

Implementation Models, Theories & Frameworks

Exploration, Preparation, Implementation, Sustainment (EPIS)

The Exploration, Preparation, Implementation, Sustainment (EPIS) model is a framework that helps bring evidence-based practices (EBPs) into real-world settings. It was first created to address challenges in public sector services such as mental health and child welfare, but it can be used across many different service systems.

Type

Process Model

Purpose

The EPIS model is a step-by-step framework that examines factors within and outside an organisation that can affect how new practices are implemented. Its main goal is to help identify and solve problems and use helpful supports, so that evidence-based practices can be adopted and sustained over time.

Elements

- **Exploration:** Assessing the situation and determining whether the organization is ready for change.
- **Preparation:** Making a plan to put the new practice in place, involve key people, and ensure resources are available.
- **Implementation:** Carrying out the new practice in the chosen setting.
- **Sustainment:** Making sure the new practice continues over time and becomes part of regular routines, by checking progress and making changes as needed.

Use with

Consolidated Framework for Implementation Research (CFIR): Can provide additional structure and insights into specific factors affecting implementation.

Strengths and Limitations

STRENGTHS

- Flexible and adaptable to a variety of settings.
- Considers multiple levels of influence for a comprehensive view of implementation.
- Provides a structured approach to identify barriers and facilitators.
- Helps ensure interventions are relevant and responsive to stakeholder needs.

LIMITATIONS

- Potential complexity may deter practitioners from fully engaging with the model.
- Requires time and resources for thorough exploration and evaluation.

See it in practice



[A mixed methods study to adapt and implement integrated mental healthcare for children with autism spectrum disorder. \(Stadnick et al., 2019\).](#)



[Scaling up overdose education and naloxone distribution in Kentucky: adoption and reach achieved through a “hub with many spokes” model. \(Knudsen et al., 2023\)](#)

Find out more



<https://episframework.com/>



[The EPIS Framework \(CEBC\)](#)



[Breaking Down the EPIS Process Model & Framework \(The Center for Implementation\)](#)



[Use of Theory in Implementation Research; The EPIS Framework: A Phased and Multilevel Approach to Implementation](#)



[Systematic review of the Exploration, Preparation, Implementation, Sustainment \(EPIS\) framework](#)



[A model for Rigorously Applying the Exploration, Preparation, Implementation, Sustainment \(EPIS\) Framework in the Design and Measurement of a Large-Scale Collaborative Multi-Site Study](#)

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