Welcome

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

Select “All Panelists”, type your question, and click Send.
Bulletin #3 – Lead Agency Requirements for Person-Centered Principles and Practice – Part 3

- Methodology for monitoring compliance to the Person-Centered, Informed Choice and Transition Protocol
Person-Centered Practices Webpage

- FAQ’s
- Links
- Ongoing updates

Questions: Use Q&A Panel and send to "All Panelists"
Monthly webinar announcement
My Move Plan Summary

- Now a required document
- Will be published on Edocs soon

Questions: Use Q&A Panel and send to "All Panelists"
**Long-term services and supports**

**My Move Plan Summary**

**Instructions**
The support planner and the person who is moving complete the My Move Plan Summary together.

When completing the form, follow these required steps:

1. Complete all the required fields (noted by the asterisks)
2. Include the person’s signature at the end
3. Include (a minimum) of two signatures from professionals – if applicable
4. Attach a copy of the person’s medication schedule
5. Attach a copy of the person’s back-up or crisis plan
6. Provide a copy to the person and his/her service providers
7. Keep a copy in the person’s case file

<table>
<thead>
<tr>
<th>Case manager responsibilities</th>
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<tbody>
<tr>
<td>Case manager may interview the person.</td>
<td>[checkbox to add explanation]</td>
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<tr>
<td>The person declined to have the case manager complete a move plan summary.</td>
<td>[checkbox to add explanation]</td>
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**My information**

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**My goals**

- **Where will you be living?**
- **Who are the important people who support you?**
- **Why are the important people your choice?**

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**My supports**

- **How will you get to your new place?**
- **What will you do if you run out of your new location?**
- **Where are your family members?**

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**My follow-up supports**

- **When and where will I meet with your case manager to discuss your new home?**
- **Who will you call if you need help?**

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**My plan**

**Where is your plan? (meaning: Who has a copy of it?)**

**Who else has a copy of your plan?**

**Signatures**

|  |
|---|---|

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

Questions: Use Q&A Panel and send to "All Panelists"
May is Mental Health Awareness Month
STATE of MINNESOTA

Proclamation

WHEREAS: In Minnesota, there are approximately 109,000 children who need treatment for serious emotional disturbances; and
WHEREAS: More than 224,000 Minnesota adults have serious mental illness; and
WHEREAS: Untreated mental illness can lead to unnecessary disability, unemployment, challenges in school, substance abuse, homelessness, incarceration, and suicide; and
WHEREAS: The economic cost of untreated mental illness is staggering, costing the United States more than 100 billion dollars each year; and
WHEREAS: A continuum of care is needed so that people receive the right mental health services at the right time; and
WHEREAS: With early and effective treatment, individuals with mental illness can recover and lead full, productive lives.

NOW, THEREFORE, I, MARK DAYTON, Governor of Minnesota, do hereby proclaim the month of May 2013 as:

MENTAL HEALTH MONTH

in the State of Minnesota.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 20th day of April.

[Signature]
GOVERNOR

[Signature]
SECRETARY OF STATE
May Mental Health Awareness Month 2016

- Each year millions of Americans face the reality of living with a mental health condition.

- 1 in 4 Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and family. Take action today to help others as we fight stigma, provide support, educate the public and advocate for equal care.
DANCE IT OUT
GO FOR A WALK
TALK ABOUT IT
BREATHE
GO TO BED EARLIER
FOCUS ON WHAT YOU CAN CONTROL
REMINisce ABOUT GOOD TIMES
ASK FOR A HUG
LOOK FOR OPPORTUNITIES IN LIFE'S OPPORTUNITIES
SMILE

www.healthdigeZt.com
Believe you can and you’re halfway there.

-Theodore Roosevelt

SUN | MON | TUE | WED | THU | FRI | SAT
--- | --- | --- | --- | --- | --- | ---
1 Track gratitude and achievement with a journal - include 3 things you were grateful for and 3 things you were able to accomplish each day.
2 Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
3 Set up a summer getaway. It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!
4 Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task. You've got this!
5 Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60° and 67° Fahrenheit.
6 "You don’t have to see the whole staircase, just take the first step.”
  -Martin Luther King Jr.
7 Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.
  Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.
Building and Developing Relationships with Cultural Influences

- Racial or Ethnic Self Identification
- Experience of Cultural Bias as a Stressor
- Immigration History and Status
- Level of Acculturation
- Social Orientation
- Verbal Communication Style
- Spiritual Beliefs
- Health beliefs and engagement in culturally specific social events, gatherings and activities
Guardianship/Conservatorship in Minnesota

BENJAMIN ASHLEY-WURTLMANN

Questions: Use Q&A Panel and send to "All Panelists"
As Minnesota pursues our Olmstead/integration goals, Guardianship/Conservatorship pose unique challenges
- Communication around service planning
- Concerns around liability with community placements
- Fundamentally different from how we treat anyone else who makes “bad choices” for themselves

Working Interdisciplinary Network of Guardianship Stakeholders (WINGS-MN)
- National model for continuous improvement, reduction in incidence
- Based out of ongoing conversations in Minnesota
- Partnership with advocates, providers, DHS, Judicial Branch, more
What does Minnesota Law currently require?

- May not be used just because a person has a disability.
  - The person is incapacitated and the person's needs cannot be met with less restrictive means (§ 524.5-310)
- Even then, the person retains rights
  - Only those powers necessitated by the person’s limitations and demonstrated needs (§ 524.5-310)
  - Wherever feasible, orders must encourage maximum self-reliance and independence. (§ 524.5-310)
  - The person’s currently and previously expressed preferences must be given due consideration (§ 524.5-120)
What outcomes do we see?

- A vast majority of orders are plenary. (Teaster, Wood, Lawrence, & Schmidt, 2007).
- Persons denied self-determination experience significant harms.
  - Experience “low self-esteem, passivity, and feelings of inadequacy and incompetency,” decreasing their ability to function (Winick, 1995, p. 21).
  - Between matched groups of elderly persons, intensive protection and intervention resulted in increased institutionalization and mortality. (Wright, 2004, p. 77).
  - Women with developmental disabilities exercising more self-determination are less likely to be abused. (Khemka, Hickson, and Reynolds, 2005)
What outcomes do we see?

- Continued reports of waiver services or placement admissions requiring guardianship
- Orders for guardianship based on diagnosis or impairment alone
- Regional variations in frequency or scope of orders
- Lack of comprehensive data to track or improve outcomes
- Once a guardian is appointed, they are incentivized to be risk-averse, selecting more institutional levels of care

Questions: Use Q&A Panel and send to "All Panelists"
Action Plan from WINGS-MN

- Training opportunities, particularly for lay/family guardians.
  - Online Training
  - 4th District Classroom Training

- Change in Court Forms
  - What have you tried? Why didn’t it work?

- Resources and Conversation
  - Ongoing planning and work groups
  - Resources from Jonathan Martinis

Questions: Use Q&A Panel and send to "All Panelists"
What can we do right now?

- Ask questions about strengths and vulnerabilities
  - Does the proposed solution properly address the concern?
  - Is there a controversy? Is there another valid authority?
  - What assessments have been made? What don’t we know yet?

- Ask questions about desires, goals, and values
  - A history and pattern of choices is invaluable in establishing supportive decision making
  - Ties into statutory protections in MN (§ 524.5-120)

- What decisions can the person make?
  - Nobody has 100% or universal competence.
  - Always relative to the situation at hand.
References

Questions?

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Person Centered Practices and Mental Health
• **You have to be a person to participate in person-centered care.**
  - Where does your sense of personhood come from?
• **Recognize trauma from being “in the system”**
  - Paperwork
  - Proving a level of need
  - Timeliness
  - Identification based on “can’ts”
  - Loss of housing, family, self-determination
• **Mistakes and their afterlives.**
Power over approach

- Didn’t work, practically or clinically.
- Cemented a single mistake as framework.
- Prioritized the convenience of the system, but stressful for everyone involved.
- Appeal to authority/bluffing

Power with approach

- Reimagining “resistance”
- Identifying circle of support
- Seeking shared objectives/handling disagreement
Person Centered Practices Common Elements: Growing in Relationships
(Part 5 of 5)
5 Valued Experiences/common elements

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
Its all about Relationships
245D.07 Service Delivery and Planning

identifies and supports what is important to the person as well as what is important for the person, including preferences for when, how, and by whom direct support is given.

opportunities for self sufficiency as well as developing and maintaining social relationships and natural supports.
Important To:

What is important to a person includes those things in life which help us to be satisfied, content, comforted, fulfilled, and happy. It includes:

- People to be with /relationships
- Status and control
- Things to do and Places to go
- Rituals or routines
- Rhythm or pace of life
- Things to have
Important For:

• Issues of health:
  - Prevention of illness
  - Treatment of illness / medical conditions
  - Promotion of wellness (e.g.: diet, exercise)

• Issues of safety:
  - Environment
  - Well being ---- physical and emotional
  - Free from Fear

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

- What others see as necessary to help the person:
  - Be valued
  - Be a contributing member of their community
• Person Centered Practices
  ○ POWER WITH, SUPPORTING, FOCUS ON STRENGTHS, EXPRESS PREFERENCES AND CHOICE, HAVING POSITIVE CONTROL OVER LIFE
Why do we do this

- People want other people in their life. They want to belong and to feel love.
- People with disabilities have very few friends and experience loneliness
- People that have friendships are happier and healthier
- Having friends creates balance in the lives of the people we support
- Relationships with non paid people gives power and control to the people we serve
- Staff are happier with their jobs when they are helping others develop relationships
- When people have relationships they grow and change
- The community is missing out if we there is not an opportunity to relate with the people we support.
Learning from Person Centered Planning

What do people want

- I just want to have friends – actually can you help me get a girlfriend?
- I want a wife and a family, I want to belong to someone and I want someone to belong to me.
- I want friends and I want them to hang out at my house
- I want to join a motorcycle club, that would be cool and I would be cool!
- I would like a job driving a limo, I could take them where they want to go and they could talk to me.
- I want to help others, I can mow grass and shovel snow
Learning from Person Centered Planning

- I would like to see my high school friends
- I would like a husband, a baby, good friends, a dog, a cat and to see my mom and dad.
- I want to go to school because that’s where the other kids are
- I want friends that can come to my house play games with me and go to Buffalo Wild Wings
- I want friends that can come over and cook gazpacho with me and go places with me.
- I want my son to belong. I want him to be with people that think he is awesome!

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Barriers

- Most people we serve live in the service system
- True relationships come with risk – we are afraid of litigation
- We are in the middle of a staffing shortage – it is difficult to find staff
- Our staffing patterns don’t support relationship development
- Providers often make it difficult to have a relationship with someone we serve
We have to change the way we think about the work that we do.

- We have to see relationships as the key to creating meaningful lives with the people we serve.
- What if our job was to enable people to have interactions that lead to relationships?

How would the Direct Support Professionals job look different?
How do we make friends?

• Think about the important relationships in your life
  ○ Where did you meet those people?
  ○ Did someone introduce you?
  ○ Did you share a common interest?
How do we make friends?

Most relationships happen over time
• We have similar interests
• We see the same people in the same places over time.

When this happens there is a chance for meaningful interactions, contributions and reciprocity.
Stories of Success

- Working in the deli in the grocery store
- Being a member of the Chamber of Commerce
- Joining the Lions club
- Supporting a relationship with a past staff person
So important

Ask

Questions: Use Q&A Panel and send to "All Panelists"
Wherever we are, it is our friends that make our world.

Henry Drummond
Questions, Feedback, Comments?

Questions: Use Q&A Panel and send to "All Panelists"
Where to Find Help Now?

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

- **Lead Agency Review Website**
  - http://www.minnesotahcbs.info/

- **E-List Announcements**
  - http://www.dhs.state.mn.us/main/id_000677#

- **CBSM Main Page**
  - http://www.dhs.state.mn.us/main/id_000402

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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=146411941217)
Meeting Wrap

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

855-859-2056

Conference ID:

16073694

If you have questions following the session, email to DSD.responsecenter@state.mn.us
Thank you for attending!

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