

Reviewed Trainings and Resources as Part of the Person and Family-Centered Approaches in Mental Health and Co-Occurring Disorders Training Development Project

Introduction to this Resource List: This list was developed as part of a training project to help mental health professionals, practitioners, and others in the mental health community in Minnesota enhance their ability to deliver services in person and family-centered ways. The project included identifying what training and resources were already available in Minnesota and how well they might meet the needs of the mental health and behavioral health community. There was a special focus on those in Targeted Case Management roles. A standard protocol that included a review tool and at least two reviewers was used to ensure products were reviewed consistently. The following materials were reviewed and ranked as being likely to be helpful to Mental Health Targeted Case Managers or those in similar or related roles.

Materials Developed by The Learning Community on Person-Centered Practices
(<http://tlcpcp.com/>)

TLCPCP is an organization and a global volunteer community. It focuses on supporting people who have lost or may lose positive control because of society's response to the presence of a disability or other conditions. It does so through training and development of person-centered practices. The Minnesota Department of Human Services Disability Services Division and other divisions have invested in disseminating training materials developed by TLCPCP. They have also supported development of trainers in Minnesota. The following two trainings are commonly available in the state. TLCPCP also supports other types of training. To locate trainings in Minnesota you can go to <http://pctp.umn.edu>. Certified trainers are also listed on The Learning Community's website <http://tlcpcp.com/find-trainers/>. Some local trainings listed at the Minnesota site are free; others have a fee.

Person-Centered Thinking- Two Day Training (now modularized)

Person-Centered Thinking is equivalent to a full two-day training. Training is completed in groups. The terminology and strategies of this training are aligned with some state and national regulations in the area of person-centered practices. The curriculum is generic and skills are transferable to any setting including mental health settings. A wide variety of professionals could benefit from this training. This can include professionals from any scope of practice who:

- Are brand new to these skills and concepts.
- Want to understand these skills and concepts in a broader context than individual practice.
- Want to revisit these skills or expand their repertoire of strategies and approaches.
- Want to network with others in and out of their agency around these practices.

The concepts and strategies in this curriculum have meaning and are useful in mental health practices. However, the examples in the core curriculum focus mostly on adults, are not all

mental health related, nor always current to the context of community living. Content does not explicitly support deeper understanding of equity or diversity issues and does not use examples that represent diversity. Though there is a small portion in the new version on culture, on the whole, the curriculum does not attend to these issues. In addition, there is no specific tie in to how to use these practices to ensure family-centered practices. Trainers in this curriculum have various backgrounds. It would be important to select a training with a strong background in mental health services and supports if that is an important training need for your group.

Picture of a Life Two-Day Training

Picture of a Life is two-day training that provides in-person learning and applying person centered thinking and planning tools to develop a person-centered description. The process is focused on helping a person envision the life they want in their community. The training include a co-trainer with support needs and others who are this person's natural or paid supporters. Trainees get a chance to watch and participate in interviewing processes and enhance their discovery skills. Values of choice, control, direction, and shared power are modeled in the training.

The quality of the training is highly dependent on the skill and knowledge of the facilitator and the willingness of the co-training and supporters to share. Participants will likely benefit more if they attend a session where the co-trainers needs are similar to those of the populations they support. There will be no explicit connection to the mental health practices of recovery, peer support, or cultural and equity practices if the facilitator does not have these skills, knowledge, and orientations. Person-Centered Thinking (described above) is required training before attending Picture of a Life.

Person-Centered Counseling Training Program

The Person-Centered Counseling Training Program is a blended learning model that embeds the Person-Centered Thinking skills and planning skills into online modules. The target audience for this training is counselors through the Aging and Disability Resource Centers (ADRCs) and others who are engaging in development of No Wrong Door systems. The online component is available in Minnesota via DirectCourse. For full review for this audience please see description below. For more information on the in-person day of training, contact The Learning Community for Person Centered Practices at: <http://tlcpcp.com>.

Materials Available Through the DirectCourse

DirectCourse is a national online curriculum for direct support professionals and similar professionals who support people to live in their communities. It is available in Minnesota through support from the Department of Human Services. The training programs and curriculum are self-paced, competency-based, and multimedia. The following materials from DirectCourse were reviewed for the mental health community.

College of Recovery and Community Inclusion (CRCI)

This online training was developed by Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities. It consists of approximately 38 hours of self-paced training for community based mental health workers. The set of available courses is listed below.

- Understanding Community Inclusion
- Cultural Competence in Mental Health Service Settings
- Introduction to Mental Health Recovery and Wellness
- Mental Health Treatments, Services and Supports
- The Effective Use of Documentation
- Universal precautions and Infection Control
- Seeing the Person First: Understanding Mental Health Conditions
- Professionalism and the Community Mental Health Practitioner
- Understanding the Health Insurance Portability and Accountability Act (HIPAA)
- Understanding Trauma and Its Impact

The courses in the College of Recovery and Community Inclusion can be helpful to any practitioners interested in recovery-based inclusion and self-determination models. The suite of courses in CRCI doesn't use term "person-centered" but aligns with these approaches. They cover the scope of all mental health professionals. This material can be useful to support planners in mental health in apply the Minnesota Olmstead Plan expectations in their work. These courses consider culture and evidence-based practices. Incorporation of family into support is not included substantially.

The Minnesota Department of Human Services has purchased a limited amount of seats in Minnesota that are available for free. Contact Nancy McCulloh at mccul037@umn.edu. Rates for broader access will vary based on organization size. Information can be obtained by contacting Bill Waibel at Elsevier, b.waibel@elsevier.com.

Person-Centered Counseling (PCC) Training Program

These online materials were explicitly designed for the No Wrong Door System of Long Term Services and Supports (LTSS). It considers all populations, all ages, and all methods of payment for LTSS. Person-Centered Thinking and Planning skills are a core of the training program. There is a whole course on family caregiving and other lessons on family involvement. However, content is not strictly focused on mental health.

This content would be best for disability generalists who have a portion of their potential recipients living with serious mental illnesses. Another potential target audience is staff affiliated with Certified Community Behavioral Health Clinics or Behavioral Health Homes or similar

services, where clinicians and LTSS and community professionals need to have a coordinated understanding of person-centered practices across clinical and community settings. This curriculum needs to include a one-day in-person training in PCT to be considered complete as far as PCT skills. It would need a skilled training to support groups in organizing a blended learning model for above purposes. It is not ideal as core training for MH TCM because of the more broad disability focus but is rooted in recovery principles, self-determination, and culturally responsive services.

The Minnesota Department of Human Services has purchased a full contract for this curriculum in Minnesota that makes training available for free and/or with minimal administrative costs. Go to: <https://mn.gov/dhs/partners-and-providers/training-conferences/directcourse/> to learn more.

Materials through the Yale Program for Recovery and Community Health

The Yale Program for Recovery and Health, Person Centered Approaches has a focus on research, consultation and tools in the area of person-centered approaches in mental health and co-occurring disorders. <https://medicine.yale.edu/psychiatry/prch/personcentered/>. The following resources related to authors and researchers at this program were reviewed.

Partnering for Recovery in Mental Health: a Practical Guide to Person-Centered Planning

Partnering for Recovery in Mental Health is a practical guide for conducting person and family-centered recovery planning with individuals with serious mental illnesses and their families. This guide represents a new clinical approach to the planning and delivery of mental health care. It emerges from the mental health recovery movement, and has been developed in the process of the efforts to transform systems of care at the local, regional, and national levels to a recovery orientation.

This is a very solid and recommended resource that looks comprehensively at person and family-centered practices in planning specific to mental health conditions and co-occurring conditions. It provides context to recovery, self-determination, cultural needs, family support, and shared power. It is a good overall resource that would be helpful to any professional working with people with serious mental illnesses and required to complete support or treatment plans, including targeted case managers.

This book is authored by Janis Tondora, Rebecca Miller, Mike Slade and Larry Davidson and was published in 2014 by Wiley-Blackwell. It is available online as an ebook or from booksellers in hard copy, for an approximate cost of \$42.00.

Getting in the Driver's Seat of Your Treatment: Preparing for Your Plan

This resource is a downloadable booklet for organizing information a person might want in a treatment or support plan. It is meant to help people organize their thoughts and information in ways that are likely to yield person-centered goals and approaches in a treatment plan.

The strengths of this resource include: It is easily downloadable from a public site. It is concrete, process-oriented, flexible and applicable to many circumstances, and written in plain language. It gives people structure and context to taking the time to identify their goals and preferences in key areas outlined in the Person-Centered Informed Choice Protocol (DHS, 01/17). It asks people to consider including people important to them in the process. It would be a great foundation for developing a person-centered plan. Professionals and practitioners for all level of practice in mental health would benefit from being familiar with this tool. Case managers, support planners, and those in similar roles would benefit the most. There is a Spanish language version available.

Limitations of this resource include: The rights information is specific to the state of Connecticut (but could be easily customized to Minnesota). It provides little context for bigger picture aspects of history and professional responsibility. While it may work with a variety of cultures and circumstances, it does not support practitioners in how to adapt for a variety of cultures and circumstance. Family and natural supporters are considered as support but not as people who may need support. Information would need more work to translate into an operational treatment plan. Literacy would be an issue with this tool if used without assistance.

Authors are Tondora, Miller, Guy and Lanteri. Published in 2009 by Yale Program for Recovery and Community Health.

This online resource is available as a .pdf document at no cost at this address:

[English Version]

https://medicine.yale.edu/psychiatry/prch/research/Toolkit_030511_204164_284_23930_v1.pdf,

[Spanish Version]

https://medicine.yale.edu/psychiatry/prch/research/Toolkit_Spanish_062812_204166_284_23930_v1.pdf

Materials Offered Through the Copeland Center for Wellness and Recovery

The Copeland Center for Wellness and Recovery promotes mental health recovery through education, training, and research based on WRAP®. (Wellness Recovery Action Plan). It is a peer run, non-profit organization that provides training, consultation, and program activities to support the wellness, recovery, community inclusion and peer support journeys of individuals. They work with the owners of WRAP® materials at Advocates for Human Potential (AHP) to ensure the fidelity and quality implementation of WRAP® Facilitation in the health care system. You can learn more at: <https://copelandcenter.com/>. There are a variety of training and consultation options offered through Copeland.

Locally people can connect and take seminars through the Kaposia which is an International WRAP Center for Excellence. <http://www.kaposia.com/services/mental-wellness/>.

Seminar I: Developing Your Own WRAP

This workshop is co-facilitated by WRAP® Facilitators in a variety of formats and agendas, including 8-12 week WRAP groups, 2-3 day workshops, retreats, Online Seminar I: Introduction to WRAP and the Correspondence Course. Participants in these workshops will learn how to develop their WRAP® as a personalized system to achieve their own wellness goals. These workshops are for anyone and can apply to any self-directed wellness goals. WRAP is a safe, effective wellness process that has an evidence-base for supporting mental health recovery. It is a self-directed, peer supported process that the person engages with in ways that they prefer. WRAP is an ongoing process of reflecting on and engaging approaches and lifestyles that support personal wellness. Processes can be used by individuals and organizations to move to a true recovery and self-determination focus in services and supports. WRAP® has proven to be an effective approach to working with children, youth, and families and caregivers to improve relationships, feel more hopeful, create support systems, learn to self-advocate, and put a greater focus on their personal overall wellness.

WRAP© must be delivered with fidelity in order to meet the evidence based criteria. This includes that participation in WRAP be completely voluntary, that at least two peer facilitators who are skilled, trained, and mentored facilitate this process, materials are appropriate, and all processes align with the values and ethics of WRAP. (To learn more about fidelity download and read the document *The Way WRAP Works!* <https://copelandcenter.com/resources/way-wrap-works/>.) Professionals who have their own WRAPs can benefit from the process and also understand the value and power of WRAP in supporting recovery.

WRAP is voluntary, focused on wellness, owned by the person, and avoids clinical or medical language. It is a powerful tool for helping people reconnect with hope, personal responsibility, and personal strategies for recovery. However, it is not something professionals can have access to without a person's permission and it is not something professionals can require of people. If people chose to complete a WRAP on their own, it can support their ability to more clearly define many of the aspects of the PCICTP. It is something to recommend, especially to people who have lost touch with what recovery and a life worth living means to them. However, there can be no expectation that people participate unwillingly or in order to receive services.

The cost for this entry course ranges from \$100-400.00 approximately. Locally, there may be a possibility for a need-based reduction in the fee or waiving of the fee.