

# Sustainability 101: How to Build Sustainable Respite Services and Systems

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ARCH Sustainability  
Planning Learning Collaborative  
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# An Overview

*for review by the Sustainability Learning Collaborative*

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*The purpose of this proposed three-part Webinar series is to present an understandable and usable framework for grantees, especially new grantees, that demystifies sustainability concepts and planning.*

# Key Concepts

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- Each of the three parts is necessary but not sufficient.
- Each part directly and indirectly supports every other part.
- Everyone starts small.
- Everyone experiences hiccups along the way.
- Purposeful planning is the foundation to sustainability:
  - strengthens partnerships,
  - provides a road map for success,
  - provides a way of gauging how well we are doing, and
  - bolsters accountability to caregivers and families, to partners, and to funders.

# Format

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- ❖ Each session will begin with a brief (10 minute max) overview of the session with key learning objectives.
- ❖ Presentations will be 30 to 40 minutes, and questions/discussion will be 10 to 20 minutes at presenters' discretion.
- ❖ Presenters may opt for a 90 rather than a 60 minute Webinar if they wish to add breakout group discussion.

# Part 1. Leadership, Partnership, and Mentorship

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**Suggested presenter(s):** Oklahoma team

**Suggested key topics:**

- Sharing leadership (who and how)
- Participation
  - Who participates in the broader team? in specialty teams?
  - What strategies promote active participation and inclusiveness?
- Anticipating future needs
  - Mentoring and succession planning within and across organizations

**Essential resources on ARCH website:** A curated, annotated list with links will be sent in advance to all registering for the webinar.

# Part 2. Planning, Measuring, and Repairing

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**Suggested presenters:** Wisconsin team

**Suggested key topics:**

- Beginning and continuing a long-term planning process
  - Activities specific to state grants
  - A larger framework inclusive of state grant activities but with a broader, longer-term perspective
- Implementing and documenting the plan using data
- Making timely adjustments based on data
- Repairing when things crack or break down

**Essential resources on ARCH website:** A curated, annotated list and links will be sent in advance to all registering for the webinar.

# Part 3. Diversifying and Advocating

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**Suggested presenters:** Alabama team

**Suggested key topics:**

- Building on existing foundations and resources
  - How Alabama respite began
  - Strengthening and/or expanding the foundation with long term funding/ Alabama's legislation and how it has worked over time
- Being mindful of continuing needs and opportunities
  - *How* and *why* services have evolved and adapted in Alabama over time
  - Choosing from cost-effective models including vouchers, faith-based services, and college and university respite models
- Sharing the merits of respite with diverse audiences and for diverse purposes

**Essential resources on ARCH website:** A curated, annotated list and links will be sent in advance to all registering for the webinar.

# Discussion and Recommendations from the LC

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- ❖ Do the three parts make sense and include the right content?
  1. Leadership, Partnership, and Mentorship
  2. Planning, Measuring, and Repairing
  3. Diversifying and Advocating
- ❖ What are we missing?
- ❖ Are webinars sufficient for advancing sustainability network wide?
- ❖ Do we want to keep meeting as a smaller group during the coming year for real-time sharing and problem solving?



# For More Information

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ARCH National Respite Network  
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## Lifespan Respite Technical Assistance Center

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