

**mi** DEPARTMENT OF HUMAN SERVICES

**ICI** INSTITUTE on COMMUNITY INTEGRATION  
UNIVERSITY OF MINNESOTA  
Driven to Discover™

## Positive Supports in Minnesota

**M** MASONIC INSTITUTE FOR THE DEVELOPING BRAIN  
UNIVERSITY OF MINNESOTA  
Driven to Discover™

1

## Implementing a Tiered Prevention Model

**FEW**

**SOME**

**ALL PEOPLE**

Tier 3 - Individual Plan with Multiple Supports

Tier 2 - Group or Simple Problem Solving

Tier 1 - Home, Work, Community

2

## ***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

3

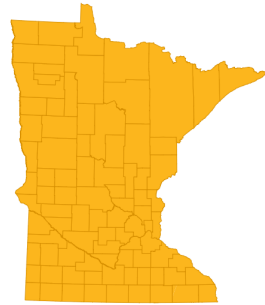
## ***Universal Positive Behavior Support is not the Same as a PBS Plan***

- 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



4

## Aligning Policies and Services with PBS in Minnesota



5

### Positive Supports Defined

**Refers to all practices that include the following characteristics:**

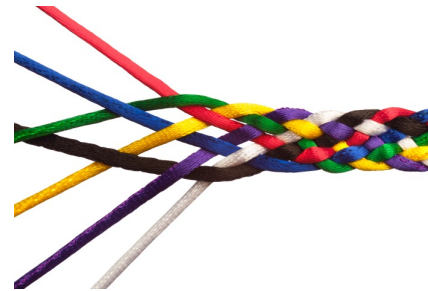
- 1) Person- centered interventions that demonstrate cultural competence and respect for human dignity
- 2) Evidence- based and promising practices
- 3) Include strategies for ongoing assessment and monitoring at individual and organizational levels
- 4) Are often implemented in combination with more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



6

## 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



7

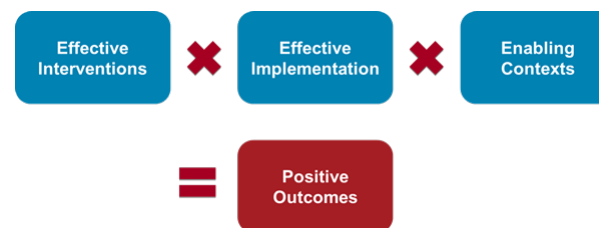
## Addressing the Challenge

Statewide planning

Regional collaboration and capacity building

Use implementation science to embed evidence-based practices

Focus on establishing a continuum of increasingly intense interventions using a tiered approach



8

## Minnesota Policies, Services, & TA Related to PBS

**Tier 2 & 3 – Services, Training, Policies**

- Systems of care efforts for coordinating services
- Children and adults needing intensive supports in transition
- Medicaid reimbursement for staff, analysts, and professionals using positive supports
- PBS standards of practice across home, school, work, and community settings
- Expand trainers for evidence-based practices
- Advocate-driven leadership in service, training, and policy development
- Incentives for organizations supporting people who challenge our systems

**Tier 1 Services, Training, & Policies**

- Systems of care efforts to coordinate services
- Organization-wide training systems
- Systems supporting smaller organizations
- Regional capacity building and sustainability of practices
- Trainers - universal person-centered practices
- Awareness of key elements of PBS
- Advocate-driven leadership in service, training, and policy development
- Award and recognition for organizations with high fidelity

9

## Minnesota Statewide Organization-Wide Training Infrastructure

**Training Layers**

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

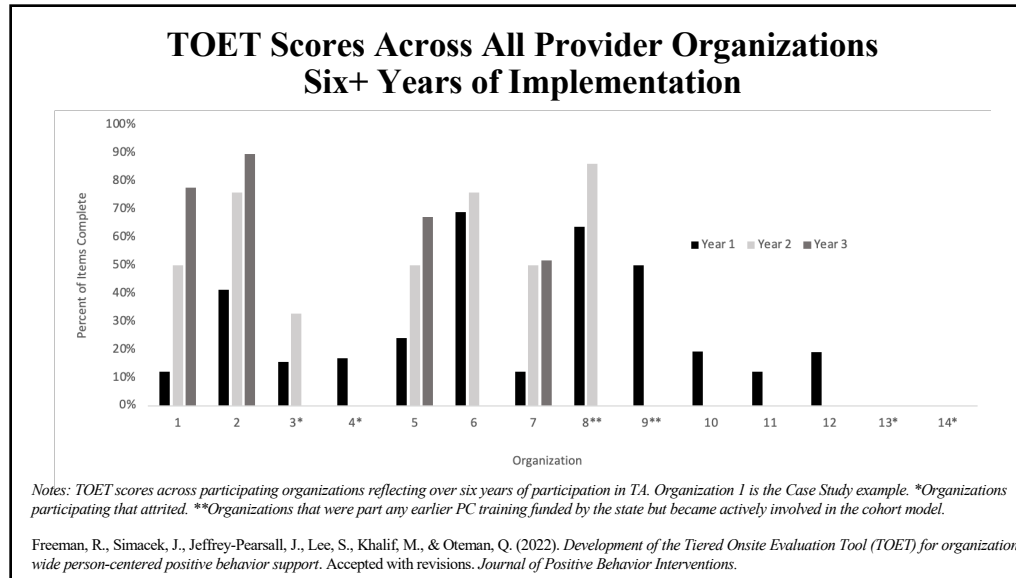
← Cohort 1 & 2A

← Cohort 1 & Cohort 4

← Cohort 3 & 4

**Teams Trained = 29**  
**Teams with TOET = 22**  
**Organizations = 10**

10



11

## MNPSP.ORG Website Training Materials Page

**Positive Supports MINNESOTA**

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

**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 exclusion.

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 AARD Annual Conference  
June 24-27 in Minnesota

**Opportunity for Minnesota Families**

An online opportunity is now available for families

12

**Select Training Materials  
Then Implementation Resources**

Positive Supports MINNESOTA

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**

An online opportunity is now available for families

13

**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

MN.gov MNPSP.org/MNPBS 14

14

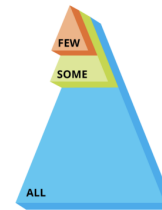
# Minnesota Standards of Practice

Help MNPBS Develop the Minnesota Standards of Practice for Positive Behavior Support

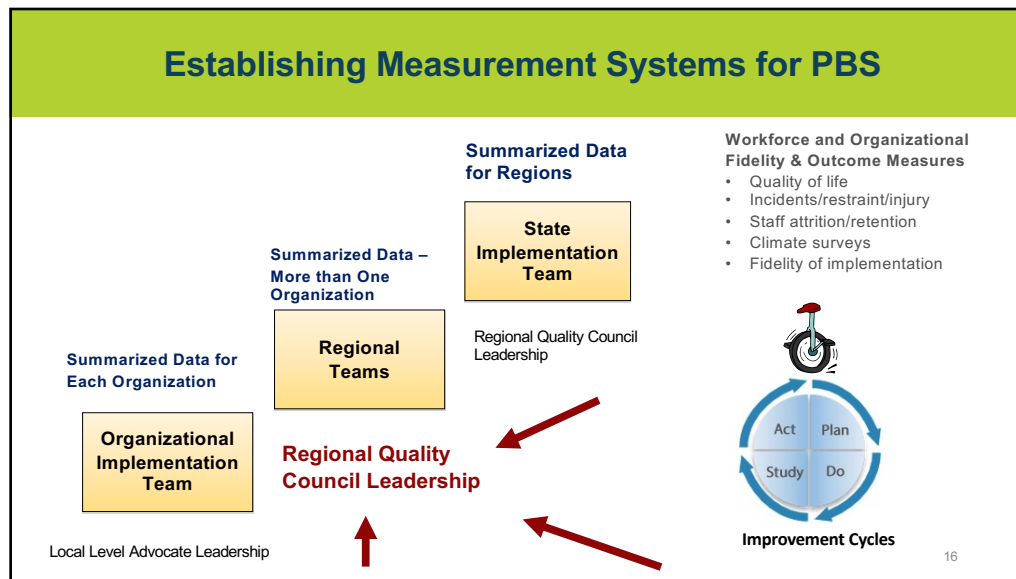
The MNPBS Network is posting a draft copy of the Minnesota Standards of Practice for review by members. The purpose of these standards is to improve communication across education and human services by defining the key elements of positive behavior support together. When it is approved by members, the standards will be placed online as a resource for people interested in learning more about positive behavior support.

Each of the sections below will become separate website pages with additional related links and resources. The MNPBS Network will be adding stories to the website that will show how positive behavior support is implemented across the lifespan in different education and community settings. Please review the following draft documents and complete the Standards Survey (coming soon) to help us make sure that these standards will be useful for everyone. The information gathered in this process will be used to improve and finalize the standards. Email MNPBS at [mnpbsnetwork@gmail.com](mailto:mnpbsnetwork@gmail.com) if you would like to be included as a collaborator on the Standards.

- Table of Contents
- Introduction to the Standards
- Tier 1 Positive Behavior Support
- Tier 2 Positive Behavior Support
- Tier 3 Positive Behavior Support
- Glossary
- References



## Establishing Measurement Systems for PBS





## Minnesota's Regional Quality Councils (Video)



17

## 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:

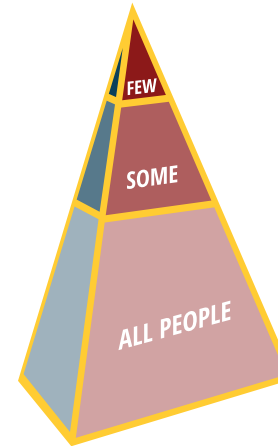
- Collaborates with regional partners
- Improve quality of services
- Work with regions to monitor outcomes related to quality of life & person-centered outcomes



18

## Co-Leadership Planning Efforts in Minnesota

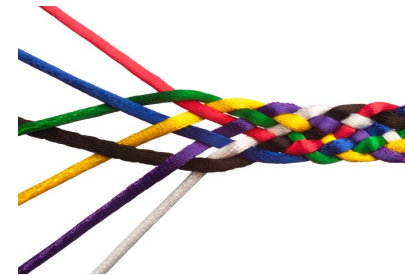
- Advise within statewide planning in positive supports
- Partnership with ICI and Regional Quality Councils
  - Plain language material development
  - Assist with co-training in
    - Universal person-centered practices
    - Regional trainers supporting organizations
    - PBS Facilitator training
  - Quality of life measurement tools



19

## Breaking Down Fragmentation Across Fields is a Challenge in the United States

- Use Systems of Care to improve service coordination
- Integrate interventions in behavioral health with PBS plans
- Dual diagnosis including mental illness and learning disabilities
  - Adapt behavioral health practices for each person supported
  - Prevent self-injury and suicide before formal diagnoses



20

## Minnesota Positive Behavior Support Network (MNPBS)



21

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.



22

## Our Current Work

PATH 2022

 **MNPBS Network PATH – Nov. 2022 to Nov. 2024**



MN.gov MNPSP.org/MNPBS 6

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

23

## Connect With Us

Visit our website for more information:

- <http://mnpbs.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](mailto:mnpbsnetwork@gmail.com)



Organization Members



24

## APBS Conference in Minneapolis, 2026



25



26

## Resources



[Home and Community Based Modules](#)

[MNPSP.ORG Universal Social Skills](#)

[Implementation Resources](#)

[Learn More About Person-Centered Strategies](#)

27



UNIVERSITY OF MINNESOTA

**Driven to Discover<sup>®</sup>**

Crookston Duluth Morris Rochester Twin Cities

The University of Minnesota is an equal opportunity educator and employer.

28