

**NUMBER**  
#19-48-01

**DATE**  
June 12, 2019

**OF INTEREST TO**  
County Directors  
Social Services Supervisors and  
Staff  
Case Managers and Care  
Coordinators  
All DHS staff  
State Court Judges  
County and Tribal Nation  
Attorneys  
Consumers of Developmental  
Disabilities Services, their  
families, advocates, and legal  
representatives

**ACTION/DUE DATE**  
Please read information and  
prepare for implementation

**EXPIRATION DATE**  
June 12, 2021

## Successful Life Project

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### TOPIC

The Successful Life Project provides on-going consultation and follow-up for people previously served at the former Minnesota Extended Treatment Options (METO) program from July 1, 1997 through May 1, 2011 or the Minnesota Specialty Health System (MSHS)-Cambridge program.

### PURPOSE

Provide information about the Successful Life Project and ongoing follow-up of Jensen Class Members and people previously served at MSHS-Cambridge. This Bulletin replaces Bulletin #17-48-01.

### CONTACT

Quality Assurance and Disability Compliance Services. Submit questions to [DHSJensenSettlementDHS@state.mn.us](mailto:DHSJensenSettlementDHS@state.mn.us)

### SIGNED

STACIE WEEKS  
Chief of Staff

### TERMINOLOGY NOTICE

The terminology used to describe people we serve has changed over time. The Minnesota Department of Human Services (DHS) supports the use of "People First" language.

## I. Background

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### A. *Jensen* Settlement Agreement

The *Jensen* Settlement Agreement is the result of a lawsuit filed against the Department of Human Services (the Department) in 2009, alleging that residents of the former Minnesota Extended Treatment Options (METO) program were unlawfully and unconstitutionally secluded and restrained.

On December 5, 2011, the U.S. District Court for the District of Minnesota adopted the [Jensen Settlement Agreement \(PDF\)](#). The Settlement Agreement allowed the Department and the plaintiffs to resolve the claims in a mutually agreeable manner, and is intended to bring significant improvements to the care and treatment of persons with developmental and other disabilities in the state of Minnesota.

The *Jensen* Settlement Agreement [Comprehensive Plan of Action \(PDF\)](#) outlines the steps the Department will take to come into compliance with the terms of the Settlement Agreement. The Comprehensive Plan of Action includes three parts:

- Part I addresses the closure and replacement of the Minnesota Specialty Health System (MSHS)-Cambridge facility with community homes and services,
- Part II addresses the modernization of Rule 40, and
- Part III addresses the development of [Minnesota's Olmstead Plan](#).

### B. Closure of MSHS-Cambridge Program

The Department officially closed the Minnesota Extended Treatment Options (METO) program on June 30, 2011. The Minnesota Specialty Health System (MSHS)-Cambridge replaced the METO program. As part of the Comprehensive Plan of Action, the Department agreed to close MSHS-Cambridge, which it did in 2014. At the same time, Minnesota Life Bridge began providing treatment services to persons in homes integrated within Minnesota communities.

[DHS Bulletin 18-76-02 \(PDF\)](#) provides information on the Minnesota Life Bridge program.

## II. Successful Life Project

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The Comprehensive Plan of Action requires ongoing therapeutic follow-up of *Jensen* Class members and people previously served at MSHS-Cambridge by professional staff to assess their status and services and to help maintain the most integrated setting for those individuals.

The Department created the Successful Life Project to provide therapeutic follow-up of *Jensen* Class Members and people who received services at MSHS-Cambridge. The purpose of therapeutic follow-up is to provide consultation, services and supports to the person and their team to help:

- Avoid re-institutionalization and transfers to settings that are more restrictive,
- Progress toward and/or maintain the most integrated community setting, and
- Achieve a quality life, as defined by the person.

The Successful Life Project supports the person and their team toward the achievement of a quality life, as defined by the person, by helping:

- To learn and to use person-centered positive behavior supports
- To progress toward or maintain community integration, and
- To address health/medication needs.

The Successful Life Project is part of Quality Assurance and Disability Compliance Services. Staffing for the Successful Life Project includes Board Certified Behavior Analysts, a Registered Nurse, a Social Work Specialist, and the Successful Life Project Supervisor. The Jensen Internal Reviewer provides clinical oversight of the Board Certified Behavior Analysts, and provides technical assistance to the Social Worker Specialist and Registered Nurse.

The Jensen Internal Reviewer provides independent and objective assurance, advisory, and investigative services to Quality Assurance and Disability Compliance Services and the Successful Life Project.

## **A. Successful Life Project Services and Supports**

The Successful Life Project helps to build capacity for support teams and providers to deliver individualized person-centered positive behavior supports. Based on the needs of the person and their team, supports can include:

1. Assessments, including:
  - Assessments to determine presence of any significant risk factors
  - Assessments of health needs, including review of medication regimens
  - Comprehensive medical reviews
  - Functional behavior assessment
  - Medical assessment
  - Assessment of person's health, safety, quality of life, and person-centered positive behavior supports
2. Person-centered plan facilitation support
3. Positive behavior support plan development
4. Data collection and analysis support
5. Training
6. Transition planning support

When challenging behaviors are interfering with life activities and community inclusion, Successful Life Project staff works with teams to identify circumstances that may be leading to or maintaining those behaviors and help develop strategies to decrease them. When challenging behaviors are not interfering with life activities, Successful Life Project staff assists teams by focusing on the next steps necessary to improve the person's quality of life.

## **B. Levels of Support**

To provide people and their teams with the appropriate level of support, the Successful Life Project groups people based on the level of support needed. Group assignments are fluid and people can and

do move between support levels, based on the person's needs. The different support levels are as follows:

**1. Priority**

- The person has a potential loss of residential services/home. The Successful Life Project bases priority status on the challenges presented by the person's behavior support needs and the capacity of the person's team; or
- The person demonstrates presence of significant risk factors. The Successful Life Project defines "Risk Factors" as conditions or circumstances that could create a behavioral or medical crisis as determined by the Risk Assessment (See Section IV below.); and
- The team accepts Successful Life Project support.

**2. Secondary**

- The person is presenting complex behavior support needs but their residential service/home is not threatened; and
- The team accepts Successful Life Project support.

**3. Proactive**

- Other Jensen Class members and people previously served at MSHS-Cambridge NOT receiving Priority or Secondary levels of support.

Services offered to Priority and Secondary groups include:

- Mentoring for providers
- Person-centered planning assistance
- Development of positive behavior supports
- Functional Behavior Assessment
- Transition planning
- Plan reviews
- Regional workshops targeting local needs
- Stress management instructional workshops
- Other person/diagnosis-specific technical assistance
- Medication review
- Health Assessment
- Health Education
- Training

Services offered to the Proactive group include:

- Mentoring for providers
- Assistance in identifying the best environment for the person to live in
- Technical assistance

### III. Successful Life Project Intake Process for Initiation of Priority or Secondary Supports

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1. Following a request by a case manager, provider, guardian or other involved party, the Successful Life Project Supervisor schedules a meeting with the person and all team members.
2. The assigned Successful Life Project staff reviews the Support Agreement with the person's team.
  - Successful Life Project's Support Agreement is a contract between Successful Life Project and all team members that outlines expectations for all people involved.
3. If the person's team wants to move forward with Successful Life Project support, the team:
  - Signs the Successful Life Project Support Agreement, and
  - Selects a starting process (e.g., Positive Behavior Support – System Evaluation Tool, person-centered plan, functional behavior assessment, data collection and analysis).
4. The assigned Successful Life Project staff initiates technical assistance.

### IV. How does the Successful Life Project get involved for people in the Proactive group?

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For persons not receiving Priority or Secondary supports, the Successful Life Project can get involved with a person's team in a number of ways, including:

- Calls by the Successful Life Project to case managers following submission of a DHS-5148 Behavior Intervention Reporting Form (BIRF), to see if any assistance is needed.
- A residential provider, case manager, guardian or other involved party refers the person and their team to the Successful Life Project.
- The Department's Single Point of Entry (See Section V below) assigns follow-up to the Successful Life Project.
- Review of Licensing investigation reports.
- Review of reports that Quality Assurance and Disability Compliance Services or the Successful Life Project may receive from the Office of the Ombudsman for Mental Health and Developmental Disabilities.
- Review of 245D Services Termination Notices.

### V. Coordination of Successful Life Project Services

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To improve coordination across the Department of services to Jensen Class members and people previously served at MSHS-Cambridge, Successful Life Project staff participate in the DHS Single Point of Entry triage team. The DHS Single Point of Entry is a process that coordinates crisis resolution responses for people with developmental disabilities and related conditions.

[DHS Bulletin 18-76-02 \(PDF\)](#) contains information on the Single Point of Entry.

## Questions

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Contact the Quality Assurance and Disability Compliance Services at [DHSJensenSettlementDHS@state.mn.us](mailto:DHSJensenSettlementDHS@state.mn.us) with questions about the Successful Life Project.

### **Americans with Disabilities Act (ADA) Advisory**

This information is available in accessible formats for people with disabilities by calling (651) 431-3378 (voice) or by using your preferred relay service. For other information on disability rights and protections, contact the agency's ADA coordinator.