

Positive Supports
MINNESOTA

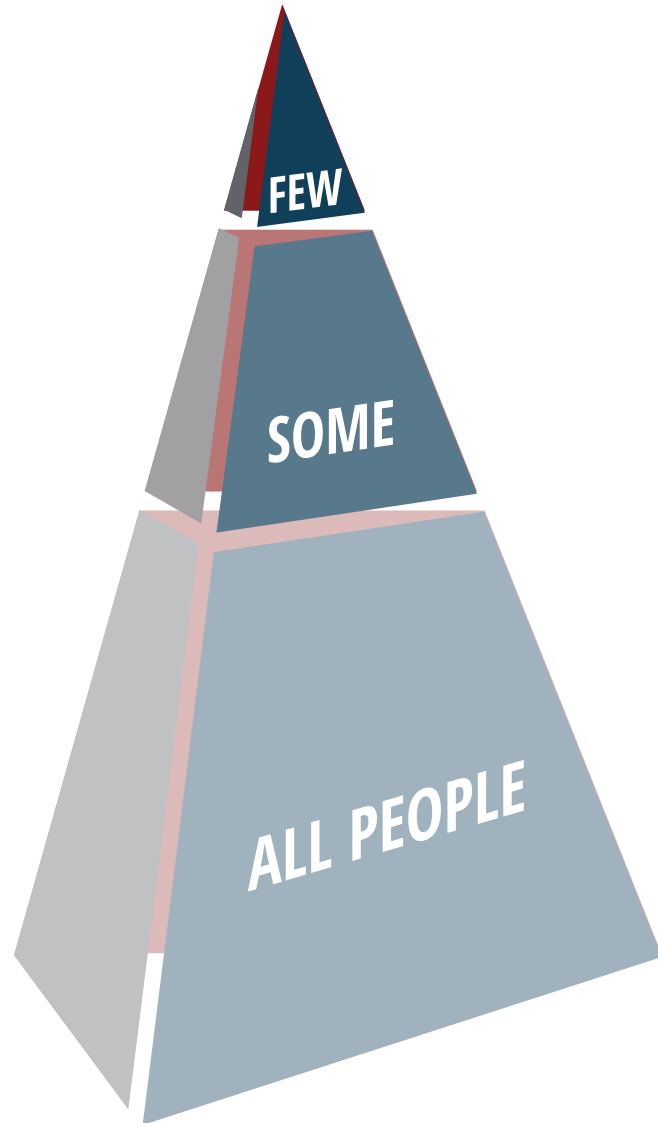


Positive Supports in Minnesota

Acute Care Transitions Advisory Council
Meeting 3



Implementing a Tiered Prevention Model



Tier 3 - Individual Plan with Multiple Supports

Tier 2 – Group or Simple Problem Solving

Tier 1 – Home, Work, Community

Positive Supports Defined

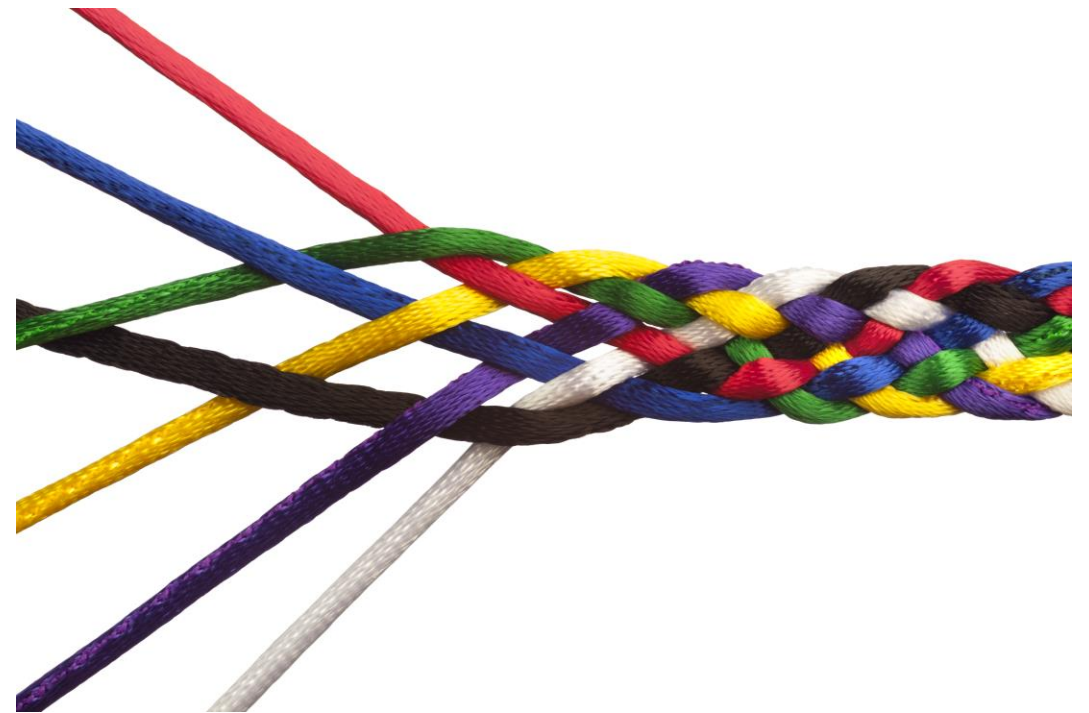
Refers to all practices that include the following characteristics:

- 1) Person-centered interventions that demonstrate cultural competence and respect for human dignity
- 2) Evidence-based and promising practices
- 3) Include strategies for ongoing assessment and monitoring at individual and organizational levels
- 4) Are often implemented in combination with more than one practice



Examples of Positive Support Strategies

- Person- centered thinking/ planning- foundational values
- Positive behavior support
- Applied behavior analysis
- Assertive community treatment
- Cognitive behavior therapy
- Dialectical behavior therapy
- Motivational interviewing
- Wraparound planning/ Systems of care
- Trauma informed practices
- School- linked mental health



Positive Support Implementation in Minnesota State-Supported Efforts



Implementation of Positive Supports Person-Centered Trainings

- State Oversight and Mentoring
 - » Mentors from the Learning Community
 - » Maintaining certified trainers
- Person-Centered Practices
 - » Universal Person-Centered Trainings
 - » Person-Centered Planning
 - » Organization-wide
- LifeCourse for Families
- People Planning Together

Positive Supports

- **Culture of Safety**
- **Positive Behavior Support Intensive Training**
 - » Awareness and Introductory
 - » Annual training free to public
 - » 6 full days online
- **PBS Facilitator Recommendations**
 - » PBS champions across the state
 - » Preparing for 3 meetings to discuss key issues related to intensive training
 - » Discuss incentives for participating in intensive training
 - » Build on PBS Intensive training to support learning how to facilitate plans (add mentors, provide more support, and develop tools for assessing progress)

Free Positive Support Training Series

- [Cognitive Behavior Strategies in Positive Behavior Support](#)
- Motivational Interviewing
 - » April 26, 2024
- Wraparound Planning
- System of Care
- Trauma Informed Care at Tiers 2 & 3



Free Positive Support Training Series

Next Planned Positive Support Presentation

Motivational Interviewing

April 26, 2024

9:30- 11:30 am CT

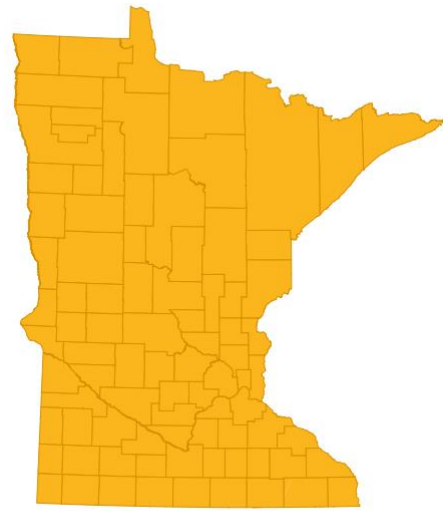
Laura Sherburne, PsyD, LP, is a clinical psychologist who has worked at Direct Care and Treatment in the MN Department of Human Services since 2008. She is a member of the Motivational Interviewing Network of Trainers (MINT) since 2012.

Registration:

This event is no cost to attendees, but prior registration is required. For questions about this training, please email us at pbs@umn.edu.

Organization-Wide Positive Supports

Moving Away from the “Train and Hope” Approach to Training
“Cohort Model”



Universal Person-Centered Strategies are not a Person-Centered Plan

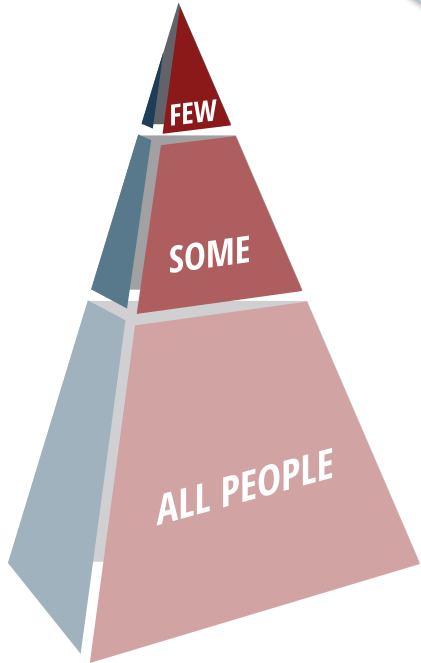
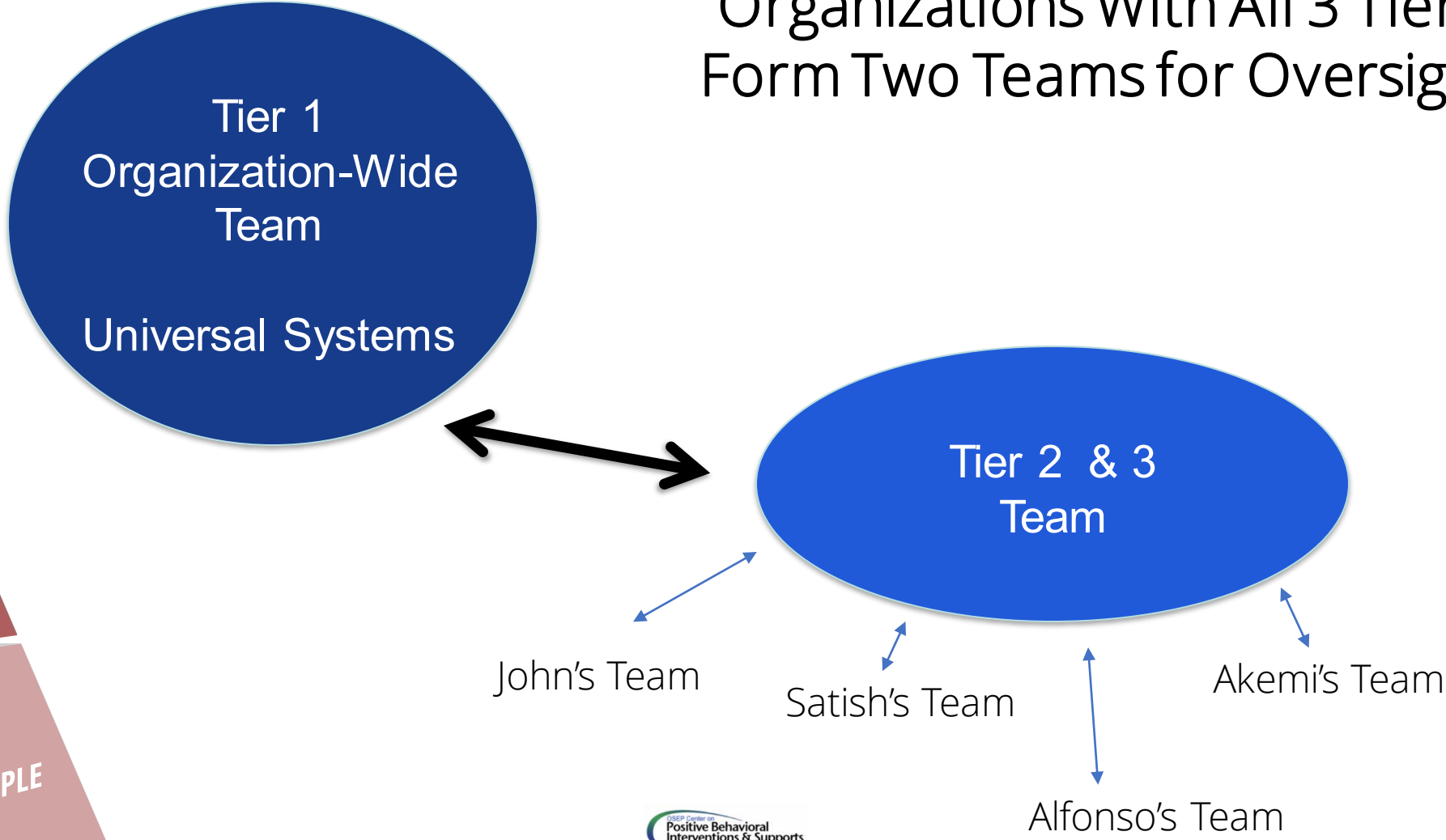
- Use person-centered tools and strategies to build relationships
- Practice and encourage empathy and active listening
- Explore and celebrate cultural differences
- Increase self-awareness of how we interact with others
- Reflect and change our use of language as well as our behavior
- Use data to reflect on progress

Universal Positive Behavior Support is not the Same as a PBS Plan

- Teach, prompt, and model social and emotional skills
- Reinforce and celebrate positive skills in use
- Create a consistent response when challenges occur
- Use data to reflect on progress



Organizations With All 3 Tiers Form Two Teams for Oversight

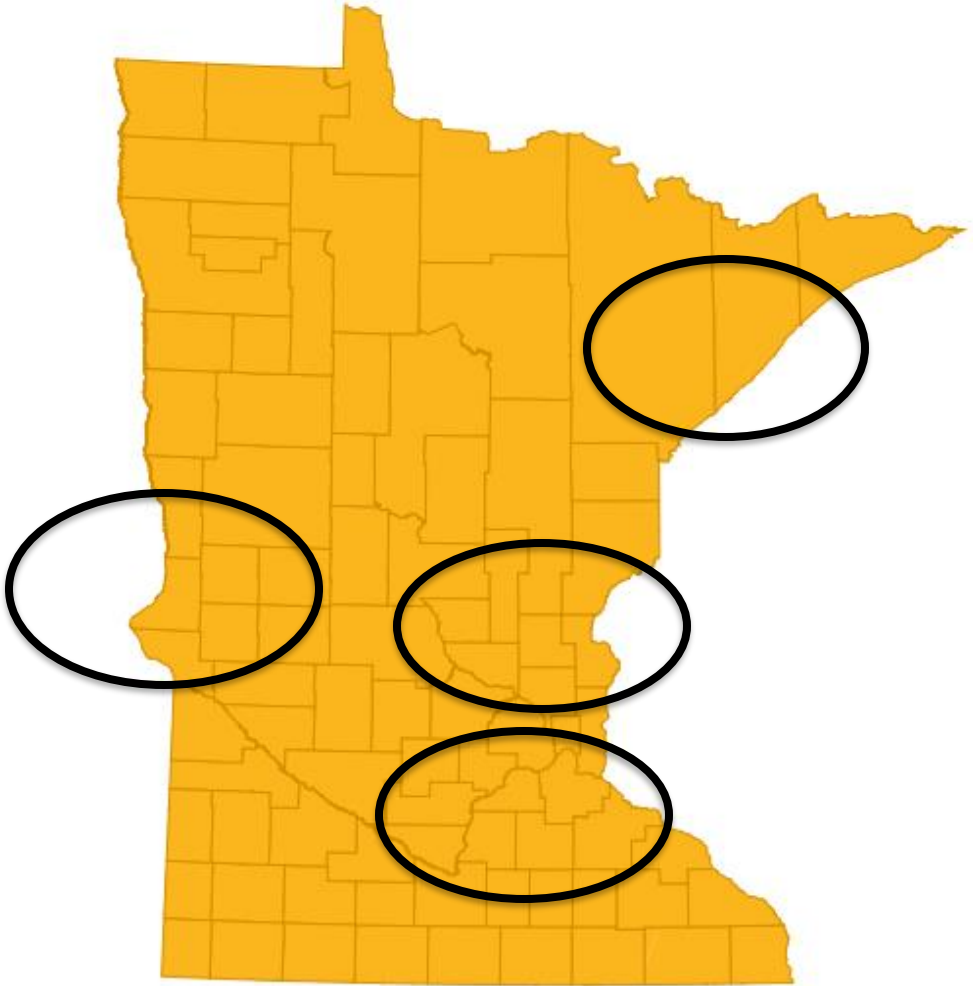


Minnesota Statewide Organization-Wide Training Infrastructure

Training Layers

- Team Training (T1)
- PCT Trainers/Coach Training (T1)
- Picture of a Life Planners/Trainers
- PBS Facilitators

Cohort 2B →



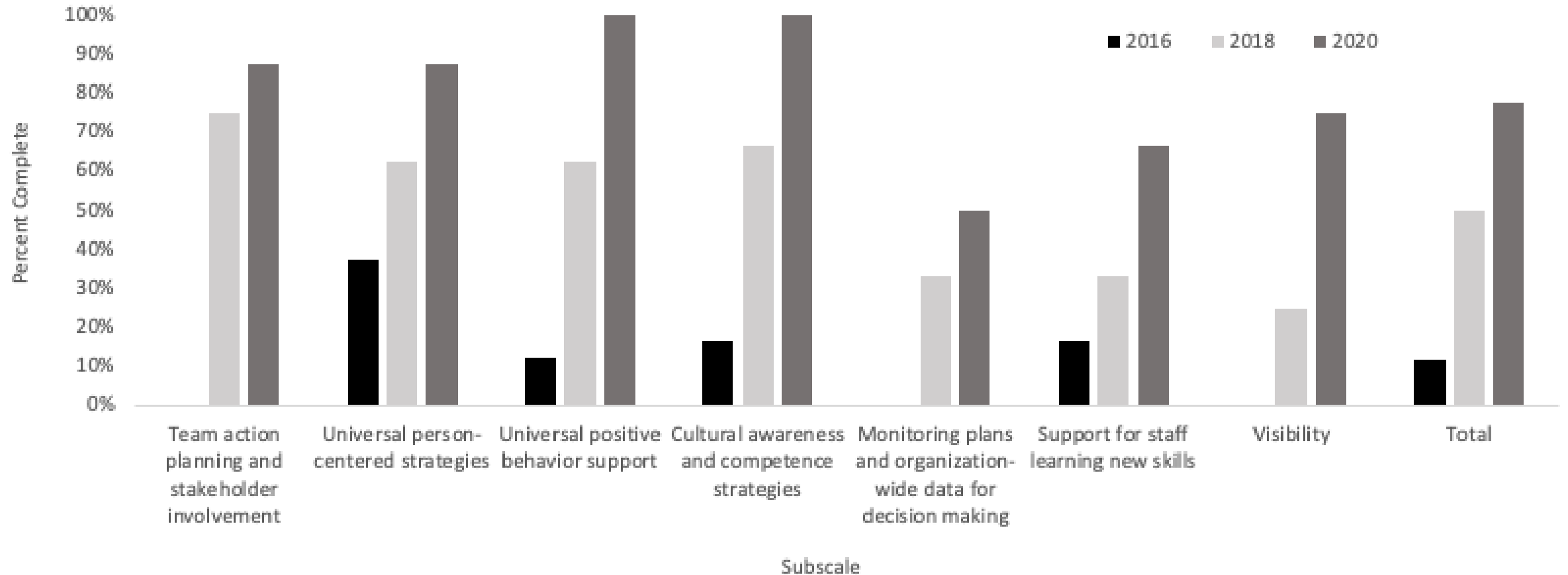
← Cohort 1 & 2A

← Cohort 1 & Cohort 4

← Cohort 3 & 4

Teams Trained/In Training = 32
Teams with TOET = 22
Organizations = 10
Counties = 11

TOET Data From 2016 – 2020 for the Case Study Example



Freeman, R., Simacek, J., Jeffrey-Pearsall, J., Lee, S., Khalif, M., & Oteman, Q. (2022). *Development of the Tiered Onsite Evaluation Tool (TOET) for organization-wide person-centered positive behavior support*. Accepted with revisions. *Journal of Positive Behavior Interventions*.

Building Regional Capacity

Tailoring Planning to the Unique Needs of Each Region



How Do We Build Strong Regions?

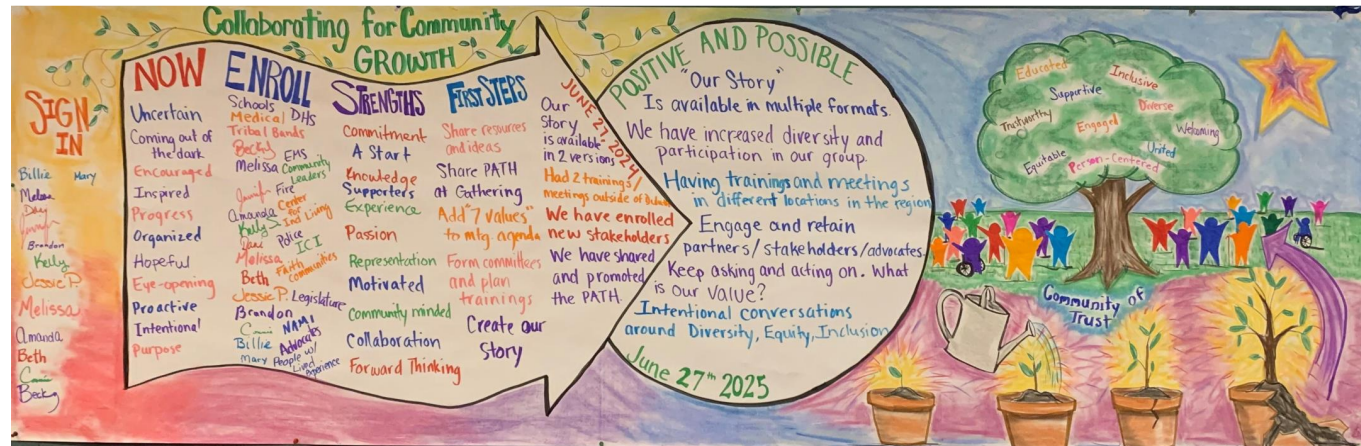
Regions Involved

- Northern Area – Duluth/Arrowhead
- Olmsted County
- MNPrarie (Dodge, Steele, & Waseca)
- Western County Collaborative (Alexandria, Pope, Grant, Douglas, Stevens, & Traverse)
- Representatives in Metro Area (linked to Cohorts 1,4)

What People Across Regions in Minnesota Requested

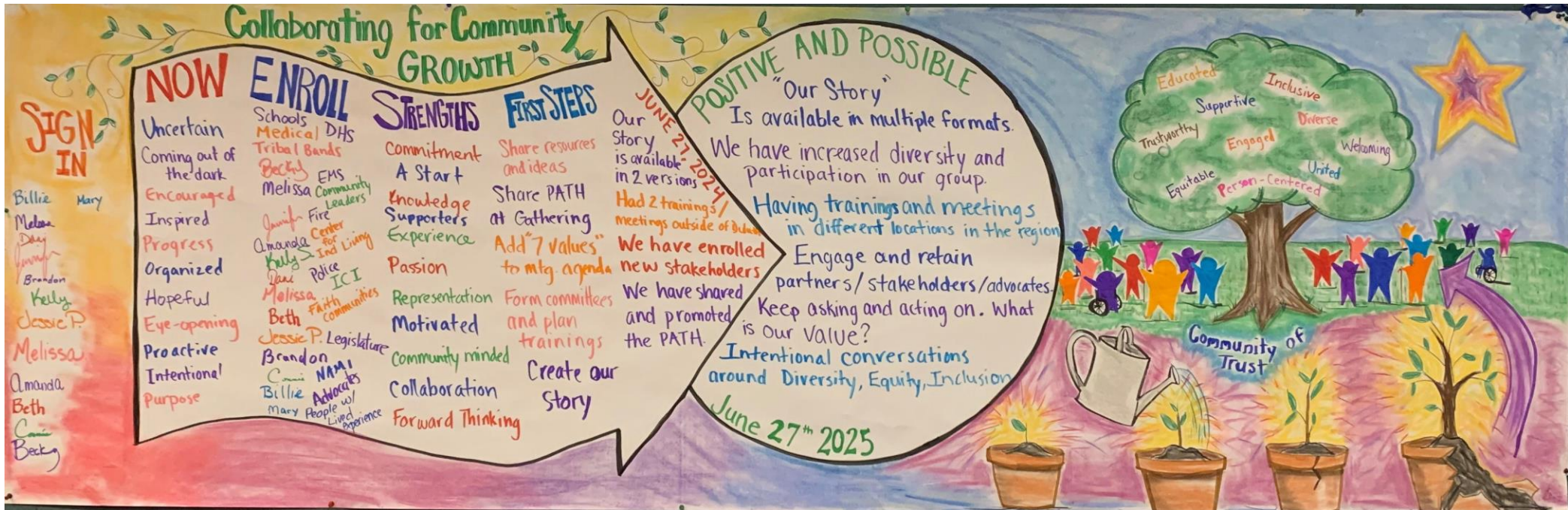
- Funding to support regional process
- Facilitator of regional team
- Collecting evaluation data
- Website and marketing support
- Training and support to maintain trainers across positive supports
- Support for organizations that can't afford training

Regional Level Examples



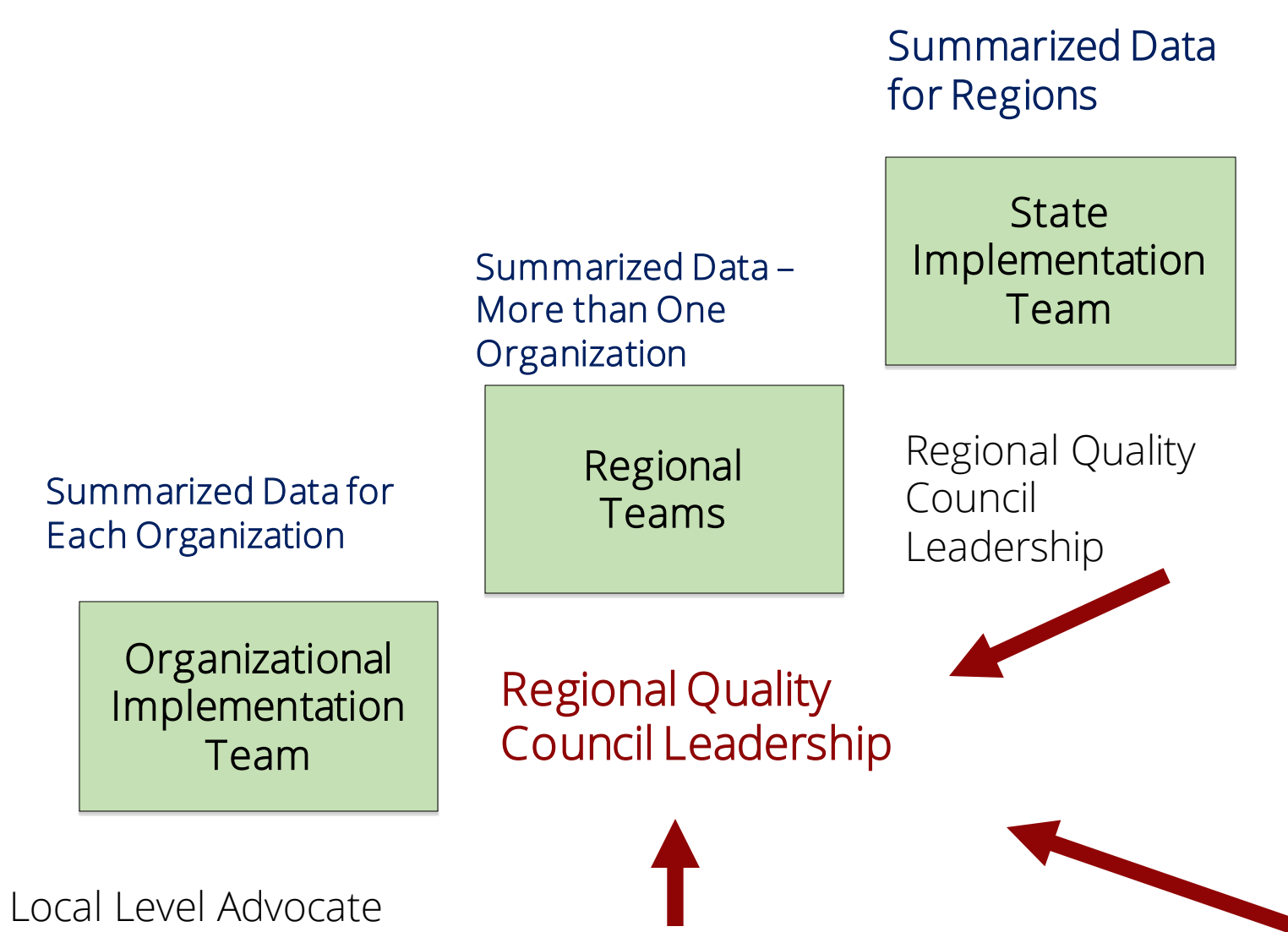
Collaborating for Community Growth
 June 27th, 2023





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June 27th, 2023

Establishing Communication & Measurement Systems for Positive Supports



Workforce and Organizational Fidelity & Outcome Measures

- Quality of life
- Incidents/restraint/injury
- Staff attrition/retention
- Climate surveys
- Fidelity of implementation



Improvement Cycles

Minnesota's Regional Quality Councils

Who is Involved:

- People with disabilities, their families
- County and state leaders
- Organizations supporting people
- Community members

What RQCs Do:

- Collaborates with regional partners
- Improve quality of services
- Work with regions to monitor outcomes related to quality of life & person-centered outcomes



Minnesota's Regional Quality Councils

Plain Language Materials

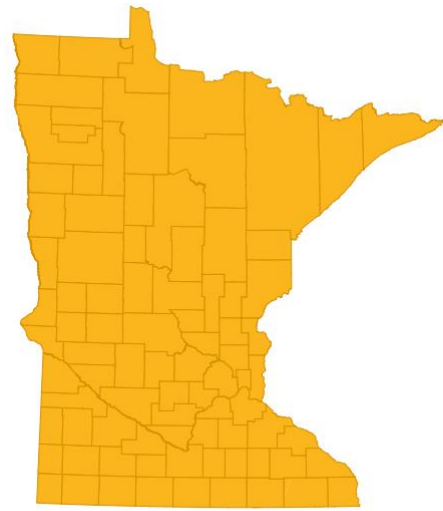


Expanding Regional Communities

If you represent an area not mentioned in the group of regions here and want to explore building a regional team, let us know!

- Rachel Freeman: freem039@umn.edu
- Dani Dunphy: dunphyd@stlouiscountymn.gov

Interagency Collaboration in Positive Behavior Support



Minnesota Positive Behavior Support Network (MNPBS)



MNPBS Network is bringing practitioners together across settings, populations and the lifespan to articulate key PBS features and share about exemplary PBS at a community level.



Minnesota PBS VALUES

- V=** Values build on the strengths of children and adults, empower people and encourage culturally-responsiveness
- A=** All settings are important -- home, school, community
- L =** Lifespan emphasis of PBS supports diversity and inclusion
- U=** Understand & build on social and emotional skills
- E=** Evidence-based practices using behavioral, biomedical, and social science research
- S=** Systems change including universal strategies, minor problem solving, & individualized supports

Our Current Work

PATH 2022



2024 Goals

- Increase Diversity
 - On MNPBS team
 - Relationship building with groups that support diverse needs, listening sessions, and make the relationship mutually beneficial
- Formalize Mission and Vision Statements
- Complete and Place MN Standards Online
- Award Celebration
- Revise and Expand Evaluation & Measurement Systems

Creating a Common Language

Minnesota's Standards of Practice: Positive Behavior

Support Across the Lifespan

[Visit the Standards of Practice](#)



Connect With Us

Visit our website for more information:

- <http://mnpsp.org/mnpbs>

Follow us on social media:

- [Facebook](#): @MNPBSnetwork
- [Twitter](#): @MNPBS

Subscribe to our YouTube page:

- [MNPBS Network YouTube Page](#)

Join Us and Become a Member. Email us

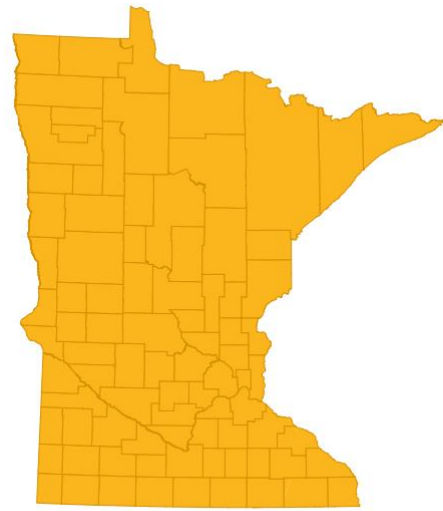
mnpbsnetwork@gmail.com



Organization Members



Resources Available



MNPSP.ORG Website Training Materials Page



The screenshot shows the website's navigation bar with the following items: Overview, What's New, Site Map, and Events. The main header includes the logo for Positive Supports MINNESOTA and a search bar. The secondary navigation menu contains Home, Topic Areas, Positive Support Practice, and Training Materials (circled in red). Below the navigation is a banner image of diverse people in various poses and colors. The main content area starts with a 'Home' link and a large heading: 'Welcome to Minnesota Positive Supports Website'. Underneath, there are three columns of text and links. The first column lists the website's target audience. The second column discusses the philosophy of positive supports. The third column features links to recent events and an upcoming conference.

Overview ▾ What's New Site Map Events

Positive Supports
MINNESOTA

Search ... 🔍

Home Topic Areas ▾ Positive Support Practice ▾ **Training Materials ▾**

Home

Welcome to Minnesota Positive Supports Website

This website is for:

- ✓ Mental health providers
- ✓ Disability services providers
- ✓ Social Workers
- ✓ Educators
- ✓ Anyone in the helping profession
- ✓ You are a person receiving services
- ✓ A parent or a loved one of a person receiving services

All people want to be respected, have choices, and feel safe.

Positive supports are approaches that are used to help people using a variety of proven support strategies that do not include punishment or seclusion.

But positive supports are much more than that. Positive supports are about respecting the dignity and rights of every person while offering individualized and effective services.

Whether someone is receiving mental health, housing, educational, disability, or any other services meant to improve a person's life, positive supports:

- Build on a person's unique strengths, assets, interests, expectations, cultures, and goals,
- Respect the rights and individuality of each person, and

Recent Events and Presentations

Upcoming Event

[Register for 2019 AAIDD Annual Conference June 24-27 in Minnesota](#)

Opportunity for Minnesota Families

Are you supporting family member with a disability?  An online opportunity is now available for families

Select Training Materials

Then Implementation Resources



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