Positive Support Listening Session

Rachel Freeman, Jennifer Jeffrey-Pearsall, & Tanya Misgen
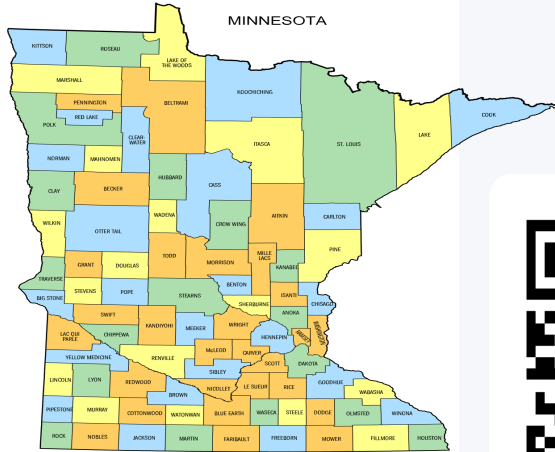
January 13th, January 31st, February 8th, February 28th, 2023

DEPARTMENT OF HUMAN SERVICES

UNIVERSITY OF MINNESOTA
Driven to Discover®

Learning More About Each Other

Where are you joining us from today?

Pin the location of your agency, organization, family, community group

How to participate?

1. Go to wooclap.com
2. Enter the event code in the top banner

Event code
FLNMFC

1. Send @FLNMFC to (855) 910-9662
2. You can participate

Copy participation link

How Did You Hear About These Listening Sessions?

Zoom Poll!

MN Gathering Listserv

ICI Cohort Listserv

State email or communication

Other

If you select "Other" please type the source in chat.

Goals for Today's Listening Session

- Discuss the unique issues that families and small organizations encounter when implementing positive supports

- Gather information for ICI to adapt trainings on positive supports to be a better fit

- Use the information across listening sessions to offer support

Long-Term Goal for Listening Sessions

- **Use what you share with us to create tailored training materials that you can use**

- **Come back together for trainings that are created to address your needs**

  – 4 training dates are scheduled

  – Up to 10 organizations interested can ask for additional teleconsultation hours from ICI - up to 16 hours

- **Consider joining a group of likeminded families and organizations**

- **Design a section of MNPSP.ORG to address your training needs**

Free Resources - Visit MNPSP.ORG

Free Resources - Visit MNPSP.ORG

Then Select Training Materials

MNPSP.ORG Training Hub

Training Materials

HCBS Modules
Go to HCBS Modules

Implementation Resources
Go to Implementation

Universal Social Skills Resources
Go to Universal Resources

Positive Social Strategies
Go to Positive Social Strategies

MN Community of Practice
Go to MN Community of Practice

Regional Contacts and Collaboration
Go to Regional Contacts...

PBS Intensive Training Materials
Go to PBS Intensive Trainings

PBS Notebook
Go to PBS Notebook

Screenshot

Online Survey to Gather More Information

Bookmark the link provided in chat.

The survey will also be available on the website.

Feel free to share!

Positive Supports Defined

Refers to All Practices that Include these Characteristics:

- Values driving efforts are promoting:
  - Equity and social justice
  - Person, family-centered and community-centered support
- Evidence-based and promising practices
- Ongoing assessment and monitoring at individual, family, and/or agency levels
- Often, more than one practice are used

Positive Support Examples

- Person Centered Practices
- Charting the LifeCourse
- Positive Behavior Support
- Applied Behavior Analysis
- Assertive Community Treatment
- Cognitive Behavior Therapy
- Motivational Interviewing
- Systems of Care
- Wraparound Planning
- Trauma Informed Practices

ICI Cohort Training

- Move beyond "one shot workshops"
- Embed positive supports within every day supports
- Maintain practices over time
- Seek out regional collaboration to share resources
- Work together to make recommendations to the state to help guide efforts

"Letting it Happen"
- Minimal Support to Translate Training into Practice
- People are Expected to Figure Out How to Proceed on Their Own

"Helping it Happen"
- Training Materials are Available to People
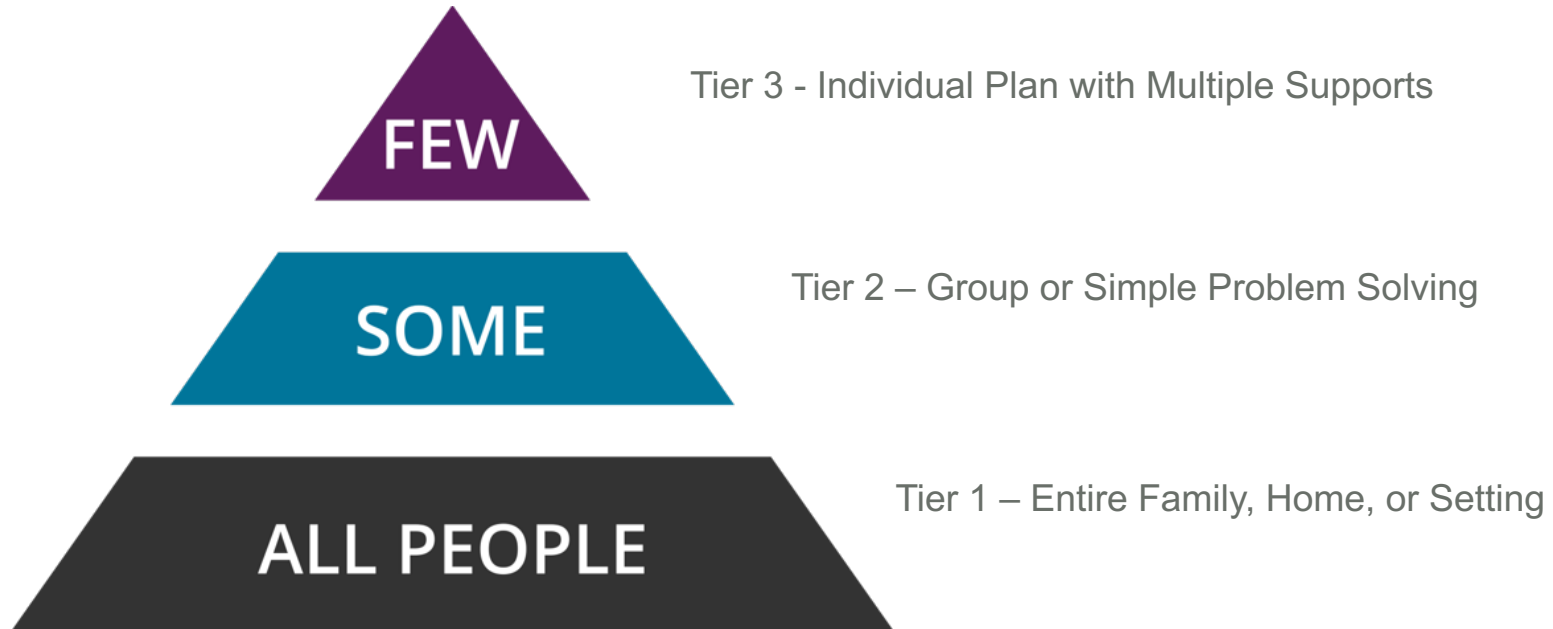- No Support for Problem Solving

"Making it Happen"
- A Family or Team is Accountable for Making Changes
- Barriers are Identified and Issues Resolved

http://implementation.fpg.unc.edu/module-3/topic-2

Family Systems/Organizational Systems

Tier 3 - Individual Plan with Multiple Supports

Tier 2 – Group or Simple Problem Solving

Tier 1 – Entire Family, Home, or Setting

Minnesota Statewide Plan for Building Regional Capacity

Training Layers
- Team Training
- Person-Centered Thinking Trainers/Coach Training
- Picture of a Life Planners/Trainers
- PBS Facilitators

Cohort 2 A
St. Louis County Region
(1 County & 4 Organizations)

Cohort 1 & Cohort 4
Support Development Associates
Person-centered Practices Model
1 County, 5 Organizations

Cohort 2B
West Central
(5 Counties, Public Health Dept., 2 Organizations)
Integrated Model

Teams = 24
Organizations = 29
Counties = 12

Cohort 3 & 4
**SouthEastern**
4 Counties, 1 Public Health, 6 Organizations
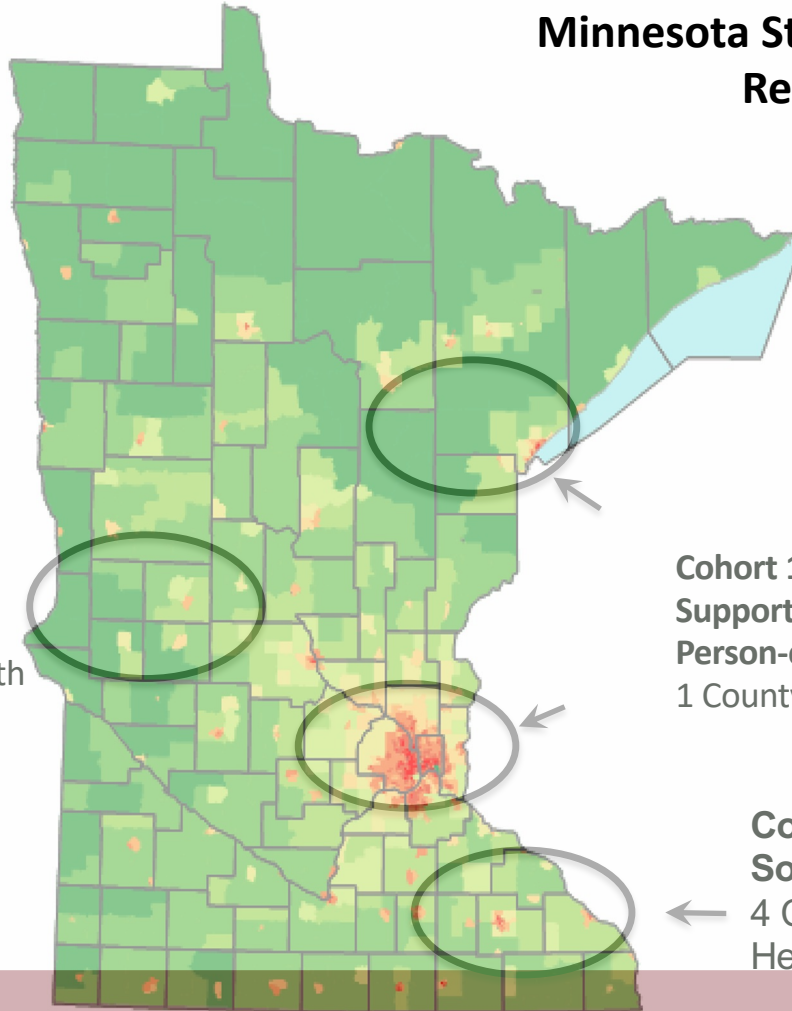
MN Values: We Want to be More **Person-Centered in our Supports**

- Understand what is ***Important To*** and **For** us
- Don't use ***Power Over*** Other People
- ***Respect Our Culture***
- Understand ***How Trauma Impacts Us***

Positive Supports in Minnesota

- Person-Centered Practices
  - Person-Centered Thinking
  - LifeCourse for Families

- Positive Behavior Support

- Culture of Safety

- Trauma-Informed Supports
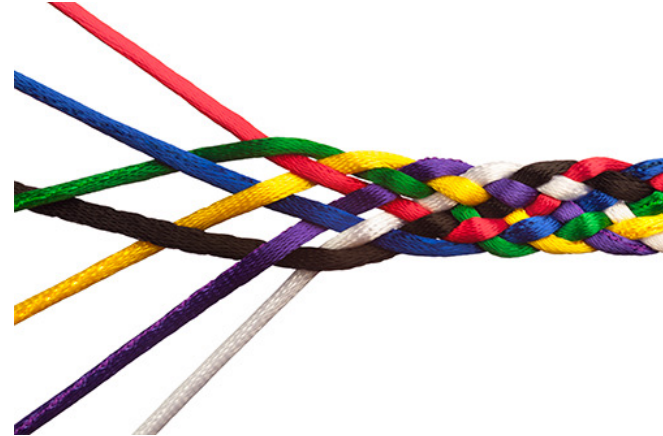
What Positive Supports Are We Missing?

- **Type in Chat: What positive support(s) are you interested in?**

Challenges: Unique to Organizations

- Dedicating trainings that pull staff from direct support
- Time needed to communicate and make decisions together
- Funds to receive intensive specialized training is costly
- Not all regions collaborate and share trainers
- It is hard to find trainers in rural areas

Tell Us What We are Missing

- What challenges are we missing? Write down additional thoughts or share with the group

Challenges: Unique to Families

- Balancing supports for a child and siblings
- Being sensitive to *family quality of life* and each person in the family
- Considering what positive supports every family member needs to improve quality of life
- Managing services for each child who needs support

Tell Us What We are Missing

- What challenges are we missing? Write down additional thoughts or share with the group

Challenges: Embedding Equity and Cultural Responsiveness

- Training provided does not take into account unique cultural differences

- Some communities do not have access to the type of training needed to adapt positive supports

- Education about different cultures in Minnesota is limited

Tell Us What We are Missing

- What challenges are we missing? Write down additional thoughts or share with the group

What Types of Trainings & Resources Would be Helpful to You?

Type in Chat: What type of training, resources, and/or supports are you interested in?

(Examples include: types of training opportunities, training materials for staff, examples of family implementation, tools, etc.)

Deciding on Training Dates

Trainings Based on Listening Sessions — Possible Dates:

- March 21, 2023
- April 12, 2023
- April 27, 2023
- May 26, 2023

Thank You for Your Time!

Contact Information

Rachel Freeman
Email: freem039@umn.edu

HCBS Modules - Direct Link

Free Resources - Visit MNPSP.ORG

UNIVERSITY OF MINNESOTA

Driven to Discover®

Crookston Duluth Morris Rochester Twin Cities