

Listening Session: Improving the Positive Supports Exam



Minnesota Department of Human Services

Research and Training Center on Community Living

Institute on Community Integration

Goal for Today

- **Learn more about what you think about the Positive Supports Exam (PSR 100) that is required for:**
 - Leading completion of Positive Support Transition Plans
 - Billing related to the Positive Support Services waiver
- **Discuss how to improve the PSR 100 exam**
- **Make recommendations for moving forward**
 - Improving the exam
 - Long-term changes to Positive Support Services

Starting by Explaining the Terms Related to the Exam.....

What is the Positive Supports Rule?

What is a Positive Support Transition Plan?

What are Positive Support Services?

What is this Positive Support Rule Exam (PSR 100) ?

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Purpose of the Positive Supports Rule (9544.0005)

- Promote community participation, person-centeredness & inclusion in the most integrated setting
- Focus on creating quality environments;
 - Ensure people are free from humiliating and demeaning procedures;
 - Eliminating the use of aversive and deprivation procedures;
- Ensure collaborative development of positive support strategies;
- Increase skills and self-determination of people receiving services;
- Improve the quality of life of people receiving services;
- Create a consistent set of standards for providers across service settings in serving people with developmental disabilities

Where does the positive supports rule apply?

Home and Community Based Services (245 D)

Any person receiving a 245D- licensed service

All other Department- licensed services (245A)

The positive supports rule applies to persons with a developmental disability or related condition *

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Summary of Major Provisions

- Develop/document positive support strategies for every person
- Maintain policy on the Emergency Use of Manual Restraint
- Prohibitions on use of restrictive interventions
- Functional Behavior Assessments
- Positive Support Transition Plans
- Staff qualifications & training
- Report using the Behavior Intervention Report Form

Qualified Professionals and Professional Standards

- It's important to know that in the PSR the definition of a “qualified professional” varies depending on the license, according to the PSR. Each provider must review the rule and know which professional is qualified to complete assessments and develop treatment plans for the license.
- In addition to professional qualifications, there is an expectation that the professional is competent to develop plans, meet necessary experience requirements, and use commonly known, peer reviewed, evidence-based or otherwise generally accepted professional standards to perform this work.

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Positive Support Transition Plan (PSTP)

Positive support transition plan is the plan required to be developed by the expanded support team to implement positive support strategies to:

1. Eliminate the use of prohibited procedures
2. Avoid the emergency use of manual restraint
3. Prevent the person from physically harming self or others
4. Improve the person's quality of life

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Staff Levels Associated with Positive Support Services

- Waiver Positive Support Professional
- Waiver Positive Support Analyst
- Waiver Positive Support Specialist

Each staff level has different qualifications, roles and responsibilities with progressive levels of authority, competency, training, need for supervision and experience. For more information about each staff level, see CBSM – Positive support services staff levels.

Positive Support Professionals Tasks



Complete an individualized functional behavior assessment



Work with the person to develop a person-centered, positive-practice, individualized behavior support plan and/or positive support transition plan



Distribute the plan(s) to the person and his/her team members



Evaluate effectiveness of the service and interventions



Modify the plan(s) as necessary



Provide onsite instructional learning to staff and caregivers about the use of positive supports



Train and supervise waiver positive support analysts and waiver positive support specialists.

Positive Support Analyst Tasks



COMPLETE AN
INDIVIDUALIZED
FUNCTIONAL BEHAVIOR
ASSESSMENT



OVERSEE THE
IMPLEMENTATION OF
THE PERSON-CENTERED
POSITIVE SUPPORT
TRANSITION PLAN
AND/OR BEHAVIOR
SUPPORT PLAN



TRAIN AND DIRECT
WAIVER POSITIVE
SUPPORT SPECIALIST
STAFF WHO IMPLEMENT
THE POSITIVE SUPPORT
TRANSITION PLAN OR
THE POSITIVE BEHAVIOR
SUPPORT PLAN



SUPERVISE DATA
COLLECTION BY WAIVER
POSITIVE SUPPORT
SPECIALISTS, STAFF AND
CAREGIVERS



PROVIDE FEEDBACK TO
AND COORDINATE WITH
THE WAIVER POSITIVE
SUPPORT
PROFESSIONAL.

Positive Support Specialist Tasks



COMPLETE AN INDIVIDUALIZED
FUNCTIONAL BEHAVIOR
ASSESSMENT



IMPLEMENT THE PERSON-
CENTERED POSITIVE SUPPORT
TRANSITION PLAN AND/OR
POSITIVE SUPPORT PLAN



COLLECT AND RECORD
BEHAVIORAL DATA



COMMUNICATE QUESTIONS
OR CONCERNS TO THE WAIVER
POSITIVE SUPPORT
PROFESSIONAL OR WAIVER
POSITIVE SUPPORT ANALYST.

Not All Billing is Related to Direct Support....

Some components of positive support services do not involve direct support to the person. The providers may bill the following services and support activities as indirect time to support people:

- **Waiver positive support professional:** Assessment, development and modification of positive behavior support plans
- **Waiver positive support analyst:** Overseeing implementation of plans, designing data collection and training staff on data collection
- **Waiver positive support specialist:** Implementing the plans, collecting and recording behavioral data

Professional Duties of Supervisors and Managers

Identification of other qualified professionals to help with understanding interfering/target behavior and developing individualized, strength-based positive support strategies.

Know when to consult with external qualified professionals!



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The PSR 100 Exam is Available in the Following locations...

- 1. College of Direct Support**
- 2. Trainlink**

Current Exam

Current Characteristics

- Questions are multiple choice
- Focus on understanding of the Positive Support Rule
- Small number (15) questions

Current Needs

- Focus on skills needed to provide positive supports
- Create levels of difficulty for different professionals
- Assess how well people understand both concepts and application of PSS

Questions for Improving the PSR 100 Exam



Questions

- How many people here have taken the training and test?
- What did you think about the training and PSR 100 exam that was required of professionals who are writing the PSTP?
- What information was not available in the training that you think would be helpful?

Questions

- How many people here are enrolled to provide waived Positive Supports?
- If enrolled, what are the challenges?
- If not enrolled, what are the challenges?

Find More Resources Online

[MN DHS positive support services staff level](#)

[MN DHS Positive support community of practice: Introduction to Minnesota's positive supports rule PDF](#)

[University of Minnesota Positive supports rule \(PSR\) online lessons](#)



Connect with us via email to
address comments, questions, or
concerns

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