**A Pilot Study Evaluating the Effectiveness of Person-Centered Planning** 

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**Introduction**

In the fall 2017, Minnesota Vocational Rehabilitation Services (VRS) conducted a statewide training on person-centered planning facilitated by the Institute of Community Integration (ICI) at the University of Minnesota. Over the course of a year and a half, person-centered planning has been adopted as a daily practice in VRS counseling. This project was designed to evaluate the effectiveness of person-centered planning training emphasizing the three core values: person-driven, relationship building, and positive planning. Furthermore, this project examined whether the rehabilitation counselors used the skills or techniques that they had learned from the person-centered practice.

**Methods**

**Survey Design**

**Sample Group:**

* Statewide sample: 348 individuals who attended an intake meeting between October 1, 2018 to December 31, 2018
* 47% female and 51% youth ages ranging from 14-24
* Top four primary disabilities: Serious Mental Illness (32%), Learning Disability (22%), Autism (18%), and Intellectual Disability (13%)

**Participants:** 112 individuals in a response rate of 35%

**Survey Instrument:** Developed in collaboration with the intake workgroup

Likert scale (*strongly disagree, disagree, agree, strongly agree, and don’t know/unsure)*

* + I like talking with my VRS counselor.
  + I felt the VRS counselor treated me with respect.
  + I know more about the employment assistances VRS offers.
  + I feel I am in charge of planning my future.
  + I will come back to meet with my VRS counselor.

Open-ended

* + What did you like best about your intake discussion with the VRS counselor?
  + How can we improve the intake process?

**Procedures:**

* An online survey using Survey Gizmo & E-mail distribution (invitation and reminder)
* Data collection: Three-week period

**Results**

* Response rate: 35% (112 out of 323 individuals with a valid email address)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | I will come back to meet with my VRS Counselor | I feel I am in charge of planning my future | I know more about the employment assistance VRS Offers | I felt the VRS Counselor treated me with respect | I like talking with my VRS Counselor |
| Don’t Know/ Unsure | 4% | 8% | 11% | 8% | 4% |
| Disagree | 7% | 8% | 14% | 8% | 9% |
| Agree | 89% | 84% | 75% | 84% | 86% |

**Implications for Research and Practice**

* Need on-going training
* Develop a person-centered planning fidelity checklist
* Implement the survey bi-annually to collect data and monitor for quality improvement of person-centered practice
* Deeper dive into person-centered planning using quantitative and statistical analysis
* Enhance communication and collaboration with partners

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