

This cover sheet is designed to answer questions regarding 9544 compliance about your staff training and the places you have received it, including: course content, topics, and qualification of the instructors. If you need any further information, please contact us at [training@starsvcs.com](mailto:training@starsvcs.com) or 651-644-3140.

## 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.

245D Training Topics (per 245D.061 and 245D.09)	Core 9544.0090 Subp. 1 Topics	Online Orientation Positive Supports Rule Core Lesson	Online Annual Training Refresher: PSR Core Lesson	Classroom Training
	9544.005 an overview of the Positive Supports Rule	PSR Overview and Person-Centered History	Lesson 1 - Person-Centered Supports and Philosophies	PSR Core PSR Core Refresher
(i) alternatives to manual restraint procedures, including techniques to identify events and environmental factors that may escalate conduct that poses an imminent risk of physical harm to self or others		Restricted Procedures I: EUMR and PSTP Restricted Procedures II: Required Information	Lesson 1 - Person-Centered Supports and Philosophies Lesson 4 - De-escalation Techniques and Understanding Behavior	PSR Core PSR Core Refresher
(ii) de-escalation methods, positive support strategies, and how to avoid power struggles	A. de-escalation techniques and their value	De-escalation Techniques Avoiding Power Struggles	Lesson 1 - Person-Centered Supports and Philosophies Lesson 2 - Knowing the People You Support Lesson 3 - Positive Support Strategies Lesson 4 - De-escalation Techniques and Understanding Behavior Lesson 5 - Creating Culturally Competent and Trusting Relationships	
	C. principles of positive support strategies such as positive behavior supports, the relationship between staff interactions with the person and the person's behavior, and the relationship between the person's environment and the person's behavior	Positive Support Strategies: Supporting a Person as a Unique Individual	Lesson 3 - Positive Support Strategies	PSR Core PSR Core Refresher

245D Training Topics (per 245D.061 and 245D.09)	Core 9544.0090 Subp. 1 Topics	Online Orientation Positive Supports Rule Core Lesson	Online Annual Training Refresher: PSR Core Lesson	Classroom Training
(iii) simulated experiences of administering and receiving manual restraint procedures allowed by the license holder on an emergency basis		N/A	N/A	N/A
(iv) how to properly identify thresholds for implementing and ceasing restrictive procedures		Restricted Procedures I: EUMR and PSTP Restricted Procedures II: Required Information	Lesson 6 - Permitted Prohibited and Restricted Procedures Lesson 7 - Responding to an EUMR and Staff Accountability and Self-Care After Emergencies	PSR Core PSR Core Refresher
(v) how to recognize, monitor, and respond to the person's physical signs of distress, including positional asphyxia		Restricted Procedures II: Required Information	Lesson 6 - Permitted Prohibited and Restricted Procedures Lesson 7 - Responding to an EUMR and Staff Accountability and Self-Care After Emergencies	PSR Core PSR Core Refresher
(vi) the physiological and psychological impact on the person and the staff when restrictive procedures are used		Restricted Procedures II: Required Information	Lesson 6 - Permitted Prohibited and Restricted Procedures Lesson 7 - Responding to an EUMR and Staff Accountability and Self-Care After Emergencies	PSR Core PSR Core Refresher
(vii) the communicative intent of behaviors		Restricted Procedures I: EUMR and PSTP Restricted Procedures II: Required Information De-escalation Techniques	Lesson 1 - Person-Centered Supports and Philosophies Lesson 4 - De-escalation Techniques and Understanding Behavior Lesson 7 - Responding to an EUMR and Staff Accountability and Self-Care After Emergencies	PSR Core PSR Core Refresher

245D Training Topics (per 245D.061 and 245D.09)	Core 9544.0090 Subp. 1 topics	Online Orientation Positive Supports Rule Core Lesson	Online Annual Training Refresher: PSR Core Lesson	Classroom Training
(viii) relationship building		Building Trusting Relationships	Lesson 4 - De-escalation Techniques and Understanding Behavior Lesson 6 - Permitted Prohibited and Restricted Procedures Lesson 7 - Responding to an EUMR and Staff Accountability and Self-Care After Emergencies	PSR Core PSR Core Refresher
(7) the safe and correct use of manual restraint on an emergency basis according to the requirements in section 245D.061 or successor provisions, and what constitutes the use of restraints, time out, and seclusion, including chemical restraint	D. what constitutes the use of restraint, including chemical restraint, time out, and seclusion	Restricted Procedures I: EUMR and PSTP Restricted Procedures II: Required Information Prohibited Procedures II: The Details	Lesson 6 - Permitted Prohibited and Restricted Procedures	PSR Core PSR Core Refresher
	E. the safe and correct use of manual restraint on an emergency basis according to MS, section 245D.061	Restricted Procedures I: EUMR and PSTP Restricted Procedures II: Required Information	Lesson 6 - Permitted Prohibited and Restricted Procedures	PSR Core PSR Core Refresher
(8) staff responsibilities related to prohibited procedures under section 245D.06, subd 5, or successor provisions, why such procedures are not effective for reducing or eliminating symptoms or undesired behavior, and why such procedures are not safe	F. staff responsibilities related to prohibited procedures under MS, section 245D.06, subd 5; why the procedures are not effective for reducing or eliminating symptoms or interfering behavior; and why the procedures are not safe	Prohibited Procedures I: The Fundamentals Prohibited Procedures II: The Details	Lesson 6 - Permitted Prohibited and Restricted Procedures	PSR Core PSR Core Refresher
	B. principles of person-centered service planning and delivery as identified in MS, section 245D.07, subd 1a, and how they apply to direct support services provided by staff	PSR Overview and Person- Centered History Person-Centered Foundations	Lesson 1 - Person-Centered Supports and Philosophies Lesson 2 - Knowing the People You Support Lesson 3 - Positive Support Strategies Lesson 4 - De-escalation Techniques and Understanding Behavior Lesson 5 - Creating Culturally Competent and Trusting Relationships	PSR Core PSR Core Refresher

245D Training Topics (per 245D.061 and 245D.09)	Core 9544.0090 Subp. 1 topics	Online Orientation Positive Supports Rule Core Lesson	Online Annual Training Refresher: PSR Core Lesson	Classroom Training
	G. staff responsibilities related to restricted and permitted actions and procedures under MS, section 245D.06, subd 6 and 7	Restricted Procedures I: EUMR and PSTP Restricted Procedures II: Required Information Permitted Actions and Procedures	Lesson 6 - Permitted Prohibited and Restricted Procedures	PSR Core PSR Core Refresher
	H. the situations in which staff must contact 911 services in response to an imminent risk of harm to the person or others	Restricted Procedures I: EUMR and PSTP Restricted Procedures II: Required Information	Lesson 4 - De-escalation Techniques and Understanding Behavior Lesson 6 - Permitted Prohibited and Restricted Procedures Lesson 7 - Responding to an EUMR and Staff Accountability and Self-Care After Emergencies	PSR Core PSR Core Refresher
	I. the procedures and forms staff must use to monitor and report use of restrictive interventions that are part of a positive support transition plan	Restricted Procedures I: EUMR and PSTP Restricted Procedures II: Required Information	Lesson 6 - Permitted Prohibited and Restricted Procedures Lesson 7 - Responding to an EUMR and Staff Accountability and Self-Care After Emergencies	PSR Core PSR Core Refresher
	J. the procedures and requirements for notifying members of the person's expanded support team after the use of a restrictive intervention with the person	Restricted Procedures II: Required Information	Lesson 6 - Permitted Prohibited and Restricted Procedures	PSR Core PSR Core Refresher

# Positive Supports Rule Competencies

245D Training Topics (per 245D.061 and 245D.09)	Core 9544.0090 Subp. 1 topics	Online Orientation Positive Supports Rule Core Lesson	Online Annual Training Refresher: PSR Core Lesson	Classroom Training
	K. understanding of the person as a unique individual and how to implement treatment plans and responsibilities assigned to the license holder	Positive Support Strategies: Supporting a Person as a Unique Individual Person-Centered Foundations	Lesson 1 - Person-Centered Supports and Philosophies Lesson 2 - Knowing the People you Support Lesson 3 - Positive Support Strategies Lesson 5 - Creating Culturally Competent and Trusting Relationships	PSR Core PSR Core Refresher
	L. cultural competence	Cultural Competence	Lesson 5 - Creating Culturally Competent and Trusting Relationships	PSR Core PSR Core Refresher
	M. personal staff accountability and staff self-care after emergencies	Personal Staff Accountability and Staff Self-Care After Emergencies	Lesson 7 - Responding to an EUMR and Staff Accountability and Self-Care After Emergencies	PSR Core PSR Core Refresher

245D Training Topics (per 245D.061 and 245D.09)	Function-Specific 4 hour 9544.0090 Subp. 2 (A) topics	Online Orientation Positive Supports Rule 4 hr Function- Specific Lesson	Online Annual Training Refresher: PSR Core and Function-Specific for	Classroom Training
	(1) functional behavior assessments	Lesson 1 - Applying Person-Centered Planning	Lesson 3 - De-escalation Techniques and Understanding Behavior Function-Specific Refresher Lesson 4 - Functional Behavior Assessments and Permitted Prohibited and Restricted Procedures	PSR 4 Hour Function-Specific (Connecting the Dots)
	(2) how to apply person-centered planning	Lesson 2 - Functional Behavior Assessment	Lesson 1 - Applying Person-Centered Supports and Philosophy	PSR 4 Hour Function-Specific (Connecting the Dots)
	(3) how to design and use data systems to measure effectiveness of care	Lesson 3 - Data Systems	Lesson 2 - Positive Support Strategies and Using Data to Improve Effectiveness of Care	PSR 4 Hour Function-Specific (Connecting the Dots)
	(4) supervision, including how to train, coach, and evaluate staff and encourage effective communication with the person and the person's support team	Lesson 4 - Supervision Coaching and Support: Maintaining a Person-Centered Organization	Lesson 5 - Coaching and Supervision	PSR 4 Hour Function-Specific (Connecting the Dots)
*Refresher: PSR Core and Function-Specific for Managers also covers the required topics in 8 hour core				

245D Training Topics (per 245D.061 and 245D.09)	Function-Specific 4 hour 9544.0090 Subp. 2 (A) Topics	Online Orientation Positive Supports Rule 2 hr Function- Specific Lesson	Online Annual Training Refresher Lesson	Classroom Training
	(1) how to include staff in organizational decisions	Lesson 1 - Leading a Person-Centered Organization: Embracing Change	N/A	PSR 2 Hour Function-Specific (People, Purpose, Passion)
	(2) Management of the organization based upon person-centered thinking and practices and how to address person-centered thinking and practices in the organization	Lesson 2 - Person-Centered Management and Decision Making Tools	N/A	PSR 2 Hour Function-Specific (People, Purpose, Passion)
	(3) evaluation of organizational training as it applies to the measurement of behavior change and improved outcomes for persons receiving services	Lesson 3 - Evaluation of Training	N/A	PSR 2 Hour Function-Specific (People, Purpose, Passion)

**Each company is responsible for ensuring their staff receive the required company specific training, including:**

- Simulated experiences of manual restraint procedures (if the company allows restraints)
- Safe and correct use of manual restraint on an emergency basis according to 245D.061
- The procedures and forms staff must use to monitor and report use of restrictive interventions that are a part of a positive support plan
- The procedures and requirements for notifying members of the person's expanded support team after the use of a restrictive intervention with the person
- Understanding the person as a unique individual and how to implement treatment plans and responsibilities assigned to the license holder