



# MACPOST

Minnesota Association of County Probation Officers

Fall 2020

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## FROM THE PRESIDENT

*JIM SCHNEIDER, CASS COUNTY PROBATION*

Greetings from Cass County!

Our seasons are changing as I write this letter and what a beautiful time of the year. Take time to enjoy the fall season as we transition into winter. Social unrest, COVID-19 and elections continue to dominate the headlines.

Social unrest continues across our state, the county and world. Equalities are at the center point of our conversations. Probation departments recognize the need for equal justice under the law and the promotion of restorative practices when law violations occur. Sustaining relationships with our communities is at the forefront of all problem-solving strengths. We need to continue to be good listeners when injustices are perceived and occur.

The pandemic continues to dictate a lot of our actions. As each day passes, we get closer to a vaccine that will level the playing field for this virus. Stay patient during these next months and we will all stay healthier together.

Can you recall a more active political season? I sure cannot. The use of social media has heightened an electoral process that has never been seen before. The information reported on people running for office is at an all-time high. Please take the time to vote.

Stay safe everyone and enjoy the fall season.

# MCA's PRESIDENT MESSAGE

*Mary Oberstar, 2020 MCA President*

Greetings,

Although it seems slow during this pandemic, much continues behind the scenes with associations. Some notable things happening with MCA include:

- We were fortunate to have held Capitol Day back in February, before the pandemic shut most things down. Capitol Day is a day where legislators and corrections-related association members come together for information-sharing and networking on things important to our work.
- MCA has extended current memberships through the end of 2021.
- MCA offered a membership incentive to retirees who did not partake in the lifetime membership at time of retirement. There's a wealth of knowledge & experience we want to continue tapping into along with the new visions and ideas of those just coming into the corrections/criminal justice realm.
- Virtual training sessions on financial wellness were offered & additional training options on this topic and others are being explored.
- MCA selected and honored the 2020 award recipients – winners will be announced at the annual business meeting in late October.
- Our president-elect (who will serve as MCA president in 2022) was elected and we're excited to announce the winner at the annual business meeting.
- Our MCA Liaison continues to meet regularly with associations we collaborate with. Exciting things have developed through these connections! One of the associations is forming a corrections-specific committee & most continue to include corrections-based training in their conferences. We're also excited to bring the knowledge & expertise of their members to our association. The partnerships are wins for all involved!
- We continue to collaborate with your amazing association - offering joint opportunities and memberships. We're fortunate to have this connection with the myriad of knowledgeable and skilled members of MACPO!
- The DOC safety manager and I put a plan and information together on creation of an MCA safety committee to submit to membership for vote. Creation of the committee passed, and I am working with the safety manager, who has accepted the chairperson position with the safety committee, to put the bylaws and operating guidelines together.

Although some things are happening differently and some are on hold during this odd year of 2020, what remains the same is the hard work of members from a wide range of associations & the ongoing good work of corrections workers in Minnesota!

Best regards,

*Mary Oberstar*  
2020 MCA President

# LEGISLATIVE COMMITTEE

*Margaret Munson, Wright County Court Services*

MACPO Legislative Committee is asking you all to “GET OUT AND VOTE” next week, Tuesday, November 3<sup>rd</sup>... your voice matters. With that said, the committee has not met but our lobbyist Nancy Haas has done a great job watching the special sessions. As you all are probably aware, not much was accomplished during the special sessions. First, and foremost, no additional funding was given to DOC or field services. The DOC is projecting a budget shortfall.

As a committee, we look to see what the election brings as that will determine committees, agendas, and the future of corrections. Once the election results have been sorted out, our committee will meet and start to strategize the “what’s next.”

Below is Nancy Haas’s summary of the special session.

The Minnesota State Legislature’s 5th Special Session of 2020 began Monday, October 12th at 12:00pm. The Governor called the legislature back into session in order to extend his emergency powers. In the Senate, members passed a resolution terminating the peacetime emergency and nullifying the Governor’s emergency powers. The House failed to pass that same resolution, so the Governor’s powers remain in effect for another 30 days. Unlike past special sessions that lasted one day, this 5th session lasted from Monday until Thursday. The House needed a 2/3 majority to suspend the rules to act on a bonding bill, but did not have enough GOP votes to do so. For that reason, they had to follow protocols and come back into session each day for a proper first, second, and third reading of the bill. The House passed the bonding bill with a final vote of 100-34 on the third day and adjourned *sine die*, causing the Senate to be put under pressure to concur because the bill could no longer be modified. The Senate passed the bill with an overwhelming majority of 64-3. The bonding bill is set to become one of the largest in state history, and also contains tax and budget provisions.

## **2020 Bonding Bill**

The Legislature failed to pass a bonding bill during the 2020 regular session and four subsequent special sessions. Passage in the fifth special session is largely attributable to the persistence of stakeholders who kept pressure on lawmakers to get the bill passed. The \$1.36B bonding bill [H. F. No. 1](#) passed with an overwhelming majority in both bodies. With the pressure of an election and economic recession due to a worldwide pandemic, legislators came together in strong numbers, adding key tax provisions and portions of a supplemental bill. The supplemental budget provisions will protect two prisons from closing in Togo and Willow River, and provide pay raises for home health care attendants. The tax breaks for farmers will expedite income tax deductions, essentially distilling down a Section 179 conformity bill. Although the Governor is expected to sign this Omnibus bill, the Governor does have the authority to line-item veto.

- \$1.36 billion in general obligation bonds to finance construction projects
- \$700 million towards transportation projects; \$325 million is designated for local road and bridges, \$300 million in trunk highway bonds — to be repaid from gas taxes, license tab fees and motor vehicle sales taxes — for rail crossing safety improvements, state highway construction and related projects; \$55 million to Metropolitan Council for expansion of bus rapid transit lines.

- \$269 million for sewer and water projects, split among nearly 40 cities and water systems.
- \$160 million to Department of Employment and Economic Development for distribution to more than 70 cities and counties for projects such as public building infrastructure, business parks, civic and arts centers and parks.
- \$104 million to the Department of Natural Resources for flood-control projects, dams, parks, trails and other lands and buildings
- \$100 million in housing infrastructure bonds to finance construction of affordable housing, and
- \$76 million to the Minnesota State college system
- \$75 million to the University of Minnesota with most of that money targeted at preserving or replacing aging buildings

## **2020 Tax Bill**

The Tax provisions incorporated into the omnibus bill include full section 179 expensing effective for tax year 2020, and retroactive conformity is provided for like-kind exchanges back to tax year 2018. A small handful of minor “no-cost” provisions are also included – perhaps the most significant being the creation of a property tax classification for short term rental property. Notably, the negotiated partnership audit language is no longer in the bill. The tax portion has a general fund impact of \$90 million for the current biennium and \$117.9 million for the upcoming biennium.

## **2020 Supplemental Budget**

Supplemental budget provisions were included in the omnibus bill as an amendment to HF1. The amendment provides pay raises for home health care attendants and the State Patrol, plus \$7.5 million to keep open the state’s two smallest prisons, Togo and Willow River in northeastern Minnesota (which had been scheduled to close to erase a shortfall in the Corrections Department budget). The supplemental budget is now \$31.4 million of mostly one-time spending in the health and human services and public safety areas. The total general fund impact is \$173.8 million in the current biennium and \$215.9 million in the next biennium. The current biennium impact is alleviated by three spending offsets:

- State bond refinancing this August has yielded an estimated \$41.67 million in current biennium debt service savings.
- The federal government has again extended (now through December) the temporary 6.2 percentage point increase in the federal match for the state’s Medical Assistance program saving the state \$25 million.
- A \$100 million transfer to the General Fund from the State’s Premium Security Plan account which provides reinsurance payments to health insurers to cover the cost of high claims in the individual market.

Additional savings may materialize if local governments are unable to commit all of their federal CARES appropriations for COVID-related spending in the next 4-6 weeks, and these funds would then revert back to the state.

Other bills that passed both bodies this special session and are headed to the Governor for signature:

### **S.F. No. 5 – Eichorn – Passed**

Authorizes the Polk County Law Library to transfer money in fiscal reserve to Polk County for technological improvements to the county courthouse and permits an addition of unorganized territory in Itasca County to Harris Township, notwithstanding the petition requirement

### **H.F. No 15 – Frieberg – Passed**

Video conferencing permitted to fulfill the requirement to personally appear before a notarial officer for conveyance; allows real estate transactions to safely proceed during the pandemic, as currently, individuals must meet with a notary in person for their documents to be notarized.



### **S.F. No. 27 - Goggin – Passed**

Modifying the farm loan origination fee grant program; edits legislation that was passed this summer regarding lender mediation by allowing the Commissioner to assist farmers with the mediation process.

One bill that did not pass would have expanded veterans courts throughout greater Minnesota died in the Legislature this week, upsetting veterans organizations that believe this legislation has become a

“political pawn” in the run-up to the election. The Veterans Restorative Justice Act, which had bipartisan support and unanimously passed the Minnesota Senate, did not come to the floor in the Minnesota House; House Democrats refused to pass the bill after House Republicans added amendments to the Senate bill.

### **S.F. No. 2 – Chamberlain – Did Not Pass**

Provides guidance to courts on sentencing veterans for criminal offenses related to a service-related disorder; this bill passed in the Senate in both August and September.

### **Looking Ahead**

A possible lame duck Special Sessions in November and December may occur if Governor Walz keeps the Emergency Powers in place but it is anticipated that the 2020 Omnibus Bonding, Tax and Supplemental Budget bill will be the last major legislation passed before January 2021 Session. The 2021 legislative session will focus on the state biennial budget. Minnesota's budget and economic outlook has significantly worsened since the coronavirus pandemic. A deficit of \$2.426 billion is now projected for the current biennium, which is almost a \$4 billion change compared to the February forecast. A new State Economic Forecast will be issued for November.



# COMMUNICATIONS COMMITTEE

*Devin Petersen, Pine County Probation*

I have had the honor of being the Communication Chair since July of this year.

2020 has been a busy time for MACPO, as we have delved into the “new norm” of virtual training. We hope these trainings have served our membership well.

If anyone has a MACPO-related question, then please reach out via [MACPO@MACPO.net](mailto:MACPO@MACPO.net)

Stay safe everyone!

## MEMBERSHIP COMMITTEE

*Danni Bristol, Jackson County Court Services*

We are still accepting scholarship applications through November 15<sup>th</sup>; all criteria for applicants can be found on the MACPO Website. The point of contact for this is Emily Ostlund and she can be reached at [emily.ostlund@co.goodhue.mn.us](mailto:emily.ostlund@co.goodhue.mn.us).

Our committee has been helping the Training and Education Committee to try and get more presenters to hopefully continue and grow our online training opportunities until we can hold trainings in person. We still have many clothing items from prior years available for purchase on our website.

If you are interested in joining our committee, I would encourage you to reach out to me. We are currently meeting virtually so it would be easy for you to decide if our committee is a good fit for you. I hope you all have a safe Fall!



# TRAINING AND EDUCATION COMMITTEE

*Michelle Nistler, Cass County Probation*

*Jill Ferretti, Brown County Probation*

Hope everyone is having a wonderful Fall. Our committee is working hard to bring you as much quality virtual training we can. Our Domestic Violence training filled to capacity faster than we ever thought it would. With that said, we will plan to offer that again in 2021. Keep a look out for an email saying when registration opens. Our virtual support staff conference was wonderful! Congratulations to our spotlight winner, Dyanne Schuno with Isanti County.

Watch your emails for upcoming virtual trainings. We are hopeful we will be able to attend the Spring Conference in person at Maddens in Brainerd on May 19-21, 2021. Stay tuned.



## CPO DIRECTOR'S COMMITTEE

*Terry Fawcett, Director of Pine County Probation*

Congratulations to the MACPO Spotlight Award winner, Dyanne Schuno from Isanti County!!

There are currently no other updates at the time of posting this newsletter.

Happy Fall everyone!

## MACPO Scholarship

MACPO is offering a \$750 scholarship to be used toward a Corrections related degree and/or internship. Application submission is now OPEN!!!

To view the MACPO Scholarship requirements and to complete the application, please visit [www.macpo.net](http://www.macpo.net) and select the "Education" tab.

Please share this information with any students you may know that would be interested in submitting an application. The application deadline is **November 15, 2020**.



# MACPO's Annual Support Staff Conference:

## Cup of MACPO

*Michelle Pramann, Wright County Court Services*

For the first time ever, after 19 years, the annual support staff conference was held virtually.

Although the participants attended the conference from the comfort of their own home, they still got to experience the traditional door prize drawings and Les Schultz's jokes.

The Training and Education Committee did a fantastic job with the speaker line up. Participants filled their cups with encouragement, inspiration, motivation, and determination.

"I thought it was one of the best ones yet. Love the speakers."

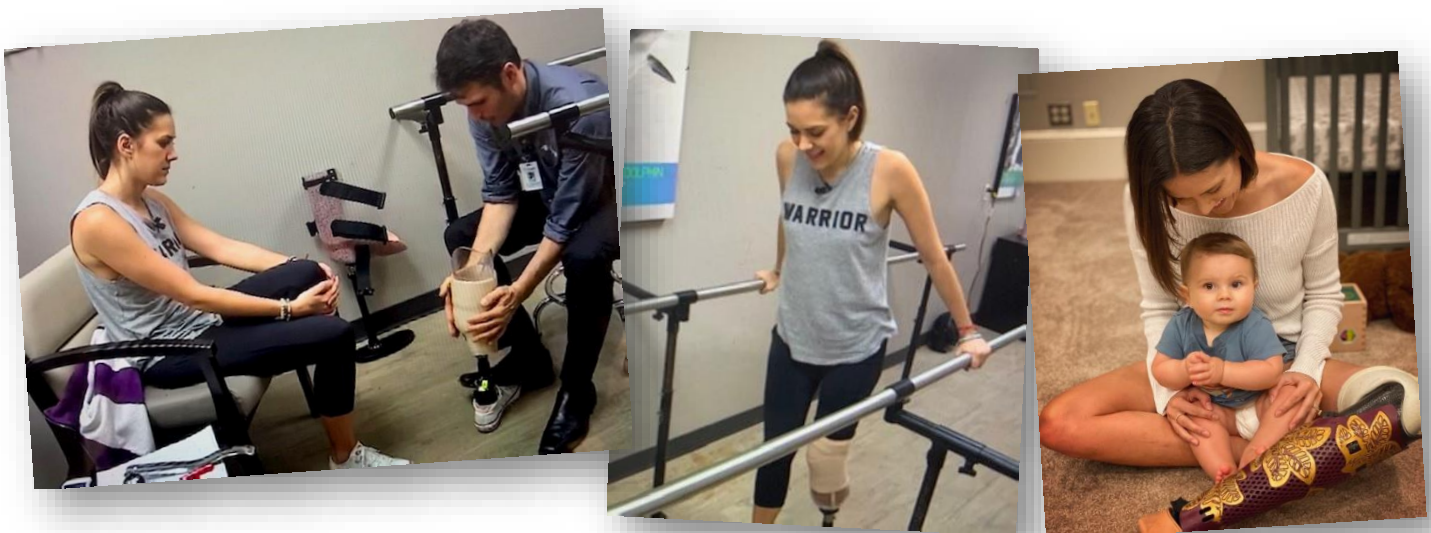
"It turned out fantastic. The speakers were great."



### ***How Your Attitude Determines Your Outcome***

Presented by Courtney Godfrey, Fox 9 News Reporter

Whether it's at work, life or love, a shift in perspective can change everything--making happiness and success achievable. Courtney Godfrey spoke on how she was a healthy, happy 30-year-old newlywed when a freak boating accident sent her life into a tailspin. Although memories from that day are still traumatic and everyday tasks can be a struggle, Courtney chooses to look at her situation with gratitude and grace. She took our audience on a journey that will had them both laughing and crying, all while challenging them to do better and be more. For Courtney, she doesn't choose to just be "happy," she chooses to have "happiness" in her life. She spreads that happiness each day, whether it's at work, at home, or with another prosthetic patient she supports and now calls a friend.





## ***Power! Attitude! Life!***

Presented by Holly Hoffman, “Survivor - Nicaragua” Contestant

She motivated the participants to reclaim control of their lives and live each day with self-confidence, determination, and a desire to succeed.

She began her personal journey to influence positive change in people in 2010 and has affected the lives of thousands through her role as a motivational speaker. Holly spoke about many obstacles and challenges while on *Survivor* Nicaragua she had to overcome and how it made her to the person she is today.

Holly's refreshing outlook on life was sparked by one specific challenge she faced as a contestant on *Survivor Nicaragua* - a challenge which made her realize the importance of owning her inner power and strength. This life-changing event led Holly to embrace the principles of self-confidence, determination, perseverance, and positivity as her life's mantra. Challenge and adversity keep our lives interesting, but it is the act of overcoming challenge that makes life meaningful.

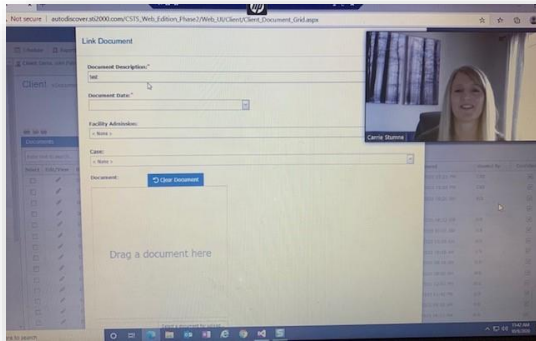


*“Never let fear decide your fate.”*

## ***CSTS Questions***

Presented by Carrie Stumne and Dave Boese from STI

Carrie and Dave gave us a quick review of the CSTS Mobile coming soon and answered CSTS related questions submitted by participants. As always, they are so knowledgeable and able to provide answers.



## ***From Corrections Fatigue to a Critical Incident: How to be an Effective Empathetic Employee While Surviving this Career***

Presented by Neal Huemoeller, Employment Specialist with Wright County Court Services

Neal presented on how corrections Fatigue and vicarious trauma will continue to build as the years go by working in this profession. Burnout can often be a result of this. This however does not need to be the final chapter of your career. We heard the story behind coming back from the lows of the job and how to stay ahead in this career. This presentation encompassed emotion, humor, and real conversation about what it takes to survive this job. There was a live interactive component built into this presentation to give each audience member a chance to be involved. Self-Care strategies and how to address wellness were also presented.

Neal kept his audience engaged by having them participate in groups and surveys. One of the many pieces of information Neal shared is that after reading or looking at graphic images or information, playing Tetris can help calm that part of your brain down.



*"The expectation that we can immersed in suffering and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet."*

*-Naomi Rachel Reme*

# *Spotlight Award Winner: Dyanne Schuno, Isanti County*

Isanti County Probation Director, Timothy MacMillan, joined the conference in the afternoon and had the pleasure to present this award to someone very deserving. Here's a little bit of what he had to say about the 2020 MACPO Spotlight Award winner, Dyanne Schuno:

“It gives our office great joy to see Dyanne get recognized for her positivity, her grace, overall genuineness to anyone, great customer service skills, and her ability to work on projects that go outside her normal day-to-day activities. Dyanne’s ability to relate with “all” people that she talks with using her MI skills a natural ability to make people feel comfortable before they ever meet with an agent is a gift many of us admire! Being the front person and our first point of contact is one of the most important parts of Dyanne’s position and she sets the tone



of how clients believe they will be treated in our office, and she makes our jobs easier because of placing people at ease as that first point of contact when a client comes to the office. Dyanne also continues and has taken on many challenges outside her normal duties and has shown us all how important her perspective and insight are, as a member of the Isanti EBP Committee, at all staff meetings, and around our office on normal day-to-day processes. She is valued, and her ideas are valued.

So a great big thanks to Dyanne. We are all proud of you, and this award is well deserved for all that you contribute to our office and the people you have contact with.”

\*Watch for a picture of Dyanne with her award on MACPO’s website.

## ***Congratulations Dyanne!!***



# AGENT WELLNESS – MENTAL WELL-BEING

MN Department of Health – article found by Peer support Group Member: Neal Huemoeller

*We all need and want mental well-being. It is about your quality of life. Mental well-being is having the opportunity to realize your abilities, deal with day-to-day stress, have meaningful relationships and contribute to your family and community. Each small step can improve how we feel and function.*

## EVERYDAY TOOLS AND TIPS:

- **Build relationships:** Join a group. Help your child get a mentor. Meet with a friend. Visit a neighbor. Forgive.
- **Do good:** Share a kind word. Lend a hand. Volunteer.
- **Practice gratitude:** Write three good things about each day. Say or send a thank you.
- **Practice calm:** Mindfulness. Yoga. Meditation. Guided imagery. Pet your dog.
- **Spiritual and cultural activities:** Find the good. Find your source of hope and meaning.
- **Play and create:** Make time for play. Art. Music. Sports. Have fun!
- **Keep learning:** Take a class. Read a book. Develop a hobby.
- **Create traditions:** Family meals. Seasonal and holiday activities.
- **Sleep:** Create healthy sleep routines.
- **Exercise and nutrition:** Move every day. Eat nourishing food.
- **Mobilize:** Join others to shape work and community decisions.
- **Journal:** Try writing about your day to help make meaning of events.
- **Enjoy nature:** Go for a walk. Garden. Have plants inside. Find a great view.
- **Identify and use strengths:** Use on line tools like *Values in Action*, *StrengthsFinder* or *Reflected Best Self*.



For more information [www.health.state.mn.us/communities/mentalhealth/](http://www.health.state.mn.us/communities/mentalhealth/)



# WRIGHT COUNTY COURT SERVICES EMPLOYEE

## WINS AWARD FROM NATIONAL GUARD

*Wright County News, September 2, 2020*

Whenever an employer hires a member of the Minnesota Army National Guard, they are aware that the potential exists that the call to duty can come at any time and the employer needs to adjust on the fly. In the four years Danny Heikkinen has been employed as a probation agent in Wright County Court Services, the possibility of him being called away by the Guard has been ever-present.

In 2017, a year after he started working for Wright County, Heikkinen was deployed for a year at the Guantanamo Bay Detention Center in Cuba. He has twice been called into service this summer following the death of George Floyd and the unrest that followed.

It has required Court Services Program Division Supervisor Margaret Munson, who supervises a unit that includes Heikkinen, to be ready in the event he gets the call from the National Guard that puts his personal and professional life on hold and be called back into service.

In August, Heikkinen nominated Munson for the Patriot Award, awarded by the ESGR (Employer Support of the Guard and Reserve). The award honors employers who go above and beyond for employees still actively serving in the Armed Forces – something he believes Munson exemplifies.

Last week, Munson was informed by the ESGR that she had won the award. Wright County Court Services Director Mike MacMillan said he is proud of the work relationship Heikkinen has built with Munson and their collaboration for when the National Guard needs to be deployed.

“I couldn’t have been happier when I heard the news,” MacMillan said. “Danny is a great employee for us and we respect his ongoing service to our country, state and county. Margaret has been very supportive of Danny and his service and, when he has been called into duty, she has always found a way to keep her staff running shorthanded and getting all the work done that needs to get done at a high level.”

Heikkinen, who grew up in Rockford, has been in the Minnesota Army National Guard since he was 17 and will celebrate his 14<sup>th</sup> anniversary in November. His father spent 25 years in the Guard, retiring as a sergeant major. Danny continued the family tradition, becoming the fourth straight generation of his family to be a war veteran – having served in Afghanistan in 2012-13.

Heikkinen said that being an active veteran of the Armed Services comes with its share of challenges in the workplace. He has a heavy workload as a probation agent and said the men and women of the National Guard come from all walks of life and must be able to deploy on extremely short notice – for themselves, their families and their employers.

He said many of his fellow members of the Guard and Reserve are concerned about leaving their jobs behind and the potential it could leave their co-workers in the lurch – having to fill the void left by his absence.

“I think you always worry about that being a potential issue – absolutely,” Heikkinen said. “But, I think as long as you can have clear communication with your supervisor and co-workers from the outset, you can make it work.”

Heikkinen has been deployed twice to the Twin Cities since Floyd’s death – once in the immediate aftermath of the tragedy and again the last week of August. While Munson was able to prepare for his 2017 deployment to Guantanamo, his recent calls to service left little to no preparation time. But, her division is used to working odd hours and, at times, long hours, so that has been able to help her office react and respond in its own way.

“We have an awesome team,” Munson said. “I have supervisors – 10 of us in my group – we all know when Danny gets his notice and off we go from there. It just all falls into place. Most of what we do here is non-traditional anyway. We’re 24/7, especially in the pre-trial group. There’s always staff on call. Danny does a really good job communicating. Last week, he got the call and he was out the door in 20 minutes.”

Heikkinen serves in the 257<sup>th</sup> Military Police Company, a National Guard reaction force known for being called to action on short notice. His first deployment kept him away from his Court Services job for more than two weeks as the National Guard was brought in to protect buildings and landmarks and to secure streets and neighborhoods.

He had a feeling when protests quickly morphed into looting and the burning of buildings that he likely was going to get the call. But, in his service in the Guard, he has learned that is more an expectation than a guess.

“The first activation in Minneapolis for the civil unrest was 14 days,” Heikkinen said. “We were in both Minneapolis and St. Paul doing different missions. We had a three-day drill at the end of it, so we were actually down there 17 days. That was something you couldn’t plan for. You always have to be ready and keep your bags prepped.”

His first deployment to the Twin Cities coincided with his young family moving into a new house – he has a wife and two children under the age of 2. With him gone, several of his co-workers in Court Services assisted his wife, friends and neighbors in packing boxes and cleaning the home they were leaving as a way of showing their appreciation for his service.

“It was incredible,” Heikkinen said. “When you get deployed, you leave everything behind – including your family. I have some really great people in my life, including my co-workers here. They make sure to keep an eye out for my family and they pitched in to help us move into our new house. There are a lot of people that wouldn’t do that, but they did.”

Heikkinen works with individuals in the pre-trial portion of the legal system – those who have been recently arrested that are typically in crisis, have a lot of needs and often have feelings of despair about where their lives will go. Munson praised Heikkinen’s skill at dealing with people who have some form of mental illness, especially those who are veterans – who he can speak to with a level of understanding that most civilians can’t.

Munson said she was happily surprised to win the Patriot Award, but acknowledged that when she found out Heikkinen had given her a glowing nomination, that aspect of it came as no surprise.

They're co-workers, but, in many ways, the collaboration within her department to help each other out for the greater good of the group has brought them closer than many co-workers in other lines of business.

"We're a good team," Munson said. "In a lot of ways, we're like a family. We look out for each other and we don't see each other as just co-workers. When you spend as much time as we do together in our office, it does become like an extended family and we help each other when it's needed. That's just the culture that has been created in our office."

## *With Respect, Honor, and Gratitude...*

As we are nearing November 11<sup>th</sup>, MACPO would like to take a moment to extend our appreciation and gratitude to all our fellow veterans and active military. Your courage and commitment to put it all on the line to protect the United States, your families, your communities, and all our freedoms isn't appreciated enough. Thank you so much for your service to our country! We thank you, for everything!



# BRIAN KOPPERUD, COMPASSIONATE CORRECTIONS OFFICIAL, DIES AT 61

*By Anthony Lonetree, Star Tribune, September 16, 2020 - <https://www.startribune.com/brian-kopperud-compassionate-corrections-official-dies-at-61/572436532/>*

For decades, he was an official who talked about and practiced the principles of racial equity.

Some couldn't care less about those who run afoul of the law, even after they have served time for their crimes, but Brian Kopperud believed in redemption.

For decades, he was a county corrections official who talked about and practiced the principles of racial equity. At his Rosemount home, Kopperud was the exuberant host, so welcoming, in fact, that son Ryan said of his father and mother, Jill: "The doors were open. Their arms were open. The bar was open."

Kopperud died unexpectedly Aug. 19 of natural causes. He was 61.

Word of his passing spread quickly among employees in Dakota County, where he was beginning his fifth year as director of community corrections, and in Hennepin County, where he had spent the bulk of his career and was remembered in a departmentwide e-mail as a dynamic and passionate leader, the right man for good times and bad.

"Brian offered so much in life," wrote Carrie Scardigli, a manager and longtime friend in the Hennepin County Department of Community Corrections and Rehabilitation. "Whether it be what's new in evidence-based practices, to what new recipe or home improvement he was working on. However, nothing held a torch to his family."

Among the e-mail's recipients was Kopperud's daughter Erin, who followed in her father's footsteps as a Hennepin County probation officer, inspired by the humanity and the dignity he brought to his work.

"He was a true believer that everyone can change for the better," Erin Kopperud said this week.

Brian and Jill Kopperud grew up in Minneapolis and attended Washburn High School. Though not high school sweethearts, they became inseparable soon afterward. They were married for 37 years and remained best friends throughout the relationship — even as people joked about couples going crazy while cooped up in a pandemic.

"We were the lucky ones," Jill Kopperud said.

Brian started with Hennepin County in 1987 as a chemical dependency counselor and later served as a probation officer and then in various supervisory roles before moving on to Dakota County in August 2016. Because the county was smaller, he figured there'd be less red tape to create change, and he was reinvigorated by the work, his wife said.

Two years ago, the Star Tribune reported on how Kopperud worked to provide transportation to county jail inmates who when released in Hastings often find themselves without rides and walking along Hwy. 55 to St. Paul.



“I don’t think we can go, ‘You got yourself into this pickle, now get yourself out,’ ” Kopperud said then. “Sometimes people don’t have the resources, nor do they have the skill set.”

All the while, he managed to separate his work from his life at home. There, friends could walk in without ringing the doorbell. Those who brought wine often ended up taking it home. His gift was hospitality.

Asked if he had a signature dish, daughter Erin laughed and said that the signature was the sheer quantity of food being served.

Said son Ryan, “There was just this energy and over-the-top passion that came out in everything in his life.” Left unfulfilled was his father’s dream of opening a bed-and-breakfast. But the family has found comfort, his wife said, in the community he built.

In addition to his family, Kopperud is survived by brothers Steve of Washington, D.C., and Dean of Hopkins. A celebration of life is being planned for next summer. The family also is in the beginning stages of creating a foundation to continue Kopperud’s “lifelong mission of unstoppable good.”



# 9 MYTHS ABOUT PROBATION OFFICERS

By Jennifer Gastelum, *Police 1*, July 9, 2020 - <https://www.police1.com/police-jobs-and-careers/articles/9-myths-about-probation-officers-tGJZ17Ilb80xzsJe/>

Probation officers are often hidden in the community and they can be a bit of a mystery – you know they are out there, but nobody has an idea of what they do.

Probation officers carry out court mandates related to individuals placed on probation. Court orders are called Conditions of Probation and the probation officer must ensure defendants comply with their conditions.

Probation officers are the “eyes and ears” for the court. They monitor and attempt to modify conduct by encouraging positive behavior, decreasing negative behavior through sanctions, and reporting their findings to the court. Probation officers answer directly to the judge regarding their behavior and decisions along with those of their defendants.

Probation officers are said to wear many hats. Their primary goal is to promote change in defendants to help them become productive members of society. Officers evaluate their need for services, make appropriate referrals, monitor progress and provide sanctions when appropriate. They are social workers, counselors, referees, educators and law enforcers, all in the same position.

One of their most important duties is promoting public safety. If a defendant continually fails to be compliant or poses a risk to themselves or others, they can be arrested and taken before the court for the judge to decide their fate. On any given day, a probation officer may start in business attire in a court proceeding, hold office visits with defendants and end up in the field with a vest and a gun.

I have been a probation officer since 1996 and have worked in the Midwest and the Southwest. I recently transferred to Intensive Probation Services, but the bulk of my career has been in standard supervision. There are many misconceptions I have run into over the years related to the job duties of a probation officer. Here are nine myths about probation officers debunked.

## ***MYTH 1: PROBATION OFFICERS PRIMARILY WORK IN AN OFFICE.***

**Reality:** Many departments have split divisions where some officers work in field supervision while the others prepare presentence reports, which are used by the court as they provide background information for sentencing. Presentence writers work primarily in the office. Field officers work in the office preparing paperwork and seeing defendants and also in the field performing home, employment and treatment visits. In some departments, officers perform both duties.

## ***MYTH 2: EVERYONE ON PROBATION HAS BEEN TO JAIL OR PRISON.***

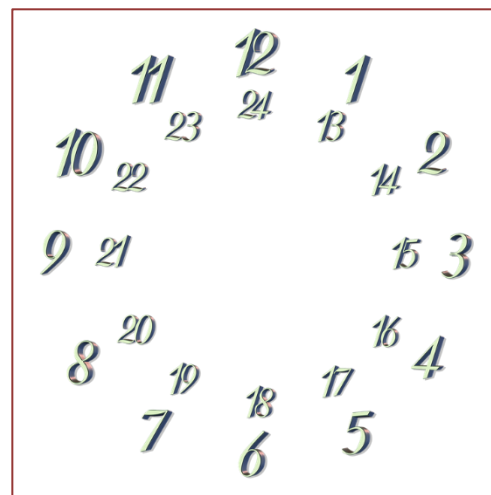
**Reality:** There are times when defendants have not spent a day in jail or prison. Where I work, police officers can long-form charges and the defendant will be summoned to court. In these cases, defendants can proceed through the entire sentencing process without serving any time in custody. Prison sentences are typically ordered when probation has been revoked.

### ***MYTH 3: PROBATION AND PAROLE ARE THE SAME.***

**Reality:** Parole officers supervise defendants released from prison; probation is typically before a prison sentence. Probation sentences are typically 18 months to 3 years, where parole is a percentage of their original sentence so it can range from a few months to years. Some agencies combine both probation and parole supervision with probation cases being reported to the courts and parole being reported to the parole board. Where I work, probation officers are employed by the county while the parole officers work for the state and they are separate entities.

### ***MYTH 4: PROBATION MEANS STRICT SUPERVISION 24 HOURS A DAY.***

**Reality:** Many probation departments have a range of supervision available depending upon the risk level of the defendant. Where I work, Intensive Probation Services is comprised of a two-person team that provides 24-hour monitoring for approximately 25 high-risk defendants. These defendants are on a schedule and must have permission from their team for any deviation. Standard probation is typically one officer to 70 defendants. At this level, defendants typically report to the office one time per month and have random home visits. There are also minimum caseloads, which have several hundred defendants to one officer, and unsupervised probation. The bulk of supervision is at the standard level.



### ***MYTH 5: A DEFENDANT CAN BE ARRESTED THE FIRST TIME THEY COMMIT A VIOLATION, SUCH AS USING ILLEGAL DRUGS.***

**Reality:** We work with defendants to create changes in negative behaviors and will rarely arrest for a single violation. If the negative behavior does not improve or they pose a significant risk to themselves or the community, then an arrest may be warranted. Our primary job is to try to facilitate a positive change in behavior. If a defendant is arrested for the first violation they commit, the court will surely return them to our caseload and direct us to work with them further.

### ***MYTH 6: PROBATION OFFICERS WANT TO BE POLICE OFFICERS.***

**Reality:** While there are some want-to-be police officers, I can say that the great majority do not. I can speak for myself and say yes, I share law enforcement memes but only because they apply, and they do not make probation officer memes! I, in no way, want to be a police officer. I love the flexibility my job provides, and I still feel that I contribute to protecting the community.

### ***MYTH 7: PROBATION OFFICERS ARE LAZY, WHICH IS WHY THEY CALL THE POLICE WHEN THEY FIND ILLEGAL ITEMS.***

**Reality:** The court places more weight on a new law violation than a probation violation. If we seize illegal items, it will only be a probation violation. Probation officers cannot arrest for new charges, only violations of probation.

***MYTH 8: PROBATION OFFICERS ARE NOT PEACE OFFICERS.***

**Reality:** In some departments that may be true, but in the state where I work, we are “limited” peace officers. Our peace officer status is limited to when we are on duty and our powers only pertain to individuals on supervision, not the public. Our limited peace officer status is what allows us to affect our own arrest.

***MYTH 9: PROBATION OFFICERS DO NOT NEED A BADGE, VEST AND GUN.***

**Reality:** In my career, I have been assaulted, sustained three concussions at work, been threatened with a knife. A few of our officers were involved in a fatal shooting last year attempting to take an absconder into custody. As I write this, two probation officers were fired upon in Atlanta while performing a home visit. Most of our fieldwork is conducted solo, therefore we are alone with our defendants and their collaterals on their turf. Also, where I work, we perform searches, clear residences, and affect and transport arrests.

The bottom line is that every probation department is distinct and carries out their duties differently. Most of what we do is not widely seen by the public and probation remains a bit of a mystery. The one constant with being a probation officer is nothing is ever the same and the only expected is the unexpected.





# STAY AT HOME ORDERS, RESTRICTIONS HAVE LED TO A SPIKE IN ADDICTION EXPERT SAYS

*By Kevin Doran, KSTP 5 News – September 10, 2020*

New numbers about COVID-19 illnesses, hospitalizations and deaths are released every day. But the pandemic has created another health care crisis.

Stay at home orders, social distancing and restrictions on gatherings that are meant to keep people safe from the coronavirus have led to a spike in addiction.

The things Minnesotans in recovery rely on to stay sober were taken away from them overnight.

Hayden Wolf grew up in a happy family and life was good until he started using alcohol and drugs as a teenager. He overdosed on heroin four times and nearly died. He'd get sober, then relapse. The vicious cycle went on for years.

Last fall Hayden made a desperate call for help from his car.

"I had been living in the parking lot of a Target in Woodbury for going on four or so days," he said. "And I had less than a quarter tank of gas and about \$5 in my pocket."

Hayden reached out to Drew Horowitz and Associates in St. Paul and got the services he needed to get sober. But life for an addict is day to day and moment to moment.

Then the pandemic happened.

"And I noticed immediately a lot of my resources in the community were cut off," Wolf said.

The coronavirus put people in recovery in a bind because there was uncertainty about finding therapy sessions and support groups.

"Overnight it was changed to stay six feet away, stay sterilized, keep your mask on," Wolf said. "And I just didn't have the support."

Wolf says he then had a relapse in May.

"I had hit a point where I had been cut-off from my social support. I had lost a couple friends recently to addiction and I felt kind of hopeless," he said.

Business is booming for Drew Horowitz, but that's a symptom of a serious problem. Since the pandemic began, he's had so many calls from people fighting addiction he's had to lease a larger building down the street so group meetings can be held safely and socially distanced.

"We've been busy," said Horowitz. "I've hired more staff. The need for people to access care and have support is pretty extensive."

Drew Horowitz and Associates has seen an 83% increase in business from quarter one 2020 to quarter two. What's behind it?

"The fundamental belief behind recovery is connectedness with others," Horowitz said. "Touch, hug, care, love. Those are the concepts that we as recovery people have ingrained in us to sustain sobriety and hope and get through each day. That's been stripped away."

He adds working from home isn't a good thing for somebody who is battling addiction.

"Working from home is a very dangerous thing for an individual with an addiction. It isolates them more. It takes away the connectedness to people they may see at work," he said.

Horowitz reduced the number of people in meetings to keep everyone properly socially distanced and started using Zoom so people could participate remotely, but that does not replace the face to face.

"Zoom meetings are better than nothing. They don't fulfill the same need a face to face meeting would cover. The connectedness, the emotion, the sense that they can feel another person, experiencing emotion with them. The empathy that's gauged. That is non-existent from telehealth," he said.

According to Horowitz, COVID-19 has made recovery complicated. It's harder to do face to face chemical health assessments and group meetings. Treatment centers are reluctant to accept people as quickly as they used to because symptoms of withdrawal are similar to COVID-19. And hospitals aren't admitting as often for substance-related issues to save room for coronavirus patients.

As a result, more people are relapsing and there are more opioid deaths.

"We have personally seen an increase in opioid-related interventions and relapses," Horowitz said. "I would venture to say we're going to see, when all the numbers are in and we look back on 2020, my estimate would be we're going to see a massive increase in opioid overdoses."

Unfortunately, there are no easy answers.

"Well the solution is to fight, to not give up," Horowitz said. "To reach down deep into your core and remind yourself why you got sober and why you're sober and not to forget what you're fighting for. A life of happiness and serenity, hopefully filled with joy and family. And to use that drive daily to get you to the next step during this hard time, because this will go away at some point."

Hayden Wolf has come to understand sobriety is a lot of work. And during the pandemic, it's more work than ever.

If you are concerned about your or a loved one's use of drugs or alcohol, Drew Horowitz urges you to reach out for help to him, a family member, a friend or an agency in the community.

# WASECA COMMUNITY LINES UP TO WELCOME OFFICER ARIK MATTSON HOME

*By Rob Olson, Fox 9 News – October 20, 2020*

With temperatures hovering right at freezing, downtown Waseca felt nothing but warmth as officer Arik Matson returned home following months of recovery.

Back in January, Officer Matson was shot in the head while responding to a call. The suspect, 38-year-old Tyler Janovsky, pled guilty to two counts of attempted first degree murder and will be sentenced next month.

“I think it’s wonderful. I didn’t think it’d be this many people here,” said resident Denise Proehl.

“We all knew there was a greater good out there that was going to bring him home,” resident Jaala Miller added.

Right at noon along a Main Street, community members lined up to show their love and thanks for the officer and his family.

“To know he’s OK and he’s come home is just absolutely amazing,” resident Heidi Anderson said.

Waiting right up front at the Public Safety Center were Arik’s maternal grandparents.

“Everybody has been so great to him... and we’re so thankful for all the people,” said his grandfather, Ray Langerud.

Now, nine and a half months later, Arik came home after a difficult and long recovery. Family said he’s suffered seizures, has troubles with vision, and has pain in his left arm.

Matson’s grandmother says his thoughts now are to keep working hard on his rehab but to also enjoy some of life’s simple pleasures.



# 411 on Disorders:

## Post-Traumatic Stress Disorder

<https://www.webmd.com/mental-health/post-traumatic-stress-disorder#1>

### *What Is PTSD?*

Posttraumatic stress disorder (PTSD), once called shell shock or battle fatigue syndrome, is a serious condition that can develop after a person has experienced or witnessed a traumatic or terrifying event in which there was serious physical harm or threat. PTSD is a lasting consequence of traumatic ordeals that cause intense fear, helplessness, or horror. Examples of things that can bring on PTSD include sexual or physical assault, the unexpected death of a loved one, an accident, war, or natural disaster. Families of victims can develop PTSD, as can emergency personnel and rescue workers.

Most people who have a traumatic event will have reactions that may include shock, anger, nervousness, fear, and even guilt. These reactions are common, and for most people, they go away over time. For a person with PTSD, however, these feelings continue and even increase, becoming so strong that they keep the person from going about their life as expected. People with PTSD have symptoms for longer than one month and can't function as well as before the event that triggered it happened.

### *PTSD Symptoms*

Symptoms of PTSD most often begin within 3 months of the event. In some cases, however, they don't begin until years later. The severity and duration of the illness can vary. Some people recover within 6 months, while others have it much longer.



Symptoms of PTSD often are grouped into four main categories, including:

- **Reliving:** People with PTSD repeatedly relive the ordeal through thoughts and memories of the trauma, including flashbacks, hallucinations, and nightmares.
- **Avoiding:** The person may avoid people, places, thoughts, or situations that may remind him or her of the trauma, which can lead to feelings of detachment and isolation from family and friends. It can also lead to a loss of interest in activities that the person once enjoyed.
- **Increased arousal:** These include excessive emotions; problems relating to others, including feeling or showing affection; difficulty falling or staying asleep; irritability; outbursts of anger; difficulty concentrating; and being "jumpy" or easily startled. The person may also suffer physical symptoms, such as increased blood pressure and heart rate, rapid breathing, muscle tension, nausea, and diarrhea.
- **Negative cognitions and mood:** This refers to thoughts and feelings related to blame, estrangement, and memories of the traumatic event.



### *PTSD Causes and Risk Factors*

Everyone reacts to traumatic events differently. Each person is unique in their ability to manage fear, stress and the threat posed by a traumatic event or situation. For that reason, not everyone who has a trauma will develop PTSD. Also, the type of help and support a person receives from friends, family members, and professionals following the trauma may impact the development of PTSD or the severity of symptoms.

PTSD was first brought to the attention of the medical community by war veterans; hence the names shell shock and battle fatigue syndrome. However, anyone who has had a traumatic event can develop PTSD. People who were abused as children or who have been repeatedly exposed to life-threatening situations are at risk for developing PTSD. Victims of trauma related to physical and sexual assault face the greatest risk for PTSD.

You may be more likely to develop PTSD after a traumatic event if you have a history of other mental health problems, have blood relatives with mental health problems, or have a history of alcohol or drug abuse.

### *How common is PTSD?*

About 3.6% of adult Americans -- about 5.2 million people -- have PTSD during the course of a year, and an estimated 7.8 million Americans will develop PTSD at some point in their lives. PTSD can develop at any age, including childhood. Women are more likely to develop PTSD than men. This may be due to the fact that women are more likely to be victims of domestic violence, abuse, and rape.

### *PTSD Diagnosis*

PTSD isn't diagnosed until at least 1 month has passed since the traumatic event happened. If symptoms of PTSD are present, the doctor will begin an evaluation by performing a complete medical history and physical exam. Although there are no lab tests to specifically diagnose PTSD, the doctor may use various tests to rule out physical illness as the cause of the symptoms.

If no physical illness is found, you may be referred to a psychiatrist, psychologist, or other mental health professional who is specially trained to diagnose and treat mental illnesses. Psychiatrists and psychologists use specially designed interview and assessment tools to evaluate a person for the presence of PTSD or other psychiatric conditions. The doctor bases their diagnosis of PTSD on reported symptoms, including any problems with functioning caused by the symptoms. The doctor then determines if the symptoms and degree of dysfunction indicate PTSD. PTSD is diagnosed if the person has symptoms of PTSD that last for more than one month.



### *PTSD Treatment*

The goal of PTSD treatment is to reduce the emotional and physical symptoms, to improve daily functioning, and to help the person better manage with the event that triggered the disorder. Treatment for PTSD may involve psychotherapy (a type of counseling), medication, or both.

### Medication:

Doctors use certain antidepressant medications to treat PTSD -- and to control the feelings of anxiety and its associated symptoms -- including:

- Selective serotonin reuptake inhibitors (SSRIs): Celexa, Luvox, Prozac, Paxil, and Zoloft.
- Tricyclic antidepressants: Elavil and Doxepin.
- Mood stabilizers: Depakote and Lamictal.
- Atypical antipsychotics: Abilify and Seroquel.

Certain blood pressure medicines are also sometimes used to control particular symptoms:

- Prazosin for nightmares.
- Clonidine for sleep.
- Propranolol to help minimize the formulation of traumatic memories.

### Psychotherapy:

Psychotherapy for PTSD involves helping the person learn skills to manage symptoms and develop ways of coping. Therapy also aims to teach the person and their family about the disorder, and help the person work through the fears associated with the traumatic event. A variety of psychotherapy approaches are used to treat people with PTSD, including:

- **Cognitive behavioral therapy**, which involves learning to recognize and change thought patterns that lead to troublesome emotions, feelings, and behavior.
- **Prolonged exposure therapy**, a type of behavioral therapy that involves having the person relive the traumatic event or exposing the person to objects or situations that cause anxiety. Prolonged exposure therapy helps the person confront the fear and gradually become more comfortable with situations that are frightening and cause anxiety.
- **Psychodynamic therapy** focuses on helping the person examine personal values and the emotional conflicts caused by the traumatic event.
- **Family therapy** may be useful because the behavior of the person with PTSD can have an effect on other family members.
- **Group therapy** may be helpful by allowing the person to share thoughts, fears, and feelings with other people who have experienced traumatic events.
- **Eye Desensitization and Reprocessing (EMDR)** is a complex form of psychotherapy that was initially designed to alleviate distress associated with traumatic memories and is now also used to treat phobias.

### *PTSD Complications*

PTSD can cause problems in every aspect of your life, including your job, your relationships, your health, and your everyday activities. It may also make you more likely to develop other mental health problems, such as:

- Depression and anxiety
- Drug or alcohol abuse
- Eating disorders
- Suicidal thoughts and actions

### *PTSD Outlook*

Recovery from PTSD is a gradual and ongoing process. Symptoms of PTSD seldom disappear completely, but treatment can help people learn to manage it more effectively. Treatment can lead to fewer and less intense symptoms, as well as a greater ability to manage feelings related to the trauma.

Research is ongoing into the factors that lead to PTSD and into finding new treatments.

# ALARMING TREND – BENADRYL CHALLENGE

## *Teen Dies After Taking the ‘Benadryl Challenge’ on TikTok*

Article by Wink News, <https://www.winknews.com/2020/09/01/teen-dies-after-taking-the-benadryl-challenge-on-tiktok/>, September 1, 2020

A 15-year-old Oklahoma City girl died last week from overdosing on Benadryl after she took part in a dangerous social media fad known as the ‘Benadryl challenge.’

The ‘Benadryl challenge’ is a new game in which teens on TikTok are encouraged to take as much allergy medicine as needed in order to hallucinate or trip out.

The Oklahoma City victim, who has not been identified, was described as a happy and ‘faith-driven’ teen who was not known to experiment with drugs, KFOR-TV reported.

‘The dose that can cause a hallucination is very close to the dose that can cause something potentially life-threatening,’ said Scott Schaeffer, director of the Oklahoma Center for Poison and Drug Information.

Overdosing on Benadryl leaves one vulnerable to heart attack, stroke, seizures, brain damage, and even death.

In May, three teens from Fort Worth, Texas, were hospitalized after they swallowed excessive doses of Benadryl as part of the ‘challenge.’

One of the teens, a 14-year-old named ‘Rebekah,’ took 14 Benadryl tablets in the middle of the night on Memorial Day.

‘It was scary. She had fractured sentences, hallucinations. Her resting heart rate was 199,’ Katie, Rebekah’s mother told Checkup.

‘We rushed her to the local ER and they decided to transport her to Cook Children’s.’

Rebekah was admitted to Cook Children’s Medical Center in Fort Worth and stayed overnight. Her heart rate returned to normal the next morning and she was released.

‘What struck me was that we had three teens come in for the same thing in one week,’ said Amber Jewison, a nurse practitioner at Cook.

‘None of these patients were trying to harm themselves. They all said they saw videos on TikTok and were curious to try it.’

A spokesperson for TikTok told DailyMail.com that the social media platform first learned of the ‘Benadryl challenge’ in May and ‘quickly removed the very small amount of content that we found.’

The company said it has been ‘keeping an eye on this topic since and removing any new content – which again has been in extremely small numbers.’

‘The safety and well-being of our users is TikTok’s top priority,’ the spokesperson said.

‘As we make clear in our Community Guidelines, we do not allow content that encourages, promotes, or glorifies dangerous challenges that might lead to injury.

‘Though we have not seen this content trend on our platform, we actively remove content that violates our guidelines and block related hashtags to further discourage participation.

‘We encourage everyone to exercise caution in their behavior whether online or off.’

A spokesperson for Johnson & Johnson, the pharmaceutical giant that markets the Benadryl brand, told DailyMail.com: ‘The health and safety of people who use our products is our top priority.

‘The BENADRYL TikTok trend is extremely concerning, dangerous and should be stopped immediately. ‘As with any medicine, abuse or misuse can lead to serious side effects with potentially long-lasting consequences, and BENADRYL products should only be used as directed by the label.

‘It is our strong recommendation that all medications be kept out of the reach of children at all times.

‘We are working with TikTok and our partners to do what we can to stop this dangerous trend, including the removal of content across social platforms that showcase this behavior.’

Benadryl is the brand name of the anti-allergy, over-the-counter drug known generically as diphenhydramine.

A sedating antihistamine, it works to block the release of chemicals in the body’s cells that are released as part of the immune system’s response to an allergy.

The National Institutes of Health says antihistamines are used to treat allergies in addition to gastrointestinal conditions caused by excessive stomach acids.

Benadryl is also an anticholinergic drug that impacts the cholinergic nervous system, which regulates key bodily functions like saliva and tear production, urination, heart rate, body temperature, brain function, and eye function.

Taking too much Benadryl can have severe effects on one’s overall health.

‘Just as an allergic reaction can affect multiple organ systems of the body, Benadryl can affect multiple organ systems,’ Ashanti Woods, a pediatrician at Baltimore’s Mercy Medical Center, tells Health.

Benadryl’s own website recommends that children under the age of 6 avoid taking it altogether.

Children between the ages of 6 and 12 are to take just 1 tablet every four-to-six hours while anyone over the age of 12 is to take no more than 2 tablets every four-to-six hours – unless directed otherwise by a doctor.



Excessive doses of Benadryl can have severe health repercussions for both children and adults, who may suffer from high body temperature, confusion, blurred vision, nausea, vomiting, unsteadiness, high blood pressure, and hallucinations.

The National Capital Poison Center also warns of the extreme dangers of overdosing when mixing antihistamines like Benadryl with other pain medications and decongestants.

In recent years, youngsters on social media have taken part in dangerous viral ‘challenges’ that left a number of them hospitalized and have alarmed parents.

Earlier this year, teens in Spain took part in what is known as the ‘skull breaker’ challenge.

Two students filmed themselves carrying out the seemingly harmless prank with a third unsuspecting participant.

As the three participants jump straight up, the two people on the side kick inwards to knock the person in the middle off his feet and onto his head, causing a variety of injuries to the head, neck and wrist. The practice has reportedly landed at least two children in the US in the hospital.

In January, two teens in Massachusetts were charged after taking part in the viral TikTok ‘outlet challenge.’

The high school students, aged 15 and 16, were charged with ‘attempting to burn a public building.’ Also known as the penny challenge, the viral trend involves plugging the brick part of a phone charger partially into a socket and sliding a penny onto the exposed metal prongs.

The contact with the penny can create a spark so strong that it can start a fire, damage the property’s electrical system and harm those by the outlet.

In 2017, doctors warned people not to participate in the ‘Tide Pod Challenge’ – where teenagers film themselves chewing and gagging on colorful detergent pods and then daring others to participate.

In 2018, teenagers were setting themselves on fire in a desperate attempt to find fame on the internet by taking part in the so-called ‘fire challenge.’

Teens filmed themselves dousing their bodies in accelerant and lighting it.

In recent years, parents have been warned over the resurgence of another social media craze in which children burn themselves with salt and ice.

The so-called ‘salt and ice challenge’ involves youngsters placing salt and ice on their skin, causing a chemical reaction that reduces the temperature of the ice to as low as -17C (1.4F).

Participants then see who can withstand the searing pain longest before sharing photos of the resulting burns, similar to frostbite, online.

Some teenagers have reportedly been taken to hospital with third-degree burns.

*This story was originally published by Daily Mail.*

# UPCOMING EVENTS AND TRAINING

Minnesota Association of County Probation Officers is dedicated to promoting quality correctional practices through professional growth, leadership, education, communication, and support.



## ***Domestic Violence Training Series***

October 6<sup>th</sup> – December 1<sup>st</sup>

MACPO is currently sponsoring a virtual training series focused on domestic violence. Those registered will be attending a session each week that is geared toward a specific topic, such as emotional abuse, teen dating violence, intimidation, and more.



## ***Minnesota Toward Zero Deaths***

October 20<sup>th</sup> – November 19<sup>th</sup>

Minnesota Toward Zero Deaths is offering a series of free webinars now through the month of November!! Each webinar is different so be sure to check it out. To view the full schedule and to register for a webinar, go to [minnesotatzd.org/events/webinarseries](http://minnesotatzd.org/events/webinarseries).



## ***Stay Up to Date on Trainings***

Please watch our MACPO website for any upcoming trainings. As always, we will list any trainings we are sponsoring, but we will also be listing training opportunities sponsored by MCA and MACCAC, as well as other opportunities we feel would benefit you.

## DEAR MAC



*Do you or your agency have a work-related question or information you would like to share with others? We want to hear from you!! Please submit your question, information, or comment to [macpo@macpo.net](mailto:macpo@macpo.net). Watch for a response in an upcoming MACPOST.*



# AUTUMN LEAVES AND PUMPKINS PLEASE





# HOLIDAY SHARING

## Paper Plate Pumpkin Craft

Items Needed:

- 2 paper plates
- Paint: black and orange
- Battery-operating tea light candle
- Scissors
- Green pipe cleaner
- Glue
- Writing utensil

Steps:

1. Paint the inside of the paper plates black.
2. Once that is dry, paint the back of the plates orange.
3. Let dry again, then place the paper plates on top of each other (black parts facing each other) and cut a straight line. (See picture to the right.)
4. With your writing utensil, draw a pumpkin face on one of the paper plates (on the orange side).
5. Next, cut out the pumpkin face.
6. Curl up a pipe cleaner and stick it on the black side of one of the paper plates.
7. On the same paper plate for step 6, apply glue around the edge, but not along the cut. (See picture to the left.)
8. Place the other paper plate on top (orange sides should be on the outside). Use clothespins to secure the plates while the glue dries.
9. Push the tea light candle inside the opening at the bottom. If you need to, secure it with tape. Turn it on and enjoy!



## Halloween Worms in Dirt

Ingredients needed:

- 1 – 3.4 oz package instant chocolate pudding
- 2 cups cold milk
- 8 oz Cool Whip
- 1 – 16 oz package Oreos
- Gummy worms
- Plastic cups



Steps:

1. In a large bowl, combining pudding and milk. Whisk for 2 minutes. Allow to set in fridge for 5 minutes so it can set a bit.
2. Put Oreo cookies in a large plastic bag and crush it with a rolling pin.
3. When pudding is set, add the Cool whip and half of the crushed cookies. Stir until mixture is all the same color.
4. Put 1 tablespoon of remaining crushed cookies in each of the plastic cups.
5. Fill each cup  $\frac{3}{4}$  of the way with the pudding mixture.
6. Top each cup with the remaining cookies and gummy worms. Place in refrigerator to chill until ready to eat.



# Break Time Fun

Fall is the time to celebrate a few different holidays: Halloween, Veteran's Day, and Thanksgiving, to name a few. To continue the celebration, this "Break Time Fun" will be related to Thanksgiving. Get your coworkers together (either virtually or social distancing), fill it out, and share some laughs!

## Thanksgiving Mad Libs

*First, pick your words without looking at the story:*

Holiday (2): \_\_\_\_\_, \_\_\_\_\_

Person (2): \_\_\_\_\_, \_\_\_\_\_

Verb Past Tense (1): \_\_\_\_\_

Adjective (4): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Mode of Transportation (1): \_\_\_\_\_

Plural Noun (3): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Plural Noun Nature Related (1): \_\_\_\_\_

Family Relation (2): \_\_\_\_\_, \_\_\_\_\_

Type of Greeting (1): \_\_\_\_\_

Object in House (1): \_\_\_\_\_

Number (2): \_\_\_\_\_, \_\_\_\_\_

Animal (3): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Sport (1): \_\_\_\_\_

Exclamation (1): \_\_\_\_\_

Noun (3): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Food (1): \_\_\_\_\_

*Once you have all of your words picked out, fill in the blanks to the story on the next page accordingly.*

# Thanksgiving Mad Libs

Today we are celebrating \_\_\_\_\_ dinner with the whole family at  
(HOLIDAY)

\_\_\_\_\_’s house. Earlier today we all \_\_\_\_\_ into the  
(PERSON) (VERB – PAST TENSE)

\_\_\_\_\_ and drove over the  
(ADJECTIVE) (MODE OF TRANSPORTATION)

\_\_\_\_\_ and through the \_\_\_\_\_ to get here. Once we arrived, my  
(PLURAL NOUN) (PLURAL NOUN – NATURE RELATED)

\_\_\_\_\_ greeted us with a big \_\_\_\_\_,  
(FAMILY RELATION) (ADJECTIVE) (TYPE OF GREETING)

\_\_\_\_\_ is also here and really made sure things were looking \_\_\_\_\_.  
(PERSON) (ADJECTIVE)

They had decorated the \_\_\_\_\_ with \_\_\_\_\_  
(OBJECT IN HOUSE) (NUMBER) (PLURAL NOUN)

It was all so very festive! Now we are just waiting for the \_\_\_\_\_ to come out of the  
(ANIMAL)

oven. I always eat my \_\_\_\_\_ with a side of mashed \_\_\_\_\_. My  
(ANIMAL) (PLURAL NOUN)

\_\_\_\_\_ is watching \_\_\_\_\_ on TV. They always shout  
(FAMILY RELATION) (SPORT)

\_\_\_\_\_ when their team scores a \_\_\_\_\_. Hooray! Only  
(EXCLAMATION) (NOUN)

\_\_\_\_\_ more minutes until the \_\_\_\_\_ will be ready to eat. Don’t forget to  
(NUMBER) (FOOD)

save room for dessert. My grandma makes the best \_\_\_\_\_ pies. They smell like  
(NOUN)

\_\_\_\_\_. I’m so full now I feel like a \_\_\_\_\_!  
(NOUN) (ADJECTIVE) (ANIMAL)

Happy \_\_\_\_\_!  
(HOLIDAY)

# Mission

Minnesota Association of County Probation Officers is dedicated to promoting quality correctional practices through professional growth, leadership, education, communication, and support.

# Vision

Providing a voice for the probation profession and leading the promotion of sound correctional policy toward the principles of evidence-based practices, restorative justice, community involvement, public protection, victim restoration, offender accountability, and competency development.

## MACPO 2020-2021 ELECTED OFFICERS

Contact MACPO Secretary, Michelle Sellner - Pine County Probation, for the location and time of MACPO Board meetings.

Executive Board Goals:

- Review the vision statement on an annual basis at the Steering Committee meeting.
- Use MACPO's APPA Affiliate Membership to send our President (or assigned representative) to the national conference to maintain/promote our presence on a national level, to be reviewed annually.
- Continue to solicit input from MACPO membership regarding nominations for awards: Al Reker, Excellence in Corrections, Outstanding Performance, and Memorial Scholarship, as well as officer-elect positions.

Election of all officers shall be held at the annual meeting. Officers shall be elected by a simple majority at such meeting when a quorum of the voting members in good standing is present at the time of balloting.

Absentee ballots will be accepted or counted in any election and will be distributed by the Secretary at least 21 days in advance of election. Ballots to be returned three (3) days before annual meeting to the Nominating Committee Chair.

The Nominations/Awards Committee shall meet at least 60 days in advance of the annual meeting. The Nominations/Awards Committee shall contact candidates and potential candidates from among the voting membership of the association and shall prepare a list of such candidates and the offices for which they are candidates.



## Executive Board

### President

*Jim Schneider*, Cass County Probation  
president@macpo.net

### President - Elect

*Jason Anderson*, Itasca County Probation  
presidentelect@macpo.net

### President – Past

*Terry Fawcett*, Pine County Probation  
pastpresident@macpo.net

### Treasurer

*Alex Hirman*, Wright County Court Services  
treasurer@macpo.net

### Secretary

*Michelle Sellner*, Pine County Probation  
secretary@macpo.net

### Legislative Committee Chair

*Margaret Munson*, Wright County Court Services  
legislative@macpo.net

### Communications Committee Chair

*Devin Petersen*, Pine County Probation  
communication@macpo.net

### Membership Committee Chair

*Danni Bristol*, Jackson County Court Services

### Training & Education Committee Chair

*Michelle Nistler*, Cass County Probation

### Training & Education Committee Vice-Chair

*Jill Ferretti*, Brown County Probation  
trainingandeducation@macpo.net