Successful Life Project

TOPIC
The Successful Life Project provides on-going consultation and follow-up for people previously served at the former Minnesota Extended Treatment Options (METO) program from July 1, 1997 through May 1, 2011 or the Minnesota Specialty Health System (MSHS)-Cambridge program.

PURPOSE
Provide information about the Successful Life Project and ongoing follow-up of Jensen Class Members and people previously served at MSHS-Cambridge. This Bulletin replaces Bulletin #15-76-01.

CONTACT
The Jensen/Olmstead Quality Assurance and Compliance Office. Submit questions to DHSJensenSettlementDHS@state.mn.us

SIGNED
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DHS Deputy Commissioner

TERMINOLOGY NOTICE
The terminology used to describe people we serve has changed over time. The Minnesota Department of Human Services (DHS) supports the use of "People First" language.
I. Background

A. Jensen Settlement Agreement

The Jensen Settlement Agreement is the result of a lawsuit filed against the Department of Human Services (the Department) in 2009, alleging that residents of the former Minnesota Extended Treatment Options (METO) program were unlawfully and unconstitutionally secluded and restrained.

On December 5, 2011, the U.S. District Court for the District of Minnesota adopted the Jensen Settlement Agreement (PDF). The Settlement Agreement allowed the Department and the plaintiffs to resolve the claims in a mutually agreeable manner, and is intended to bring significant improvements to the care and treatment of persons with developmental and other disabilities in the state of Minnesota.

The Jensen Settlement Agreement Comprehensive Plan of Action (PDF) outlines the steps the Department will take to come into compliance with the terms of the Settlement Agreement. The Comprehensive Plan of Action includes three parts:

- Part I addresses the closure and replacement of the Minnesota Specialty Health System (MSHS)-Cambridge facility with community homes and services,
- Part II addresses the modernization of Rule 40, and
- Part III addresses the development of Minnesota’s Olmstead Plan.

B. Closure of MSHS-Cambridge Program

The Department officially closed the Minnesota Extended Treatment Options (METO) program on June 30, 2011. The Minnesota Specialty Health System (MSHS)-Cambridge replaced the METO program. As part of the Comprehensive Plan of Action, the Department agreed to close MSHS-Cambridge, which it did in 2014. At the same time, Minnesota Life Bridge began providing treatment services to persons in homes integrated within Minnesota communities.

DHS Bulletin 16-76-02 (PDF) provides information on the Minnesota Life Bridge program.

II. Successful Life Project

The Comprehensive Plan of Action requires ongoing therapeutic follow-up of Jensen Class members and people previously served at MSHS-Cambridge by professional staff to assess their status and services and to help maintain the most integrated setting for those individuals.

The Department created the Successful Life Project to provide therapeutic follow-up of Jensen Class Members and people who received services at MSHS–Cambridge. The purpose of therapeutic follow-up is to provide consultation, services and supports to the person and their team to help:

- Prevent re-institutionalization and transfers to settings that are more restrictive
- Maintain the most integrated setting, and
- Achieve a quality life, as defined by the person.
The Successful Life Project supports the person and their team toward the achievement of a quality life, as defined by the person, by helping:

- To learn and to use person-centered positive behavior supports
- To progress toward or maintain community integration, and
- To address health/medication needs.

In April 2016, the Successful Life Project became part of the Department’s Jensen/Olmstead Quality Assurance and Compliance Office. Staffing for the Successful Life Project includes Board Certified Behavior Analysts, a Registered Nurse and the Successful Life Project Supervisor. The Jensen Internal Reviewer provides clinical oversight of the Board Certified Behavior Analysts.

The Jensen Internal Reviewer provides independent and objective assurance, advisory, and investigative services to the Jensen/Olmstead Quality Assurance and Compliance Office and the Successful Life Project

A. Successful Life Project Services and Supports

The Successful Life Project helps to build capacity for support teams and providers to deliver person-centered positive behavior supports. Based on the needs of the person and their team, supports can include:

1. Assessments, including:
   - Assessments to determine presence of any significant risk factors
   - Assessments of health needs, including review of medication regimens
   - Comprehensive medical reviews
   - Functional behavior assessments
2. Data collection and analysis support
3. Person-centered plan facilitation support
4. Positive behavior support plan development
5. Training
6. Transition planning support

When challenging behaviors are interfering with life activities and community inclusion, Successful Life Project staff work with teams to identify circumstances that may be leading to or maintaining those behaviors and help develop strategies to decrease them. When challenging behaviors are not interfering with life activities, Successful Life Project staff assist teams by focusing on the next steps necessary to improve the person’s quality of life.

B. Levels of Support

To provide people and their teams with the appropriate level of support, the Successful Life Project groups people based on the level of support needed. Group assignments are fluid and people can and do move between support levels, based on the person’s needs. The different support levels are as follows:
1. **Priority**
   - Person has a potential loss of placement/home. The Successful Life Project bases priority status on the challenges presented by the person’s behaviors and the capacity of the person’s team or
   - Person demonstrates presence of significant risk factors. The Successful Life Project defines “Risk Factors” as conditions or circumstances that could create a behavioral or medical crisis as determined by the Risk Assessment (See Section IV below.); and
   - The team accepts Successful Life Project support.

2. **Secondary**
   - Person is presenting challenging behaviors but their placement is not threatened; and
   - The team accepts Successful Life Project support.

3. **Proactive**
   - Other Jensen Class members and people previously served at MSHS-Cambridge NOT receiving Priority or Secondary levels of support.

**Services offered to Priority and Secondary groups include:**
   - Mentoring for providers
   - Person-centered planning assistance
   - Plan reviews
   - Regional workshops targeting local needs
   - Stress management instructional workshops
   - Other person/diagnosis-specific technical assistance

**Services offered to the Proactive group are currently under development.**

The Successful Life Project offers additional supports to persons in the Priority group, including:
   - Functional Behavior Assessments to better understand the purpose or reason for interfering behaviors.
   - Support in developing a Positive Behavior Support Plan. A Positive Behavior Support Plan is a formal plan to help everyone do the same thing on a consistent basis. The plan is based on the Functional Behavior Assessment of the interfering behavior and includes person-centered practices such as understanding the strengths, preferences and interests of the person.
   - Assessment using the Positive Behavior Support – System Evaluation Tool to provide a brief snapshot of a person’s health, safety, quality of life, and person-centered positive behavior supports.
III. Successful Life Project Intake Process for Initiation of Priority or Secondary Supports

1. Following a request by a case manager, provider, guardian or other involved party, the Successful Life Project Supervisor schedules a meeting with the person and all team members.

2. The assigned Successful Life Project staff reviews the Declaration of Professional Practice with the person’s team.
   - The Declaration of Professional Practice is a contract between the Department of Human Services Successful Life Project and a service provider or other party outlining each of their responsibilities.

3. If the person’s team wants to move forward with Successful Life Project support, the team:
   - Signs the Declaration of Professional Practice, and
   - Selects a starting process (e.g., Positive Behavior Support – System Evaluation Tool, person-centered plan, functional behavior assessment, data collection and analysis).

4. The assigned Successful Life Project staff initiates technical assistance

IV. How does the Successful Life Project get involved for people in the Proactive group?

For persons not receiving Priority or Secondary supports, the Successful Life Project can get involved with a person’s team in a number of ways, including:

- Calls by the Successful Life Project to case managers following submission of a DHS-5148 Behavior Intervention Reporting Form (BIRF), to see if any assistance is needed.
- The person and their team is referred to the Successful Life Project by a residential provider, case manager, guardian or other involved party.
- Assignment for follow-up by the Successful Life Project is made through the Department’s Single Point of Entry (See Section V below).
- Presence of significant risk factors, as identified through the Risk Assessment

Risk Assessment Survey

The Successful Life Project has developed a Risk Assessment Survey to assist in identifying those persons who could be at behavioral, psychiatric or medical risk and may be in need of supports that are more intensive. Twice a year, the Successful Life Project will send the Risk Assessment Survey to the county case manager or other identified case manager of all Jensen Class members and people previously served at MSHS-Cambridge. Successful Life Project staff will also use information gathered through the Risk Assessment Survey to assist in
developing proactive supports, including providing general information about conditions or suggested types of interventions.

V. Coordination of Successful Life Project Services

To improve coordination across the Department of services to Jensen Class members and people previously served at MSHS-Cambridge, Successful Life Project staff participate in the DHS Single Point of Entry triage team. The DHS Single Point of Entry is a process that coordinates crisis resolution responses for people with developmental disabilities and related conditions.

[DHS Bulletin 16-76-02 (PDF)](https://example.com) contains information on the Single Point of Entry.

Questions

Contact the Jensen/Olmstead Quality Assurance and Compliance Office at [DHSJensenSettlementDHS@state.mn.us](mailto:DHSJensenSettlementDHS@state.mn.us) with questions about the Successful Life Project.
Americans with Disabilities Act (ADA) Advisory

This information is available in accessible formats for people with disabilities by calling (651) 431-3378 (voice) Jensen/Olmstead Quality Assurance and Compliance Office general information phone number or by using your preferred relay service. For other information on disability rights and protections, contact the agency’s ADA coordinator.