What is sustainability?

Maintaining and continuing suicide prevention services after the funding period is over and ensuring that the suicide prevention activities are a permanent part of community resources.
Key elements of sustainability in Arizona

- Planning
- Capacity building
- Partnerships
- Leveraging and bartering
- Nurture enthusiasm
Planning

1. **Assess population needs (where and how should resources be invested?)**
2. **Build capacity at state, tribal, and community levels to address needs**
3. **Include all partners in planning. Everyone has a role**
4. **Use multiple approaches**
Capacity Building

- Training for trainers
- Conferences
- Various training events
- Training in evidence based models of suicide prevention
- Support peer learning
- Build capacity among people and organizations not funded by the grant
- Target capacity building in key communities and populations
- Use SPRC resources
- Provide tangible needed resources
- Develop policies to improve the way existing resources are used to prevent suicide (ie protocols, policies)
Building Partnerships

- Included everyone who cares regardless of whether or not they receive funds
- Focused on common interests and concerns
- Frequent communication with partners
- Involvement ourselves in state coalition
- Required provider involvement in the state coalition
- Shared information and data
- Formed a statewide network of ASIST and safeTalk trainers
- Facilitate and support partnerships between others (meeting space, conference calls, etc…)
- Required everyone who worked in the same community to work together
Leveraging and Bartering

- Use multiple fund sources
- Trade curricula for evaluation
- Trade inclusion in T4T for trainings
- Promote cross-collaboration between trainers in different geographic areas
- Integrate suicide prevention into other programs
- Share costs
- Mini grants
- Collect fees for some costs
Nurture Enthusiasm

- Share outcomes and successes with partners
- Share information about current projects
- Involve survivors
- Encourage healthy and productive competition
- Recognize accomplishments
Challenges, mistakes, and unsustainable pieces

• Unable to engage all of the other AZ GLS grantees
• Statewide conference was not sustained
• Most TeenScreen sites did not continue
• Unable to extend youth leadership component to all project partners
Successful Sustainability

- 40+ Arizona ASIST Trainers
- 2 tribal partners received GLS grants
- New policy- process for suicide risk assessment
- Incorporation of suicide prevention into half of AZ substance abuse prevention programs
- State funds used to sustain activities
- Suicide prevention strategies incorporated across the state
- ASIST being used in older adult programs
- MBrace Life established w/o GLS funds and continued
- N. AZ NA suicide prevention coalition formed w/o GLS funds
Thank You!