

Developing Positive Support Transition Plans

A Provider Guide for 245D-Licensed Home and Community-Based Services in Minnesota

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Today's Session

- A preview of the guide:
 - Background information on 245D
 - Components of the plan
 - Person-Centered Planning
 - Positive Supports Strategies-Positive Behavior Support (PBS)
 - Resources

Disability Services Division's “Domains of a Meaningful Life”

- **Community Membership;**
- **Health, wellness and safety;**
- **Own place to live;**
- **Important long-term relationships;**
- **Control over supports and;**
- **Employment earnings and stable income.**

The Purpose of a Positive Support Transition Plan

- To incorporate positive support strategies into a person's life;
- To eliminate the use of aversive procedures;
- To avoid the emergency use of manual restraint; and
- To prevent the person from physically harming self or others.

Evolution of the Positive Support Transition Plan

- Jensen Settlement
- Olmstead Decision
- Rule 40
- Minnesota Statute 245D (2013)

2013—Minnesota Statute 245D: *Home and Community-Based Services Standards*

- Describes responsibilities of organizations that provide services and support to people who receive services funded through a waiver.
- A key part is the requirement for service providers to phase out and then eliminate the use of aversive procedures to control behavior, de-escalate mental health symptoms, or respond to a “crisis.”

245 D Protection Standards

- Prohibits the following procedures, known as behavior or “target” interventions as a substitute for adequate staffing, for a behavioral or therapeutic program to reduce or eliminate behavior, as punishment, or for staff convenience:
 - Chemical restraint
 - Mechanical restraint:
 - Manual restraint (Except in an emergency):
 - Time out
 - Seclusion
 - Aversive procedures
 - Deprivation procedures

245D Requirement to Incorporate “Positive Supports” ...

- Non-aversive interventions designed to decrease crisis situations and ensure the safety of and improve the quality of life of persons covered by the statute.
- A Functional Behavior Assessment is used to identify the events that trigger and reinforce problem behavior.

Components of the PSTP

Part A: Background information on the person

Part B: Target interventions to be eliminated

Part C: Target behaviors identified for elimination

Part D: Crisis support planning and response

Part E: Quality of life indicators

Part F: Authorship and consent

+ Positive Support Transition Plan review

Person-Centered Planning

- 245D specifically requires person-centered service and planning (PCP):
 - PCP identifies and supports what is important to the person and what is important for the person including preferences for when, how, and by whom direct support service is provided
 - Uses this information to identify outcomes the person desires
 - Respects each person's history, dignity, and cultural background

Positive Behavior Support

- A set of research-based strategies used to increase quality of life and decrease problem behavior by teaching new skills and making changes in a person's environment. It combines:
 - Valued outcomes;
 - Behavioral and biomedical science;
 - Validated procedures; and
 - Systems change.

Appendices

- A: Resources
- B: Psychotherapies with an Evidence Base
- C: The Art of Authentic Person-Centered Planning
- D: Methods of Functional Behavioral Assessment
- E: Links to DHS Documents and Forms
- F: References

Questions & Comments

- What makes sense in the provider guide? What doesn't make sense?
- What is missing?
- What is needed to serve your clients better?



Thank you for your time
and attention today.