

## Arrowhead Positive Supports Community of Practice

# Our Story:

The Arrowhead is rich with knowledge and ideas to promote and create a stronger, more inclusive, person-centered region. To harness some of those gifts and talents a small group assembled to create a vision and plan next steps. The group consisted of representatives from Trillium Service, RSI, St Louis County, Range Mental Health, Arc Northland, and Arrowhead Regional Quality Council, along with members of their advisory board. Parents of person's served also attended to share their voices. The result was a beautiful PATH with themes of new learning, understanding, growth, and action. As a collaborative group we hope to welcome new individuals and agencies.

St. Louis County began adopting Person-Centered Practices when its Home and Community Based Services (HCBS) and Behavioral Health (BH) divisions joined the ICI cohorts along with various community agencies. Key contacts were identified, and training for all division employees took several years. The county recognized the benefits of becoming a person-centered agency and committed to providing 2-day person-centered thinking training for all staff, as well as offering this training to community partners at no cost in collaboration with Trillium Services.

Trillium Services and Trillium Works! have prided ourselves on being a pioneer of Person-Centered Services for the past three decades. In 2016 we were excited to learn we were selected to join Cohort 2 of the Organizational Implementation of Person Centered and Positive Support Practices lead by University of Minnesota Institute for Community Integration . The initiative pushed Trillium to take a deeper look into how we were using person centered practices, not just for the people we support but also for our employees. Our focus continues to be helping the people we support overcome barriers, meet personal goals, and thrive in their community. This group helps us continue to push our motto of- everyone deserves to live a meaningful life filled with dignity and respect.

Residential Services, Inc. (RSI) got involved with the Positive Supports Community of Practice through the 2015 Technical Assistance Project led by the Support Development Association and the University of Minnesota's Institute on Community Integration. This project focused on person-centered practices, positive support, and collaboration. In 2017, RSI further committed by joining a second cohort with key partners to develop best practices in positive supports statewide. Active participation in this community is crucial for RSI to fulfill its mission of enhancing the lives of people with disabilities through innovative, person-centered services.

Arc Northland joined the Community of Practice in 2018 while the Arrowhead Regional Quality Council was conducting Person-Centered Quality Reviews to improve services for people with lived experience in the Arrowhead. This work has now expanded with a strong focus on self-advocacy and systems change. As a disability advocacy organization with a strong culture of Person-Centered Practices, Arc Northland participates in this group to collaborate, network, and promote Positive Supports, aiming to include diverse voices in this effort.

Range Mental Health became involved with the Arrowhead Positive Supports Community of Practice because as an agency, there is a strong belief in the importance of inclusivity and person-centered work in mental health. Together with other agencies, we can continue to approach and reduce disparities in mental health care in our region. We are happy to continue to be a part of this group as we believe the work done will help to foster supportive environments in our community which can help improve outcomes in recovery as well as overall wellness.

Let's add your story! The Community of Practice needs your experience and perspective. For more information, please visit us at:

[qualitycouncilmn.org/arrowhead-regional-capacity-building](https://qualitycouncilmn.org/arrowhead-regional-capacity-building)

