



Sustaining Prevention in Times of Physical Distancing

As we navigate periods of physical distancing, here are some things to consider to sustain prevention, and maintain community connectedness during these times. What ideas do you have? Please share them with us at OCADSV and SATF.

Center Sustainability and Explore Organizational Transformation

- Explore new ideas of Self-Care and create a Sustainability Plan. One tool that can be helpful to create a sustainability plan, is the [Sustainable Prevention](#) chapter of SATF's Comprehensive Prevention Toolkit, which looks at sustainability across the socio-ecological model.
- Revisit organizational policies and practices to consider how prevention, anti-racism, anti-oppression, human-centered approaches are being incorporated into the work. Check out this resource from OCADSV on [Organizational Racial Justice Practices](#) for some ideas of where to start.
- Make space in the work to model coping, adapting, struggling, and existing within ongoing crisis, including a global pandemic. Modeling humanity is a powerful mechanism to advocate for meaningful change.

Continue Learning: Read, Watch, and Listen

- Read books and articles that help explore the depth and complexities of our work. Here are some book lists you might want to check out:
 - [A Mighty Girl](#) – A book list (for ages birth to teen) covering everything from Abuse and Violence, to Oppression, Immigration and Migration, Prejudice and Discrimination, and Environmental Issues, Etc.
 - [Bitch Media Book Section](#) – Quarterly lists of fiction and nonfiction, from young adult to adult. Check out their timely recommendations covering everything from gender justice to handling sudden grief, etc.
 - [Well-Read Black Girl](#) - a book club dedicated to Black women writers.
 - [Understanding & Dismantling Racism: A Booklist for White Readers](#) from Chari's Books and More.
- Check out these podcasts: SATF's [Exploring Prevention Audio Library](#). - Learn about cool prevention efforts happening in Oregon! Listen to NSVRC's [Mapping Prevention Podcast Series](#) or [Resources on the Go Series](#) and ValorUS' [Prevention Postings](#). Explore this series of [Podcasts from Learning for Justice](#).

Hold Space for Sustainably Doing the Work

Adapting the work to virtual settings has meant both adapting existing work, and often times - adding new strategies. This means our schedules are often busier than ever!

- Carve out meaningful time to adapt existing work to virtual and other new formats (it often takes longer than we think).
- Ensure that any new strategies are created and implemented with meaningful community engagement, thoughtfulness, and inclusiveness - this means dedicating time and capacity to community involvement - not just pushing out another opportunity.
- Add more time to projects and push out any deadlines we can in order to better center humanity and community in our efforts (now and in the future).

