Developing Positive Support Transition Plans
A Provider Guide for 245D-Licensed Home and Community-Based Services in Minnesota

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Today’s Session

A preview of the guide:

- Background information on 245D
- Components of the plan
- Person-Centered Planning
- Positive Supports Strategies-Positive Behavior Support (PBS)
- Resources
Disability Services Division’s “Domains of a Meaningful Life”

- **Community Membership**;
- **Health**, wellness and safety;
- **Own** place to live;
- **Important** long-term relationships;
- **Control** over supports and;
- **Employment** earnings and stable income.
The Purpose of a Positive Support Transition Plan

- To incorporate positive support strategies into a person’s life;
- To eliminate the use of aversive procedures;
- To avoid the emergency use of manual restraint; and
- To prevent the person from physically harming self or others.
Evolution of the Positive Support Transition Plan

- Jensen Settlement
- Olmstead Decision
- Rule 40
- Minnesota Statute 245D (2013)
2013—Minnesota Statute 245D: Home and Community-Based Services Standards

- Describes responsibilities of organizations that provide services and support to people who receive services funded through a waiver.

- A key part is the requirement for service providers to phase out and then eliminate the use of aversive procedures to control behavior, de-escalate mental health symptoms, or respond to a “crisis.”
245 D Protection Standards

- Prohibits the following procedures, known as behavior or “target” interventions as a substitute for adequate staffing, for a behavioral or therapeutic program to reduce or eliminate behavior, as punishment, or for staff convenience:
  - Chemical restraint
  - Mechanical restraint:
  - Manual restraint (Except in an emergency):
  - Time out
  - Seclusion
  - Aversive procedures
  - Deprivation procedures
245D Requirement to Incorporate “Positive Supports”...

- Non-aversive interventions designed to decrease crisis situations and ensure the safety of and improve the quality of life of persons covered by the statute.

- A Functional Behavior Assessment is used to identify the events that trigger and reinforce problem behavior.
Components of the PSTP

Part A: Background information on the person
Part B: Target interventions to be eliminated
Part C: Target behaviors identified for elimination
Part D: Crisis support planning and response
Part E: Quality of life indicators
Part F: Authorship and consent
+ Positive Support Transition Plan review
Person-Centered Planning

245D specifically requires person-centered service and planning (PCP):

- PCP identifies and supports what is important to the person and what is important for the person including preferences for when, how, and by whom direct support service is provided
- Uses this information to identify outcomes the person desires
- Respects each person’s history, dignity, and cultural background
Positive Behavior Support

A set of research-based strategies used to increase quality of life and decrease problem behavior by teaching new skills and making changes in a person's environment. It combines:

- Valued outcomes;
- Behavioral and biomedical science;
- Validated procedures; and
- Systems change.
Appendices

- A: Resources
- B: Psychotherapies with an Evidence Base
- C: The Art of Authentic Person-Centered Planning
- D: Methods of Functional Behavioral Assessment
- E: Links to DHS Documents and Forms
- F: References
Questions & Comments

- What makes sense in the provider guide? What doesn’t make sense?
- What is missing?
- What is needed to serve your clients better?
Thank you for your time and attention today.