



**DEPARTMENT OF
HUMAN SERVICES**

Positive Support Interventions for People with IDD/MI

Dan Baker, PhD, NADD-CC

Learning Objectives

By the end of this session, participants will be able to:

- Define Positive Supports
- Describe strategies to support people with IDD and MI
- Define population health management and implications for support



<http://acrobatiq.com/learning-outcomes-adaptive-learning/>



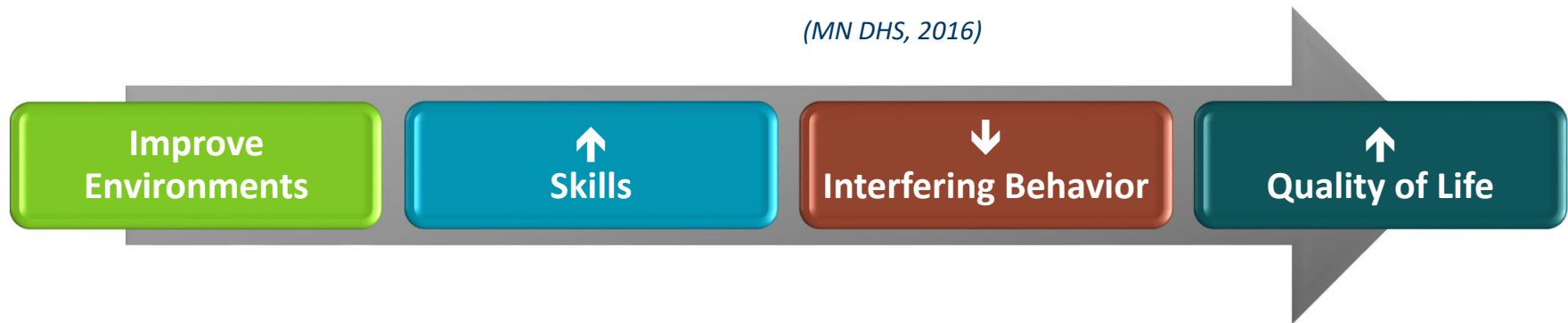
Positive Supports

Photo credit: <http://smallbizclub.com/leadership/best-practices/>

Positive Supports

- Interventions to
 - Improve environments and interactions
 - Increase the person's skills,
 - Decrease behavior that interferes with their life goals, and/or
 - Increase the person's quality of life

(MN DHS, 2016)



Positive Supports Principles

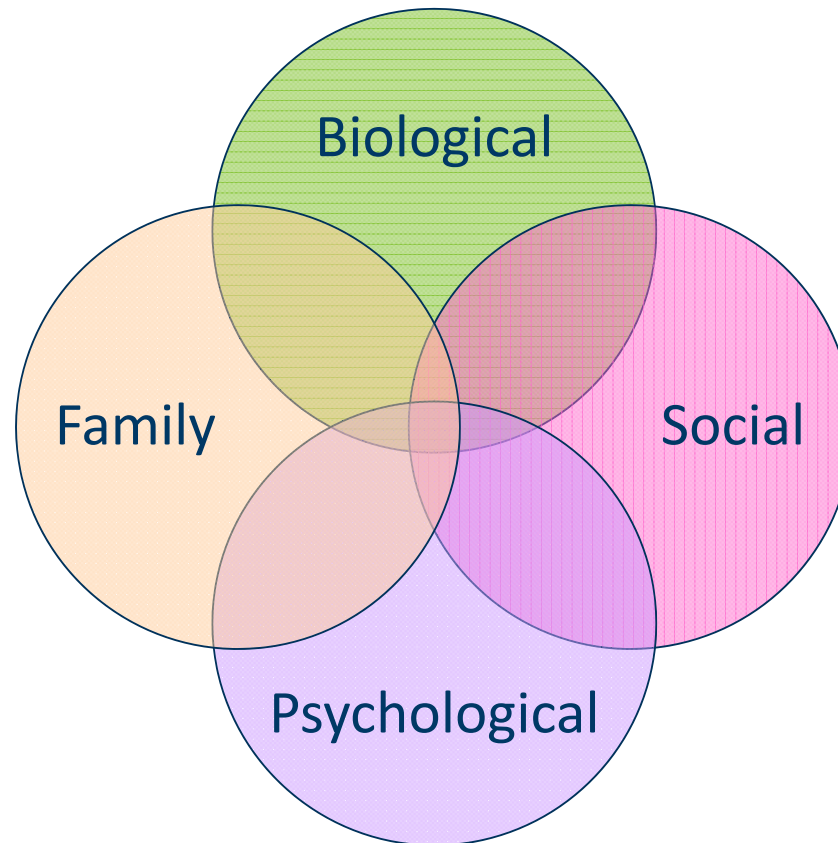
- Strengths-based
- Culturally & linguistically responsive
- Focused on individual preference and choice
- Developed from an individualized assessment
- Teach skills or strategies that promote autonomy
- Not include restrictive or punishing interventions

(MN DHS, 2016)

Concept Of Dual Diagnosis

- **Co-Existence of Two Disabilities:
Intellectual/Developmental Disability (IDD) and Mental Illness (MI)**
- **Both IDD and Mental Health disorders should be assessed and diagnosed**
- **All needed treatments and supports should be available, effective and accessible**

Vulnerability Factors for Developing Psychiatric Disorders in People with IDD



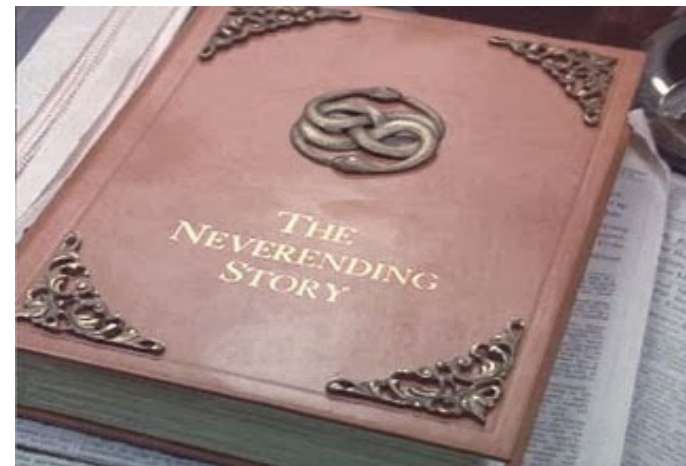
DSM IV-TR, 2000

Positive Supports Methodologies

- Person-Centered Planning
- Positive Behavior Supports
- Trauma-Informed Care
- Motivational Interviewing
- Shared Decision Making
- Positive Identity Development
- Customized Employment

What Is Person-centered Planning?

- A process to get to know a person and their “story.”
- This helps you know what they want in life, where they prefer to live, what makes them happy, and how to balance what is important for them with what is important to them.



What Is Positive Behavior Support?

- A strengths-based strategy based on an individualized assessment that emphasizes teaching a person productive and self-determined skills
- Focus on comprehensive intervention
- What will open the most doors?



Your bag of tricks...: Mental Health

- Medication. If a person has a psychiatric illness, medication is often the treatment of choice.
- Counseling. Counseling can be adapted to people with the range of abilities, and may take the form of individual or group therapy.
- Desensitization. Get a person used to the things that bother him or her slowly.
- Relaxation. Relaxation is a need for all of us. Many people, with or without disabilities, have a tough time relaxing. Here are some strategies that work: Breathing meditation, Visual meditation, Long walks when you teach breathing meditation during walking time, Aquatics for people with physical disabilities

And more Mental Health

- Listening to music
- **CONTROVERSY:** If person “stims,” maybe use that as a planned relaxation strategy?
- **Journaling.** Journaling means keeping a journal of some sort. Journaling is recommended very often with counseling for persons without disabilities. Journaling helps a person keep the sense of who s/he is among the hustle and bustle of daily life. If a person can not write, use other forms of pictorial communication, such as photos or icons.

How Do We Work Together?



Population Health Management

Population Health Management

- An effort to address **health** needs at all points along the continuum of **health** and well-being through participation of, engagement with and targeted interventions for the **population**.
- Have you gotten a survey from your insurance?
- And then lots of reminders?

Do you have do [x] once per week?



Basic Idea

- Look at the health of a whole group of people at once
- Identify risks to health
- Address proactively
- Tailor to individuals
- Triage approach
- Multiple strategies



Population Health Management Implementation

- Identify the risks
 - Biological health
 - Psychological health
 - Social health
- What are the patterns of risk across the populations?
- Use risk profiles on a person-by-person basis

Questions?



Contact



Thank you!

Dan Baker, PhD, NADD-CC

Quality Assurance & Disability Compliance Services

Daniel.Baker@state.mn.us