ACTIVE LIVING BY DESIGN

Sustainable Thinking Activity

STREAMS	INFORMAL ←					→ STRATEGIC & INTENTIONAL
PARTNER — PARTNER-SHIPS	Let interested partners initiate collaboration.	Develop collaborative/ partnership informally or reactively.	Identify and implement strategic communication channels.	Build resilience within partnerships by distributing leadership among members.	Share resources between partners and maximize and deploy existing strengths and assets.	Integrate partners' visions and expertise into existing systems, operations, and budgets.
PARTNER — LEADER-SHIP	Let leadership develop by osmosis.	Send staff, partners, community leaders, and elected officials to learning and networking opportunities.	Plan and implement grassroots and grass-tops capacity building efforts.	Create opportunities for partners and residents, especially youth, to become champions for community health and contribute lasting energy and ideas.		Develop and implement a plan to provide ongoing support and training to elected officials and decision makers.
PROGRESS — ENVIRON-MENTS	Wait for environmental/ physical changes to happen.	Seek opportunities to influence new capital and physical projects.	Seek systematic changes in policies, standards, and practices related to long-term upgrades and maintenance.	Ensure that relevant policy/systems changes are implemented.		Ensure that healthy environments become the norm across the community.
PROGRESS — POLICIES / SYSTEMS	Wait for policies and systems to evolve.	Assess needs and conduct audits of policies and systems.	Advocate for priority policy practices, standards, resources, and supports.	Ensure implementation of relevant systems changes that advance/ reinforce central policy objectives.	Select strategies that are mutually reinforcing, including a mix of "quick wins," mid-term milestones, and those with potential for long-term support.	Maintain and expand the grassroots and grasstops capacity that support policy/systems.
PREPARE — RESOURCES	No clearly defined process for seeking additional funds.	Ask partners for ongoing commitments of in-kind support.	Write grant proposals for state, federal, and foundation funding and support.	Approach and develop relation-ships with a variety of funders for larger, longer-term support.	Develop and implement a strategic fundraising plan that tracks performance measures and capacity to secure resources.	Sustain ongoing funding stream.

MeHAF Rural Health Grantees
Sustainability Activity Instructions

1. Select one of the sustainability streams you'd like to focus on to improve your work
   a. Where are you on the continuum of this sustainability stream?
   b. What assets and strategies got you here?

2. Inventory your current sustainability assets by cultivate a sustainability mind-set for the initiative as a whole, focusing on key attributes of the community change process most likely to influence the sustainability of the initiative.
   a. Complete the KP self-assessment by examining each dimension and assess how well your current efforts or existing plans "deliver" the factors in each dimension.

3. Based on your self-assessment, what opportunities are there to fill gaps in sustainability factors and move further to the right on the ALBD stream towards more sustainable activities/actions?
   a. What assets and strategies will you sustain in order to move to the right?
   b. What assets and strategies will you purposefully NOT sustain?
   c. How will you sustain those assets and strategies?
   d. What are some corresponding and specific action steps?

4. Strategy/area I want to sustain: _____

   Three action steps I will take to improve the sustainability of this strategy/area:

   a. _____

   b. _____

   c. _____

5. What examples and lessons learned can you share to help each other develop action steps towards improved sustainability?

"The first step in a growth policy is not to decide where and how to grow, it is to decide what to abandon. In order to grow, a business must have a systematic policy to get rid of the outgrown, the obsolete, the unproductive." Peter Drucker, originator of the theory of purposeful abandonment