

## Twin Cities Regional Capacity Building for Positive Supports

October 8th 1pm-2pm

### Purpose:

The purpose of Regional Capacity Building is to promote and share information about Positive Supports regionally, and share recommendations with state leaders. Positive Supports are practices that improve quality of life and cultural responsiveness. Each region will form a network to build partnerships and help strengthen their communities.

### Focus areas:

- [Positive Behavioral Supports](#)
- [Person Centered Thinking and Practices](#)

### Agenda:

- Hot Topic update
  - The first Statewide Hot Topic on Charting the LifeCourse went well.
  - 39 Participants
  - Next will be in November
- Success Stories/ Introductions
  - Network members shared a success story related to Positive Supports
- Broader story collection discussion
  - **Person Centered Approach** - highlighting person centeredness to understand individual needs.
  - **Advocacy and Self Determination** - stories about personal growth, understanding their own needs, and advocating for themselves and others.
  - **Communication and Understanding** - Emphasizing the importance of truly listening and understanding individuals through person centered profiles or recognizing neurodiversity
  - **Supportive Environments** - Creating a supportive and understanding environment can lead to significant personal growth and progress.
  - **Strengths Based Approach** - Focusing on the individuals' capabilities rather than limitations and showing how proper support can help people achieve more than expected.
  - **Next Steps discussed in meetings** -
    - Speak with Cow Tipping Press about gathering more stories about success
    - Finding a way to get more success stories around Positive Supports (Kit also mentioned it has been difficult to gather stories in the past).
- TOET discussion

- o Workgroup updates, let Cortney know if you'd like to join our first meeting later this month.
- Guest Speaker next month: Cassie Tulp, Regional Resource Specialist