

Support Planning Professionals Learning Community (SPP LC)

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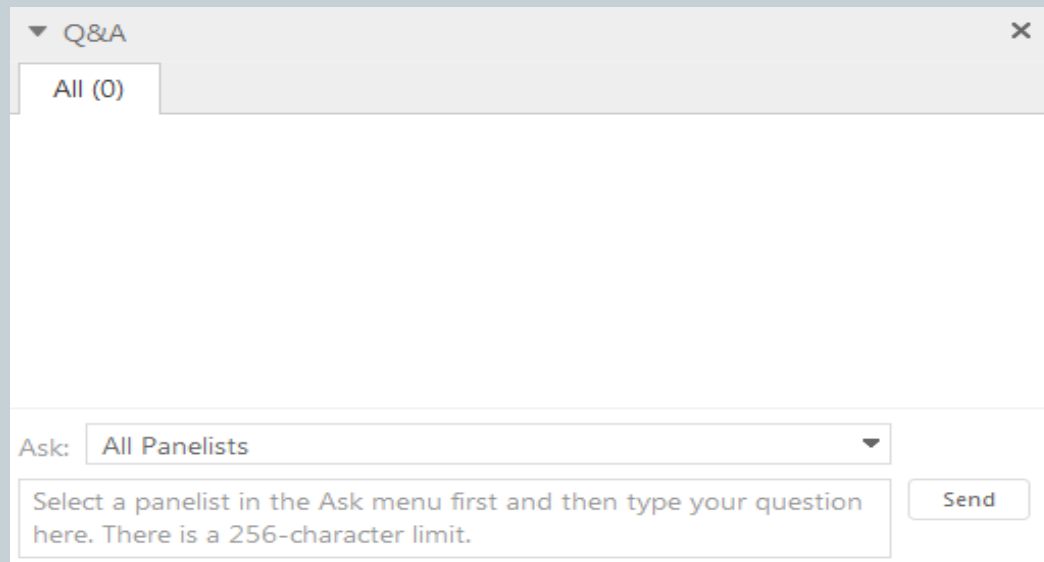
Person Centered Practices: Updates,
Success Stories, and
Five Common Elements: Contribution
(Part 3 of 5)

MARCH 30, 2016
MINNESOTA DEPARTMENT OF HUMAN SERVICES

Welcome

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To ask a question during the presentation use the Q&A Panel in WebEx



The screenshot shows a window titled "Q&A" with a close button (X) in the top right corner. Below the title bar is a tab labeled "All (0)". The main area of the window is empty. At the bottom, there is a section labeled "Ask:" with a dropdown menu currently set to "All Panelists". Below the dropdown is a text input field with the placeholder text: "Select a panelist in the Ask menu first and then type your question here. There is a 256-character limit." To the right of the text input field is a "Send" button.

Select “All Panelists”, type your question, and click Send.

Agenda

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- Diane Marshall: Person Centered, Informed Choice, and Transition Protocol Updates
- Diane Marshall: CMH Updates
- Amanda Calmbacher: Adult Mental Health and Person Centered Planning
- Joanna Hottinger and Meredith Peck: Stories of Success
- Stacy Danov and Sandra Kindem: Person Centered Practices Common Elements: Contribution (Part 3 of 5)

Transition Planning Survey

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Thank you!

Protocol Updates Part 1

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Person Centered, Informed Choice, and Transition Protocol bulletin

#16-56-02

Protocol Updates Part 2

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Monitoring

- Plans will show evidence of a person-centered approach
- No remediation at this time to allow agencies to learn more and develop and use skills in planning process
- Next bulletin will be issued in Spring, 2016 – will discuss how compliance will be handled

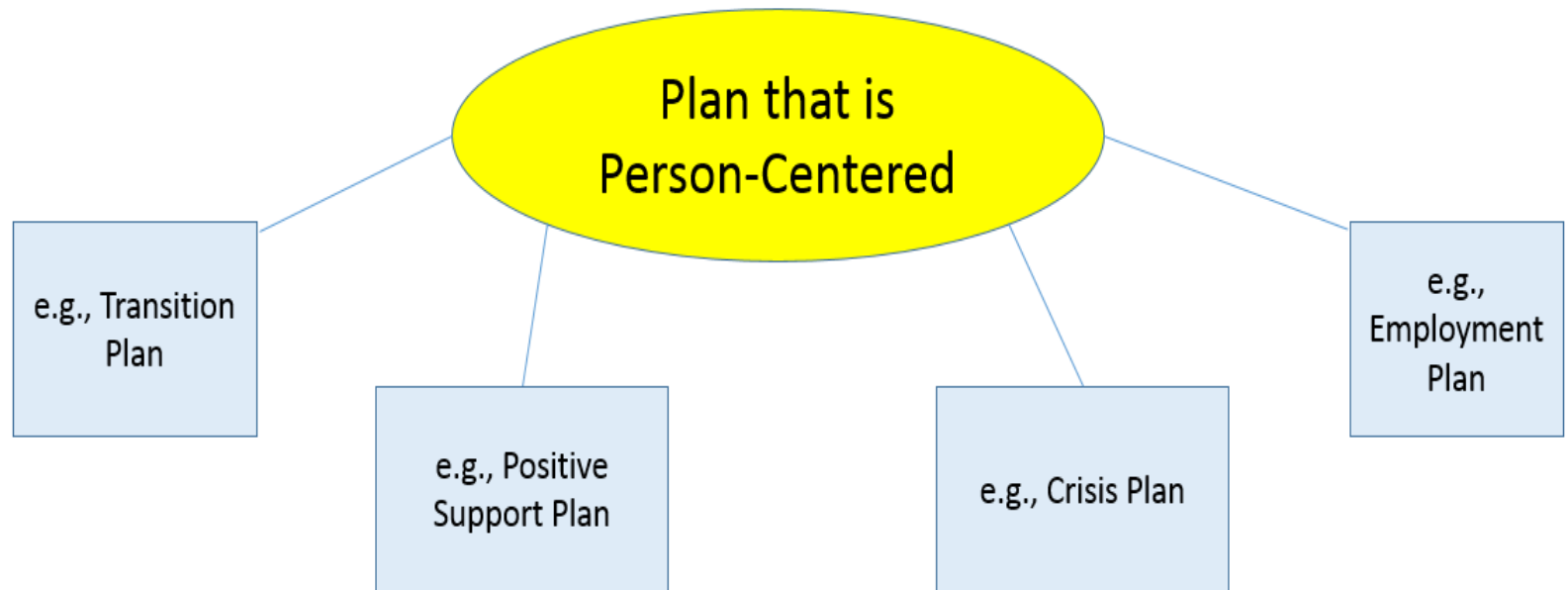
Jensen Class Members

- Members must have person-centered plans now

Protocol Updates Part 3

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The support plan that is person-centered is central—
all other plans are based on it



Transition Plan Summary

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Transition Plan Summary

Name:

I am moving to this address:

The date and time of my move is:

Person who will take me:

Person who will help me set up my new home:

Date, time and how my belongings will arrive:

Date and time someone will check with me to see if I am ok after I get to my new home, who that person is, and how to contact them if I need to:

Name, title, and phone number of my follow up support contact and what they will do:

List of upcoming appointments with the dates, times, who they are with, and where I need to go:

My Medications and when I take them:

Important people in my life – names, relationship to me, and how to contact them:

These are the more important things that I want the people who are supporting me to know:

Transition Plan Summary Continued

Signatures as appropriate

Person moving:	Signature: _____	Date: _____
Parent/Legal Guardian	Signature: _____	Date: _____
Current Provider	Signature: _____	Date: _____
New Provider	Signature: _____	Date: _____
Current Case Manager	Signature: _____	Date: _____
New Case Manager	Signature: _____	Date: _____
Relocation Services Coordinator	Signature: _____	Date: _____

People with "Move Day" responsibilities

Name: _____	Signature: _____	Date: _____
Name: _____	Signature: _____	Date: _____
Name: _____	Signature: _____	Date: _____
Name: _____	Signature: _____	Date: _____

03-04-2016

Children's Mental Health Updates

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- Children's Mental Health Rule 79 Training soon to be scheduled in later April
- Respite Training for Grantees meeting is 4/18/16 in St. Cloud, MN
- Individual Family Community Support Plan Workgroup starting in Pine County, March 30th
- Youth ACT Phone Conference April 1st, 10am-12pm
- Olmstead Children's Mental Health Targeted Case Management Implementation Planning Workgroup starting in early April
- Children's Mental Health TCM Update Training in Cass County, April 7th

Adult Mental Health Targeted Case Management Updates

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- *Person–Centered, Informed Choice, Transitions Protocol*
 - MH – TCM
- Implementation Workgroup(s):
 - Counties, MCO and tribe representation

Adult Mental Health Targeted Case Management Next Steps

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- Read *Person–Centered, Informed Choice and Transitions Protocol*
- Questions, feedback, success stories/case scenarios, etc. to: amanda.calmbacher@state.mn.us

Adult Mental Health Targeted Case Management Next Steps, cont...

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Recommended Next Steps for AMH – TCM:

Minimally during ICSP Development & Updates:

1. Do you want to make a change? (Re: employment, housing, other transitions)
2. What is important *for* you? What is important *to* you?

Assess agency policies, procedures & practices

- How do they compare with Person–Centered, Informed Choice and Transition Protocol?

Stories of Success

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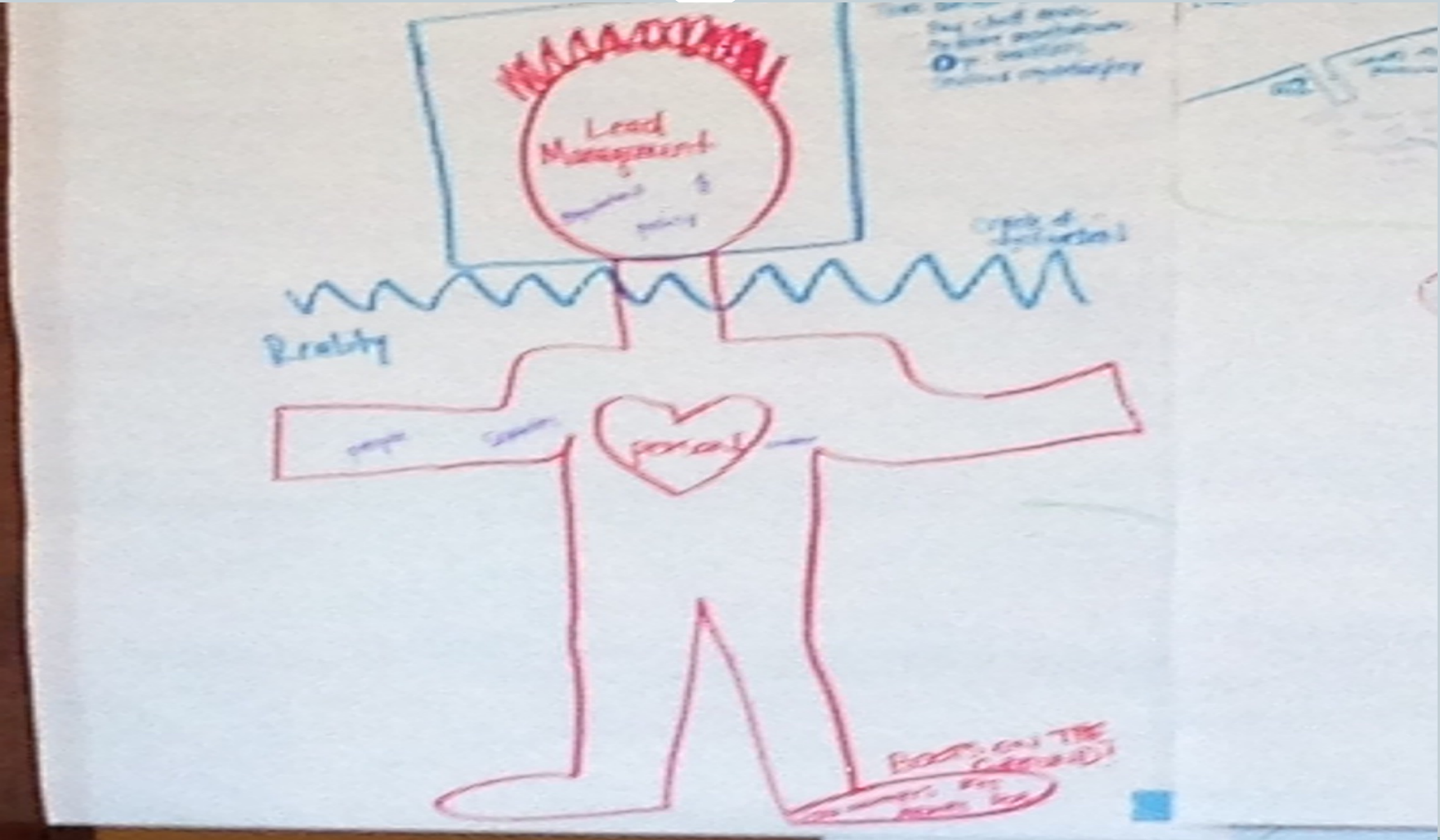
Joanna Hottinger and Meredith Peck

Person Centered Practices with MnCHOICES

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- What its like when a person enters the system?
- How the tool supports the conversation
- Diving deeper into what is important to the person during the assessment
- Passing along the information- continuity

Case Managers Perspective on the System



Person Centered Practices in Action

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- You are the ‘heart’ and the ‘boots on the ground’
- What you can influence is your relationship with people
“Relationships ARE in our control and not based on money or rules”
- Staying curious
L. and her case manager
- Bringing in community support

Asking

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- **WHAT'S WORKING regarding "Asking"**
 - relationships with the person
 - helping people understand their choices
 - supporting people where they are
 - believing in possibility
 - knowing what's important to the person
 - working with strengths and preferences
 - continuous conversation

Success Story Part 1

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WHAT'S WORKING regarding "Asking"

Lenny

Started with a case manager who had hit roadblocks and was willing to revisit the conversation

Moving

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- **WHAT'S WORKING regarding "Moving"**
 - case managers who are involved
 - case managers who create individualized services
 - case managers who know about benefits
 - providing continuity of care
 - learning as you go
 - talking about the possibilities= being honest

Success Story Part 2

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WHAT'S WORKING regarding "Moving"

Dana

Started with a case manager listening to a person about important to , hit roadblocks, willing to persevere, challenge provider and self to introduce quality of life while balancing safety risks

Living

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- **WHAT'S WORKING regarding "Living"**
 - changing the conversation around success
 - revisiting recovery conversations all the time
 - encouraging purpose filled days
 - discovering and encouraging healthy relationships and natural supports
 - building on strengths and preferences

What Works/ All Together

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For Case Managers:

Works when we are coaching and supporting each other

For Community Providers:

Works when we team with each other, honest about what we can provide, and listening to each other

For People:

More than “thank you for getting me what I want” we hear, “thank you for making me feel heard”

Person Centered Practices Common Elements: Contribution (Part 3 of 5)

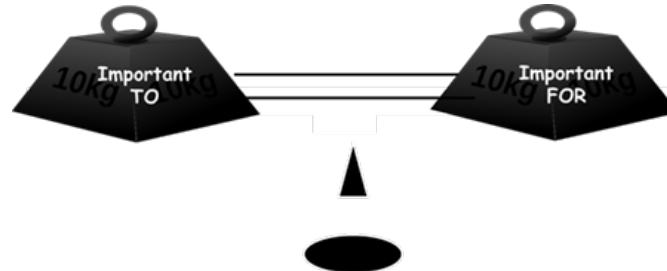
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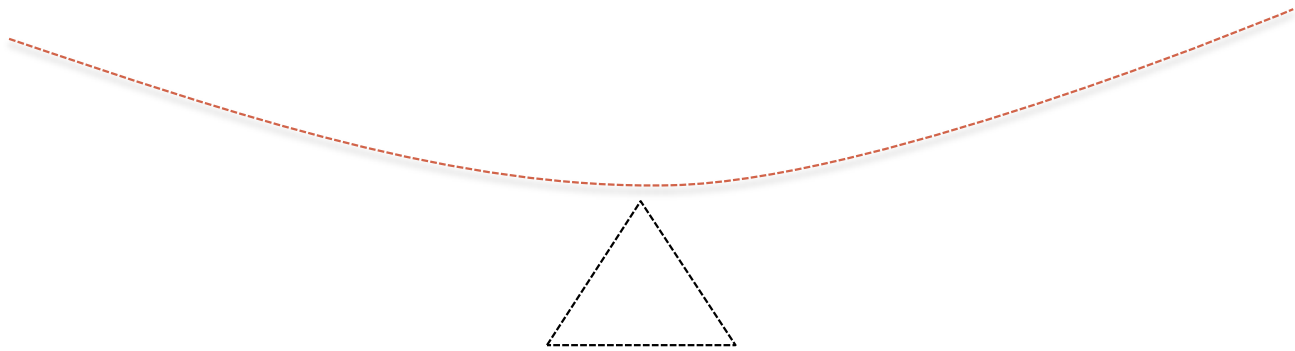
STACY DANOV PHD LP (DHS)
SANDRA H. KINDEM (EXECUTIVE DIRECTOR, OWAKIHI
INC.)

Review: Person Centered Practices

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- Person Centered Practices
 - POWER WITH, SUPPORTING, FOCUS ON STRENGTHS, EXPRESS PREFERENCES AND CHOICE, HAVING POSITIVE CONTROL OVER LIFE





5 Valued Experiences/common elements

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1. Growing in relationships
2. **Contributing**
3. Making choices
4. Being treated with dignity and respect and having a valued social role
5. Sharing ordinary places and activities

Each Valued Experience is related to one another

Contributing

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- Everyone have something to contribute

Contribution includes:

- In relationships
- Real work
- Team members
- Ideas
- Talents

Contribution

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- Pet example



Contribution

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- Any person can contribute. Everyone has something to contribute.
- It is about our ability to discover what a person contributes to others.
- Contribution is our ability to allow others to contribute to us.
- We need to support people to discover and express their gifts and capacities.

Interests and gifts are Contributions

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How to-

- Identify interests, gifts, talents, and abilities
 - Interests express the meaning in a person's life
- Where are others who share those interests
- What are the person's gifts, skills, and/or talents- things the person does well that can contribute to others
 - Interests may not be easy to define-sometimes they need to be discovered
 - What is the person "called" to do

www.rtc.umn.edu/friends

Questions: Use Q&A Panel and send to "All Panelists"

Contribution

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Interests	Gifts, skills, and talents What does the person do well	Gifts- what of you and others receive from knowing this person

www.rtc.umn.edu/friends

Questions: Use Q&A Panel and send to "All Panelists"

Contribution

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At Owakihi Inc.

1. Listening to the person
2. Empowering people who support those people to make level one and level two changes by flipping the Organizational chart upside down to allow for a visual of who we are responsible to.
3. Breaking down the barriers.

Contribution

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What are those barriers:

Thinking outside of the box

- Sharing supports
- Using natural supports
- Using people in the community or natural environment
- Using technology
- Accepting our role as educators and supporters, not parents or protectors.

Contribution

1

Where do we start?

- With the person
- Gifts, Likes, and Admire
- A minimum of a one page description
 - They don't all have to be intense full descriptive paragraphs, can be basic, some of the best have been created by the person with scissors and glue.

Contribution

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Stories of People contributing and connecting;

- Karaoke
- Neighbors volunteering
- Quilting
- Daycare
- Sunday School Teacher
- Friendship Group
- Church dinners
- Non disable sports/ clubs / social groups, i.e. bowling/ line dancing
- Chess groups
- Anime clubs

Contribution

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How do you know where to start at Owakihi Inc?

Look to the person, their plan, their family, the people that know them and their likes and dislikes.

Everyone has something to contribute, i.e. someone can stir items in a bowl, likes to eat and be around others. They can help prepare the cookies or mix other items for a church dinner once a week or twice a month. Start with staff helping and encourage non staff people at the church to engage and take over the role. In a short time you will see that this person will engage and take over.

BABY STEPS!!!! It does all come at once.

Contribution

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Remove some of the Barriers

One of the biggest barriers sometimes can be US!! We mean well, we want to help and protect. We care. But we can also be the barrier or shield that allows other to come in and be a part of others lives. We need to back up and step back and help to invite others in. It's ok. This does not make us bad staff that don't want to do our jobs. It makes us good supports that want to expand the relationship circle and the connection of those we support.

Other barriers may be transportation, looking to others, or public options. Sharing or asking community members or friends to help. Inviting others in.

Questions, Feedback, Comments?

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Questions: Use Q&A Panel and send to "All Panelists"

Where to Find Help Now?

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- [Bulletins](#)

- http://www.dhs.state.mn.us/main/id_000305

- [Bulletin #16-52-02](#)

- <http://www.dhs.state.mn.us/main/groups/publications/documents/pub/dhs-285935.pdf>

- [Person-Centered, Informed Choice and Transition Protocol](#)

- http://mn.gov/dhs/images/PCP_protocol.pdf

- [E-List Announcements](#)

- http://www.dhs.state.mn.us/main/id_000677#

- [CBSM Main Page](#)

- http://www.dhs.state.mn.us/main/id_000402

Survey

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Please take a moment to let us know your thoughts.

[Take our Survey:](#)

<http://surveys.dhs.state.mn.us/snapwebhost/s.asp?k=145919864309>

Meeting Wrap

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Audio from today's session will be available beginning tomorrow morning by dialing:

855-859-2056

Conference ID:

73940646

If you have questions following the session, email to DSD.ResponseCenter@state.mn.us

Meeting Wrap

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Thank you for attending!