

Identifying Factors That Influence Implementation

About the Core Topic

Factors influencing implementation are things that inform, support (facilitators), or hinder (barriers) efforts to deliver effective practices and maintain them over time. They can include characteristics of the practice; the people involved; clinics, organizations, systems, and communities; and other factors. Understanding these facilitators, barriers, and other influences can be essential for deciding what practice to use for a specific mental health need, improving its fit for a setting and community, and making the practice work and last. Factors influencing implementation are sometimes referred to as barriers/facilitators or contextual determinants.

Key Components

Factors influencing implementation can be related to:

- **The practice:** What it is and the resources it requires; what is known about how well it works, and how well it fits or can be adapted for a specific setting and population.
- **People served by the practice:** This includes patients, clients, caregivers, and families. Who they are; their needs, motivations, knowledge, and perspectives; and how these interact with providers, practices, or organizations.
- **Individuals who deliver the practice:** Who they are; their needs, motivations, knowledge, skills, and perspectives; and their relationships with the people served by the practice and their organization.
- **Organizations:** How the organization as a whole works; leadership, staffing, culture, communication, values, priorities, relationships, and physical infrastructure (including technology); the organization's approach to and readiness for making changes; the other available services and supports; and how accessible they are. These factors apply to specific clinics or sites within organizations.
- **Systems and communities:** Factors outside the organization; laws, policies, funding, politics, partnerships with other organizations, cultures, values, and community needs.

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Why This Topic Matters for Implementation

Understanding the factors influencing implementation can be useful when preparing for a new practice, implementing the practice, and sustaining its use. While preparing for a new practice, understanding these factors can help with (1) selecting what practice to use for an identified mental health need and community (including fit between the practice and community); and (2) deciding what support is needed to implement a new practice and address barriers to practice success. Once a practice is being used, monitoring these factors can help identify and address new challenges and needs to maintain its effectiveness and sustain it into the future. Identifying these factors, prioritizing them, and addressing them can be challenging because they can be complicated, occur at multiple levels of an organization or setting, and change over time—and they can interact with each other.

Key Resources

These practical resources are designed to help you move from planning to action.

- [***The Hexagon: An Exploration Tool***](#). National Implementation Research Network.
- [***Evidence-Based Strategy Selection Worksheet***](#). Ohio Community Guide State Team, Health Policy Institute of Ohio, and Ohio Department of Health.
- [***Contextual Determinants Affecting Implementation: Qualitative Interview Guide***](#). Center for Dissemination and Implementation At Stanford (C-DIAS) and HEAL Data2Action Research Adoption Support Center (HD2A RASC).
- [***Inventory of Factors Affecting Successful Implementation and Sustainment \(IFASIS\)***](#). Center for Dissemination and Implementation At Stanford (C-DIAS).
- [***Prioritizing Implementation Barriers: Toolkit for Designing an Implementation Initiative***](#). University of Washington IMPACT Center and Optimizing Implementation in Cancer Control (OPTICC) Center.



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Apply to Our Learning Community: Implementing Effective Mental Health Services in Challenging Times

Are you a manager, leader, or supervisor of a mental health system, organization, or program?

Are you able to implement changes and innovations within the system, organization, or program?

Are you interested in learning how to overcome barriers in implementing new effective practices and/or sustaining practices?

CMHIS and our five bi-regional Hubs invite you to apply to participate in a **free, innovative 6-session learning community** designed to equip mental health leaders with the tools needed to drive meaningful practice change, drawing on a strengths-based approach.

Sessions will be 60 minutes long and take place every other Thursday from 8-9 AM Pacific from July 17 to September 25. To be considered for this learning community, please submit a brief application at the link below by June 20, 2025.

KEY DATES:

Friday, June 20, 2025: Applications due

By June 30, 2025: Applicants notified of selection status

July 17, 2025: Learning community begins

September 25, 2025: Learning community ends



LEARN MORE
& APPLY HERE



WHY PARTICIPATE IN THIS LEARNING COMMUNITY:

- **Improve your ability to lead and manage practice change.** Learn the process of preparing for, implementing, and sustaining new effective practices or improving existing ones, using key findings from implementation science.
- **Improve your system, organization, or program's delivery of effective practices.** Using the actionable skills and proven strategies learned in the sessions, you will develop a plan for a modest but impactful change to implement and sustain effective practices and programs.
- **Give tips to and learn from other leaders across the country.** By participating in this opportunity, you will also learn about strategies that have worked for colleagues to implement and sustain practices and programs nationwide, increasing your ability to respond to challenges in your system, organization, or program.

ABOUT THE LEARNING COMMUNITY:

This dynamic, flexible experience will combine implementation science, expert insights, and peer learning. You will be empowered with actionable skills, proven strategies, and a network of colleagues to “grow from what works” to implement effective mental health practices and programs.

EXPECTED RESPONSIBILITIES:

- Participate live in at least five of the six sessions.
- Bring an idea about a new program or practice that your organization is hoping to implement, or an already embedded program or practice that your organization is challenged to implement or sustain.
- Develop and work on a modest change project during the course of the learning community.
- Contribute to the learning community by sharing your experiences.

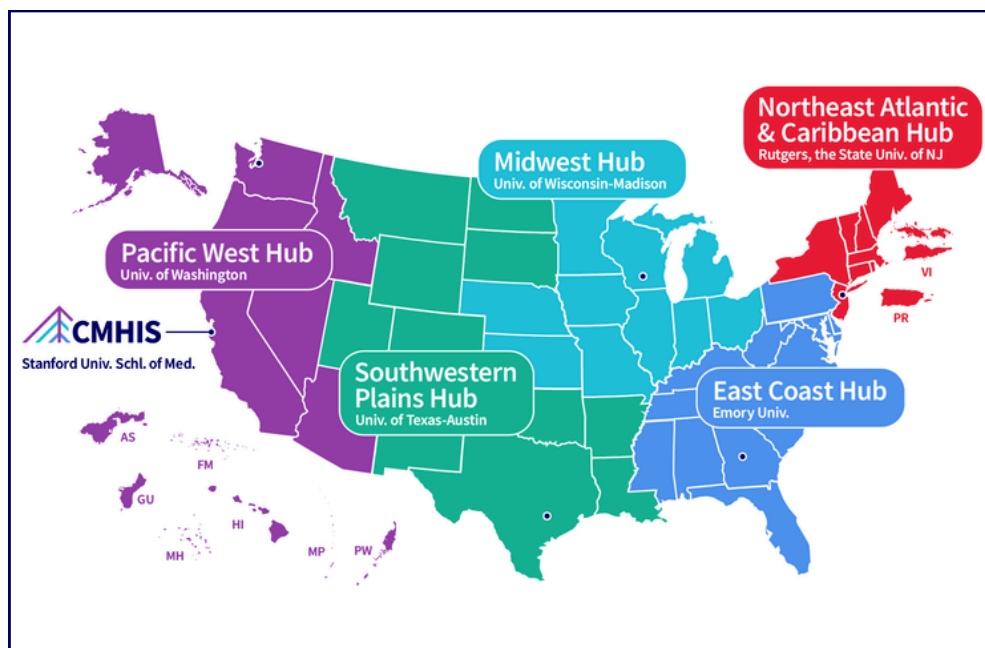
CMHIS: Supporting Organizations and Systems to Improve Care

ABOUT CMHIS

People often face barriers to accessing effective care. Mental health leaders, program implementers, and decision makers need support to deliver the latest and most effective treatments sustainably. The Center for Mental Health Implementation Support (CMHIS) and our five bi-regional Hubs help systems and organizations navigate the complex process of implementing new effective mental health practices or ensuring that practices are delivered effectively. The Pacific West Hub is housed in the University of Washington Department of Psychiatry and Behavioral Sciences and supports HHS Regions 9 and 10.

CMHIS is your dedicated partner—

harnessing strengths, mapping the course, navigating roadblocks, building capacity, and sustaining change. We're committed to ensuring everyone receives the care they deserve.



OUR APPROACH

Adopting a mental health program is not only about **what** to implement—but **how** to make it work. CMHIS specializes in “the **how**” of implementation by offering practical resources & support across eight core topics shown below.

The Process of Implementing an Effective Program or Practice

Preparing

Engaging the community and assessing their mental health needs

Identifying factors that influence implementation

Deciding what support is needed to implement the new practice

Implementing

Using clinical progress to guide treatment

Marketing programs and services

Using data to improve service delivery

Sustaining

Evaluating program outcomes

Sustaining service delivery

WHAT WE OFFER

- Implementation support at the regional and local levels (e.g., coaching, consultation, learning collaboratives)
- Tools and resources tailored to real-world practice

WHO WE SERVE

- Grantees funded by SAMHSA's Center for Mental Health Services
- Organizations that oversee or directly provide mental health services



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