



# MACPOST

# Newsletter

Fall 2022



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# From the President

MICHAEL SCHOMMER, OTTER TAIL COUNTY PROBATION

One of the many inspiring reasons we live in Minnesota is that we have the privilege of experiencing four distinct seasons every year. There are a plethora of activities to engage in each season, as we all look forward with excitement to those which pique our interest. As one season begins to wane another is ramping up. As I look out my window, the once-colorful trees are rapidly dropping their leaves in the crisp, cool breeze. What a fantastic and clear sign of change!

We work in a field where we strive to guide long-term behavior change in our clients to enhance public safety. Unlike nature, our clients do not show the undeniable signs of change. We must be more attentive to identify any hint of sustained change so we can give that progress all the affirmations it deserves. We work to support our clients through this tireless process of change, leveraging appropriate accountability when needed. We hope our clients do not revert to their old, comfortable ways.

Change is difficult. It can push us to an uncomfortable place. We can feel vulnerable. Yet with support, we can make necessary changes to improve our lives and the lives of those around us. Our MACPO Executive Board has been diligently working to address the funding inequities across the State of Minnesota. Where you live should not dictate the type of community supervision you receive, yet community supervision requires funding.

We are not in this alone. We have the support of MACCAC and the DOC. All three delivery systems and all 87 counties support an updated funding formula for community supervision in Minnesota. The Association of Minnesota Counties (AMC) is leading our effort to positively guide this needed change. With counties in the driver's seat, we hope to achieve a new funding model for all Minnesotans. Reverting to the same, comfortable funding formula should not be an option.

Effectively communicating what we do and how we do it is vital to helping our legislators understand why additional funding is needed. Although we fell short last year, we have a host of new legislators to educate in the limited amount of time we will have with them. I will continue to do my best on behalf of our membership to drive much needed change in collaboration with MACCAC, DOC, and AMC. Once the snow has come and gone, and the trees are budding with new life, this will serve as a sure sign of a new season. This new season should bring with it a new funding formula for every county and every delivery system as we strive to enhance public safety for those who live, work, and play in Minnesota.

Thank you for the opportunity to serve as your MACPO President. Feel free to contact me at any time!

Michael A. Schommer  
[President@MACPO.net](mailto:President@MACPO.net)





# MCA's President Message

JANE SCHMID, 2022 MCA PRESIDENT



Happy Fall Y'all from MCA!

Autumn is the season that teaches us change can be beautiful! While our lush green grass and forests turn to amber and gold, I hope you can enjoy this beautiful time!

MCA was thrilled to host the **89<sup>th</sup> Annual Fall Training Institute**, held in person October 26-28, 2022 at Grandview Lodge in Nisswa, MN! The event provided us with an opportunity to continue the important work we do in Corrections through up to date training, and an opportunity to help fill the need for direct connection with others. The Training Institute is the time of year when we highlight the amazing work being done in our field. Thank you for all who attended!

Along with the annual training institute, MCA offers monthly trainings free to members. Our upcoming trainings include:

- November 18, 2022 **Silver Line Support**
- December 16, 2022 **Juvenile Justice**

For more information and registration [Click here!](#)

Jane Schmid  
MCA President 2022



## MACCAC's President Message

CARLI STARK, 2022 DIRECTOR AND LEGISLATIVE LIAISON

I'm pretty sure I started my update last year or the year before the same way: I LOVE FALL! I am not alone in loving fall. It feels like I'm being transported into a slower time of year where we can all reflect on what we are grateful for and enjoy Minnesota at its finest. I may have had the opportunity to review Mr. Anderson's update before writing mine and have to disagree on pumpkin spice. It's delicious. As is chai spice. And though it may seem trendy, pumpkin pie has been around for a very long time, so I'd argue pumpkin spice is an age-old tradition!

Though I feel like we're heading into a slower time of year, I recognize that fall is actually a busy time for MACCAC. We recently held our annual conference with the theme "Putting the Community in Corrections: Local Solutions for Local Problems." The focus was on the great resources and programming that are already available in our communities with a look ahead at how to use those resources to effect positive change.

Our biggest focus is to continue our work to change the way corrections funding is distributed by the legislature. Community supervision is so heavily relied on by our state but not supported in the way it should be. I am proud of the work that community supervision leaders from MACCAC and MACPO have come together to create better outcomes through policy change. I am ever hopeful that the hard work everyone puts in will be recognized and result in a better system.

Though it pains me to say it, I agree with Jason in hoping for a "black coffee" legislative change process without all the complications of pumpkin spice. Sorry pumpkin spice!



## MAPSA's President Message

TRAVIS FISHER, CASS COUNTY PROBATION

No update available at the time this newsletter was completed.



## Legislative Committee

MARGARET MUNSON, WRIGHT COUNTY COURT SERVICES

No update available at the time this newsletter was completed.



## Communication Committee

DEVIN PETERSEN (CHAIR), PINE COUNTY PROBATION

MICHELLE PRAMANN (VICE CHAIR), WRIGHT COUNTY COURT SERVICES

Fall is here. Best time of the year if you ask me: bonfires, cold weather, and the start of hockey season.

The Communication Committee has been hard at work in recent months updating our website – [click here to check it out!](#) We have revised our employment/internships pages, added an EBP page, and we also revised our statewide Peer Support List and distributed it to all three delivery systems.

Additionally, we will be updating both our online store and the Vendor page in the upcoming months.

If anyone has any suggestions on training/EBP resources to include on our website, then do not hesitate to reach out to us at [communication@macpo.net](mailto:communication@macpo.net)

*Devin Petersen*



## Membership Committee

DANNI BRISTOL, JACKSON COUNTY COURT SERVICES

No updated available at the time this newsletter was completed.





## Training and Education Committee

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

Training and Education Committee is busy working on booking presenters for the 2023 Spring Conference. We are excited to return to Breezy Point Resort and different opportunities we will be able to bring to the conference. Remember the tent and the one-man band? We are bringing back the tent this year and Minnesota's favorite one man band, Jeff Loven.

We have our keynote speakers booked. We are thrilled to announce Willow Sweeney is coming back and will be our opening speaker. Willow is a powerful speaker that is grabbed our attention back at the 2021 Fall Conference. You do not want to miss this presentation! Michael Laidler is traveling from Texas to present "Greatness Beyond the Badge." Michael has experience in law enforcement and working with probation officers. Michael's mission is to "motivate, inspire and ignite professionals." Stay tuned for future announcements for the Spring Conference. We look forward to seeing you at Breezy Point in May 2023!



## CPO Director's Committee

JASON ANDERSON, DIRECTOR OF ITASCA COUNTY PROBATION

Enough with the pumpkin spice already. My lovely wife practically loses her mind with joy when this trendy abomination makes its annual return to the coffee shops. I believe her latest favorite is some sort of almond milk/chia/latte with a "pump" of pumpkin spice. It's a steaming cup of diabetes from all I can tell. A simple cup of black coffee would be fine, thank you.

So, yes, fall is in the air. Kiddos are back in school, which brings structure and truancy cases. We all settle into our respective routines, which is a pretty healthy thing, and prepare ourselves for the transition of seasons.

Transition. We may be on the cusp of several transitions depending upon the outcomes of the elections. The possibility of new legislatures and potentially a new governor could translate into subsequent transitions that have an effect on community corrections.

In preparation for the next legislative session a workgroup of each delivery systems has been meeting in efforts to present a proposed new funding formula that would be applied to all 3 delivery systems. This is a daunting project with a very compressed timeline.

There are 2 CPO Directors directly involved in the project (myself and President Schommer) while the entire group has been instrumental in providing feedback as the project moves along. An integral part to the project will be the completion of a workload study in efforts to quantify the amount of time it takes for an agent to provide high-quality supervision to our clients.

Like any project of this scale, it can readily become very complicated and layered. At the end of the day, each delivery system simply wants to be adequately funded. I'm hoping we can get there with a process that more closely mirrors a quality cup of black coffee rather than an ornately crafted and unnecessarily complicated pumpkin spice almond milk/chai/latte. Stay tuned.



## Overdose Deaths Spurred by Fake Pills

### Containing Fentanyl

CBS NEWS – SEPTEMBER 28, 2022 - [HTTPS://WWW.CBSNEWS.COM/NEWS/FAKE-PILLS-FENTANYL-OVERDOSE-DEATHS-SOME-LOOK-LIKE-CANDY-DEA/](https://www.cbsnews.com/news/fake-pills-fentanyl-overdose-deaths-some-look-like-candy-dea/)

An increasing number of fake prescription pills that contain potentially deadly fentanyl are helping drive overdose death rates to record levels in the U.S., including some now manufactured in rainbow colors designed to look like candy, federal officials said Tuesday.

Drug Enforcement Administration agents are working to crack down on violent drug cartels in Mexico believed to be trafficking the drugs into the U.S., Attorney General Merrick Garland said. Between May and September, the DEA and local police around the country seized more than 10 million fentanyl pills and hundreds of pounds of powder, he said.

Vastly powerful synthetic drugs like fentanyl are behind record overdose deaths in the U.S. Law enforcement officials nationwide have been struggling to combat the surge of drugs in urban and rural communities. The global coronavirus pandemic has overshadowed the American opioid epidemic, but when overdose deaths surpassed 100,000 during the 12-month period ending in April 2021, it rocketed back into the public consciousness.



"I read too many reports on too many cases, including too many young people who ended up dying after taking just one pill laced with fentanyl, often disguised as something else," Garland said.



First reported in February, the rainbow pills have been seized in 21 states now, DEA Administrator Anne Milgram said. While fentanyl is still more commonly disguised as oxycodone or another prescription drug, the rainbow pills are on the increase.

"We believe it is being marketed and aimed at young people," Milgram said.

Senate Majority Leader Chuck Schumer, D-N.Y., also sounded the alarm this weekend about the rise of the drug in New York City and Long Island as he pushed for new funding to fight its spread.

Two Mexican drug cartels are responsible for the majority of fentanyl in the U.S., federal authorities said. The Sinaloa Cartel and the Jalisco New Generation Cartel buy precursor chemicals from China, then traffic them into the U.S., where they are sometimes sold on social media platforms.

"Those cartels are acting with calculated, deliberate treachery to get fentanyl to the United States and to get people to buy it through fake pills, by hiding it in other drugs, any means that they can take in order to drive addiction and to make money," Milgram told "CBS Mornings" this month.

The Department of Justice considers the Jalisco cartel to be "one of the five most dangerous transnational criminal organizations in the world." The cartel's leader, Nemesio Oseguera, "El Mencho," is among the most sought by Mexican and U.S. authorities.

Over the last four months, authorities have investigated nearly 400 cases, 51 of them linked to overdoses and 35 tied directly to the two cartels. In addition to being pressed into fake pills, fentanyl powder is also moved into other drugs like cocaine and heroin, Milgram said.

"Our top operational priority has been and will continue to be to defeat these two cartels," she said. Fentanyl is a synthetic opioid that can be 50 times more potent than heroin, and even a tiny amount can be lethal. Fake prescription pills are especially dangerous because it's difficult to tell how strong they are.

About two-thirds of overdose deaths in the U.S. have been linked to fentanyl or other powerful, illicitly made synthetic opioids.

Jonathan Caulkins, a professor of operations research and public policy at Carnegie Mellon University, said containing synthetics with law enforcement is a challenge because the drug can be made in labs anywhere rather than grown in fields like cocaine or heroin - and because it is so potent and is trafficked in smaller amounts.

"How the heck is law enforcement supposed to find a few metric tons in an economy that trades megatons of raw materials?" Caulkins asked.

Caulkins said the best ways to deal with the fentanyl crisis is to put money toward treatment and increasing the availability of naloxone, a drug that reverses overdoses - but added that using arrests to reduce the supply may be worth trying.



# Snapchat Unveils New Parental Tool to Help Monitor Teen Activity on the App

BY KAIT HANSON, TODAY – AUGUST 9, 2022 -

[HTTPS://WWW.TODAY.COM/TODAY/AMP/RCNA42013](https://www.today.com/today/amp/rcna42013)

Snapchat has been around for a decade and the company reports that 99 million people per day use the popular social media app in North America. In the United States, 20 percent of those users are under 18, and until now, parents had no way of monitoring what their children might be doing on the app.

That changed today when the company announced "Family Center" — a tool for parents to gain insight into who their child or teen is connecting with on Snapchat.

"We have a responsibility to make sure teens are safe and healthy on Snapchat," Nona Farahnik Yadegar, the director of platform policy and social impact at Snapchat, told NBC News senior national correspondent Kate Snow.

Starting today, parents and teens ages 13 to 18 can opt into Snapchat's "Family Center."

"As soon as a parent and teen opt into Family Center, the parent immediately gets access to the teen's friends list, the people the teen has communicated with over the last seven days, and new friends, that the teen has made as well," Farahnik Yadegar told Snow.





# Outside the Fence: Waupun State Farm, Dairy Processing Plant Offer Opportunity to Prisoners

BY STACEY SMART, DAIRY STAR – SEPTEMBER 26, 2022

From the road, it looks like any other farm. White barns and buildings sit wide open to the world at the end of a long, tree-lined drive. There is nothing to indicate that much of the labor on this farm near Waupun is supplied by men in state custody.

Waupun State Farm is part of the Bureau of Correctional Enterprises. The 360-cow, 1,700-acre dairy farm employs prisoners from the John C. Burke Correctional Center – a minimum security facility in the city of Waupun.

There are no wire fences here. The prisoners get a taste of freedom when they work on the farm.

“Most of the men working here are toward the end of their sentence,” said Jason Hensel, farm supervisor. “This is a chance for them to prove themselves.”

Wisconsin Department of Agriculture, Trade and Consumer Protection Secretary Randy Romanski and Wisconsin Department of Corrections Secretary Kevin Carr toured farm and dairy Sept. 8. BCE director Wes Ray led the tour.

“From growing crops to maintaining livestock to producing milk, we’re doing a tremendous job with helping people change their lives and gain meaningful employment when they leave our care,” Ray said.

Forty men from the center work on the farm – 28 on day shift and 12 on night shift. This work release program is designed to help reformed prisoners successfully transition back into their community one day.

Craig, from Washington County, has been working on the farm for four months. He started out scraping manure and moving cows and is now a milker. He starts his shift at 4 a.m. and is done at 11 a.m. In custody since 2018, Craig is scheduled for release October 2024.

“This is hard work,” he said. “I did construction my whole life, but it’s eye opening all that goes into farming. I grew up in rural Wisconsin with farms all around me, but I was never on a farm before here. I’ve learned a lot about cows, and I’ve learned to be patient.”

Craig said time spent working on the farm helps with his rehabilitation.



“I like being able to get away and feel like a normal person a little,” he said. “You have a lot of time out here to reflect on yourself. When you’ve been in prison and come to the farm, you realize what you’re missing. It’s wide open here, and I think it makes you feel better about yourself.”

The recent completion of a \$6.5 million investment in Waupun State Farm is propelling the operation into the future. A transition barn built in 2021 houses dry and pre-fresh cows as well as the herd’s highest producing animals.

“This barn is focused on cow comfort and a healthy environment, offering superior ventilation,” Hensel said.

The 170-stall barn contains sand and straw bed pack areas. One side is for high-production animals milking 90 to 130 pounds per day. The other side of the barn houses dry cows’ pens for cattle one to two weeks away from calving.

In addition, the facility project included increasing manure pit capacity from 1 million gallons to 4 million gallons.

“The bigger manure pit allows us to more carefully and cost efficiently manage manure and its placement on our acres,” Ray said. “We have to take good care of the land.”

Cow comfort and high-quality animal care are top priorities at Waupun State Farm. DATCP inspects the farm every other year, and the facility regularly receives high marks and awards for farm operations and quality milk production, Romanski said.

Cows are milked twice a day in the farm’s double-10 herringbone parlor and average 90 pounds of milk per cow per day. All cattle on the farm are bred with A.I.



“Genetics are important to us,” Ray said. “We breed for the quality replacement heifers.”

Eleven state employees, including Hensel, work at Waupun State Farm alongside the prisoners.

Hensel grew up on a dairy farm near Fond du Lac and has worked at Waupun State Farm for 20 years; he has been the farm supervisor for six years. Each employee is a security

position. For example, Hensel is a lieutenant, and the BCE’s agriculture manager is a captain. All staff have a security background and are equipped with the training and experience necessary to diffuse a potential negative situation.

The privilege to work outside the fence depends on where a person is at in their sentence and when their return home is scheduled. Each one is reviewed by the center superintendent and warden. Offsite approval is earned through a record of good behavior, compliance and rule following. The prisoners are

workers on the BCE farm, which makes starting pay is \$0.55 an hour with the potential to earn \$1.65 per hour.

Donald, from Dunn County, takes care of calves and has been working on the Waupun State Farm for nine months. He works 9 a.m. to 9 p.m., and his responsibilities include newborn calf care, cleaning and bedding hutches, and feeding calves. Calves are fed pasteurized milk out of treated and fresh animals that is distributed through a portable milk dispenser.

“There’s more to farming than I thought,” said Donald, whose first job on the farm was a second shift milker. “I had never been on a farm before I came here, and I’ve learned a lot about cattle and calves. I don’t mind the long, 12-hour day. I’m grateful to be out here and be part of a team.”

Donald has been with the Department of Corrections for two years and is scheduled for release September 2023.

“This is my fourth incarceration, but the worst is behind me,” he said. “I’ve done a lot of changing, and it’s all for the better. I like being out here and being productive rather than sitting and dwelling on what I don’t have. I’m thankful for this opportunity. The freedom to be here all day and work with the calves is awesome.”

Anthony, from Cincinnati, Ohio, has been on the farm team for three months. He started as a scraper and now works at the equipment operator level mixing feed and feeding cows.

“I was a carpenter for 20 years, and that’s hard work in itself,” he said. “And, then I come here and have a whole new respect for farmers.”

Anthony has spent eight years with the department and is scheduled to be released next June.

“I put myself in this position,” he said. “It’s my fault. But, I like it here on the farm. I’m not behind a fence. When you’re in prison, you have lots of time to reflect on your past. Hours and days in a room changes how you think and feel. I’ve learned a lot of patience and learned it’s possible to work with others and accept people for who they are.”

The BCE also operates a dairy farm near Oregon, Wisconsin, that milks 180 cows. Milk from both farms is shipped to Waupun Dairy, which is also part of BCE. The dairy processing plant opened in 1994 and is located adjacent to the John C. Burke Correctional Center. Twenty-six inmates work at Waupun Dairy as well as five civilians.

Waupun Dairy produces skim milk, vanilla and chocolate ice cream, and sherbet in orange and lime flavors which they supply to correctional and mental institutions in Wisconsin and Minnesota.

Working on the farm or at the dairy is a form of rehabilitation and an opportunity to learn work skills and life skills, increasing the likelihood of one’s success when reentering society. Many return to their community and never misstep again. However, some will find their way back to prison more than once.

“We work as well as we can to closely replicate private sector job selection and employment,” Ray said. “We want to get persons in our care thinking, feeling and behaving like they’ll need to in order to succeed when they go home. We are focused on these men’s successful futures. If working at the farm

or dairy is an advantage to them, then it's an advantage to their family and the whole community when they return home."



# Leadership is Communication and Communication is Leadership

By Mike Cantrell, Corrections1 – October 11, 2022 - <https://www.corrections1.com/jail-management/articles/leadership-is-communication-and-communication-is-leadership-QcysSZ1FT2pTzLLM/>

"The single biggest problem in communication is the illusion that it has taken place."

This quote, attributed to playwright and critic George Bernard Shaw, could be a poster for 2022. It has never been more relevant how far apart our leaders are separated from the message they are sending and how little they are listening to the response. This "illusion" of communication is affecting all areas of our lives, including the workplace. Is it just an evolution of our society, or have we forgotten how to communicate with each other?

The most important area of communication for today's correctional officer is how you communicate your leadership message. I know some think having a leadership message is only for the administrators, but I disagree. Correctional officers are the on-the-ground leadership in our prisons. They are the leaders who take a group of inmates and staff and accomplish the daily goals of the institution. They may not be developing 5-year strategic plans and their leadership message may be based only on immediate results, such as sanitation or control, but without completing these tasks, the strategic plan goals will never even have a chance.

## *EVERYONE LEADS*

*"A leader that leads without followers is merely out for a walk." – John Maxwell, author and leadership expert*

A complacent correctional officer that is not leading, is just taking up space on the roster.

Communication with our inmate population is one of the most important skills we have in our correctional toolkit. How we communicate with the inmates can be the difference between an easy shift or a riot.

Either scenario starts with some form of communication. An officer's communication can either escalate or de-escalate any scenario. In corrections, most of us become good at this level of



communication. What is missing though is how we communicate with each other, and more specifically, how we communicate as professionals.

Working as a young rookie housing unit officer, I quickly learned the difference between ineffective communication (a one-way message) and effective communication (a message with targeted information and feedback). In any housing unit, sanitation is a priority, so keeping the orderlies on task and busy usually takes up most of a housing unit officer's time. I had just hired a new orderly and assigned him to mop the day room. I was busy and my one-way message communication to him was, "I need you to mop the day room." I showed him the mop closet and went about my business. It wasn't but about five minutes and I heard a commotion from the day room.

When I entered, I saw what had the inmates in an uproar. The new orderly was mopping or what I would more aptly call "swabbing the deck" with a half-inch of dirty water streaking the floor. I was pretty sure the mop head he was using had been used to clean up old milk. He had also pushed all the tables out of his way, including the ongoing, and now scrambled chess and dominoes games that always sat idle until the players returned later in the day.

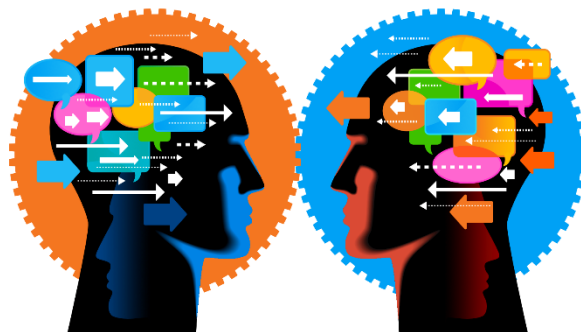
I calmed everyone down and quickly gave my orderly better instructions. Did he know better? I don't know, and it didn't matter. What mattered was how I learned to give instructions targeted information and feedback in the future to avoid all that unnecessary disruption.

### *COMMUNICATION IS LEADERSHIP*

From that day on, I explained exactly what I wanted to be done. Sweep before you mop, get a clean mop head, use fresh water, add this much soap to the bucket and so on.

But, one of the most important things I did was to ask "Do you have any questions?"

I grew up on a farm, served in the military and worked in Corrections for 29 years. I know how to mop. I was surprised at how many people had never mopped a floor. Learning to communicate with clear thought toward how my message is received means that I often only need to communicate once.





## Feel Good Story

<https://www.goodnewsnetwork.org/gary-wilburn-named-trucker-highway-angel/>

### ***Texas Trucker is Named ‘Highway Angel’ for Stopping to Rescue a Police Officer Pinned in Vehicle***

*By Good News Network – October 15, 2022*

Truck driver Gary Wilburn was named a Highway Angel for offering aid to an injured Arkansas state trooper who was pinned inside his vehicle after a serious crash.

The Truckload Carriers Association bestowed the honor and shared the ‘incredible story.’

On the afternoon of October 4, near Forrest City, Arkansas, Wilburn was driving very slowly in heavy traffic. He came across a crashed State Trooper’s vehicle on the side of the road. Every other motorist was passing the vehicle without stopping to look inside.

“I was in traffic for an hour before I saw the trooper,” said the trucker from San Antonio, Texas. “Some of the stuff I noticed was insane—no one’s calling the police, cars are driving by, and no one stopped to help him.”

Wilburn, who drives for Anderson Trucking, called 911 and reported what he found.

“He was banged up really bad,” Wilburn said. “Lower legs were broken, upper legs were broken and he was pinned in. His legs were crushed really bad.”

He then stayed with the trapped officer until emergency personnel arrived and he was airlifted to a local hospital.

Wilburn, who is still upset that no one had stopped, did not know what caused the accident, but says he is usually the man for the job.

“I’m that idiot that runs into burning buildings and pulls out pets. When I see something like that, I can’t keep going on about my day.”

Since the program’s inception in August 1997, nearly 1,300 professional truck drivers have been recognized as Highway Angels for exemplary kindness, courtesy, and courage displayed while on the job.

*There was no word on the officer’s condition.*



# Agent Wellness

[HTTPS://WWW.GOODNEWSNETWORK.ORG/STUDY-FINDS-THAT-EATING-DINNER-AS-A-FAMILY-MAKES-91-OF-FAMILIES-LESS-STRESSED/](https://www.goodnewsnetwork.org/study-finds-that-eating-dinner-as-a-family-makes-91-of-families-less-stressed/)

## *Study Finds that Eating Dinner as a Family Makes 91% of Families Less Stressed*

By Good News Network – October 27, 2022

Everyone knows your family can be a pain in the neck sometimes, but regular family dinners can be the key to reduced stress levels in the household.

This was found in a survey by the American Heart Association (AHA), who research chronic stress which can increase rates for all manner of non-communicable heart diseases.

Of the 1,000 U.S. adults nationwide surveyed in September 2022 by Wakefield Research on behalf of the AHA, 91% of respondents said their family was less stressed when they share meals together. 84% say they wish they could share a meal more often with loved ones.

“Sharing meals with others is a great way to reduces stress, boost self-esteem and improve social connection, particularly for kids,” said Erin Michos, M.D, M.H.S, and American Heart Association volunteer from Johns Hopkins.

“Chronic, constant stress can also increase your lifetime risk of heart disease and stroke, so it is important for people to find ways to reduce and manage stress as much as possible, as soon as possible.”

Connecting with friends, family, coworkers and neighbors benefits people beyond stress relief. In fact, the AHA survey found 67% of people say sharing a meal reminds them of the importance of connecting with other people, and 54% say it reminds them to slow down and take a break.

“

**Families are like  
fudge – mostly sweet,  
with a few nuts.**

LES DAWSON

The survey also identified the majority (65%) of adults say they are at least somewhat stressed and more than a quarter (27%) are extremely or very stressed.

Nearly 7 in 10 of survey respondents who are employed full or part-time said they would feel less stressed at work if they had more time to take a break and share a meal with a co-worker.

Those surveyed say they are more likely (59%) to make healthier food choices when eating with other people but have difficulty aligning schedules with their friends or family to do so, according to

the survey. Overall, respondents reported eating alone about half of the time.

“We know it’s not always as easy as it sounds to get people together at mealtime. Like other healthy habits, give yourself permission to start small and build from there,” Michos said.



“Set a goal to gather friends, family or coworkers for one more meal together each week. If you can’t get together in person, think about how you can share a meal together over the phone or a computer.”



## Alarming Trends – Number of Overdoses Linked to Gabapentin Growing

<https://drugfree.org/drug-and-alcohol-news/number-of-overdoses-linked-to-gabapentin-growing/>

The number of overdoses linked to the prescription medication gabapentin, used to treat nerve pain and seizures, is on the rise, according to UPI.

A recent study found gabapentin was involved in almost 1 in 10 U.S. overdose deaths between 2019 and 2020. The Food and Drug Administration (FDA) approved gabapentin for treating seizures and pain associated with shingles. Health care providers have increasingly prescribed the medication off-label for nerve pain and other conditions, leading to its prescription rate doubling from about 13 to 27 per 1,000 insurance beneficiaries between 2009 and 2016. By 2019, gabapentin had become the seventh most prescribed medication in the United States, according to the study in JAMA.

In December 2019, the FDA required new label warnings about the risk of serious breathing problems with gabapentin and a similar medication, pregabalin, in combination with opioid pain medications. In May 2022, the Centers for Disease Control and Prevention noted that almost 90% of overdose deaths in which gabapentin was detected also involved an opioid, particularly fentanyl.





# Upcoming Events and Training

## SaveTheDate

MACPO's Spring Conference  
May 17<sup>th</sup> – 19<sup>th</sup>



## Welcome Our Keynote Speakers!

### Opening Speaker:

*Willow Sweeney*

*She's back!!*

She's back and bringing the same energy, but with exciting new information! You won't want to miss what she will be presenting with her fun personality! More information to come soon!

### Closing Speaker:

*Michael Laidler*

He is new to the MACPO Spring Conference, but he started his career in law enforcement at the age of 19 and has worked in this industry over 17 years.

His mission is to impart the necessary personal development skills for law enforcement officers to operate at full capacity in any situation.



**NEW!!!**

*UNDER THE TENT  
ENTERTAINMENT  
WEDNESDAY NIGHT!!*

Join us in welcoming international award-winning Jeff Loven solo entertainer!



# Thank You to Our Platinum Vendors



7801 E Bush Lake Road, Suite 123,  
Bloomington, MN 55439  
(952) 562-7835

<https://phoenixrisecoaching.com/>

Offers six diversion programs throughout Minnesota while using Moral Recognition Therapy (MRT) which is a cognitive-behavioral approach and an approved evidence-based program. The issues treated include domestic violence, anger management, trauma, parenting, shoplifting, and other issues.



426 Winnebago Avenue, Suite C, PO Box 806,  
Fairmont, MN 56301  
(844) 582-4990

<https://www.community-compliance.com/>

Full service electronic offender monitoring and compliance company. Community Compliance will help design a program, utilizing several methods, that gives your agency the level of offender compliance and accountability required



<https://www.attentigroup.com/>

Offering monitoring solutions through Electronic Monitoring and Alcohol Monitoring. Electronic Monitoring is tailored to the specific needs and considerations for community supervision. Alcohol Monitoring is offered through SCRAM Remote Breath, a portable device, with automated facial recognition.



MERIDIAN BEHAVIORAL HEALTH

550 Main Street, New Brighton, MN 55112  
(612) 454-2014

<https://www.meridianprograms.com/>

Behavioral healthcare providing substance use disorder treatment services across a broad continuum of care, including in-patient, residential, outpatient and medication-assisted treatment. Meridian offers residential programming specific to Men, Women, and the LGBTQ Community.



## DIVERSION SOLUTIONS

400 South 4<sup>th</sup> Street, Minneapolis, MN 55415  
(651) 385-4341

<https://diversionsolutions.net/>

Diversion Solutions aims to restore the victim and education the offender. Accountability and restitution are key components. Services includes Driver's License Reinstatement Program, Traffic Education Program, Felony Pre-Charge Diversion, and Supervise Monitor and Educate Program (SME).



1231 5<sup>th</sup> Street Northwest, PO Box 247  
Bemidji, MN 56619  
(218) 751-3196

<https://www.nmjconline.org/>

Licensed through the Minnesota Department of Corrections and incorporates three distinct units (Non-Secure Detention Unit, Residential Treatment Unit, and Secure Detention) within the building as well as community-based satellite (foster) homes. The Center offers 35 Day Evaluations, community service/restitution work programs, 30/60/90-day programs, and detention services.



13637 – 60<sup>th</sup> Street Southwest, Cokato, MN  
55321

(320) 286-2922

<https://www.villageranch.com/>

Residential Care with Minnesota locations in Annandale (female residents between the ages of 12-18), Cokato (male residents struggling with a range of mental health and behavior issues), Hutchinson (male residents between the ages of 15 and 19), and Rochester (group home for male residents between the ages of 15 and 19).



729 – 11st Street North, Moorhead, MN 56561  
(218) 299-5150

<https://claycountymn.gov/414/West-Central-Regional-Juvenile-Center>

Provides residential services for juveniles with behavioral, protection, dependency, and delinquency issues. Programming includes Secure Detention, Secure Residential, Non-Secure Detention/Social Service Emergency Placement, 30 Day Evaluations, Sexual Therapy, and Community Living Independent Programming and Skills.



## REDWOOD TOXICOLOGY LABORATORY

(Abbott)

<https://www.redwoodtoxicology.com/>

Comprehensive, cost-effective drug and alcohol testing options. Services include urine drug testing, oral fluid drug testing, prescription drug testing, ETG/ETS alcohol testing, "synthetic marijuana" drug testing, "bath salt" testing, steroid testing, and more.



*1808 Civic Center Drive Northeast,  
Willmar, MN 56201  
(320) 231-1729*

<http://www.prairielakes.net/>

Provide corrections, detention, secure, and non-secure alternative programs for boys and girls ranging in age from 10-21. By utilizing the Truthought Corrective Thinking model, the mission is to enable responsible thinking. Programs include non-secure male residential, secure male and female residential and detention, girls group home, and boys group home.



*740 East 24<sup>th</sup> Street, Minneapolis, MN 55404  
(612) 373-3366*

<https://www.mntc.org/>

Offering programs in Minneapolis, Rochester, Duluth, Brainerd, and at Lakeside Academy (meeting the needs of teenagers). Substance Abuse Programs range from outpatient treatment, licensed treatment, and long-term recovery.



<https://corrisoft.com/>

Guided by 4 Core Principles: Accountability, Support, Communication, and Compliance, Corrisoft offers smart phone technology solutions that drive positive outcomes. The monitoring service partners with Treatment Courts, Adult and Juvenile Probation, Pretrial Services, and Residential Reentry Centers.



<https://www.nationwideinterlock.com/>

A Draeger Ignition Interlock Device Service Provider. The ignition interlock device (car breathalyzer) is the most used technology. Servicing the states of Minnesota, Wisconsin, Michigan, Indiana, Tennessee, and Florida.



*2901 Louisiana Avenue North,  
New Hope, MN 55427  
(888) 875-3486*

<https://www.mnmonitoring.com/>

Monitoring services throughout Minnesota including Home Monitoring, Drug Testing Programs, Investigative Services, and DNA Products. Monitoring services are used through Pretrial, Home Detention, Day Reporting, Intensive Supervision, Enhanced Probation, Social Services, Voluntary and Family Programs, and Electronic Home Monitoring.



## Thank You to Our Gold Vendors



<https://www.wellcomemanor.org/>

Care for women and women with children.



<https://www.nexusfamilyhealing.org/>

Outpatient, residential, and foster care programming.



<https://portgrouphomes.org/>

Boys and Girls group homes in central Minnesota.



<https://mccrossan.org/>

Residential programming for boys located in Sioux Falls, SD.



<https://www.nuway.org/>

Extended care, outpatient, and residential care for individuals recovering from co-occurring substance use & mental health disorders.



<https://recoveringhope.life/>

Provides substance use treatment in an outpatient and residential setting.



<https://dps.mn.gov/divisions/bca/Pages/default.aspx>

Provides investigative and specialized law enforcement services to prevent and solve crimes



<https://www.intoxalock.com>

Minnesota provider for ignition interlock devices.



<https://www.area35.org/>

Northern Minnesota Area 35 Alcoholics Anonymous



<https://minnesotarecovery.org/resource/pease-academy-peers-enjoying-sober-education/>

Recovery high school through peer-to peer support, public education, and advocacy.



<https://abkiosk.com/>

Remote probation monitoring for cost-effective supervision.



<https://www.pharmchek.com/>

Provider of PharmCheck Sweat Patch to detect drugs of abuse.



<http://www.mn-ca.org/>

Non-profit membership serving Corrections Professionals through the state of Minnesota.



<https://mapsamn.us/>

Provides quality training to our members to promote information to promote the importance of pretrial services in Minnesota.



<https://www.anokacountymn.gov/>

East Regional Juvenile Center



(Partners in Recovery)

<https://pirmn.com/>

Provides substance use treatment, mental health services, and medication-assisted therapies to individuals in the community.

*MACPO would like to give a huge thank you to all our sponsors.*



<https://mn.gov/doc/facilities/red-wing/red-wing-adult/>

Minimum security unit for men transitioning from prison into the community.

*Please watch our website and future newsletters for new advertising for our sponsors. Logos and links to all our vendors can be found on our website, [www.macpo.net](http://www.macpo.net).*





## THANKSGIVING SCAVENGER HUNT



HOW MANY ITEMS CAN YOU CHECK OFF THE LIST?

- |  |  |
|--|--|
| <input type="checkbox"/> TURKEY          | <input type="checkbox"/> PINE CONE     |
| <input type="checkbox"/> PILE OF LEAVES  | <input type="checkbox"/> FEATHERS      |
| <input type="checkbox"/> BLACK BIRD      | <input type="checkbox"/> PUMPKIN       |
| <input type="checkbox"/> CANDY CORN      | <input type="checkbox"/> FOOTBALL      |
| <input type="checkbox"/> CHRISTMAS DECOR | <input type="checkbox"/> A RAKE        |
| <input type="checkbox"/> PILGRIMS HAT    | <input type="checkbox"/> DINNER ROLLS  |
| <input type="checkbox"/> SQUIRREL        | <input type="checkbox"/> CORN          |
| <input type="checkbox"/> PUMPKIN PIE     | <input type="checkbox"/> RED LEAF      |
| <input type="checkbox"/> BARE TREE       | <input type="checkbox"/> POTS AND PANS |
| <input type="checkbox"/> YELLOW LEAF     | <input type="checkbox"/> CRANBERRIES   |
| <input type="checkbox"/> ORANGE LEAF     | <input type="checkbox"/> BOARD GAME    |
| <input type="checkbox"/> TWIGS           | <input type="checkbox"/> CORNUCOPIA    |
| <input type="checkbox"/> GRAVY BOAT      | <input type="checkbox"/> GOURD         |
| <input type="checkbox"/> WISHBONE        | <input type="checkbox"/> BROWN LEAF    |
| <input type="checkbox"/> CHIMNEY SMOKE   | <input type="checkbox"/> SCARECROW     |



# *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 2022-2023 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

*Michael Schommer*, Otter Tail County Probation  
president@macpo.net

## President – Elect

*Jonathan Schiro*, Waseca County Court Services  
presidentelect@macpo.net

## President – Past

*Jason Anderson*, Itasca 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

*Terry Fawcett*, Pine County Probation  
terry.fawcett@co.pine.mn.us

## Member at Large

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

