



MACPOST

Minnesota Association of County Probation Officers

From the President

Spring 2011

Spring is a very busy time for the Minnesota Association of County Probation Officers (MACPO) as we attempt to advance our legislative agenda to improve the delivery of probation services in our counties or to maintain the status quo in these difficult economic times. MACPO has been active in the pursuit of our interests but at this juncture the outcome is not yet known.

MACPO is involved with exploring collaborative interests with the other delivery systems. Representatives from the three delivery systems have held a joint meeting to discuss juvenile issues. Additionally, representatives of the three delivery systems and other interested parties met to discuss how we can work together to improve our services. Of particular interest is how we can coordinate training so there is not duplication of services. There seemed to be consensus that our training needs for probation officers were similar and could be shared. Added to this mix of systems is the appointment of a new Commissioner of Corrections. MACPO welcomes Commissioner Tom Roy and Deputy Commissioner Rich Crawford who bring a wide breadth of community corrections experience with them to their new positions.



Steve Peterson
MACPO President

The MACPO Training Committee has been busy for some time making plans for the 54th annual spring conference at Breezy Point. They have assembled an outstanding array of training opportunities including further exposure to evidenced-based practices. The committee has been in contact with a number of vendors who will be present at the conference to give attendees the opportunity to learn of the resources that are available in Minnesota. The Training Committee has organized the training so we can attain the maximum number of hours of quality training in the limited time we have available.

As part of the Spring Conference, MACPO recognizes its members and other corrections professionals for their accomplishments. Please review the award categories on the MACPO web site and if you are aware of deserving people or programs please submit a nomination. Of particular interest, is who the recipient will be for the prestigious Al Reker award. I suspect I am one of the few active MACPO members who had the opportunity to work directly with Al and became aware of the reason he is held in such high regard.

This time of year also is when the opportunities to serve our organization are available. We are looking for good candidates for President-Elect and Treasurer. An interesting position as editor of MACPOST is also available for those journalists among us. Service on the various committees is a wonderful opportunity to become acquainted with your peers and to work for the betterment of MACPO. Please contact me with nominations for the elective positions and awards.

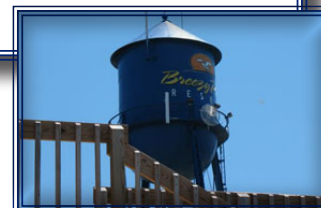
Obviously, I view this time of the year as a time of opportunity for improving our professional skills and in becoming intimately involved in our profession.

See you all at the 54th Annual Spring Conference!
Steve Peterson
MACPO President

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*MACPO SPRING CONFERENCE
Breezy Point
May 25th - 26th*



Preventing Future Crime With Cognitive Behavioral Therapy

By Patrick Clark

One form of psychotherapy stands out in the criminal justice system.

Cognitive behavioral therapy reduces recidivism in both juveniles and adults.

The therapy assumes that most people can become conscious of their own thoughts and behaviors and then make positive changes to them. A person's thoughts are often the result of experience, and behavior is often influenced and prompted by these thoughts. In addition, thoughts may sometimes become distorted and fail to reflect reality accurately.

Cognitive behavioral therapy has been found to be effective with juvenile and adult offenders; substance abusing and violent offenders; and probationers, prisoners and parolees. It is effective in various criminal justice settings, both in institutions and in the community, and addresses a host of problems associated with criminal behavior. For instance, in most cognitive behavioral therapy programs, offenders improve their social skills, means-ends problem solving, critical reasoning, moral reasoning, cognitive style, self-control, impulse management and self-efficacy.

Recently, Mark Lipsey of Vanderbilt University examined the effectiveness of various approaches to intervention with young offenders. His review analyzed the results of 548 studies from 1958 to 2002 that assessed intervention policies, practices and programs.

Lipsey grouped evaluations into seven categories:

- Counseling
- Deterrence
- Discipline
- Multiple coordinated services
- Restorative programs
- Skill building
- Surveillance



When he combined and compared the effects of these interventions, he found that those based on punishment and deterrence appeared to increase criminal recidivism. On the other hand, therapeutic approaches based on counseling, skill building and multiple services had the greatest impact in reducing further criminal behavior.

Lipsey also examined the effectiveness of various therapeutic interventions. In particular, he compared different counseling and skill-building approaches. He found that cognitive behavioral skill building approaches were more effective in reducing further criminal behavior than any other intervention.

In a different research review, Nana Landenberger and Lipsey showed that programs based on cognitive behavioral therapy are effective with juvenile and adult criminal offenders in various criminal justice settings, including prison, residential, community probation and parole. They examined research studies published from 1965 through 2005 and found 58 that could be included in their review and analysis. The researchers found that cognitive behavioral therapy significantly reduced recidivism even among high-risk offenders.

Perceptions Affect Behavior

Beliefs, attitudes and values affect the way people think and how they view problems. These beliefs can distort the way a person views reality, interacts with other people and experiences everyday life.

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Cognitive behavioral therapy can help restructure distorted thinking and perception, which in turn changes a person's behavior for the better. Characteristics of distorted thinking may include:

- Immature or developmentally arrested thoughts.
- Poor problem solving and decision making.
- An inability to consider the effects of one's behavior.
- An egocentric viewpoint with a negative view or lack of trust in other people.
- A hampered ability to reason and accept blame for wrongdoing.
- A mistaken belief of entitlement, including an inability to delay gratification, confusing wants and needs, and ignoring the rights of other people.
- A tendency to act on impulse, including a lack of self-control and empathy.
- An inability to manage feelings of anger.
- The use of force and violence as a means to achieve goals.
- Therapy can help a person address and change these unproductive and detrimental beliefs, views and thoughts.

Cognitive Behavioral Therapy and Criminal Offenders

Landenberger and Lipsey found that even high-risk behavior did not reduce the therapy's effectiveness. For example, some of the greatest effects were among more serious offenders. It may be that the therapy's enabling, self-help approach is more effective in engaging typically resistant clients, that it increases their participation and therefore the benefits of participation. The therapy is more effective in reducing further criminal behavior when clients simultaneously receive other support, such as supervision, employment, education and training, and other mental health counseling.

The cognitive behavioral therapy approach has recently been used in many prepackaged, brand name programs, such as "Reasoning and Rehabilitation," "Aggression Replacement Therapy," "Thinking for Change" and others. The National Institute of Corrections recently published a thorough and comprehensive review of cognitive behavioral therapy, which provides detailed descriptions of these and other programs. Interestingly, although the Landenberger and Lipsey review showed these programs were effective, no single program was superior in reducing recidivism.

More research is needed to determine if it would be effective for offenders to receive cognitive behavioral therapy earlier in their criminal careers or as part of early intervention or parenting training programs.

MACPO is always looking for volunteers to help with our committees. We have four committees, the Communications Committee, the Legislative Committee, the Membership Committee, and the Training and Education Committee. In order for MACPO to continue to be a success, we need members to volunteer their time and ideas. There will be a sheet to sign up for participation on a committee at the Spring Conference. If you would like to sign up before then, please contact any one of the committee chairs which are listed on the MACPO web site.

2C-E: 2 Novel Designer Drug Kills 1 and Sickens 10 Others

The St. Paul Pioneer Express reported an incident involving the use of the hallucinogenic designer drug, 2C-E. Nicknamed "Europa", 2C-E is an unregulated substance that is predominantly sold through European web sites. The drug is a member of the psychedelic phenylethylamine family, a group of hallucinogenic substances that pack a wallop of an effect. In this case, a house party involving a group of teenagers and young adults featured 2C-E (2,5-dimethoxy-4-ethylphenylethylamine), it appeared that everyone in attendance had consumed the drug. Within a relatively short time following consumption of the drug, nearly everyone had become ill. Responding police and paramedics discovered the partygoers to be in varying degrees of distress. Emergency responders described the victims as being in altered states of consciousness. Some were described as being engaged by profound hallucinations. One 19 year old attendee was rushed to a local hospital where he was pronounced dead. Ten others who took the drug were also hospitalized, all are expected to recover.

While the facts of the case are all but clear, it appears that the Blaine partygoers may have believed that they were consuming a drug called 2C-I (2,5-dimethoxy-4-iodophenethylamine), a somewhat more mild hallucinogenic substance. In any event, there is limited data and information associated with the use of either drug. Dosing for these drugs is difficult to gauge, the effects unpredictable. A few descriptions of the effects of 2C-E have been reported on the Internet. Most users experience moderate to powerful hallucinogenic experiences. The effects seem to be exaggerations of the experiences described by LSD users. And like LSD, the effects of 2C-E (and 2C-I) are long lasting. Most highs extend somewhere between 6 and 12 hours in duration. "Bad trips" are reportedly tempered by the administration of selective serotonin reuptake inhibitor antidepressants. Physical symptoms of 2C-E ingestion include:

- Dilated pupils, reactive to light.
- Facial flushing, increased perspiration
- Grimacing and grinding of teeth
- Fast internal clock
- Elevated pulse and increased respiration
- Rapidly changing emotions (crying jags and excessive laughter)



Detachment from surroundings

DAR and DRE trained personnel will find that people under the influence of these drugs will exhibit classic symptoms of the hallucinogen category. Of note here is the tendency for the phenylethylamines to agitate and over stimulate users. In that regard, these drugs are similar in their effects to the amphetamines. In many respects, these two drugs are reincarnations of the Vietnam War era drug with mixed-properties known as DMT. Both these drugs are capable of rapid onset of symptoms. In some cases auditory disturbances have ensued within a minute or two of ingestion. 2C-E and 2C-I are usually found on the streets in the form of single scored white tablets the size of a common bottle aspirin. In some locales, the drugs can be found as fluffy white powder packaged in small plastic "dime" bags. The powdered drugs can be snorted or injected. There have been scattered reports of smoked 2C-E, but its molecular characteristics cause it to burn somewhat unevenly.

The legal status for these drugs is questionable. Although not explicitly banned by federal law, manufacture and sale of these drugs for human consumption is likely prosecutable under the auspices of analog statutes related to 2C-B, a related drug that is banned due to its placement on Schedule 1 of the Controlled Substances Act.

American Teenage Drug Use: Does Gambling Play a Roll?

For teenagers with substance abuse problems, parents are likely to cite a pattern of unwanted behaviors associated with their drug use. Referred to in literature as a "syndrome of problem behavior," this theory holds that as one adolescent problem behavior increases, the likelihood of the occurrence of other problems also increases. Over the course of the past 5-10 years, concern has grown about the roll that gambling may play as an adolescent problem behavior and what, if any, factor it plays in a teenager's decision to use drugs. A recently published study looked at the drug use and gambling histories of 2,274 youths aged 14-21.



The participants were drawn from a representative household sample from all working telephones in the United States[1]. This instant study built on prior Canadian research of grade 7 through 13 students in Ontario. That study established a connection between problem gambling and other adolescent behavioral problems.[2] The authors in the most recent study built on the results of the Canadian work and better clarified the roll that gambling may have on drug use habits and vice versa. Prior reports documented that more serious, problem gamblers reported more weekly alcohol use. They also smoked more cigarettes and used drugs more often than those who did not gamble. For college students with gambling problems, their experiences were similar. Going a step further, college student gamblers reported more negative consequences from their drinking than did non-gamblers.

The authors of the University of Buffalo study evaluated gambling in several dimensions and evaluated the relationship of gambling with tobacco and marijuana use. They also assessed the connections of gambling to a number of conduct disorders. The results support the thesis that gambling problems are part of a larger phenomenon where substance abuse and conduct disorders are all linked. Out of the data, several salient observations and connections can be drawn. For instance, more powerful connections existed for the linkage of problem drinking with problem gambling; they also existed for the relationship of problem gambling with conduct disorder. The data from this study corroborated prior work that suggested that adolescents who started gambling early on were in for a rougher experience than those who started late. This phenomenon has also played out in the examination of adult substance abusing populations where earlier initiations into alcohol and other drug abuse foreshadowed more negative substance abuse consequences later in life. For adults, gambling is an addictive disorder that has been connected to antisocial personality disorder and problems with emotional control and impulsivity.

Accused, Defending His Own Case: "Did you get a good look at my face when I took your purse?"

Lawyer: "What gear were you in at the moment of the impact?"
Witness: "Gucci sweats and Reeboks."

More Bad News for Marijuana Users: Cannabis Use Is a Factor in the Development of Psychotic Symptoms

Marijuana is the most common drug of abuse in the world, adolescents and adults included. A recently concluded study has suggested that chronic cannabis use compounds the risk for mental disorders by exacerbating the persistence of psychotic symptoms[1]. The debate about marijuana's roll as a causative factor in psychosis is ongoing. There have been conflicting studies as to the impact that chronic marijuana use has on the development of schizophrenic-like psychotic symptoms. Up to this point, it has been unclear if cannabis is a causative factor in mental illness or whether or not early forms of psychosis can lead to self-medicating use of marijuana.

This well-constructed, 10-year study carefully examined group of over 1900 participants. Survey instruments and experiences with marijuana were diverse. Patterns of assessed as to their frequency of marijuana use those who used it weekly, and those who used it necessary to assess dose response effects. Prior studies reported on in this journal for of cannabis increases the potential symptoms. This study corroborated the data revealed that indeed significantly increase the the course and severity frequency of marijuana use. independent factors in this no bearing on the outcome.

As Journal readers know well, psychosis experienced in any population. that can spur psychosis and episode. Genetic factors and contribute to the trajectory and duration of a confirmed cannabis as a risk factor in psychosis. Habitual a persistent psychosis.

the roll that persistent cannabis use had on a select interviews were well constructed. Participant marijuana use were varied. Participants were and classified as those who used marijuana daily, less than once a month. This differentiation was across a diverse marijuana using population. have established that extended use the development of psychotic and expanded on the results of consistent use of marijuana did incidence of psychotic symptoms. of the symptoms were tied to the Age, sex, and ethnic background were investigation and had

is a phenomenon that is widely There are a variety of factors extend the length of a given environmental stressors all experience. This study psychotic use of marijuana significantly increases the risk for

Treatment and rehabilitation for marijuana dependency is a medical challenge. Few therapeutic agents exist with proven efficacy in the reduction of marijuana cravings. Withdrawal from marijuana can be an extended affair. But research tends to indicate that psychosis, anxiety attacks, and other marijuana related side effects in sobriety will abate over time. With the emergence of designer cannabinoids (Spice/K2) in American society, there may be a spike in cannabis abuse and a resultant eruption in psychiatric complaints related to their use.

36TH ANNUAL
TRAINING
INSTITUTE -
CHICAGO, IL



MACPO Spring Conference

It's finally time! The MACPO Spring Conference is just around the corner, May 25-26th, 2011, and registration opens TODAY! This 54th Annual conference will be held at Breezy Point Resort again this year.

Like last year, registration will be done online only, with payments being directed to Rachel Miller at the address listed below. Please note that the annual membership fee has increased to \$35 this year, so the full conference registration is \$135.00. To register, visit www.macpo.net. Please click the link for registration and you will be directed to the registration web site.

If you registered last year, and do not remember your password, simply enter your e-mail address and click the forgotten password link to retrieve it.

If you are not attending the conference, please remember to renew your yearly membership so you can participate in our regional trainings, and so you continue to receive MACPO news and updates.

Registration deadline is Monday, May 2nd. We hope to see you all there!

On behalf of the MACPO Members, the Executive Board would like to show our appreciation to Anne Riley-Communication Co-Chair. She has recently stepped down from this position. Her dedication and passion has developed the MACPOST into an informative, professional newsletter that is read by many. We have been fortunate that Anne has continued to ensure that the MACPOST is of the highest quality.

Thank you for your hard work, Anne.



Anne Riley
Chisago County Court Services

Announcements and Training



<http://www.mnmcca.com/trainings>

Minnesota Community Corrections Association

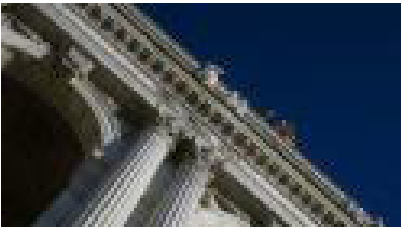
The Minnesota Community Corrections Association is a statewide non-profit organization dedicated to the promotion of professionalism and collaboration among individuals and agencies working within community corrections.



<http://www.mnplan.state.mn.us/cj/index.html>

Minnesota Department of Administration

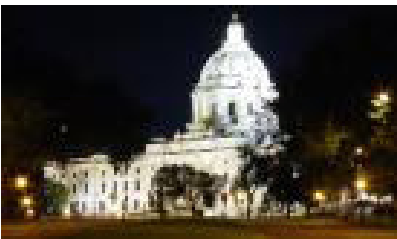
The Criminal Justice Statistics Center at Minnesota Planning provides criminal and juvenile justice information, conducts research and maintains databases for policy development.



<http://www.ojp.state.mn.us/>

Minnesota Office of Justice Programs

Providing leadership and resources to reduce crime in Minnesota, improve the criminal justice system, and assist crime victims.



<http://www.correctionsreporter.com/2011/04/14/mn-unveils-new-and-expanded-victim-notifications-system/>

Corrections Reporter

The State of Minnesota is using Crime Victims Awareness week to unveil a new website and an enhanced phone notification system designed to keep crime victims up to date about incarcerated offenders in Minnesota.



<https://netforum.avectra.com/eweb/startpage.aspx?site=yipa&webcode=homepage>

Youth Intervention Programs Association

Links and Laughs



These are actual comments made by Police Officers. The comments were taken off actual police car videos around the country.



"You don't know how fast you were going? I guess that means I can write anything I want to on the ticket, huh?"

"Warning! You want a warning? O.K, I'm warning you not to do that again or I'll give you another ticket."

"No sir, we don't have quotas anymore. We used to, but now we're allowed to write as many tickets as we can."

"I'm glad to hear that the Chief (of Police) is a personal friend of yours. So you know someone who can post your bail."

"If you take your hands off the car, I'll make your birth certificate a worthless document."

"If you run, you'll only go to jail tired."

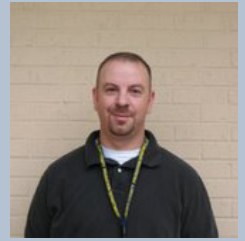


The Committees

Training and Education Committee

On March 9th, MACPO hosted APPA on the first of several trainings they will be holding throughout the United States on Underage Drinking and Driving. Although there were a few initial cancellations due to weather, attendance and participation was good. Thank you to APPA for presenting the training and to Carver County for hosting it at their facility. Our committee is putting the final touches on the spring conference. We hope to start registration the first week of April. Please watch for an e-mail and also check the MACPO web site for additional information. We want to remind you that this year for those MACPO members who would like to take advantage of the opportunity to come up on Tuesday evening, there will be a reduced rate of \$40 per room. Additionally, some of the vendors are in the process of organizing a golf tournament and/or hospitality for Tuesday evening. Watch for e-mail for additional information on Tuesday evening's activities. Our committee is working on scheduling additional regional training opportunities. If you have any ideas or suggestions, please contact Jason or Debbie. Please continue to check the MACPO web site for more information.

Jason VandeKamp, Isanti County Probation
Debbie Lawrence, Isanti County Probation



Jason Vande Kamp
Isanti County Probation



Debbie Lawrence
Isanti County Probation

Membership Committee

Greetings MACPO members and others! We are so happy that Spring is coming quickly, and along with it the MACPO Spring Conference. This will be the 54th annual conference, and we hope the best ever. The membership committee has decided on our registration gift and we're setting up for a big membership push this year. Please remember to renew your membership, even if you decide not to attend the conference this year. MACPO survives and thrives because of all of our members, and we value each of you as our organization grows. Information on registration for the conference will be coming around the first week of April, so stay tuned for what's ahead this year...



Rachel Miller
Co-Chair



Randy Baker
Co-Chair

Legislative Committee Report

We are about half way through the current legislative session, and things are plodding along in St Paul. Since this is a budget year in the legislature, much of the work being done has to do with fixing the projected \$5 billion shortfall. There are three separate proposals for field services (CPO, CCA & DOC) funding at this point. The Governor's budget called for a 2.5% cut for field services. The Senate called for a 4% cut, and the House version called for a 2.25% cut. The end result will likely be a cut of somewhere between 2.5% & 4%.

They are also looking at cuts to the Local Government Aid (LGA) program, which would impact the revenue of counties and municipalities. One of the proposals targets metro cities and counties for more significant cuts than out-state counties. Where this will end up is anyone's guess.

Our Capital Day event was well attended by MACPO, MCA & some MACCAC people. We had the honor to host Representatives Steve Smith and Tony Cornish who were gracious enough to speak to the group. Both Representatives Smith & Cornish are chairs of key committees that have to do with the Judiciary and Corrections. Our "Compliance Check" Bill have been drafted and revised, and should be jacketed this week. "We are trying to get our authority to do reasonable searches while doing home visits written into statute. There is case law that supports our ability to do searches, but there is nothing in statute at this time." Our lobbyist, Sherry Munyon, will find authors in both the House & Senate so we can proceed with hearings. We may meet some opposition from other groups, but we plan to proceed.

We have continued to participate in a new Juvenile Corrections Policy Advisory Group (JPAG). We hope that this group will be able to provide advise and feedback on issues related to juvenile corrections, both at the legislature and within the various delivery systems. This is not the same as the Juvenile Justice Coalition, or the Juvenile Justice Advisory Council. JPAG is attended by members from all three delivery systems, and some other concerned entities via membership in MACPO, MCA, or MACCAC.



Margaret Munson
Wright County Probation
MACPO Legislative
Committee Chair



Bruce Hagstrom
Chisago County Probation
MACPO Legislative
Committee Chair

As usual we will continue to monitor the work of the Legislature as the session progresses, and testify for or against any issues that arise that will impact probation positively or negatively.

Bruce Hagstrom
Career Agent, Chisago Probation

Treasurer's Report

According to the Executive Board meeting that occurred on April 11, 2011, the following information is a representation of the most recent numbers in the MACPO accounts. Our lobbyist, Sherry Munyon has been paid in full to date, which is reflected in the accounts. The Spring Conference will create more action in the MACPO accounts. Here is to looking forward to a great turnout at the conference. Please feel free to contact Sarah if you have any questions.

Checking	\$6,383.23
Waddell and Reed Money Market Account	\$18,744.00
Affinity Plus Certificate of Deposit	\$15,165.48
Waddell and Reed Bond Fund	\$11938.05



Sarah Weikle
Pine County Court Services

Communications Report

The Spring Conference is quickly approaching, and I wanted to get some information out there for those who will soon be renewing their memberships via the new MACPO web site.

You can reach the MACPO membership web site via www.macpo.net or at <http://macpo.shuttlepod.org>. To renew your membership, simply enter your login e-mail and password. Then click on the "Membership Application" tab. Since you will already be a member, you'll see a notification pop up that says you're a member. Next to that will be a hyper link that says, "Edit Your Member Profile". Click on this and your profile will pop up.

There will be information about you that's been entered into the system. There will also be a box stating that you owe \$30 for renewal (it will be changed to \$35, which is the cost of membership this year). About half way down that page on the right hand side there is a button that says, "Renew until..." with a date on it. Click this and follow the directions from there.

If you did not sign yourself up for your own membership last year, but were signed up by someone else, you can still renew your own membership because you are in the system. Simply enter your e-mail address as the login e-mail, and click on the "forgot password" link. This will prompt you to re-enter your e-mail address, and it will send you an e-mail with directions and a link to set up a new password. Follow the directions on the link, and the steps are the same after that.

Please contact me, Rachel Miller (Rachel.miller@co.isanti.mn.us) or Christopher Maas (Christopher.maas@co.sherburne.mn.us) with any problems or questions with renewal and/or conference registration.



Rachel Miller
Isanti County

Communication Committee Co-chair



Christopher Maas
Sherburne County
Probation Department

Spring has arrived and that means the 54th Annual MACPO conference is just around the corner. The MACPO web site has all the information you will need to register. Make sure to submit your nominations for the Al Reker Distinguished Service, Excellence in Corrections and Outstanding Performance Awards by 4/18/2011 to begin presented at the conference. Please let me know if you have any corrections or would like something added to the web site. Christopher.Maas@co.sherburne.mn.us or 763-241-2819.