

# Support Planning Professionals Learning Community (SPP LC)

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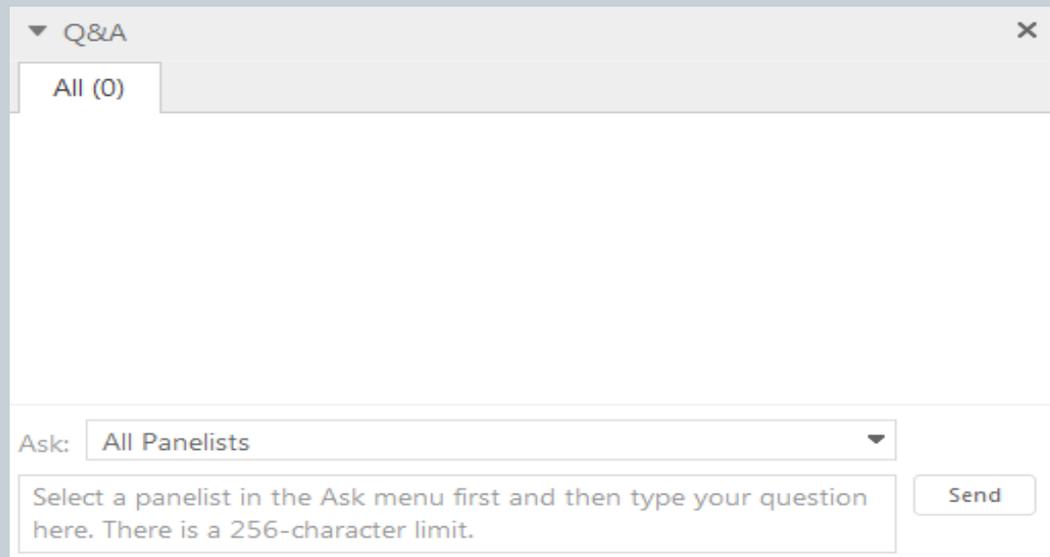
## Person Centered Practices Five Common Elements Part 1 of 5

JANUARY 27, 2016  
MINNESOTA DEPARTMENT OF HUMAN SERVICES

# Welcome

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To ask a question during the presentation use the Q&A Panel in WebEx



The screenshot shows a window titled "Q&A" with a close button (X) in the top right corner. Below the title bar is a tab labeled "All (0)". The main area of the window is empty. At the bottom, there is a section labeled "Ask:" with a dropdown menu currently set to "All Panelists". Below the dropdown is a text input field with the placeholder text: "Select a panelist in the Ask menu first and then type your question here. There is a 256-character limit." To the right of the text input field is a "Send" button.

Select “All Panelists”, type your question, and click Send.

# Agenda

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- Diane Marshall: Review the objectives of the learning community
  - Children's Mental Health Upcoming Training Opportunities
- Amanda Calmbacher: Adult Mental Health and Person Centered Planning
- Lori Miller: Person Centered Protocol Updates
- Diane Marshall and Lori Miller: Transition Protocol FAQ's
- Richard Amado and Stacy Danov: Overview of Person Centered Practices – 45 minutes

# Introduction

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## Objectives of the Learning Community:

- Support Planning Professionals (SPP) are prepared to apply Person Centered practices
- SPP are prepared to apply Person Centered Protocols to their work

# Introduction

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## Objectives of the Learning Community:

- Identify where there may be service or access issues that are getting in the way of “living” Person Centered Principles and Practices
- Provide an ongoing forum for support planning issues; initial focus is on person-centered planning

# Children's Mental Health Training Opportunities

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## Children's Mental Health Rule 79 Training is scheduled:

The next Rule 79 dates are in the Health Service Building, Downtown Minneapolis, and is posted on Train Link now below:

### ● Part I

- Monday, January 25 [9am-4pm](#)
- Tuesday, January 26 [8am-4pm](#)

### ● Part II

- Monday, February 1 [9am-4pm](#)
- Tuesday, February 2 [9am-4pm](#)

### ● Part III

- Monday, February 22 [9am-4pm](#)
- Tuesday, February 23 [9am-4pm](#)

# Children's Mental Health Training Opportunities

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## **Youth ACT:**

There is a new Bulletin being routed through DHS and will be out in February 2016.

# Adult Mental Health Updates

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- Welcome
- Support Planning Professionals
- [amanda.calmbacher@state.mn.us](mailto:amanda.calmbacher@state.mn.us)

# Transition Plan Updates

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- Tools
  - Action Plan
  - Checklist
  - Summary
- Implementation

# Transition Plan Updates

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## Lead Agency Reviews

Questions: Use Q&A Panel and send to "All Panelists"

# Person Centered Planning

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**“THE FUNDAMENTAL PRINCIPLE THAT GOVERNMENT AND SERVICE PROVIDES BEGIN BY LISTENING TO INDIVIDUAL ABOUT WHAT IS IMPORTANT TO THEM IN CREATING OR MAINTAIN A PERSONALLY-VALUED, COMMUNITY LIFE. PLANNING OF SUPPORTS AND SERVICES IS NOT DRIVEN OR LIMITED BY PROFESSIONAL OPINION OR AVAILABLE SERVICE OPTIONS BUT FOCUSED ON THE PERSON’S PREFERENCES AND WHOLE LIFE CONTEXT.”**

**MINNESOTA OLMSTEAD PLAN, PAGE 32**

# Person Centered Planning

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MOVING TO A SYSTEM WHERE *EVERYONE* HAS A  
PLAN THAT IS PERSON-CENTERED

# FAQ's

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Questions: Use Q&A Panel and send to "All Panelists"

# Person Centered Practices Common Elements: Choice (Part 1 of 5)

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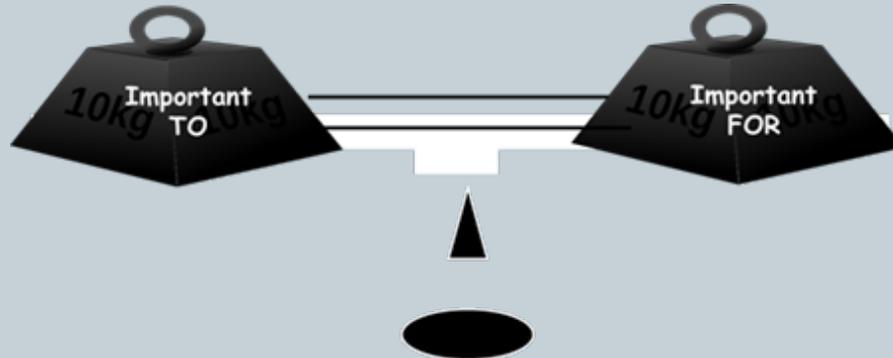
RICHARD S. AMADO, PHD LP NADD-CC  
STACY DANOVA PHD LP

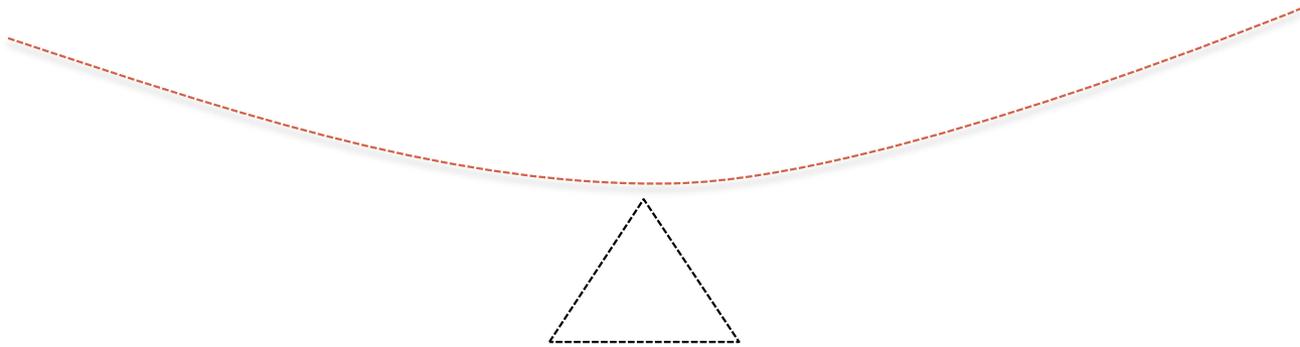
# Review: Person Centered Practices

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- Person Centered Practices

- ✦ POWER WITH, SUPPORTING, FOCUS ON STRENGTHS, EXPRESS PREFERENCES AND CHOICE, HAVING POSITIVE CONTROL OVER LIFE





# 5 Valued Experiences/common elements

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1. Growing in relationships
2. Contributing
3. **Making choices**
4. Being treated with dignity and respect and having a valued social role
5. Sharing ordinary places and activities

# Making Choices

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- Choose: to select from among two or more possibilities
- Prefer: to like someone or something better than someone or something else

# Choosing

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- A range of 2 or more from which to select;
- The range of choices is limited by circumstances or others

# Prefer

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- No Range is implied
- The preference is “self-generated”
- The preference usually reflects personal experience

Preferences and Choices are *different* and  
*Both are important*

# Supporting Choice and Preference

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- Our processes need to assure people have the opportunities to experience new things and broaden their preferences: new places, new activities, new people, new ...
- Our processes also need to assure people's preferences are recognized in their day to day lives.

# Learning About Preferences

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- Ask the Person or others who know the person well
  - Conversation
  - Survey
  - Trust and Verify
  - Etc.
  
- Observe the Person
  - Selections
  - Physical reactions
  - Facial expressions
  - Etc.

# Asking has Pitfalls

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- Asking only works under the right conditions
  - Does the chooser want to please?
  - Does the chooser have experience making choices? What is it?
    - ✦ Honored, stifled, punished?
  - Does the chooser have experience with the items in the range of choices? Chocolate, vanilla, or strawberry...
  - Does the chooser have rewarding experiences choosing something novel or unknown?

# Observing has Pitfalls

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- Do you have time to observe, likely multiple times, under differing conditions
- Can you get information from others who know the person well and then verify through observation?
- Can you observe in ways that do not influence the behavior of those being observed?
- Can you separate your personal biases and preferences from the observation?

# Observation is Readily Available

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- Do you have or have you had young children?
  - Were you able to figure out what made them happy or upset them before they could talk?
- Do you have or have you had pets?
  - Could you tell when something was wrong or the pet did not feel well?
- Are you meeting new people?
  - Do you figure out what they prefer just by being around them?
- Do you know what your significant other is thinking before he or she speaks?

**You Are an Observer!!**

# All People Have “Tells”

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- You can observe people who do not use words to communicate, even people with extremely limited motor ability, to determine preferences.
  - Eye movements
  - Sounds
  - Twitches, especially facial
  - Changes in facial expressions
  - Etc.

# From Preferences to Language

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- Discovering preferences allows us to support improvements in quality of life
- Once we begin to identify the preferences of people with very limited motor or communication ability, systematic technology assisted communication is possible.

# Choice, Preference, and Safety

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- Why do we do Pilot Studies?
  - Minimize losses if it does not turn out
  - Tweak procedures and processes
  - Learn from experience
- Pilot Studies are a way to explore without putting everything at risk
- Pilot Studies allow us to learn while minimizing risk

# Pilot Studies as a Life Tool

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- In life there are times to:
  - Stick your toe in to see how the temperature is
  - Try a little to see how it goes
- Consider, nothing in life is safe, safety is an illusion, and
- Life without some risk can be very boring and uninteresting
- Pilot Studies allow us to balance risk and safety

# Balance

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- Balancing Risk and Safety is a challenge. It is not easy and it is far more rewarding than living in a one-fish fish bowl.

# Questions, Feedback, Comments?

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Questions: Use Q&A Panel and send to "All Panelists"

# Where to Find Help Now?

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- Bulletins: [http://www.dhs.state.mn.us/main/id\\_000305](http://www.dhs.state.mn.us/main/id_000305)
- E-List Announcements:  
[http://www.dhs.state.mn.us/main/id\\_000677#](http://www.dhs.state.mn.us/main/id_000677#)
- CBSM Main Page:  
[http://www.dhs.state.mn.us/main/id\\_000402](http://www.dhs.state.mn.us/main/id_000402)

# Survey

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Please take a moment to let us know your thoughts.

- Take our Survey:  
<http://surveys.dhs.state.mn.us/snapwebhost/s.asp?k=145375396410>
- Available until Wednesday, February 9

# Meeting Wrap

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Audio from today's session will be available beginning tomorrow morning by dialing:

855-859-2056

Conference ID:

29364231

If you have questions following the session, email to [Diane.Marshall@state.mn.us](mailto:Diane.Marshall@state.mn.us)

# Meeting Wrap

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**Thank you for attending!**