



MACPOST

Newsletter of the Minnesota Association of County Probation Officers

SPRING 2019

In This Issue:

1	From the President
2	MCA's President Message
3	Committee Updates
6	Capital Day 2019 & MACPO's Legislative Initiatives
8	Agent Wellness
9	Fort Dodge Police Officer...
9	Cannabis Use in Teens...
11	Opioid Addiction...
13	411 on Disorders
15	Alarming Trends
17	Upcoming Events & Training
18	Experience in Corrections
19	Dear MAC
19	What You Missed
20	For the Love of Pets
21	Holiday Sharing
21	Client Said What?!
22	Probation Partners
22	Break Time Fun

FROM THE PRESIDENT

CARTER DIERS, WRIGHT COUNTY COURT SERVICES

Hello MACPO Members!

What an exciting year this has been! First, I would like to thank all the board and committee members for working so hard this year. We have, again, created quality, relevant training to help you do your job and make an impact on the community you serve. Register NOW for the 2019 MACPO Spring Conference on May 15, 2019, through May 17, 2019, at Breezy Point Resort. All delivery systems and titles are welcome. This year, we are ushering in an exciting line-up of exciting trainings that are sure to be relevant to you and your everyday work. This year, there will be a special focus to address the impact that this work can have on our health. Our intention is to add to our always cutting-edge line-up, strategies to help you recognize signs that you need to take care of yourself, and strategies to keep you healthy and motivated. Finally, let this be a time that we can network and meet friends, old and new. Check out our Conference Schedule for all the exciting training and activities.

We have also collaborated with the Minnesota Corrections Association (MCA) on training, membership, legislative issues, and the sharing of ideas. Together, we put on our first annual MACPO/MCA Juvenile Conference and have already planned out several other joint trainings. The Juvenile Conference was well attended, and the collaboration was fruitful. We were able to connect with new people and create a new energy. Also, in attendance was the new Commissioner of Corrections, Paul Schnell, who was able to help with the welcome. Both organizations are stronger for their work together.



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MACPO and MCA together have sought out other organizations, such as the Minnesota Social Services Association (MSSA) and the Minnesota Association of Resources for Recovery and Chemical Health (MARRCH). Those organizations have agreed to collaborate to promote our legislative initiatives, promote our trainings, and to search out future ways to make our organizations stronger.

“Let’s move forward together.”

Special Note: *MACPO and MCA have partnered together to collaborate on training and a new dual membership was created because of this. You will start to see updates and/or messages from the MCA President in these newsletters, as well as on our website.*

MCA’S PRESIDENT MESSAGE

Connie B. Hartwig, 2019 MCA President

I would like to take this opportunity to thank all the past and present volunteers of MCA. You have given your time and talents to ensure that MCA continues to be a viable and credible organization. We continue with wonderful initiatives in joining forces with MACPO, MARRCH, and MSSA. Committees are working hard now for 2019. It is not too late to join a committee. As your president, I would like to extend an invitation to all members encouraging you to consider volunteering with MCA.

We are all busy, both professionally and personally, and it is understandable to be apprehensive about adding something else on your plate. So, if I may, I would like to share with you why I feel volunteering with MCA is valuable. Volunteering with MCA has provided me with insight into all areas of the corrections system, helped me to stay current on evolving corrections policy and procedures, and to stay informed on the legislative process. I also received a promotion based on my volunteering and commitment to MCA. Additionally, volunteering has allowed me to form lifelong connections with other corrections colleagues that have evolved into wonderful friendships.

I encourage all members to get involved, and ensure you that all volunteers are valued, regardless of what level you choose to participate.

MCA is currently looking for volunteers for the following committees:

Communications Committee

We think it would be beneficial to have committee members that engage with our MCA sponsors and community programs. This way we can continue to highlight programs in the Forum Newsletter. This will assist with keeping our members informed of programs and services. It could also be beneficial to have an additional committee member that has experience with social media to assist with updates and ideas as needed.

The Communications Committee has openings for volunteers that work in these areas: County, DOC Field Services, Other State Agencies, and Corrections Programs/Services.

Fall Institute Program Committee

The Fall Institute Program Committee has openings for volunteers that work in these areas: County, DOC Field Services, Other State Agencies, and Corrections Programs/Services.

Do you have experience in working with Adobe InDesign and/or Graphic Design and would like to volunteer working with the Fall Institute Program Committee? This is the committee for you. The committee would also be interested in providing a college student the opportunity to use the Fall Conference Program as a project for their portfolio.

Technology Committee

This Committee provides information regarding the applicable use of current and future technology in the field of corrections. The committee will also strive to promote ethical standards in the use of Corrections technology and data.

If you are ready to get involved contact Debbie Beltz, MCA Administrative Manager at mca-mn@hotmail.com and she will connect you with a committee.

If you would like more information about volunteering, please contact me at 651-779-1367 or connie.hartwig@state.mn.us. I would love to discuss mutual opportunities with you.

LEGISLATIVE COMMITTEE

Margaret Munson, Wright County Court Services

The 2019 legislative session is moving fast. There have been many changes in committee assignments. The House of Representatives' Public Safety Committee is chaired by Representative Carlos Mariani. The Senate Judiciary and Public Safety Committee is chaired by Senator Warren Limmer. (I have included the links for both legislative committees.) You can see what bills are being introduced, track them, see who is on the committee, find your own legislative representation and their contact information. Try it out: www.house.leg.state.mn.us or www.senate.mn!

Currently, the MACPO Legislative Committee, with the assistance of our lobbyist, Lisa Frenette, has worked on our platforms and positions. On page 7, you will find MACPO's 2019 Legislative Initiatives.

MACPO has been able to have a hearing in the Senate on the "May Supervise Felons" bill (SF 1200). The bill was authored by Senator Ingebrigtsen. At the hearing, the bill was referred to Judiciary and Public Safety Finance and Policy, which means it may continue to move forward. It also has a House companion bill of HF 2254.

Funding of CPO is always a top priority to address public safety and for local control of our resources. There is a House and Senate file requesting additional funding for CPO. If interested, you can track HF 2113 and SF 2498.

If you have any questions or comments, please feel free to contact me at (763) 682-7305.

COMMUNICATIONS COMMITTEE

Jess Mott, Chisago County Program

Welcome Devin Petersen, from Pine County, to our committee!

The MACPOST newsletter will only be PDF format again; only a link to the newsletter will continue to be on the website.

New changes have been made to the website, done by the fabulous Michelle.

Please keep an eye out for MACPO/MCA joint training announcements, as well as all information on this year's spring conference.

MEMBERSHIP COMMITTEE

Amber Chase, Pine County Probation

Nicole Kalow, Waseca County Court Services

Dual membership is live and going well – benefits include being able to attend MACPO and MCA trainings for free or at a reduced rate and get notifications on upcoming trainings and other MACPO and MCA related topics.

We now have two membership levels: Platinum and Gold. To become a vendor or for more information, please visit <https://macpo.net/Vendors-and-Sponsors>.



TRAINING AND EDUCATION COMMITTEE

MICHELLE NISTLER, CASS COUNTY PROBATION

AMY HERTZOG, WRIGHT COUNTY COURT SERVICES

The Training and Education Committee has been busy putting the final touches on the **2019 MACPO Spring Conference**, which will be held at Breezy Point Resort, from May 15-17, 2019! We have some new changes to the conference events that we hope you will enjoy. The keynote speakers joining us are John Kriesel and Patty Wetterling, along with other exciting breakout opportunities.

In addition to planning the MACPO Spring Conference, the committee partnered with MCA and kicked off our 1st Annual Juvenile Justice Conference on January 17, 2019, at the Eagan Community Center. The conference was a huge success! On March 15, 2019, we kicked off our joint regional trainings with MCA. Neal Huemoeller, along with Leah Flemming, presented on Surviving/ Thriving in the Trenches. Look for more great trainings to come.

We look forward to seeing all of you at the conference in May!

CPO DIRECTOR'S COMMITTEE

Amy Chavez, Chisago County Probation Director

The Directors have been meeting monthly to tackle all the world problems. The top topics are:

- We continue to support the “May” language. We are hopeful the change will pass this year in our statute. The language change would confirm and acknowledge what most CPO counties are already doing regarding completing bail evaluations on felony cases and supervising felony cases on pre-trial.
- The other big change will occur on July 1st. The Judicial Branch policy that was recently approved will make all CPO Probation Officers, Supervisors, and Directors county employees. Each County is working with their Chief Judge and County Administrator to have a smooth transition.
- The Directors will attend a traumatic stress training at MACPO.
- Director Desta Lutzwick, from Ottertail County, will be retiring in May. Two other Directors have retired this year. Tammy Thompson from Meeker County retired in February, and Joanne Pohl from Goodhue County retired in March.
- CPO Directors have representatives on many different and multi-disciplined committees in the areas of CSTS, EBP, juvenile justice, S3, and treatment courts, to name a few.

CAPITAL DAY 2019

Notes Provided by Jess Mott, Chisago County Probation

Commissioner Paul Schnell:

- Focus on safety in facilities and those in community corrections; focus on EBP tough on crime vs. smart on crime
- Issue arises when we add programs and posts in facilities and don't have COs to fill the spots for safety
- Proposing \$40 million increase to staff facilities by 120 staff
- Money to go toward case management services, security, infrastructure improvements
- Proposing health care budget increase, expanding nursing care to 24/7 in some facilities
- Proposing budget of \$8 million for pretrial assessments and supervision
- Proposing budget for family connections to those incarcerated, such as transportation for families to see inmates
- Invest in more efficient victim notification system
- Proposing budget for cultural services needed for those who are preparing for re-entry into the community

Representative Jon Lesch:

- Carrying bill to compensate the family of fallen Officer Gomm

Senator Warren Limmer:

- Corrections safety main focus
- Wants to change the view that incarceration is main punishment method, need to focus more on programming
- Need to focus more on broken homes and abusive families to prevent criminal activity in people's future. Find ways to work on those issues

Representative Carlos Mariani:

- Probation reform to address racial and regional disparities
- Look into adjusting sentencing guidelines
- Establishing a cap on length of time on probation adjusted for crimes committed
- Focus on alternatives to incarceration
- Wants more conversation on legalization of marijuana, proposing bill to slow down this movement

Representative Marion O'Neil:

- Focusing on bill to expand alternatives to incarceration

Representative Brian Johnson:

- Proposing bill to remove good time if found guilty of assaulting staff while incarcerated





MINNESOTA ASSOCIATION OF COUNTY PROBATION OFFICERS 2019 LEGISLATIVE INITIATIVES

The MACPO Legislative Committee developed the following initiatives, which were approved by the MACPO Executive Board

- Increase County Probation Officers funding
- Streamline funding in combining caseload workload funding and 50% reimbursement funding into one-line item
- Delineate funding for all three delivery systems (DOC, CPO, CCA) into separate line items using actual numbers for each delivery system in the Commissioner of Corrections budget
- Restore funding for mandates
- Legislation to amend 244.19 subdivision 1 to allow CPO Agencies the option to supervise felons
- Supports mental health legislation
- Supports revision of sentencing of juveniles without parole statute
- Supports Probation Officer Safety
- Supports State and Federal reform in health care cost for incarcerated adults and juveniles
- Support legislation for retirement options
- Legislation to address enforcement of human trafficking

For further information on MACPO's 2019 Legislative Initiatives, please contact:

Margaret Munson

Margaret.munson@co.wright.mn.us

(763-682-7305)

(612-590-8899)

AGENT WELLNESS

Peer Support Group Member Neal Huemoeller

WELLNESS WHEEL

Finding a more complete wellness is key in balancing the stress of work and life. Please take the time to examine these seven areas of your life and discover what areas may need improvement.



FORT DODGE POLICE OFFICER GIVEN NARCAN AFTER EXPOSED TO SUBSTANCE DURING TRAFFIC STOP

By Anna Spoerre, Des Moines Register – March 5, 2019

A Fort Dodge police officer was given Narcan — an opioid overdose reversal drug — after handling an unknown substance during a traffic stop Sunday, officials said.

During the traffic stop on the Kenyon Road Bridge around 5 p.m., the officer handled a substance officials now believe may have been a form of fentanyl, according to a news release from the Fort Dodge Police Department.

While driving the woman from the traffic stop to the Law Enforcement Center for allegedly providing false identification information and for driving without a valid license, the officer started to feel dizzy.

He called into dispatch saying he felt light-headed. Medics found the officer "lethargic and unresponsive" in his car outside the LEC soon after, police said.



He was immediately taken to Unity Point Hospital and given at least two doses of Narcan, officials said. The officer made a quick recovery and was released from the hospital around noon Monday and is now resting at home with his family.

Officials continue investigating the substance. Police said while similar situations have happened to first responders around the country, this is the first time they know of it happening in Fort Dodge.

CANNABIS USE IN TEENS LINKED TO RISK OF DEPRESSION IN YOUNG ADULTS

Source: University of Oxford, Science Daily – February 13, 2019

While there has been a lot of focus on the role of cannabis use in psychosis, there has been less attention on whether cannabis use is associated with an increased risk of common mental health disorders, such as depression and anxiety.

Researchers from McGill University and the University of Oxford carried out a systematic review and meta-analysis of the best existing evidence and analyzed 23,317 individuals (from 11 international

studies) to see whether use of cannabis in young people is associated with depression, anxiety and suicidality in early adulthood.

They found that cannabis use among adolescents is associated with a significant increased risk of depression and suicidality in adulthood (not anxiety). While the individual-level risk was found to be modest, the widespread use of the drug by young people makes the scale of the risk much more serious.

The population attributable risk was found to be around 7%, which translates to more than 400,000 adolescent cases of depression potentially attributable to cannabis exposure in the US, 25,000 in Canada and about 60,000 in the UK.



Dr. Gabriella Gobbi, Professor, Department of Psychiatry, McGill University and a scientist at the Research Institute of the McGill University Health Centre, states: "While the link between cannabis and mood regulation has been largely studied in preclinical studies, there was still a gap in clinical studies regarding the systematic evaluation of the link between adolescent cannabis consumption and the risk of depression and suicidal behaviour in young adulthood. This study aimed to fill this gap, helping mental health professionals and parents to better address this problem."

Professor Andrea Cipriani, NIHR Research Professor of Psychiatry at the University of Oxford, said: 'We looked at the effects of cannabis because its use among young people is so common, but the long-term effects are still poorly understood. We carefully selected the best studies carried out since 1993 and included only the methodologically sound ones to rule out important confounding factors, such as pre-morbid depression.'

'Our findings about depression and suicidality are very relevant for clinical practice and public health. Although the size of the negative effects of cannabis can vary between individual adolescents and it is not possible to predict the exact risk for each teenager, the widespread use of cannabis among the young generations makes it an important public health issue.'

'Regular use during adolescence is associated with lower achievement at school, addiction, psychosis and neuropsychological decline, increased risk of motor vehicle crashes, as well as the respiratory problems that are associated with smoking.'

The active ingredient in cannabis, THC, mediates most of psychoactive and mood-related effects of cannabis and also has addictive properties. Preclinical studies in laboratory animals reported an association between pubertal exposure to cannabinoids and adult-onset depressive symptoms. It is thought that cannabis may alter the physiological neurodevelopment (frontal cortex and limbic system) of adolescent brains.

While the review of observational studies was the first to look at the effects of cannabis use in adolescents only, it was not possible to predict the risk at the individual level, nor was it possible to discern information about the dose-dependent risk of cannabis use.

FOR MANY TEENS, THE BATTLE WITH OPIOID

ADDICTION STARTS WITH WISDOM TEETH

By Neel V. Patel, Popular Science – December 4, 2018

Five million people have their wisdom teeth removed each year. Those patients are predominantly young adults and teenagers feeling those third molars crowding their way into the corners of their mouths, causing pain and creating a potential for other periodontal problems. Many of those patients will go under the knife for a bit and leave their dentist's or oral surgeon's office afterward with a prescription of painkillers in hand. But that simple prescription might turn out to be more risky than the wisdom teeth themselves.

In a new study published in *JAMA* on Monday, researchers from Stanford University and the University of California, San Francisco found that among around 15,000 patients aged 16 to 25 who received opioids from their dentists, almost 7 percent went back to a healthcare provider for additional opioids between 3 and 12 months later. Nearly 6 percent were diagnosed with opioid abuse within one year after the initial prescription. In contrast, only 0.4 percent of patients who were not prescribed dental opioids were later diagnosed with opioid abuse.



The research team made these findings using de-identified private health insurance claim records from more than 750,000 individuals (52 percent women, three-quarters white, and an average of 21.8 years old). Almost 100,000 (or 13 percent) were prescribed opioids at least once in 2015, and 30 percent of those prescriptions were written by dentists. About 75 percent of opioid prescriptions were for hydrocodone-acetaminophen, better known by brand names like Lortab, Norco, or Vicodin.

Those numbers are pretty worrisome given that the U.S. is currently battling a crisis of opioid abuse that's ravaging large swaths of the country. About 70,000 people died from drug overdoses in 2017 alone according to the Centers for Disease Control and Prevention, with opioids responsible for most of those deaths. Many of those casualties are young people—enough to help drive down the average U.S. life expectancy for the second year in a row.

"I'm glad they looked at this," says Raeford Brown, an anesthesiologist and pediatrician based at the University of Kentucky who was not involved with the study. "We've known for some time that there's a relationship between the exposure to opioids, especially over a long period of time, and people becoming addicted to opioids. One of the places people are exposed to opioids first is when they have their wisdom teeth taken out. Patients will get a 30-day prescription of oxycodone, and if you start taking it for 30 days, the risk that you'll continue to find and take oxycodone is pretty substantial."

The reason people write these 30-day prescriptions, says Brown, is that "there's an imperative in our regulatory system to write one single prescription, rather than write prescriptions over and over again."

Young people are particularly vulnerable to the effect of painkillers. There are two parts of the brain that interact in addiction: the prefrontal cortex (which relates to decision making), which Brown says doesn't fully mature until someone reaches their mid-20s; and the reward system located in the midbrain, which

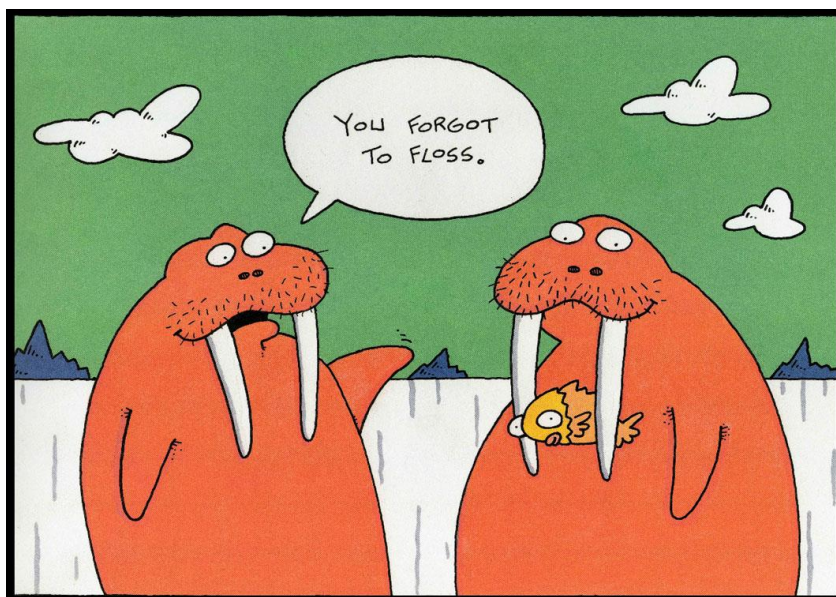
is actually very mature even during adolescence. When a teen is exposed to something like an opioid, the drug will deliver a rush of pleasurable chemicals like dopamine. “It feels good, and they don’t have the wherewithal to prevent themselves from doing it again,” says Brown. “Adolescents are what we call ‘primed for addiction.’”

A 6 percent increased risk of opioid abuse may not seem high, but it’s significant when you consider how many people that affects, especially when the risk is avoidable. According to Alan Schroeder, a pediatrician at Stanford University School of Medicine and the lead author the new paper, acetaminophen, ibuprofen, or NSAIDs should be sufficient in managing the pain caused by wisdom teeth extractions. “I think a lot of experts in the medical and dental fields with an understanding of pain management would agree with that.” Even if opioids are required to manage the pain, “we can be more judicious about how much we dispense,” says Schroeder, pointing out that the median number of pills prescribed to patients in the study was 20. In working to spread awareness of this issue, Brown has tried to persuade dentists of patients recovering from wisdom teeth extractions to limit prescriptions to just three to four days worth of painkillers.

The findings also stir renewed questions about whether wisdom teeth extractions are even necessary. “It’s got to be far and away the most common surgical intervention in adolescents and young adults,” says Schroeder. “But we really don’t have great outcome data.” A 2016 Cochrane review found that many routine third molar extractions probably served no benefit to patients when there were no signs of bleeding or gum pain. This issue is too complex for Schroeder and his colleagues to give any sort of concrete recommendations, but the study nevertheless adds more pressure for the dental community to scrutinize the conventional wisdom of, well, wisdom teeth extractions.

We should remember that opioids play an important role in helping patients manage acute and chronic pain alike. But while we wait for researchers to successfully develop non-addictive painkillers or interventions that eliminate the abusive and lethal effects of these drugs, it’s necessary to start implementing better strategies to limit young individuals from exposure for periods stretching several weeks or months.

And as Schroeder and Brown point out, we already have those strategies thought out and available. It’s just a matter of getting physicians and patients to start using them.



411 ON DISORDERS:

WHAT IS ACUTE STRESS DISORDER?

Source: Jamie Eske, *Medical News Today* – Last Reviewed February 4, 2019

Acute stress disorder is a mental health condition that can occur immediately after a traumatic event. It can cause a range of psychological symptoms and, without recognition or treatment, it can lead to post-traumatic stress disorder.

There is a close relationship between acute stress disorder (ASD) and post-traumatic stress disorder (PTSD). Some people develop PTSD after having ASD.

According to the United States Department of Veterans Affairs, approximately 19 percent of people will develop ASD after experiencing a traumatic event. Everyone responds to traumatic events differently, but it is important to be aware of the potential physical and psychological effects that can occur afterward.

In this article, we discuss what ASD is and its symptoms and causes. We also cover diagnosis, treatment, and prevention.

What is ASD?

ASD is a relatively new psychological diagnosis. The American Psychiatric Association first introduced it to the fourth edition of the *Diagnostic and Statistical Manual of Mental Health Disorders* in 1994.

Although it shares many of the same symptoms as PTSD, ASD is a distinct diagnosis. A person with ASD experiences psychological distress immediately following a traumatic event. Unlike PTSD, ASD is a temporary condition, and symptoms typically persist for at least 3 to 30 days after the traumatic event.

If a person experiences symptoms for longer than a month, a doctor will usually assess them for PTSD.

Symptoms

People who have ASD experience symptoms similar to those of PTSD and other stress disorders. ASD symptoms fall under five broad categories:

1. **Intrusion symptoms.** These occur when a person is unable to stop revisiting a traumatic event through flashbacks, memories, or dreams.
2. **Negative mood.** A person may experience negative thoughts, sadness, and low mood.
3. **Dissociative symptoms.** These can include an altered sense of reality, a lack of awareness of the surroundings, and an inability to remember parts of the traumatic event.
4. **Avoidance symptoms.** People with these symptoms purposefully avoid thoughts, feelings, people, or places that they associate with the traumatic event.
5. **Arousal symptoms.** These can include insomnia and other sleep disturbances, difficulty concentrating, and irritability or aggression, which can be either verbal or physical. The person may also feel tense or on guard and become startled very easily.

People with ASD may develop additional mental health disorders, such as anxiety and depression.

Causes

People can develop ASD after experiencing one or more traumatic events. A traumatic event can cause significant physical, emotional, or psychological harm.

Among others, possible traumatic events can include:

- the death of a loved one
- the threat of death or serious injury
- natural disasters
- motor vehicle accidents
- sexual assault, rape, or domestic abuse
- receiving a terminal diagnosis
- surviving a traumatic brain injury

Diagnosis

A doctor or mental health professional can diagnose ASD. They will ask questions about the traumatic event and the person's symptoms.

A healthcare professional will usually diagnose ASD if a person develops nine or more ASD symptoms within 1 month of the traumatic event. Symptoms that appear after this time frame or persist longer than 1 month may indicate PTSD.

To diagnose ASD, a healthcare professional will also rule out other possible causes, such as: other psychiatric disorders, substance use, or underlying medical conditions.

Treatment

Practicing mindfulness-based techniques can help manage stress and anxiety.

A healthcare professional will work closely with a person to develop a treatment plan that meets their individual needs. Treatment for ASD focuses on reducing symptoms, improving coping mechanisms, and preventing PTSD.

Treatment options for ASD may include:

Cognitive behavioral therapy (CBT). Doctors usually recommend CBT as the first-line treatment for people with ASD. CBT involves working with a trained mental health professional to develop effective coping strategies.

Mindfulness. Mindfulness-based interventions teach techniques for managing stress and anxiety. These can include meditation and breathing exercises.

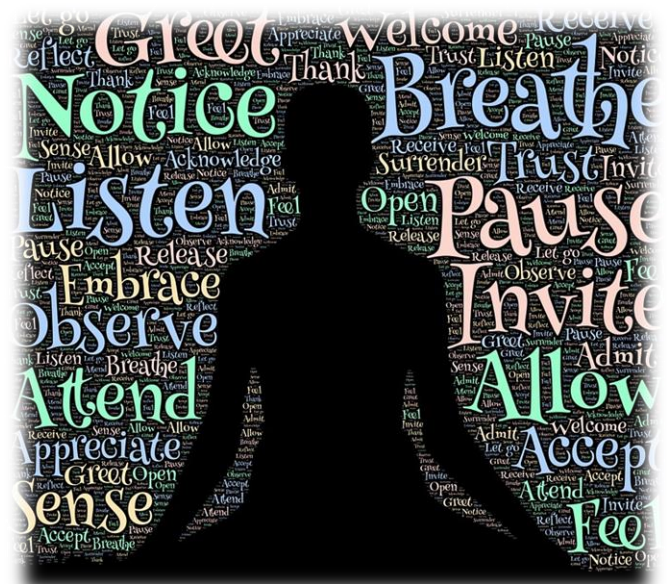
Medications. A healthcare professional may prescribe antidepressants or anticonvulsants to help treat a person's symptoms.

Risk Factors

A person can develop ASD at any point in their life. However, some people may have a higher risk of developing this condition.

Factors that can increase an individual's risk of developing ASD include:

- previously experiencing, witnessing, or having knowledge of a traumatic event
- a history of other mental health disorders
- a history of dissociative reactions to past traumatic events
- being younger than 40 years old
- being female



Prevention

It is not always possible to avoid experiencing traumatic events. However, there are ways to reduce the risk of developing ASD afterward.

These can include:

- consulting a doctor or mental health professional following a traumatic event
- seeking support from family and friends
- getting treatment for other mental health disorders
- working with a behavioral coach to develop effective coping mechanisms
- getting preparation training if a person's job involves a high risk of exposure to traumatic events

Summary

ASD is not an uncommon condition, and it can occur after a person experiences a traumatic event. People whose occupation exposes them to traumatic events have a higher risk of developing ASD.

ASD has a close relationship with PTSD and shares many of the same symptoms. However, ASD is a short-term condition that typically resolves within a month, whereas PTSD is a chronic condition. If a person has symptoms of ASD for longer than a month, a doctor may assess the person for PTSD.

Treatment aims to reduce symptoms and help a person develop effective coping strategies. Options include CBT, mindfulness techniques, and medications.

Reaching out to friends, family, and community support groups can also help a person process their feelings and move on with their life following a traumatic event.

ALARMING TRENDS: MOMO CHALLENGE

“The bogus ‘Momo challenge’ internet hoax, explained” by Amanda Sakuma, Vox – March 3, 2019

Images of a demonic chicken lady are stoking panic across the globe, with warnings of a dangerous “suicide game” that targets children on social media. But behind the hysteria linked to the so-called “Momo challenge” is an issue far more revealing: This urban legend is likely little more than a hoax fueled by media reports and parents’ fears about their kids’ online activity.

It’s no wonder why the Momo challenge has been able to capture the fears of adults with a mythical force that’s persisted for months. The headlining image for the “challenge” is undeniably creepy — the stuff of nightmares for children and adults alike. It’s as if someone combined Voldemort with a bug-eyed version of the girl from *The Ring* and inexplicably decided her cleavage should transition into oversize chicken legs.

And the underlying challenge, with its messages supposedly encouraging kids to commit violence and self-harm, would be far more harrowing — if there were any discernible evidence proving this is actually a problem.

Experts say there is no indication that children are being driven to suicide since the story went viral. YouTube said previously it had no evidence of videos promoting the challenge, and it's since demonetized content featuring the signature Momo image that has cropped up since the hysteria bubbled into the mainstream.

The Momo challenge is hardly the first suspected craze to seize on the anxieties of adults — just look to past panic over supposedly dangerous teen trends that ended up being an overblown internet hoax. And as is the case for many spurts of viral panic, the Momo challenge has been elevated into a global phenomenon, not because of the stories shared by victims themselves but by the worried adults trying to protect them.

What is the Momo challenge?

According to lore, the Momo challenge is a viral game shared on messaging services like WhatsApp that goads young children into violence or even suicide. Images of the devilish bird-lady supposedly pop up with creepy messages and commands that are said to escalate to extreme violence and horror.

Other iterations of the story claim to feature the terrifying image spliced into children's programs like Peppa Pig or video games like Fortnite in videos posted to YouTube. Even more news reports say the challenge has spread to Snapchat.

But the reality is it's a viral hoax.

The signature image for Momo — the possessed-looking chicken lady — predates pretty much every report of the supposed challenge and appears to have nothing to do with the viral sensation. It is a statue called "Mother Bird," made by artist Keisuke Aisawa who works with the Japanese special effects company Link Factory. Images of the statue from a gallery display first began circulating as early as 2016.

The challenge itself was likely cooked up on a creepypasta subreddit that catalogs horror urban legends. An image of the "Mother Bird" sculpture was uploaded in July 2018, and from there, the myth of "Momo" took hold.

*To read the full article or to see a picture of the "Mother Bird," please visit the following website:
<https://www.vox.com/2019/3/3/18248783/momo-challenge-hoax-explained>.*



"Be the reason someone smiles today."

UPCOMING EVENTS AND TRAINING



"It's the latest innovation in office safety. When your computer crashes, an air bag is activated so you won't bang your head in frustration."

EXPERIENCE IN CORRECTIONS

By Desta Lutzwick, Otter Tail County Court Services Director (Retiring in May)

I was asked to write something about my years in Corrections and I thought it would be an easy task. After several re-writes, I found myself struggling to explain what I've been a part of. Do you ever feel that way when someone asks you to describe "What does a probation officer do?" Where do I start...

I have always been proud to work in Corrections. I am amazed that it has already been 41 years. I completed my internship with Anoka County Community Corrections during my senior year at St. Cloud State - 1977. I remember in my interview, as I was trying to be impressive, that I had referred to the Land O Lakes prison – which caused some chuckles unbeknown to me as to why. I was hired directly following my internship to work in the juvenile division. Test cases were being done at this time to determine if female probation agents should/could supervise male offenders. There was a great deal of trepidation over what impact there might be with females monitoring males. However, the results showed that there was really no difference and, at times, beneficial. The way we operated in Corrections in the 1970s and 80s is nothing like it is today. We did not have cell phones or computers. What we did have was a zippered calendar/notebook where you kept your schedule and chronos. When you traveled somewhere, you wrote your future locations on a board and if someone needed to reach you, they called and had you paged. A drug test consisted of asking the offender "have you drank or used drugs?"

My husband and I moved to Otter Tail County in 1981 and I began working for Otter Tail County Court Services. I became the Director in 2016.

I will take away many memories, some innocent, like the lady that came to our office stating she was just put on probation, but we could not find any criminal record on her. After multiple attempts to locate and research information, she said that she had just been hired at Walmart. They told her she would be on six months of probation, so she was reporting as directed by Walmart. True story!

However, there have been cases that are haunting. Conflictual and tragic situations wash over agents every day. Situations with offenders that begin with compliance can turn hostile without provocation. Today we see severe addiction and mental health issues, which can place us in very dangerous positions. The days of focusing on just criminal thinking are long gone. Our resources are becoming more limited and placements continue to dwindle.

Throughout the years, there have been many theories on how we should proceed in Corrections. Do you remember, not so far into the past, the "Eight Point Plan?" We are constantly being asked as a profession to prove our effectiveness and value. With all the paperwork that is required these days, our focus at times turns to making sure forms are filled out rather than being in the moment with someone to just listen.

People ask, "How were you able to stay in Corrections for so many years?" That's easy! I tell them, "Because I get to do UAs!!" That's a real bonus! Not many jobs have this privilege. I absolutely will not miss this part of the job.

Seriously though, from the early days in Anoka County to the entire crew at Otter Tail County, to my wonderful husband and amazing family, ***I have been blessed***. I have learned so much from all of you and appreciate all that you do. And yes...if I had to choose all over again, I would choose to work in Probation. It has been my honor.



COMING SOON!

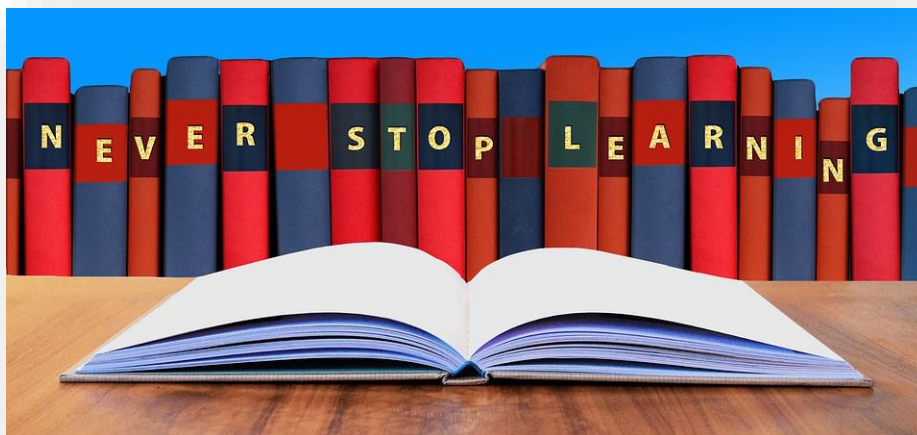
Do you or your agency have a work-related question or information you would like to share with others? ***We want to hear from you!!*** Please submit your question, information, or comment to macpo@macpo.net. Watch for a response in an upcoming MACPOST.

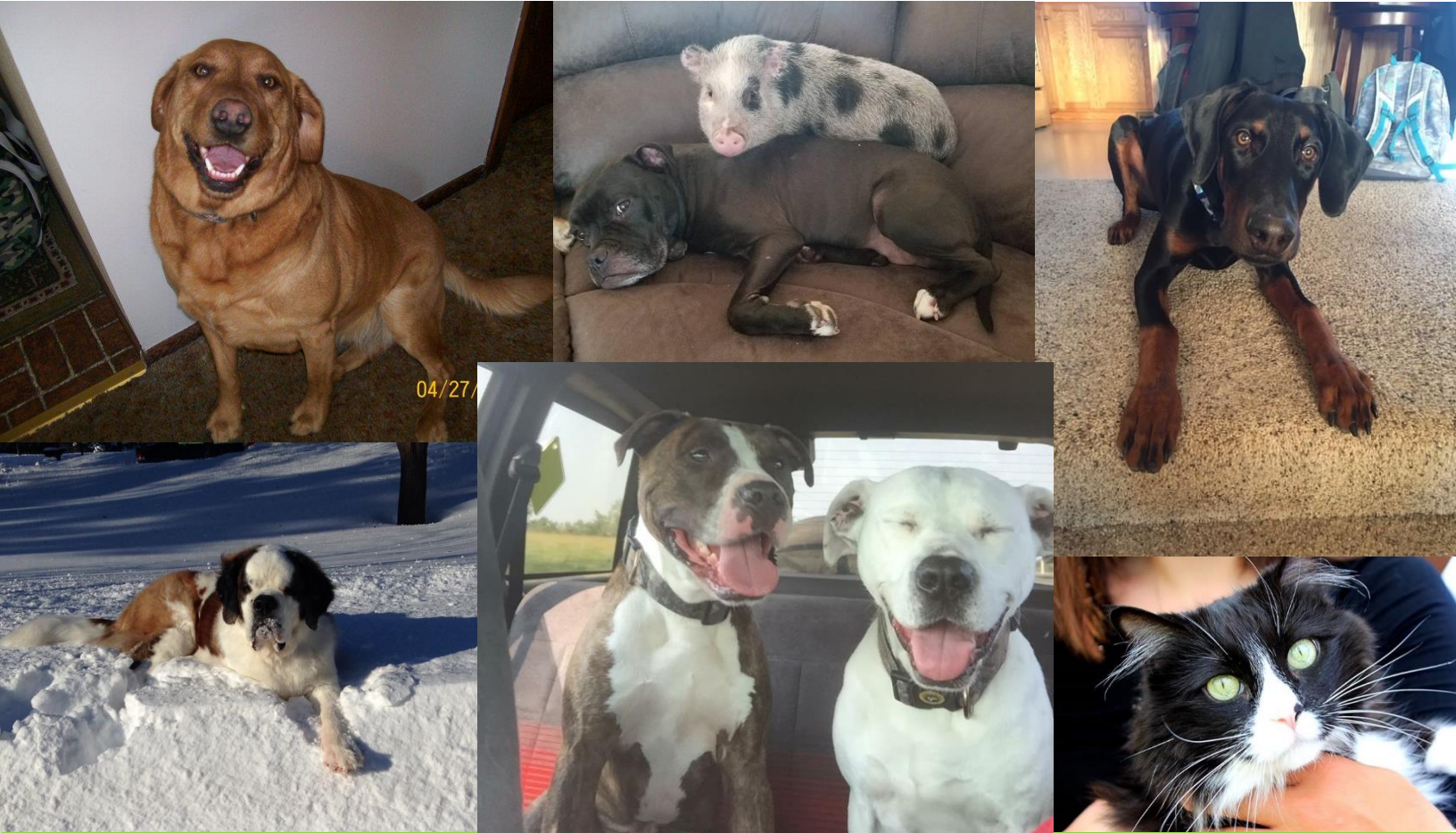
WHAT YOU MISSED – NOTES FROM RECENT TRAINING OPPORTUNITY

By Jess Mott, Chisago County Probation

Surviving the Trenches – hosted by MACPO/MCA on 3/15/2019

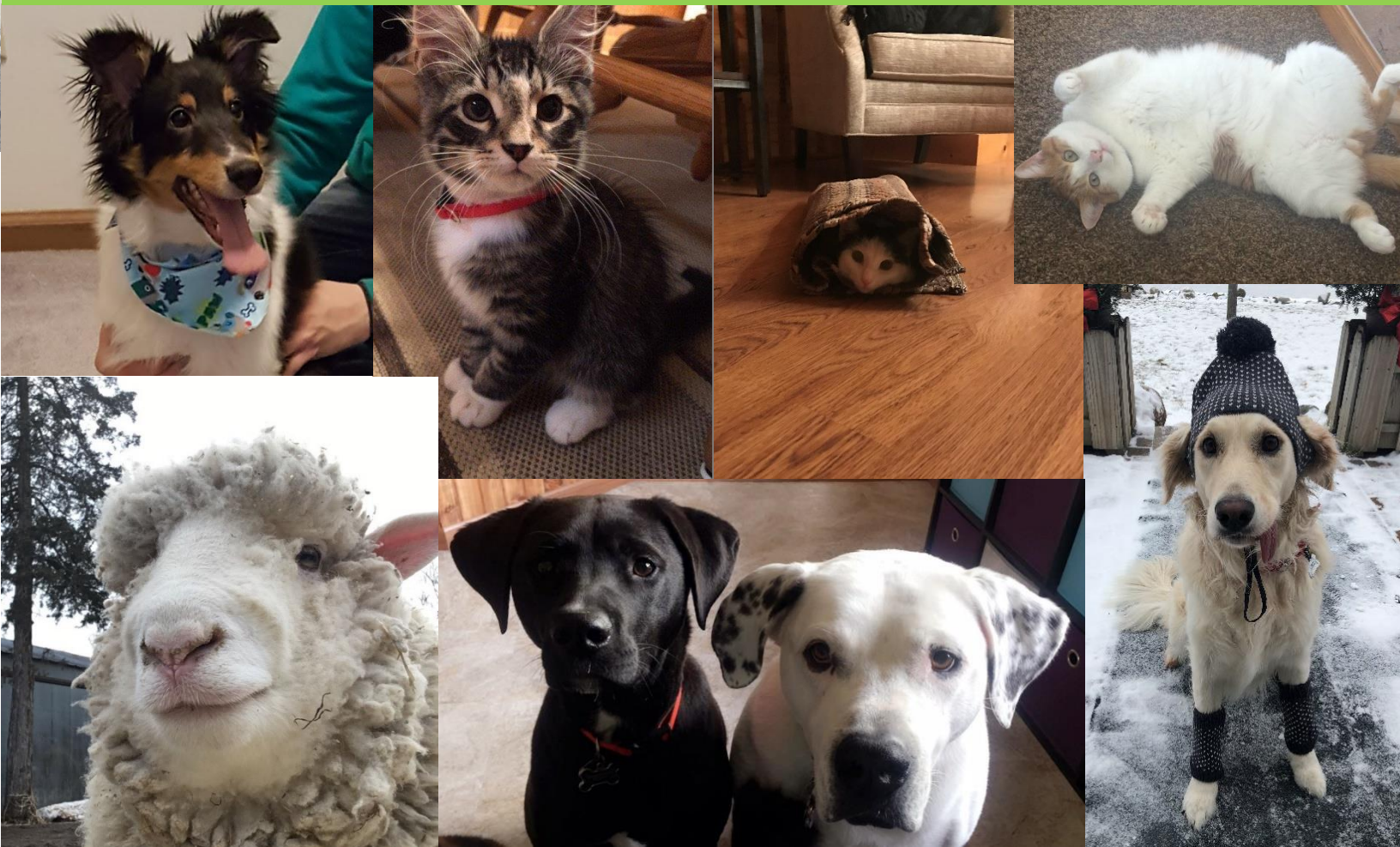
- Institutional stressors versus community stressors in this field. There are some similarities and some differences.
- Struggle with Role Ambiguity – social work versus law enforcement.
- Stress effects on our body: mental health, physical health, emotions, and spirituality.
- Burnout is prevalent among human service fields as we deal with other peoples' issues, which leads to emotional exhaustion and reduced sense of personal accomplishment.
- Secondary Trauma – compassion stress from experiencing trauma through secondary exposure.
- Sanctuary Trauma – reaching out for support and getting lack of respect instead. (Example: reaching out to supervisors for support on actions taken and getting ridiculed instead of getting support.)
- Self-Care Techniques: meditation, exercising, reaching out, and breathing exercises.

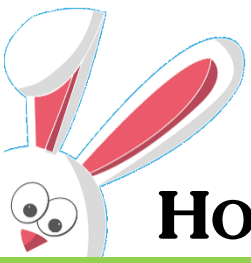




FOR THE LOVE OF PETS

Thank you to those who submitted pictures! Check out MACPO's website to see all the pictures submitted.





HOLIDAY SHARING



Easter Egg Decorating

Polka dots

Use eraser end of a pencil or small round object, dip it into the paint, and dab onto the egg.

Glitter

Brush glue over the egg until the surface where you want the glitter is covered. Sprinkle handful of glitter on paper plates and start rolling. You could also hold the egg over paper plate or newspaper while you sprinkle the glitter right onto the egg.

Want just a line or zigzag of glitter? Simply gently squeeze the glue bottle on the egg as you make your line or pattern you desire. Then sprinkle the glitter over where glue was applied.

Easter Fun

- Make Peep s'mores. (Replace normal marshmallow with a Peep.)
- Hold your Easter egg hunt at night with glow-in-the-dark eggs. Place a glow stick inside the egg, hide the egg, and then hold the egg hunt once all eggs are in place. Want to make it more challenging? Put clues inside each egg that will lead to a basket or bigger treat at the end.
- Make rainbow pancakes by adding food coloring to your pancake batter.
- Make graham cracker houses for Peeps with your family.
- Make Rice Krispie Easter Egg treats and use food coloring to make them different colors.

CLIENT SAID WHAT?!

SEND QUOTES/PHRASES A CLIENT HAS SAID TO MACPO@MACPO.NET TO HAVE THEM FEATURED IN THE NEWSLETTER.

Ran into a client while I was out to lunch today, client was on warrant status.

His words to me after he realized I called the cops,
“Why are you trying to have me arrested on my birthday?”

A client tested positive for marijuana but got a little defensive when questioned by the agent of his use. Client’s reasoning, “I thought I was only supposed to have no use or possession of alcohol.”


PROBATION PARTNERS

Below are a few of our vendors who sponsor MACPO.



ALCOLOCK
"Pioneers in Ignition Interlock devices."
 West St. Paul, MN
 Phone: 855-855-4542
alcolockusa.com

Valley Lake Boys Home
 ENRICHED - SUPPORTIVE - SAFE - STRUCTURED
A private non-profit residential treatment facility providing 24-hour supervision & programming.
 Breckenridge, MN
 Phone: 218-643-4036
valleylakeboyshome.org



Mn Adult & Teen Challenge
"Freedom from addiction starts here."
 740 East 24th Street
 Minneapolis, MN
 Phone: 612-373-3366
www.mntc.org



VINLAND
 NATIONAL CENTER
Providing drug & alcohol addiction treatment for individuals with brain injuries and cognitive impairments.
 Loretto, MN
 Minneapolis, MN
 Phone: 763-479-3555
www.vinlandcenter.org

BREAK TIME FUN

Sudoku Puzzle

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

Feel free to complete this on your own, at your own pace. This is simply just for fun. No need to turn it in; no prizes to be distributed.

7			2			8		6
		1		7	6			
2		3		1		5		4
3		2			9			
		7		5			6	3
	5		1		3	4		7
		8	6	9		7		
	3		5			6	8	
6	7				2		4	1

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 2018-2019 ELECTED OFFICERS

Contact MACPO Secretary, Jill Ferretti - Brown 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

Carter Diers, Wright County Court Services
president@macpo.net

President - Elect

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

President – Past

Eric Johnson, *Carver* County Court Services
pastpresident@macpo.net

Treasurer

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

Secretary

Jill Ferretti, Brown County Probation
secretary@macpo.net

Legislative Committee Chair

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

Communications Committee Chair

Jess Mott, Chisago County Court Services
communication@macpo.net

Membership Committee Chair

Amber Chase, Pine County Probation

Membership Committee Vice-Chair

Nicole Kalow, Waseca County Court Services
membership@macpo.net

Training & Education Committee Chair

Michelle Nistler, Cass County Probation

Training & Education Committee Vice-Chair

Amy Hertzog, Wright County Court Services
trainingandeducation@macpo.net