can contribute to injury prevention is only the first step. You also need to then identify specifically what their potential roles or projected impacts can be.

Part II Project Highlights

Apache Tribe of Oklahoma

Antoinette Short

apachetribe_chr@yahoo.com

Safe Kids Worldwide is a global nonprofit organization dedicated to protecting kids from preventable injuries, the number one cause of death to children in the United States. Safe Kids works with an extensive network of more than 400 coalitions in the U.S. and with partners in more than 30 countries around the world to reduce serious injuries and deaths from traffic crashes, drowning, fires, falls, poisoning, and more. Each coalition is supported by a lead organization which provides the staffing and logistical resources necessary to power the coalition.

Safe Kids Worldwide recently welcomed Safe Kids Na-I-Sha, led by the Apache Tribe of Oklahoma, into the U.S. coalition network. The coalition, coordinated by Antoinette Short, will educate the children and families of Caddo County about how to stay safe from preventable injuries. Safe Kids Na-I-Sha has become the fourth Safe Kids member from the state of Oklahoma and the second member in the U.S. to be led by a tribal governmental entity. Safe Kids Worldwide is excited about and honored by this new partnership and continues to make efforts to reach more American Indian/Alaska Native communities throughout the country.



Pictured: Apache Tribal Vice Chairman Kristopher Kills-First, CPST; Toni Short, CPSI, Health Program Director; and Wendy Whiteshield, Finance Director.

Others pictured are coalition members of Safe Kids Oklahoma.

Part II Project Highlights

Reno-Sparks Indian Colony

Valentine Lovelace

vlovelace@rsicclinic.org

Valentine Lovelace, Injury Prevention Coordinator at Reno-Sparks Indian Colony (RSIC), recently completed the Cribs for Kids safe sleep training and collaborated with Gina Featherstone, the RSIC Community Health Educator, to implement the Cribs for Kids program for eligible patients of the RPIC Tribal Health Center. The mission of Cribs for Kids is to prevent infant sleep-related deaths by educating parents and caregivers on the importance of practicing safe sleep for their babies and by providing portable cribs to families who, otherwise, cannot afford a safe place for their babies to sleep. Originally, the program was the result of a request by the Regional Emergency Medical Services Authority to help decrease the number of Native American SIDs cases. By collaborating with the Cribs for Kids program, the RSIC IP program receives more prenatal patient referrals. Valentine uses these referrals to reach more families to provide them with child passenger safety education and outfit them with proper car and booster seats.



Valentine Lovelace, RSIC Injury Prevention Coordinator & Gina Featherstone, RSIC Community Health Educator

Congratulations and Best Wishes to Savannah!

Savannah Smith (Navajo Nation) has been an integral part of the TIPCAP Monitoring Contract team at CAIANH over the past year. You have likely seen her name in your email inbox or heard from her as she has been reaching out to schedule the individual TIPCAP conference calls. Savannah has been sitting in on calls, taking helpful notes, and getting a chance to hear about the wonderful work being accomplished by TIPCAP sites. Recently, Savannah has enrolled and started classes in the American Indian Public Health graduate school program at North Dakota State University. We have also just learned that Savannah is being honored by the National Indian Health Board with a Local Impact Award for her work with the local Indian community here in Denver, Colorado. As Savannah transitions out of her role in TIPCAP, we hope that you will join us in thanking her for her time and work with us and congratulating her on her award and recent accomplishments.



Guidance from an Expert

What kind of program do you want to be?

Spero Manson, Director at Centers for American Indian and Alaska Native Health

What are your plans for sustaining this project, if you are successful?

Many of us recognize this question from grant applications, and unfortunately, it's one we often struggle to answer. For years, I used to just wing my answer, saying something I thought the funder wanted to hear. I recently had an opportunity to explore factors actually associated with meaningful program sustainability.

I was surprised to learn that achieving sustainability isn't rocket science. The stories I encountered about program sustainability offered numerous lessons, such as diversify funding, develop program champions, measure and evaluate performance, and collaborate with partners who share your vision and mission, even if their focus may be different. I also discovered other factors that hadn't immediately come to mind. These included assembling a strong volunteer base, securing in-kind resources, achieving high visibility, promoting local values and culture, and formulating a plan for sustainability.

Why Should We Care About Program Sustainability?

More than ever, program sustainability is a concern for tribes, nonprofit agencies, and the grantmaking organizations that fund them. Up to 40% of all new social programs do not last long beyond their initial funding.¹ Consider for a moment various features of two programs described in the table below. Program A struggles continually with sustainability, while Program B has a better handle on it. Which one would you rather be a part of?

Program A	Program B
constantly writes grant proposals	writes occasional grant proposals
stuck on short-term outcomes	making progress on intermediate & long-term outcomes
high staff turnover	stable and talented staff
weak organizational memory	strong organizational memory
staff time spent on program start-up and fundraising	staff time spent on advancing mission
continually re-inventing the wheel	able to fine tune activities over time
short-term labor-intensive partnerships	long-term mutually beneficial partnerships
evidence of program efficiency	evidence of program effectiveness
funding with strings attached	funding with no strings attached
low credibility with stakeholders	high credibility with stakeholders

Frankly, it's a no brainer for me. I'd much rather be a part of Program B. Wouldn't you?

¹ Savaya, R., Spiro, S., & Elran-Barak, R. (2008). Sustainability of social programs: A comparative case study analysis. *American Journal of Evaluation*, 29, 478-493.

Guidance from an Expert *continued*

A Sustainability Plan

Program sustainability is not just about funding. Sure, it's important, but it's the result of a proactive and step-by-step process. I've always found it curious that while many organizations diligently develop strategic plans, few take the time to craft a sustainability plan. They are not the same. A sustainability plan is a conscious response to the fearful dilemma of what to do if you lose a major funding stream. At some point, most of us will lose a major funding stream. This has certainly been the case in my personal experience.

The ideal sustainability plan is developed at the beginning of a program. It includes multiple strategies and becomes a part of the organization's overall strategic plan. But if a program is already out of the gate, it's never too late to draft one. Just don't leave it until three months before initial funding ends! Building capacity to sustain a program takes time and effort. So the sooner one starts, the better. Best of all, unlike some planning processes, sustainability planning can be completed relatively quickly. Most organizations can do so in a day or less. However, once completed, one isn't done.

“If a program is already out of the gate, **it's never too late to draft a sustainability plan.** Just don't leave it until three months before initial funding ends! Building capacity to sustain a program takes time and effort. So the sooner one starts, the better.

Have you heard the phrase “a living document”? It means the kinds of plan we're talking about should be frequently reviewed and revised to take into account changes in the local landscape ... new leadership, different availability of resources, new potential partners, and the like. Change is one constant in our communities ... indeed most communities. The long term survival of a program depends upon anticipating, recognizing, and accommodating change. On being nimble!

A Tool for Assessing Program Sustainability

An increasing number of tools have become available to help us gauge the sustainability capacity of programs. One I've found useful is the Program Sustainability Assessment Tool. It is a 40-item multiple choice question self-assessment completed by program staff and stakeholders. [More information available in the [Resources Section](#) of this newsletter or at <https://www.sustaintool.org/assess/>]. This tool focuses on strengthening program structures and processes that are critical to strategically leveraging resources to weather the changes and challenges that come one's way. Check it out!



When Spero isn't traveling around the country assisting numerous projects or directing the programs at CAIANH, you can find him on his ranch in eastern Colorado. He is a true proponent of injury prevention through the use of safety gear. Pictured here on horse-back, he wears his safety helmet during a pointing breed field trial.



IHS/TIPCAP Trainings

IHS Introduction to Injury Prevention Course

Oct. 16-18, 2018 in Albuquerque, New Mexico

Nov. 6-8, 2018 in Norman, Oklahoma

IHS Intermediate Injury Prevention Course

Oct. 16-18, 2018 in Fargo, North Dakota

Dec. 4-6, 2018 in Scottsdale, Arizona

Safe Native American Passengers (SNAP) Training Dates Now Through December

Training dates from now through December are available at numerous locations

Information about these trainings can be found at <https://www.ihs.gov/ehsc/classes/>

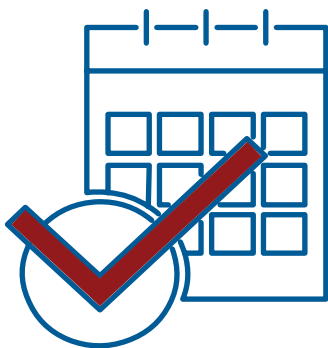
Injury Prevention Conferences & Events

Lifesavers Conference *Save the date!*

March 31 - April 2, 2019 in Louisville, Kentucky

Registration: \$350 (Early Bird until January 25, 2019)

<https://lifesaversconference.org/registration/>



September Events

22

Falls Prevention Awareness Day

More information at <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>

23-29

Child Passenger Safety Week

More information at <https://www.nsc.org/road-safety/safety-topics/child-passenger-safety>

29

National Seat Check Saturday

Download marketing materials at <https://www.trafficsafetymarketing.gov/get-materials/child-safety/child-passenger-safety-week>

Sustainability Planning Resources

Sustainability isn't something that just happens. It's an ongoing process that has to be planned for. Here are some resources to help create a plan.

A Sustainability Planning Guide for Healthy Communities

The Centers for Disease Control and Prevention

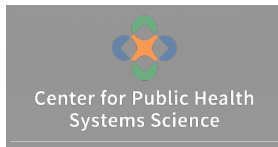


The Sustainability Planning Guide is a synthesis of science- and practice-based evidence designed to help coalitions, public health professionals, and other community stakeholders develop, implement, and evaluate a successful sustainability plan. The Guide provides a process for sustaining policy strategies and related activities, introduces various approaches to sustainability, and demonstrates sustainability planning in action with real-life examples.

https://www.cdc.gov/nccdphp/dch/programs/healthycommunitiesprogram/pdf/sustainability_guide.pdf

Program Sustainability Assessment Tool

The Center for Public Health Systems Science



The online Program Sustainability Assessment Tool helps you rate the sustainability capacity of your program across a range of factors. Begin by understanding the factors that influence a program's capacity for sustainability and then take the 40-question self-assessment to evaluate your program. Use the results from your assessment to help develop an action plan.

<https://sustaintool.org/>

Sustaining the Work or Initiative

The Community Toolbox



The Community Tool Box is a free, online resource for those working to build healthier communities and bring about social change. The “Sustaining the Work or Initiative” toolkit supports planning for the future by using different tactics to sustain your organization or community initiative. It includes instruction and examples.

<https://ctb.ku.edu/en/sustaining-work-or-initiative>

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