

Positive Supports

IMPLEMENTING POSITIVE SUPPORTS IN MINNESOTA

Overview

- Overview of positive supports
- Minnesota's Statewide Plan for Implementing Positive Supports
- Additional training and technical assistance efforts
- Next steps

The Purpose of the Positive Supports Rule

To improve the quality of life of persons receiving home and community-based services or other licensed services by:

- Promoting community participation, person-centeredness, and supporting people in the most integrated setting,
- Creating quality environment and lifestyles,
- Support strategies are collaborative and strength-focused, and
- Eliminating the use of aversive or deprivation procedures.

What are Positive Supports?

Support Strategies and Practices that are:

- Person-centered and respectful
- Culturally sensitive
- Evidence-based
- Prevention-focused
- Adapted and improved over time
- Often implemented together
- Used across the life span

Positive Supports and Person-Centered Practices

Person-Centered Practice is the Foundation of all Positive Supports

- Positive supports must be person-centered in nature.
- Person-centered practices refer to strategies and tools that support a person throughout their lifetime.
- Emphasis on assessing what is needed and tailoring supports and services to meet each person's needs.
- Practices that are flexible, creative, and open to possibility.

Examples of Positive Supports

Person-Centered Thinking and Planning is the Foundation

- Positive Behavior Support
- Applied Behavior Analysis
- Assertive Community Treatment
- Cognitive Behavior Therapy
- Dialectical Behavior Therapy
- Motivational Interviewing
- Systems Of Care
- Wraparound Planning
- Trauma Informed Practices
- School-Linked Mental Health

Positive Supports: Making the Vision Reality

"[...] vision without systems thinking ends up painting lovely pictures of the future with no deep understanding of the forces that must be mastered to move from here to there."

[Peter M. Senge, The Fifth Discipline: The Art & Practice of The Learning Organization \(1990\)](#)

The Minnesota Statewide Plan for Implementing Positive Supports

- Organizational framework for implementing positive supports statewide
- Initial interagency effort between Department of Human Services and Minnesota Department of Education
- Focus on building a training and technical assistance infrastructure

Goals of the Positive Supports Statewide Plan

- Positive supports practitioners are available across the state
- People, providers and families are aware of positive supports
- Provider organizations report better outcomes through data
- Fewer emergency room visits and fewer restrictive practices reported
- *Consumers are happier, people and families report better life outcomes and satisfaction*

Statewide Plan Interagency Workgroups

- Training and Technical Assistance
- Inventory and Definitions
- Marketing and Communications
- Data Collection

Achievements of the Statewide Plan

- Developing regional training models
- Coordinating training efforts among agencies and divisions
- Developing practice standards for person-centered planning and supports
- Supporting evidence-based, data-driven decision making
- Creating an interagency inventory of policies on restrictive practices and positive supports

Training Efforts in Place

- Person-Centered Thinking Training
- Person-Centered Planning Training
- Person-Centered Train-the-Trainer Efforts
- Positive Behavior Support Introductory Training
- Positive Behavior Support Intensive Training
- Person-Centered Organizations Workshop
- Positive Supports Rule Training
- Person-Centered and Positive Support Practices Organizational Implementation Training

Organizational Implementation Training

- Regional training model - Two, two year training cohorts
- Cohort One
 - Began in May, 2015
 - Focused on building person-centered organizations
- Cohort Two
 - Expanded to eight organizations
 - Includes person-centered practice and positive behavior support

Technical Assistance Efforts

- Positive Supports Community of Practice
- Support planning Professionals Learning Community
- The College of Direct Supports
- Minnesota Person-Centered Gathering
- Positive Supports Website
- Positive Supports Manual
- Data Collection

Continued Implementation Efforts

- Partnering with DEED and DOC
- Building an infrastructure to expand statewide training capacity
- Expanding use of regional training models
- Marketing and communication related to positive supports

Thank You
