



# MACPOST

## Newsletter

Fall 2021



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## From the President

JASON ANDERSON, ITASCA COUNTY PROBATION

Greetings from scenic Itasca County. When asked what it's like living up here in the northern part of the state, I'm quick to point out that whenever you live in an area that other people travel to for their vacations – that's pretty good livin'. We have over a thousand lakes and thousands of acres of forests in our county. It's lovely.

The vibrant colors of fall have already peaked and faded around here which means it is time to rake the yard. Uffdah. I was doing some raking the other day and found myself having some deep thoughts. We have a beautiful white pine in the corner of our yard, and I was wrestling the blanket of yellow needles from the lawn. They stick to the grass like Velcro and it's a chore to clean them up. As I labored, I reflected on the fact that last year at this same time (while raking) I was optimistic that the COVID situation would be concluding quickly.

It clearly hasn't. And so, I raked. And pondered. This majestic pine tree – it's probably only 40 or 50 years old, so it has some good years left in it. But someday it will come down. And at that time, if a person made a clean cut at its base, they could count the growth rings. You've seen this before in an interactive natural science museum or something. You could not only count the rings to determine how old the tree is – you could also identify specific growth rings that were generated on particular years. Benchmark events, like the year you were born – things like that. And if you did that and identified the growth rings for 2020 and 2021 *there wouldn't be anything remarkable about them*. Sure, we had a dry summer – but a wet fall. The tree remained healthy. It continued to grow.

The realization of this somehow brought me a measure of peace. An understanding that – on the grandest scheme of things – systems are still cycling. And organisms are still growing. It is as true for us as individuals as it is for that tree. Some deep thinking can take place when you have a lot of raking to do.

So then. Get those yards raked and think about what your 2020/2021 growth ring might look like.



## MCA's President Message

MARK BLIVEN, 2021 MCA PRESIDENT

An update was not available at the time this edition was completed. Please watch for the next MACPOST newsletter for any update.



## MACCAC's President Message

CARLI STARK, 2021 DIRECTOR AND LEGISLATIVE LIAISON

In my last update, I talked about self-care and taking breaks in nature. Though winter is coming, I stand by getting outdoors! The last two winters, this native California transplant started her foray into winter activities and investing in good winter clothes (it only took 11 years). I cannot tell you how amazing it is to hike in the near silence of a forest covered with freshly fallen snow. I'm sure everyone in Minnesota already knew that, but it's so easy to forget the good things about winter when it's -20 degrees. On deck for this winter: snow shoeing, skiing, and maybe ice skating! What are your favorite winter activities?

MACCAC has had a busy summer and fall with in-person meetings starting again as more people are vaccinated. The MACCAC Board met in Duluth and toured the Northeast Regional Corrections Center (NERCC) facility. As many of you know, NERCC offers a variety of programs, including vocational classes that teach skills in cooking, baking, meat cutting, mechanics, horticulture, and building and equipment maintenance. It was great to see all the different opportunities for programming based on individual risk and needs. We also learned more about the responsive programming for female and juvenile clients provided by Arrowhead Regional Corrections.

In September, MACCAC held its Annual Conference and Business Meeting in Nisswa, Minnesota. The theme was "We Are All One," with a focus on equity, community, and moving forward in Minnesota with a unified voice.

Speaking of a unified voice, the corrections funding initiative with the Council of State Governments (CSG) that Jason mentioned in his last update is well on its way. We are excited to be coming together as a state to look for better ways to fund community supervision and ensure that all agencies have the resources necessary to provide evidence-based practices. CSG has collected data from all 87 counties and is doing a deeper dive with assessments on a variety of counties in each delivery system. They have met with agents, directors, clients, the judiciary, services providers, and other justice stakeholders to determine what is working throughout the state, and what we might consider improving or changing. MACCAC, MACPO, and the DOC are working together to improve the supervision system in Minnesota and ensure it works for everyone, regardless of where they live. We are hopeful for this change and positive outcomes for Minnesota.



## MAPSA's President Message

TRAVIS FISHER, CASS COUNTY PROBATION

An update was not available at the time this edition was completed. Please watch for the next MACPOST newsletter for any update.



# Legislative Committee

MARGARET MUNSON, WRIGHT COUNTY COURT SERVICES

Happy Fall from the Legislative Committee!! We have been meeting monthly with our awesome lobbyist Nancy Haas of Messerli - Kramer and started to get organized for the 2022 legislative session. The 2022 session is set to adjourn Monday January 31<sup>st</sup>, 2022.

Included today is MACPO's platforms, meaning the 5 things we are going to concentrate on this session. MACPO also has priorities that is a wide range of topics that we have positions on. You can look forward to it in the next MACPOST issue.

Thank you, committee, for the great work the last 3 months!

Please feel free to contact me with any questions or concerns at [margaret.munson@co.wright.mn.us](mailto:margaret.munson@co.wright.mn.us).



## **Minnesota Association of County Probation Officers-MACPO** **2022 Legislative Platform**

- I. Uphold the positive working relationship with the Minnesota Association of Community Corrections Act County (MACCAC) and the Department of Corrections (DOC) for one common probation voice.
- II. Work towards returning County Probation Officer salary and benefit reimbursement to fulfill statutory requirements of 50% to allow equitable administration of evidence-based practices in field services to reduce recidivism and ensure public safety.
- III. Support JJAC proposal of reform of sentencing guidelines of “juveniles – life without parole”. Elimination of life without parole and work with stakeholders to resolve to make progress.
- IV. Explore alternatives to incarceration for adults and juvenile for nonviolent offenders on technical violations.
- V. Monitor all pension bills that may affect probation officers.



## Communication Committee

DEVIN PETERSEN (CHAIR), PINE COUNTY PROBATION

MICHELLE PRAMANN (VICE CHAIR), WRIGHT COUNTY COURT SERVICES

Fall is here! It's evident in the cooler temperatures and the trees outside. Hate to say it, but Winter will be here before we know it.

As you may have noticed, this edition of MACPOST may look a little different. As the season is changing, so did our newsletter. It was time for a fresh look. We hope you like the new design!

Also, please continue to send us job postings related to corrections. If you hear or read a news article related to corrections, please share that as well. We would love to feature it in an upcoming newsletter.

We will continue to keep you updated with any upcoming events/trainings. We hope you all enjoy the upcoming holidays!!



## Membership Committee

DANNI BRISTOL, JACKSON COUNTY COURT SERVICES

We are still accepting applications for the MACPO Memorial Scholarship. Please spread the word to interns and students you know. We have continued to have a great number of applicants for the last several years. The Scholarship will remain open until November 15<sup>th</sup>, 2021; all criteria for applicants can be found on the MACPO Website! The scholarship committee includes three members who review the applicants and make a recommendation to the membership committee. 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 annual MACPO Conference was held at Madden's from September 15<sup>th</sup> – 17<sup>th</sup>. We had a great number of registrations, which included many DOC and Hennepin County staff! We were glad to have everyone attend and hope to see you in May for our regularly scheduled conference!

The 20th Annual Support Staff Conference took place in Wright County on October 13th. The Spotlight Award winner was Trudy Miller, who is my support staff down in Jackson County! We are all so happy that she won this honor as she is deserving of the recognition of all her hard work.

MACPO will be working on possibly offering a new way to purchase our clothing while at conferences. Keep a look out for some more information coming about that in the next couple of months!

I hope everyone is having a safe Fall and harvest!



## Training and Education Committee

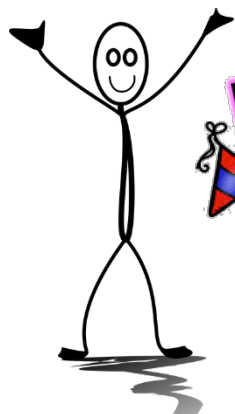
MICHELLE NISTLER, CASS COUNTY PROBATION  
JILL FERRETTI, BROWN COUNTY PROBATION

Thanks to everyone who was able to attend our Fall Conference in September at Maddens.

We feel the conference was a success with lots of vendor networking time and great speakers. We are working on our Spring Conference, which is right around the corner. The Spring Conference is scheduled for May 18-20, 2022, at Maddens resort.

**Thank You!**

Jesse Ross (<https://mrjesseros.com>) will open our conference and Officer Jermaine Galloway (Tall Cop <http://www.tallcopsaysstop.com/>) will close the conference. Watch your emails for registration.



Our committee wants to give a special welcome to our three new members from Itasca County Probation: Michelle Anderson, Emily Kurtz and Kelly Huffman.



## CPO Director's Committee

JAMES SCHNEIDER, DIRECTOR OF CASS COUNTY PROBATION

An update was not available at the time this edition was completed. Please watch for the next MACPOST newsletter for any update.



# Deputy Pulls Burning Card Away from Home in Chisago County

BY FOX 9 STAFF – SEPTEMBER 20, 2021 - [HTTPS://WWW.FOX9.COM/NEWS/BODYCAM-VIDEO-DEPUTY-PULLS-BURNING-CAR-AWAY-FROM-HOME-IN-CHISAGO-COUNTY](https://www.fox9.com/news/bodycam-video-deputy-pulls-burning-car-away-from-home-in-chisago-county)

What does a vehicle fire, a tow strap and classical music have in common? That's what the Chisago County, Minnesota Sheriff's Office asked when sharing body-worn camera footage of a deputy pulling a burning car away from a home earlier this month to prevent a bigger disaster.

Deputy Scotty Finnegan was responding to a car fire outside of a house on Sept. 5, notably playing classical music as he raced to the scene.

Finnegan first tried to put out the fire with a fire extinguisher, which wasn't successful. Finnegan then asked the resident if they had a tow strap and quickly pulled the burning car away from the house so the home didn't catch on fire.

(To watch the video, click on the link above.)



## Financial Assistance for Crime Victims

BY DANIELLE KITTO, DEPARTMENT OF PUBLIC SAFETY

Did you know certain crimes can make a victim eligible for money from the Reparations Funds?

Reparations = government program that reimburses victims of violent crimes for out-of-pocket expenses. Every state has a compensation program.

If the person seeking reparations is a victim of one of these crimes, they may be eligible for this program:

- Murder,
- Assault,
- Domestic Violence,
- DANCO/OFP Violations,
- Harassment/Stalking,
- Sexual Assault,
- Human Trafficking,

- Arson,
- Robbery,
- Kidnapping/Deprivation,
- Physical/Sexual Child Abuse,
- Certain Motor Vehicle Crashes, or
- Certain Drug Overdose Deaths.

For more information or to learn more about this program, please click on this link: <https://www.macpo.net/resources/Reparations%20Information.pdf>



## Reports of drug use, intoxication and overdoses reveal depth of public health crisis on light rail

BY ERIC RASMUSSEN, KSTP 5 NEWS – JUNE 8, 2021

Police caught a woman smoking methamphetamine in the middle of the Lake Street platform. Paramedics carried a man away on a stretcher after an apparent overdose on the Blue Line. Another man injected a needle into his arm right below a transit surveillance camera.

Metro Transit light rail trains and platforms have become hotspots for illegal drug use and overdoses, according to a 5 INVESTIGATES review of police reports and videos over an 18-month period.

Advocates and operators say conditions on and around the trains are part of an ongoing public health crisis — a complex problem that leaders have promised to address and could debate again during a public forum on transit safety later this week.

Records show heavy and life-threatening drug use is most common at Union Depot, Lake Street and Franklin platforms, with one officer noting "a day does not go by that there aren't needles and other drug paraphernalia."

### *A threat to safety*

Out of more than 100 incident reports involving drug use and intoxication reviewed by 5 INVESTIGATES, nearly 20% required medical assistance for overdoses.

In one of those cases, officers said they found a 36-year-old man unresponsive on the floor of a Blue Line train at the Mall of America. Medics administered the overdose-reversing drug Narcan three times before taking him away on a stretcher. It's unclear from the report what effect the dosages had on the man.

But even incidents that don't end in overdoses can pose a threat to safety.

On New Year's Eve in 2019, two officers said they observed a woman and two men appear to be in the process of injecting drugs at the Franklin station platform.

One officer started to search the group but became concerned he could injure himself "due to the fact that they appeared to be ready to inject with a needle," he later wrote in his report.

The officers' concerns are echoed by transit riders, platform workers and train operators.

"This is absolutely a public health crisis," said George Tomic, an ICU nurse who said he has witnessed similar drug use on Metro Transit bus lines.

"You got the drugs, you got the needles, all of this, and it's like, 'Why are you out here?'" Leatha Falls, a transit maintenance worker, told 5 INVESTIGATES earlier this year.

"Needles everywhere. I've got pictures of piles of needles on the train," said Honey Darling, a longtime union representative for light rail operators at Metro Transit.

Darling testified in hearings at the State Capitol last year, but she and others say conditions on and around the trains have since gotten worse.

'It's not safe': Transit workers say crime still top concern despite pandemic, fewer riders

### ***Problems continue***

As recently as last month, a light rail operator requested police escorts on and off trains at the Franklin station platform because of "daily" drug and alcohol use.

"I have not felt safe in any way shape or form," wrote the operator in the letter obtained by 5 INVESTIGATES.

Darling attached the letter in an email to managers at Metro Transit. A spokesperson for Metro Transit has not yet said how those concerns are being addressed.

Darling said she plans to leave her job as a train operator next month out of concerns for her safety and frustration over how leadership has responded to her calls for action.

"It breaks my heart because I've been in public transportation for 20 years," Darling said. "I feel like I'm letting my members down because they call me every day begging for help, for safety, because they're scared."

She said going on the record in an interview with 5 EYEWITNESS NEWS was a last resort.

"They actually have a rule that you're not allowed to speak to the media," Darling said. "But someone has to stand up for the public and the employees. I don't know what else to do... I've tried safety reports, OSHA complaints, going to the Capitol twice — nothing's helping."

Lawmakers and transit leaders pledged to improve safety in early 2020 when they first launched an effort to add unarmed transit inspectors or ambassadors on trains.

"We need safety for everybody," said Charlie Zelle, executive director of the Metropolitan Council, which oversees Metro Transit.

Since then, Zelle said the agency has added live security cameras on trains and approved millions of dollars in police overtime, but specific legislation to further address safety concerns has yet to move forward.

"That petty crime, drug use — unacceptable behavior is unacceptable. We have to have eyes and ears and personnel as a presence where people feel uncomfortable having that kind of behavior in our places," Zelle said in an interview with 5 INVESTIGATES earlier this year.

### ***Offering help***

Metro Transit acknowledges it cannot sufficiently address the problem with enforcement alone.

It established a Homeless Action Team in 2018 that partners with nonprofit organizations to provide outreach to people who use the trains for shelter — including those struggling with addiction.

"There are a lot of scenes that you're never going to forget. It's hard," said Alexis Myers with Radian Health.

5 INVESTIGATES recently observed Myers and Officer Quentin Waterkamp as they offered help to people around Union Depot in St. Paul — one of the documented hotspots for drug use.

For those who are battling addiction and are also unsheltered, Myers said things only became worse in the last year.

"A lot of the places where people received services during the pandemic shut down," Myers said. "Shelters had to drop to half capacity, treatment centers had to drop to half capacity."

"We want you to not just get into a place, we want you to be successful when you get there," Waterkamp added. "People are starting to realize we have to work at the core of the issue, not the result of the problem."

### ***'We're all human'***

Cody Reeves, 33, said he was among those fighting addiction while living on the streets and, occasionally, on the train.

"Being on drugs, not having anywhere to go, you kind of find refuge there, you know?" Reeves said.

But Reeves, who is now in recovery with help from Adult & Teen Challenge Minnesota, said he also feared becoming a victim of crime while seeking shelter on light rail.

"We're all human, we're all people, and we have needs," he said. "It was somewhere to sleep. It wasn't comfortable."

Tomic, the ICU nurse who calls unchecked drug use on public transit a public health crisis, is questioning whether he should continue using the service.

"The overall combination of people who are trying to go to work and people who are suffering these issues is dangerous," Tomic said. "It's volatile."

### ***Moving forward***

It's a concern that could impact Metro Transit's ability to bounce back from a pandemic that caused a massive drop in ridership.

"As (the pandemic) changes and turns around, people are going to want to go back on there," said Jim Mortenson, the union leader for transit police. "And if it has degraded to the point that we've discussed, are you going to want to go on that train or are you going to hop in your car and drive to work?"

Metro Transit will seek more feedback from riders during a public hearing Wednesday night.

One person not returning to light rail as an employee or a rider is Honey Darling.

Darling said she was recently returning from vacation as a passenger when she recorded video of a man holding a glass pipe and a baggie with an unknown substance on a Blue Line train at Minneapolis-St. Paul International Airport.

"On the corner with crystal meth," shouted the man who appeared to be under the influence in the video.

"Welcome to Minnesota," Darling said. "I mean, it's horrible. That's not what our city's about, that's not what our state's about, but that's the first thing they see."



## **N.C. to Change Way Mail Gets to Inmates Starting in October**

[HTTPS://WWW.CORRECTIONS1.COM/PRODUCTS/FACILITY-PRODUCTS/INMATE-VISITATION/ARTICLES/NC-TO-CHANGE-WAY-MAIL-GETS-TO-INMATES-STARTING-IN-OCTOBER-PRpIpkZD5APGZEQD/](https://www.corrections1.com/products/facility-products/inmate-visitation/articles/nc-to-change-way-mail-gets-to-inmates-starting-in-october-prpIpkZD5APGZEQD/)

State prisons will transition next month to a new mail system in a bid to reduce contraband smuggling.

Starting Oct. 18, mail to inmates in a state prison must be sent directly to TextBehind. Under the new system inmates will receive copies of the letters sent to them.

Details will be posted on the N.C. Department of Public Safety website with instructions for mailing letters.

Prisons officials said contraband smuggling is the main reason to contract with the Maryland-based company.

"The safety and security of our prisons are always foremost," Commissioner of Prisons Todd Ishee said. "Reducing the volume of drugs and other contraband entering our prisons will help us protect our staff, the offenders in our custody and the general public. This new system will be faster and safer."



Reduction in smuggling will occur because TextBehind provides copies of mail to offenders, not the originals. The new system is expected to reduce mail delivery times to next-day delivery, once received by the company.

"It is unfortunate that the actions of a relative few have created a situation in which offenders will no longer be able to touch the original of a paper letter, a handwritten greeting card or their kids' artwork. But it is a step Prisons had to take so that our facilities remain safe and secure environments for our staff, for the offenders in our custody and for the general public," said Brad Deen, communications officer for Prisons at NCDPS.

TextBehind, which processes mail for prisons and jails across the nation, will copy the mailed contents, including cards, photos and artwork, according to NCDPS. The company will then send the digital files to the prison where the offender is housed. The prison mail room at that facility will print the pages and deliver them to the offender.

"Prisons has worked with TextBehind since February 2020 to process mail for offenders in our four female facilities. Results from the pilot project were excellent, so we are expanding it to the 51 male prisons," Deen said.

Disciplinary infractions for substance possession and use by offenders dropped by 50% the year after the female facilities began using TextBehind, according to NCDPS. During the same period, the men's prisons recorded 568 cases of drugs or paraphernalia caught by mail room staff.

Privacy will not be affected, because mail is already screened for safety purposes before it reaches inmates, Deen said.

Besides hiding contraband in prison mail, smugglers have learned to make the mail itself into a drug. Paper coated with liquid fentanyl, Suboxone, K2 or other controlled substance is hard to distinguish from regular paper.

"Contraband makes a prison unsafe in so many ways," Ishee said. "You have offenders struggling for control of the contraband trade. You have the risk of overdoses. Anything we can do to cut that off makes our prisons a safer, more secure place to live and work."

Ishee also said that having a third party process the mail "shifts the risk of exposure away from prison staff."

Prison systems across the country have transitioned to digital mail over the past few years, including West Virginia, Pennsylvania, Louisiana, Wyoming, Colorado and Arkansas, according to NCDPS. Numerous jails nationwide have done so as well through several digital-mail delivery businesses.

Alternatively, all legal mail, case files, supporting documents and court documents must be sent to the prison facility directly by an attorney or legal organization. Such mailings must be clearly marked as legal mail and will be inspected by Prisons mail handlers at the facility.

In addition to processing mail sent through the U.S. Postal Service, TextBehind offers an app for smartphone or computer. People wishing to send offenders letters, greeting cards and uploaded photos and artwork can do so using the app. Downloading the app is free, but fees are charged (starting at 49 cents) to send content.

Since the company earns its revenue through app fees, DPS and North Carolina will pay nothing for the service— not even for copies. TextBehind will provide high-speed printers and printer maintenance to all 55 state prisons.

"Prisons works hard to interdict drugs before they get into prisons. The smuggling of drugs into prisons is a nationwide problem, not just a North Carolina problem," Deen said.

"This is a constant battle, fought daily. Drugs get into prisons despite extensive efforts to keep them out. As soon as we plug a hole in one area, offenders find a workaround. Drugs are thrown over the fences, hidden in the mail, brought in by staff or smuggled in during visitation. Prisons' policy is to alert local law enforcement and support prosecution whenever anyone — friend, family or staff — is caught trying to smuggle drugs inside prison," he added.

Drugs are illegal and cause medical problems, violence and extortion of inmates in prison, Deen said. The presence of drugs also "undermines our rehabilitation efforts."

In the past four years, the prison system has increased the use of canines in drug searches, raised fence heights, installed motion detectors and more to prevent drugs from being smuggled into prisons, Deen said.

"We want offenders to be employed, healthy, drug-free and prepared to succeed on their release," Deen said.





# Feel Good Story

[HTTPS://WWW.GOODNEWSNETWORK.ORG/MINNESOTA-TEEN-BUILDS-FREE-WHEELCHAIRS-FOR-DISABLED-DOGS-AND-CATS/](https://www.goodnewsnetwork.org/minnesota-teen-builds-free-wheelchairs-for-disabled-dogs-and-cats/)

## *Minnesota Teen Builds Free Wheelchairs for Disabled Dogs and Cats – and Soon a Duck*

A Minnesota high schooler with a passion for disabled animals has made giving them mobility her mission. Two years ago, after studying some YouTube tutorials followed by a process of trial and error, 16-year-old Shaine Kilyun embarked on the enterprise of making hand-crafted pet wheelchairs for animals in need.



More than mere creature comfort, the mobility devices Kilyun manufactures in her spare time are changing furry lives for the better, and even saving animals that might otherwise be put down.

“I just love animals, and I wanted to make a difference somehow,” Kilyun told FOX-9. she said. “I’ve saved a few lives, and I really hope to save more.”

Since launching Wheelies Dog and Cat Wheelchairs that offers “custom, handmade, and low-cost wheelchairs for specially-abled dogs, cats & pets,” Kilyun has only charged for the cost of her materials.

The savings are often substantial—\$300 for one of her creations, versus \$1,000 for similar devices for large-breed dogs from more traditional sources.

To date, the tireless teen has put together close to a dozen front-support, full-support, and back-support models, depending on the animal’s particular needs and has designed mobility devices for everything from a tiny Chihuahua in Ohio to a Great Dane in Oregon.

In addition to dogs and cats, she’s also come up with a one-of-a-kind locomotion aid for a hedgehog. Next on her drawing board? A purpose-built duck-mobile.

As was her hope from the beginning, Kilyun has expanded her outreach to include shelter pets. She met one of her latest clients, Scooter, a paraplegic pup who came to the U.S. from Saudi Arabia via the Home For Life Animal Sanctuary, an organization that offers a chance for life to pets that might be considered unadoptable.

Lisa Leverdiere, who works with the nonprofit, notes that in times like these when it’s difficult to raise money, Kilyun’s efforts are especially appreciated.

Kilyun is determined to keep up the good work, and while times may be hard, she says she’s thrilled by the generous folks who are still willing to contribute financial help to cover her costs. “A lot of people have reached out and donated, which is just incredible,” she told FOX-9.



# Agent Wellness – Being Mindful

BY NEAL HUOMOELLER, WRIGHT COUNTY COURT SERVICES AND

[HTTPS://MONIQUETALLON.COM/10-SIMPLE-WAYS-TO-PRACTICE-MINDFULNESS-IN-OUR-DAILY-LIFE/](https://moniquetallon.com/10-simple-ways-to-practice-mindfulness-in-our-daily-life/)

Mindfulness – Method of mental training that increases awareness.

- Disconnecting from autopilot,
- Attention and focus on present moment experiences, and
- Observing physical and emotional reactions with non-judgmental curiosity.

When we are numb, it is more difficult to understand or see when we are doing harm. However, being mindfully present can interrupt the negative consequences of trauma exposure.

Studies have shown mindfulness has numerous long-term benefits, such as:

- Reducing emotional reactions, exhaustion, and burnout,
- Improving memory,
- Stimulating creativity,
- Increasing reaction time,
- Preventing depression,
- Improving physical effects of stress,
- Calming down over-active amygdala,
- Increasing immunity, and/or
- Positively affecting brain patterns.



## 10 ways to practice mindfulness:

1. Practice gratitude.
2. Check in with your body. Bringing attention to your body can realign your attention to the present, while connecting you to the information you need to take better care of your body.
3. Pay attention to your heart. We experience a range of emotions throughout the day so check in with your heart to become more coherent with yourself.
4. Fire up your five senses.
  - a. What do you hear?
  - b. What do you smell?
  - c. What are you seeing?
  - d. Do you taste anything?
  - e. What are you feeling?
5. Meditation. Mindful meditations are specific forms of meditation focusing on present moment experiences.
6. Focus on your breath. Pay close attention with each breath you inhale and exhale.
7. Observe your thoughts.
8. Mindful eating.
9. Practice active listening.
10. Be in the moment/observe your surroundings.



# MACPO's Fall Conference Recap, Pictures, and Award Winners

HUGE thank you to all who attended and all who helped organize this year's MACPO Conference! We had a good turnout, great speakers, and a nice location! Thank you for all the vendors who sponsored this training and who were able to be present.

Gary Charwood joined us Wednesday morning with a Native American greeting. James Schneider, now Past President, gave the welcoming message to those who were able to attend on the first day (Wednesday). Martha Bryan continued the day with "Take This Job and Love It."

After a short, afternoon training session, golfers had a beautiful day to be on the course for the vendor sponsored golf tournament. Congratulations to the Wright County team (Neal Huemoeller, Alex Hirman, Bobby Emmer, and Ryan Anderley)!



Wednesday evening was fun filled, between the golf tournament, medallion hunt, vendor hospitality, and networking. Those attending the vendor hospitality got to enjoy pork chops (while they lasted) and pizza. It was great to see faces that many of us haven't seen for a while and to be able to enjoy the time together in person. Lots of laughter and commentary could be heard amongst the crowd of those inside and those outside enjoying the campfire.

Thursday – time for medallion clue #3 and training breakout sessions! Thursday's breakout sessions included:

- "From Medical Marijuana to Vaping: New Issues in Chemical Health" by Thad Shunkwiler.
- "Mental Health: What Every Probation Professional Needs to Know" by Thad Shunkwiler.
- "Preventing the School to Prison Pipeline: Benefits of Probation Departments Handling Truancy" by Andy Braulick, Caitlin Gloegge and Barbara Carson.
- "Criminal Justice Information Available Through the BCA – Today and in the Future" by Gary Kalstabakken and Carla Duellman.



- “Measuring Social Support in a Justice-Involved Population: An Exploratory Study” by Phillip Galli.
- “Cultural Responsivity: Peeling the Onion of Race, Ethnicity, and Poverty” by Tim Walsh and Kevin Saunders.

If attendees weren't found in a breakout session, they could be found “hunting” for the MACPO medallion. With Madden's Resort being a larger resort, there were lots of locations and nooks & crannies this medallion could be hidden. People were looking high, looking low, underneath chairs, etc... After a compilation of ideas, it was found!! Congratulations to Michelle Pramann, Wright County, for finding the medallion! She won two \$25 Amazon gift cards.

Toward the end of Thursday evening, attendees gathered for the Awards Banquet Dinner, which was held where all could see the beautiful view of the lake. Congratulations to all the award winners!!

- ❖ Al Reker Award: Eric Johnson
- ❖ Excellence in Corrections Award: Ottertail County DWI Court Program
- ❖ Evidence-Based Practice Award: Rachel Miller
- ❖ Rookie Agent of the Year Award: Racheal Scheid
- ❖ Outstanding Performance Award: Michelle Sellner
- ❖ MACPO Superior Service Award: Michelle Pramann

Willow Sweeney brought the conference to an end on Friday by presenting “Top 20 Thinking: How Our Thinking Governs Our Experience.” As all our speakers, she did not disappoint. (Please enjoy the pictures on the next two pages that showcases our speakers, vendor hospitality night, vendor fair, and award winners.)





Outstanding  
Performance Award:  
Michelle Sellner



Congratulations  
to all of award  
winners  
and golf  
tournament  
winners!!

Excellence in Corrections Award:  
Ottertail County DWI Court



Superior Service Award:  
Michelle Pramann



Al Reker Award:  
Eric Johnson



Past President: James Schneider



Evidence Based  
Practices  
Trainer/  
Coach Award:



Rookie Agent of the Year  
Award: Racheal Scheid



Golf Tournament Winners:

Bobboy Emmer, Neal Huemoeller, Ryan  
Anderley, & Alex Hirman from Wright County





# MACPO's 19th Annual Support Staff Conference & Spotlight Award Winner

It was that time of year again!!! MACPO's Annual Support Staff Conference. Fortunately, this year, the conference was able to be held in person. The attendance was lower than what it has been in the past, but those who attended enjoyed 2 great keynote speakers and a delicious lunch. They also got to get a sneak peek of the CSTS enhancements from Carrie at STI.

Gaye Lindfors started off the conference with "Celebrating You – Because You Matter!" Attendees felt she was relatable. She shared her story and experience, which was a good lesson on how resilient one can be if they take care of their response to it (life, crisis, etc.).

Annie Meehan livened up the afternoon with her "Celebrating Exceptional You!" Through her presentation, participants learned to rewrite their stories and why self-care is never selfish but self-full. Annie was upbeat, entertaining, and funny.

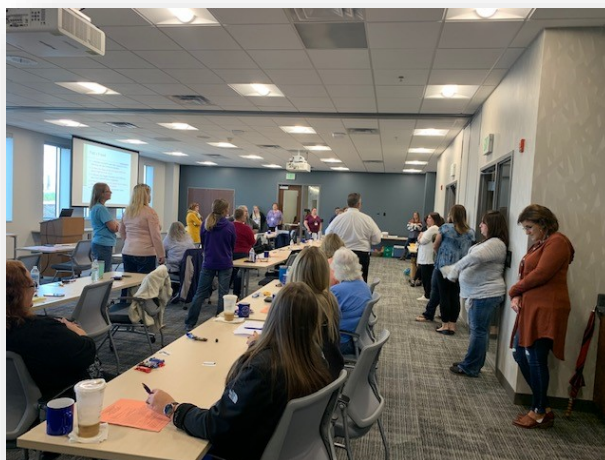


The conference wouldn't be the same if Les Schultz wasn't there. Les entertained us with jokes and stories. Support Staff always enjoy having him there. This year, he even coordinated a quick activity to get everyone out of their comfort zones.



At the very start of the conference, Les had everyone grab a small piece of paper from an envelope that had a symbol on it. After the morning training sessions, everyone had to find others who had the same shape. Les then had questions related to the office and CSTS and each group had to discuss with each other.

Before breaking for lunch, the Spotlight Award winner was announced...and the winner is...





# Spotlight Award Winner: Trudy Miller

It's a bird, it's a plane, it's...Trudy????

I would like to nominate Jackson County Court Services Support Staff Employee Trudy Miller for the MACPO Spotlight Award.

Trudy has been employed with Jackson County Court Services for over 4 years. She embodies the true spirit of Superwomen.

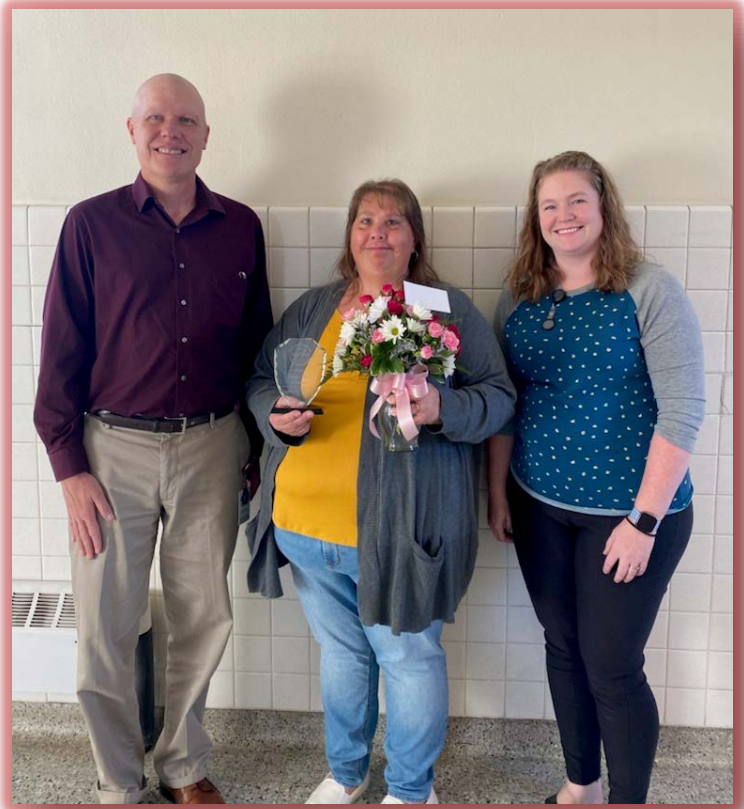
Trudy works for three different offices within the Jackson County Courthouse while wearing 3 different capes. She seamlessly has managed to learn 3 different jobs with 3 different supervisors. Trudy has demonstrated flexibility by being willing to change her schedule to accommodate the needs of all 3 offices.

Trudy is a welcoming presence at each office that she serves. She is polite, helpful and professional at all times and she is well liked by both co-workers and the public.

Additionally, Trudy has proven to not be affected by any kryptonite. She is rarely sick and extremely dependable. I can count the times on one hand that she has taken a sick day in the past 4 years.

On a personal note, Trudy has varied interests. She is a world class bingo player bringing fear to her opponents every Wednesday night at the Jackson American Legion. She has one son who is a teacher in Willmar and she is excited to recently becoming a grandmother for the first time by welcoming her new granddaughter Jane into this world. Lastly, I have a fun fact about Trudy. She is the only person that I know that actually owns a cemetery which she dutifully mows on a weekly basis.

If you happen to be coming through Southwestern Minnesota and come to Jackson and you see a person in a cape leap the Jackson County Courthouse in a single bound, don't be afraid. It's just Trudy.



***Congratulations Trudy on winning the Spotlight Award!!!***



# Alarming Trends – 9 Dangerous TikTok Trends

[HTTPS://CYBERPURIFY.COM/KNOWLEDGE/9-DANGEROUS-TIKTOK-TRENDS/](https://cyberpurify.com/knowledge/9-dangerous-tiktok-trends/)

Watch out for these dangerous TikTok trends!

1. *Black-out Challenge*: Holding your breath until you pass out. This action is sometimes to the point of brain damage or death. Variations of this trend, also known as the “choke game”, appeared long before TikTok.
2. *Benadryl Challenge*: Teenagers challenging each other to take large doses of Benadryl, an antiallergic drug, to trigger hallucinations. Although pills usually only make you sleepy, when taken in large enough doses, they can be fatal.
3. *Silhouette Challenge*: When performing the challenge, the cameraman (usually the woman) will stand in the doorway, pose sexy, or dance to the music rhythm. The backlit red light makes the girls appear like a mysterious shadow that both seduces and cleverly shows off body lines. However, the Silhouette Challenge posed a serious problem when people took advantage of this to edit TikTok videos that exposed the female body. Some edited clips were posted online without the consent of the owner.
4. *Penny Challenge*: The challenge involves sliding a penny behind a partially plugged phone charger. While this trend looks harmless, a coin can crash into metal prongs, causing sparks, damage to electrical systems and in some cases, fires.
5. *Beer-basketball Challenge*: This challenge shows TikTok users picking up a beer or can of beer on top of a basketball, then dropping the ball and trying to catch the can. However, there are many cases where the test fails when the beer bottle breaks and splashes in the player’s face and eyes.
6. *Cha Cha Slide Challenge*: This is the dangerous TikTok trend as teenagers drive recklessly to the rhythm of a song first released 20 years ago by DJ Casper (Mr. C The Slide Man). The Cha Cha Slide challenge uses a song by DJ Casper with lyrics like “slide left, slide right”, but unlike most TikTok trends, this challenge has nothing to do with choreography. Every time Casper sings – “slide left!” – the driver steers the driver according to the lyrics, turns into the oncoming lane. Some users drove their cars to tracks and followed instructions like “cut through,” wobbling dangerously on the road.
7. *Throw It In the Air Challenge*: The challenge to throw it up without the participation of a group of friends standing in a circle, looking down at the phone that was placed down. Then, throw something in the air and challenge you not to let it fall to your head.

8. *Tooth Filing Challenge*: Users file their teeth with a nail file. Dentists and dental students had to explain why the technique was so dangerous. They can destroy the user's tooth enamel and sometimes damage the teeth in the long term.
9. *Morning-after-pill Challenge*: The rumor that the pregnancy test contains the emergency contraceptive pill has become a dangerous trend in the past. The company that makes pregnancy tests has tried to quell the trend by explaining that the pill is a silica gel for desiccant and not a birth control pill, but countless teenagers have tried it.



## Upcoming Events and Training

There are currently no training opportunities being offered by MACPO. However, if you are interested in some substance use disorder trainings, please visit this website: <https://healthknowledge.org/course/index.php?categoryid=53>.

Remember to save the date! MACPO's Spring Conference is coming back in 2022!!! It will be held again at Madden's Resort, Brainerd, from May 18<sup>th</sup> – 20<sup>th</sup>.

Please watch our website and for emails for upcoming events and training.

*“Leadership and learning  
are indispensable to each other.”*

*-John F. Kennedy*

# AUTUMN LEAVES AND PUMPKINS PLEASE



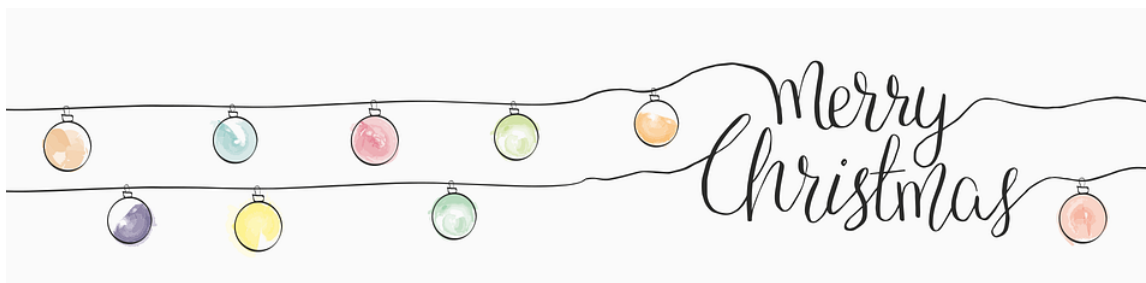
Thank you to all who submitted pictures! Please  
check out our website to see all of them.





# Holiday Wishes

With the holidays coming up, all of us at MACPO wanted to wish you and your family:



*Watch for the holiday fun in the next MACPOST edition.*

# *With Respect, Honor & 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!



## *Thank You Veterans!!*



**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.*



## 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 2021-2022 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

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

## President - Elect

*Michael Schommer*, Ottertail County Probation  
presidentelect@macpo.net

## President – Past

*James Schneider*, Cass 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

## Member at Large

*Steve King*, Mower County Probation  
stevek@co.mower.mn.us

## Member at Large

*Eric Johnson*, Carter County Court Services  
ejohnson@co.carver.mn.us

