Minnesota’s Olmstead Plan at DHS:

Enabling a Brighter Future

2016 fourth quarter update

October through December 2016 saw the continued implementation of Minnesota’s Olmstead Plan and significant accomplishments toward people with disabilities living, learning, working and enjoying life in the most integrated setting. Highlights include:

**Person-Centered Gathering**

“How can our supports be more person-centered?”
Was the question at the Second Annual Person-Centered Gathering, held in the fall. The gathering brought together 250 people over two days who are committed to person-centered values and are eager to learn about and share ideas for real implementation and changed practices. This included person-centered thinking trainers and coaches, agency leaders, direct support professionals, case managers, families and people who receive services.

**Workforce**

In October 2016, the DHS Community Supports and Continuing Care for Older Adults administrations hosted a follow-up discussion to the direct-care/support workforce summit held in July. Stakeholders at the meeting were asked to identify action steps to take together to address the workforce shortage and identify leads and those willing to work on the issues. For more information, see the Direct Care/Support Workforce Summit Summary Report and Next Steps.

2016 year end

**by the numbers**

1,591 more people living in integrated housing of their choice

315 fewer people experienced manual restraints

0 people on the CADI waiver waiting list, a list that was 1420 people in 2015
Minnesota Security Hospital

Minnesota Security Hospital (MSH) continues to work towards the mission of Olmstead through identifying individuals who could be served in more integrated settings. While MSH serves individuals throughout Minnesota under a variety of civil commitments, the program is the State’s primary provider in addressing treatment needs for those civilly committed as mentally ill and dangerous (MI&D). The MI&D commitment is for an indeterminate period, and requires a special review by a board designated to the Commissioner of Human Services, prior to approvals for community-based placement.

Effective January 1, 2016, the statute governing MI&D processes was updated to require that each person under MI&D commitment be reviewed every three years to consider appropriateness for a reduction in custody. This new action is a significant accomplishment for ensuring that those under MI&D Commitment are also considered within Olmstead’s mission.

To support this initiative, MSH established the Forensic Review Panel, an internal committee, in June 2016. The Panel is responsible for conducting a thorough and comprehensive review of individuals’ clinical progress and risk management factors in order to make recommendations for changes in custody. The Forensic Review Panel may also provide clinical recommendations to treatment representatives and strives to ensure that the facility is prepared for each individual’s upcoming special review board hearing. Their focus for reviews has initially been dedicated to those individuals requiring a three-year review, but is expanding to individuals who require customized treatment interventions to successfully complete programming and thorough facility review of all cases prior to a special review board hearing.

Respite beds

In order to increase capacity for serving people in need of short-term crisis services, DHS issued a crisis respite request for proposal (RFP) in April 2016 and again in September 2016. It sought qualified providers to provide crisis respite for people with disabilities. The RFP awarded new community residential setting license capacity for people in out-of-home crisis respite. In total, ten proposals were selected for development of 41 new out-of-home crisis respite beds. This capacity will be brought on line as each new development facility demonstrates compliance with state law and foster care licensing requirements.

Autism

The first class of parents to complete a 12-week course on supporting children with autism spectrum disorder celebrated its graduation Oct. 19 in Minneapolis. The training was a collaborative effort of DHS, A Global Voice for Autism and the Confederation of Somali Community in Minnesota. DHS recruited training participants, arranged for a location, engaged parent volunteers to help, provided family-wide social and emotional supports, and connected them to existing resources and services, and provided interpreter services during training sessions as needed.
Mental Health

The Governor’s Task Force on Mental Health delivered recommendations to Gov. Mark Dayton Nov. 17 for creating a statewide mental health system that meets the needs of all Minnesotans. More than 200,000 adults and 75,000 children in Minnesota live with mental illness. Gaps in Minnesota’s mental health system can lead to inappropriate and expensive care, such as hospitalization or ending up in a jail cell instead of a home visit from a mobile crisis team. The task force took a comprehensive look at the state’s mental health system and provided nine recommendations in its final report (PDF) to build a mental health care system that serves the needs of Minnesotans. More information is about the task force report is available at the DHS website.

Highlight

Positive Supports Minnesota

In 2016, a new web site, mnpsp.org, now offers information about positive supports, a practice of offering respectful, individualized and effective services and supports. Positive Supports Minnesota also serves as the home of the Positive Support Manual, a resource manual providing guidelines for positive supports in DHS-licensed settings.

The website also includes stories such as Melissa’s that follows. Find out more at mnpsp.org

ACT means independence for Melissa

Melissa is a 22 year old who enjoys writing short stories and sharing them with others. Melissa has struggled with schizophrenia and bipolar disorder since she was sixteen years old, and she was hospitalized 18 times between her sixteenth and nineteenth birthdays. Melissa received quality care when she was hospitalized, but she had difficulty managing her symptoms when she was not in the hospital.

When she was nineteen years old, Melissa’s mother, Claire, heard about Assertive Community Treatment (ACT). Claire requested the support of an ACT team near their home.

As a result, rather than bouncing in and out of hospitals, Melissa now lives independently in a community of her choice.

Over the last three years, the ACT team has helped Melissa to remember to take her medications regularly, find work, to manage her symptoms at work, and live in her own apartment. She receives support from team members related to cooking and food preparation, grocery shopping, and to paying her bills.

Now Melissa continues to receive the support she needs. In fact, over the last year, the amount of support that Melissa receives from her ACT team has decreased. Still, it is important for both Melissa and to her mother Claire to know that the ACT team can be contacted if Melissa has a crisis. Claire is pleased to know that there are professionals monitoring Melissa’s care as Melissa continues to grow and thrive.
A passion to help

The Olmstead plan means more people working at competitive jobs in the community. One need look no further than Bryce Larson and Kraus-Anderson Construction Co. to see how beneficial this is for everyone.

A valued member of the Kraus-Anderson team, Bryce has been making an impact for more than a decade. As an office assistant in the Circle Pines location, he stocks products, fills copy machines and handles the recycling throughout the building.

Opportunity Partners provides Bryce job coaching although he works independently overall.

Bryce’s hard work earned him the Kraus-Anderson Construction Co. Mission/Vision Award for December 2015. He was nominated by Bri Ana Vogel, human resources coordinator in the Circle Pines office. She praised Bryce for the joy he brings to the job, his rapport with co-workers and the pride he takes in his work. While he doesn’t miss the chance to ask others about their weekend and if they caught the latest Vikings game or wrestling match, he is committed to getting his job done and mentoring peers whenever possible.

Bryce also has a passion to help the community. Many years ago he began collecting pop tabs to support the Ronald McDonald House. He also participates in events through the Down Syndrome Association, such as Step Up for Down Syndrome, serving as co-captain of the Kraus-Anderson team for the past eight years. Bryce even helped deliver a keynote presentation at the Down Syndrome Association’s regional conference a few years back. He is proud to work for Kraus-Anderson and is a great ambassador in the community, sharing the message that everyone has the ability to make a difference.

“Bryce makes a positive impact on the world around him,” Vogel said. “He builds enduring relationships and strong communities. His dedication to integrity, commitment, teamwork, and valuing people make Bryce an exemplary employee who deserves recognition for his countless contributions.”

Bryce, who recently celebrated 10 years at Kraus-Anderson Construction with a company lunch, said it feels good to be honored on the job. “I like the people,” he said.

For more information and the complete Olmstead Plan, visit mn.gov/dhs/op/
This information is available in accessible formats for individuals with disabilities by calling 651-431-4300 or by using your preferred relay service. For other information on disability rights and protections, contact the agency’s ADA coordinator.