West Central Regional Capacity Building for Positive Supports

July 13th 3pm-4pm

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.

Positive Supports:

Positive Supports topics include:

- Positive Behavioral Supports
- Person Centered Thinking and Practices
- Culture of Safety
- Trauma-Informed Supports
- Motivational Interviewing
- Cognitive Behavioral Therapy
- Systems of Care
- Wellness Recovery Action Plan
- Wrap around planning

Attendees: Cortney Kressin, Kerri Lecuta, Katie Cragg, Melyssa McDonough, Jae England-Sullivan, Antonia Puente, Marisa Bengston, Beth Honecker

Agenda

- Introductions
- Melyssa Mcdonough, REM Services Overview
    - Melyssa – REM melyssa.mcdonough@sevitahealth.com
    - Update from REM/Sevita (many other agencies under Sevita). Previously, They only provided supports to people who lived in our homes, but we are now able to support persons outside of our homes. They are statewide, specifically in the SW Area. For external line, there is a referral line. Anyone can submit a referral. Melyssa McDonough: here is that referral link: https://app.smartsheet.com/b/form/e...
    - They will then work with guardians and case managers. They work with people in group homes, home with parents, kids and adults, assisted living settings. They are in the process of adding PCP and facilitation. Right now,

they have 1 license for counseling. Goal is to have 4 professionals in each region.
    - Question- How long is the waitlist, what is REM hearing? Answer: Only waitlist they have providing services is for external, and in the Rochester Area. Some wait times are based on case managers and service authorizations. They are seeing more of that kind of wait time.
- Updates
    - Jae- We passed revalidation! MN Gear Grant, working on that grant. We are focusing on conferences. Several locations.
    - Toni- DHS Update- No big updates. Business as usual. Culture of Safety- Wrapping up the review cycle and annual report. Goal is to have it done by end of August. Working on intervention services survey, VIP Survey from Disability hub. 3 day training next week- Webinar announcement: 2026 Culture of Safety Three-Day Advanced Practical Trainings
        - Question- can people attend the big training before they attend the 1 hour or 3 hours? Answer: Can attend any!
    - Marisa- stay tuned for September, great things planned ! Promoting Voting rights.
    - Katie- Katie and Cortney are trying to get a group of parents together to talk about high supports. If you want to join that discussion, let Cortney know. Katie is also meeting with The Arc of Ohio to talk about Higher Support Needs.
- Disability Pride Update
    - Sharing Disability Pride info/power point. Theme is "The world works better with us".
    - There are a few opportunities to celebrate: Sip and Paint in Moorhead, Disability Pride Party in Fergus Falls, Trivia Night in Moorhead, and Disability Pride in Moorhead. Any questions, contact Katie Cragg or Marisa Bengston.
- Transition Event Update
    - Future Fest: Planning for Life After High School
    - August 25th 4:30-8:15pm
    - https://www.qualitycouncilmn.org/calendar/future-fest-planning-for-life-after-high-school/
- Ask participants for Agency Positive Supports Updates: Successes, challenges, and emerging needs. Updates on PBS, PCT, Trauma-Informed Supports, and any Positive Supports related work

- Questions for the group: Are there any barriers you have to implementing a person-centered plan? Any other questions for the group?

Announcements/Upcoming Events and Meetings:

- There is no West Central Meeting RCB meeting in August, all the regions will gather instead. (1pm start time on the 2nd Wednesday of the month, but 1.5 hours.)
- Supporting Well-Functioning Systems for CYSHN and Families - MN Dept. of Health
- ARRM Conference July 15th
    - Linda Driessen will be co- presenting at the conference.
- The International Gathering for Person Centered Practices is July 15th-17th
- Disability Pride Month Events in July (Contact Marisa or Katie)
- MSSA Region 4 Conference in Fergus Falls, September 24th