



1295 Bandana Blvd N  
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Saint Paul, MN 55108  
651-644-3140

# CERTIFICATE OF ATTENDANCE

Melissa Beggs  
of  
STAR Services

## Positive Supports Rule Core (8 hrs)

1/19/2019 9:00 - 17:30

*For direct care staff, managers, directors and any other staff responsible for developing, implementing, monitoring, supervising or evaluating positive support strategies (required for all people receiving 245D licensed services), positive support transition plans, or emergency use of manual restraints.* Core training course for the Positive Supports Rule (MN Rules, Chapter 9544). This course provides staff the important knowledge of how to work with the individuals they support in a positive and supportive manner, especially when challenging behaviors may be present. It includes fundamentals in establishing trusting relationships, the importance of avoiding power struggles, positive de-escalation techniques, alternatives to restraints, the communicative intent of behaviors and causes of behavior including events and environmental factors. Positive support strategies including positive behavior supports, the relationship between staff interactions as well as the environment will be covered. The importance of providing person-centered service planning and delivery and how to discover the uniqueness of each person that is supported and their specific culture will be explored. This class includes the 245D training requirements on allowed, restricted, and prohibited behavioral interventions, including Emergency Use of Manual Restraint (EUMR), and situations in which staff need to call 911. Participants will also participate in simulated experiences of administering and receiving manual restraint procedures. In order to meet the training requirements in MN Statute 245D.061 and 245D.09, staff must additionally demonstrate competency and be trained in their employer's specific EUMR policy and engage in simulated experiences of administering and receiving manual restraint procedures allowed by the license holder on an emergency basis.

One person release/holds: Handshake release, Wrist release, Biting release, Hair pulling release, Physical escorts (Levels 1-3), One arm hold, Two arm hold, One/two arm hold to the floor. Choke hold releases: One/two hand from front, One/two hand from behind, Full arm from behind. Blocks: One/two arm parry, One/two arm block. Two person holds: Floor hold/two person, Standing beside/arm hold, Sitting beside/arm hold.

Instructor Credentials: STAR Services is a training, education, staffing, consulting, and business development resource for social service agencies, individuals, families, social service professionals, schools, and government agencies. STAR Trainers have a combined experience of over 100 years of supporting individuals with various disabilities and mental health conditions in a variety of settings. All curriculum has been developed by a team of QDDPs, mental health practitioners, and a licensed social worker, along with other experts in the field.

Instructor: **Kristine Erickson**

Score: **95%**

Monday, January 21, 2019