



MACPOST

Newsletter of the Minnesota Association of County Probation Officers

SPRING 2020

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FROM THE PRESIDENT

TERRY FAWCETT, PINE COUNTY PROBATION

“Courage is not the absence of fear, but the triumph over it.” The words of Nelson Mandela, the anti-apartheid leader of South Africa, who served 27 years in prison for his leadership.

These words are never more important than today, as we continue to adjust to a “new normal,” or at least the norm for the foreseeable future. It is okay to be scared, as we are either going through some hardships ourselves or know others less fortunate. These are the scary times for our clients, many who have far less than us, including a limited support network. Please call them. Check in on them. Tell them you care about them. They need you now more than ever before.

In order to do this, however, you must take care of yourself. Make sure you are reaching out to others and talking to those you trust to listen to you. We may be critical workers right now, but our wellbeing must be nurtured too.

Lastly, remember that it’s okay to cry. As a corrections practitioner, who is used to holding back their feelings, be mindful that this is your body’s way of saying you’ll be okay and we’ll all get through this together.



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.”

MCA’s PRESIDENT MESSAGE

Mary Oberstar, 2020 MCA President

My thoughts are with each of you during this difficult time. It’s hard to believe that just a few short months ago, “COVID-19” wasn’t in our language. Today we are now living a life far different than we would have dreamed due to the pandemic caused by this virus.

The majority of you, if not all, continue doing the important work of keeping Minnesota safe and providing rehabilitation, healing, treatment, and a multitude of other impactful services that make a difference. All this while often putting yourself on the front lines and facing the risk posed by the pandemic. As it has in other areas of our lives, adjustments have also been made to MCA happenings.

As I’m sure you’re aware of by now, our monthly training events and the juvenile justice conference have been postponed. The spring workshop, Criminal Minds, has been rescheduled for September 17, 2020, at the Owatonna Country Club Event Center. Continue to check the website for updates to these and any other training opportunities.

While we’ve made necessary changes to upcoming training, volunteers serving in various capacities will continue working to bring you the best of the best for information, continue exploring options, and bring ideas to offer you top-notch learning opportunities.

Something I want to remind you about is MCA’s retiree membership option. If you’re a current active MCA member when you retire, you have the option of renewing your membership at a lifetime membership fee of only \$50! This keeps you up-to-date on what’s going on in Minnesota: news, legislative updates, training opportunities, notice of calls for presenter proposals if you have topics you’re interested in sharing with conference attendees, and more! Let’s not forget the continued networking opportunities at a discount: lifetime members are given the same fall institute fee arrangements as students and those who are active committee members are given free conference registration! (Any entertainment costs aren’t included.)

During the time of this pandemic, your issues of the FORUM will continue showing up in your email

through the dedication of the committee who knows it's important to keep the information flowing to you. They're always looking for relevant inclusions in the FORUM, so if you have information or articles you want to share, please reach out to one of the Communications Committee chairpersons: Tara Rathman @ tara.rathman@state.mn.us or Elana Brunner @ elana.brunner@state.mn.us.

As always, if you have questions, ideas, or thoughts to share, please reach out to me.

Please ensure you're doing what you need to keep your mind and body healthy and check in with each other to make sure your friends and coworkers are hanging in there. It's always important, but now more-so than ever!

Thank you, you're amazing and appreciated. My wish is good health for you and your loved ones.

LEGISLATIVE COMMITTEE

Margaret Munson, Wright County Court Services

See Capitol Day 2020 update below.

COMMUNICATIONS COMMITTEE

Jess Mott, Chisago County Program

Please note the award nominations will close May 1st. Stay tuned for how they will be awarded to the nominees who were chosen.

The election ballot for MACPO President and Secretary has been sent out and closes on May 1st. Please take a moment or two to read about the candidates and submit your vote.

MEMBERSHIP COMMITTEE

Danni Bristol, Jackson County Court Services

I hope that everyone is doing well and staying healthy! The Membership Committee has not been able to meet due to COVID-19. We currently have eight committee members, but we could always use more members!

If you are interested in joining the committee, please reach out to me with any questions you might have.

TRAINING AND EDUCATION COMMITTEE

MICHELLE NISTLER, CASS COUNTY PROBATION

AMY HERTZOG, WRIGHT COUNTY COURT SERVICES

Due to the current situation regarding COVID-19 and the importance of social distancing, it was necessary to cancel MACPO's Annual Spring Conference for 2020. The Training and Education Committee is looking at scheduling a 1-1 ½ day conference for this Fall. We believe it is important for all award winners to be recognized and others to have the opportunity to share in this celebration. As soon as any plans have been made, an email blast will be sent so you can save the date!

Just a reminder to check out the Awards page on our website for descriptions and how to complete the nomination process. The deadline to complete nominations has been extended to May 1, 2020. Elections will be done via electronic poll and we are hoping to have that out around May 1, 2020. Keep your eyes open for that.

We are hard at work on the MACPO Support Staff Conference securing a new location and booking speakers. The conference is tentatively scheduled for October 8, 2020 in the St. Cloud area. Once things have been confirmed, you will receive more detailed information.

The Training and Ed Committee looks forward to seeing you all on the other side of this.

CPO DIRECTOR'S COMMITTEE

Jim Schneider, Cass County Probation Director

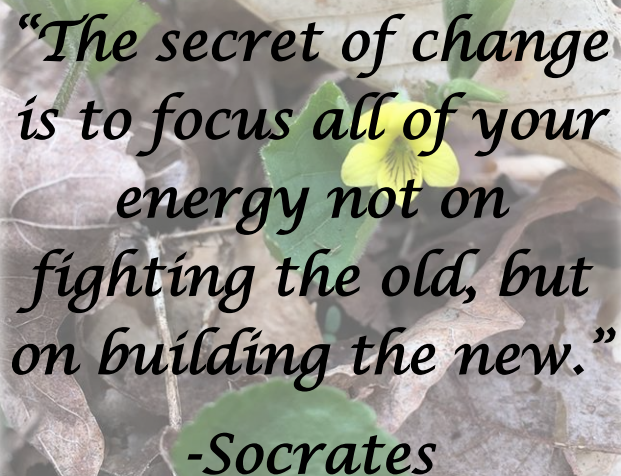
Greetings all from the Northwoods of Cass County. Historically, the directors meet once a month. With the current events going on in Minnesota, we are meeting once a week via videoconferencing. Most of our conversations center around the safety and wellbeing of our probation officers, office support staff, and the clients we serve. We value the work being completed to enhance our role in the criminal justice process. Your interpersonal communication skills exhibited in the day-to-day operations of our business are the primary reasons our communities remain confident in us.

Interesting moments turn into interesting times. As we continue to navigate our changing normal, it is always good to reflect upon our past. Over the years, probation departments have:

- allowed electronic access to probation data to law enforcement, which led to better communication with the law enforcement community;
- provided training to probation officers on the effectiveness of motivational interviewing, which led to better recidivism outcomes; and
- began to electronically store records, which led to probation officers becoming more mobile and the ability to work outside the office while continuing to provide effective services to the folks we work with, the counties we serve and the state of Minnesota.

We truly believe we would not be having the success we have if we are not willing to change. Change, it is a good thing.

As we move forward in the next few months, a new normal for our profession will present itself. We encourage you to embrace the challenges of the times and take advantage of this opportunity. Probation departments are key components to the criminal justice system in reducing recidivism. Directors will continue to support the work you are doing day-to-day. Use the safety equipment provided to complete your duties and maintain a healthy lifestyle.



*“The secret of change
is to focus all of your
energy not on
fighting the old, but
on building the new.”
-Socrates*

CAPITOL DAY 2020

Notes Provided by Margaret Munson, Wright County Court Services

February 13th, 2020 was a successful Capitol Day 2020. MACPO co-sponsored the day with MCA, MACCAC, MARRCH. There were 100 people that attended with five State Representatives who came to speak. Cal Saari, MCA Legislative Liaison, did a great job moderating the event.

Thank you to Commissioner Paul Schnell for his opening remarks with the theme of “Working Together.” It was a great way to start the morning.

Representative Brian Johnson (District 32A - Cambridge area) followed talking about his role on the Public Safety Committee, where they have many bills being introduced. He specifically talked about the 5-year cap on probation terms and the support and benefit many see in the bill. It will be heard in Public Safety but does not think it will get a hearing in the Senate. He also spoke about early discharge from probation and his support for it.

Representative Wolgamottl (District 14B -St. Cloud District), Vice Chair House Corrections Subcommittee, made a strong point to be in favor of recruit, retention, and wellness of prison staff. The prison staff needs more funding. It’s also important to have the support for: the recreated ombudsperson for corrections, the reform in sentencing guidelines probation reform, mental health, and the need for bonding bill that aids facility infrastructure.



Representative Dave Pinto (District 64 B - St. Paul), member of the Public Safety Committee, was in favor of sentencing caps. He is also a member of the Early Childhood Finance and Policy committee. He spoke of the increase needed in funding for the early childhood program. This is one of the biggest things we can do for our children to help them be successful and not enter the criminal justice system.

Representative Marion O’Neill (District 29B - Maple Lake) encouraged all persons in the room to connect with their local legislators, as that is how they learn and educate themselves on issues. She also supports the early childhood funding as an early intervention and helps children be successful. She is a member of the Corrections Committee, as well as Public Safety and Criminal Justice Reform Committees. She supports sentencing and probation reform, as well as alternatives to incarceration, especially with short-term offenders on parole violations. She noted sending them back to the prison for short terms does not accomplish them getting treatment or mental health assistance as they are not there long enough.

Representative Jack Considine Jr (District 19B - Mankato) supported the cap on probation and was very interested in seeing more mental health support and services for institution staff.

We heard from Nancy Haas, MACPO Lobbyist, covering her thoughts on the session and MACPO’s goals for this fast-moving session. Also, we were introduced to the ***new ombudsperson*** for Corrections, Mark Haas. This is a newly reinstated department and Mark described what he and his staff’s responsibilities are and vision for the department.

Midge Christensen, MACCAC President, spoke about MACCAC goals for the session, funding for field services being first and foremost. Gina, from Teen Challenge brought her energy on recovery and working together. The MARRCH sponsor, John Magnussen, updated us on their organization and their efforts in school-linked substance use disorder grants and treatment paperwork reduction. Jane Schmidt, MCA Juvenile Justice Committee, talked about efforts to change the juvenile life without parole statute, need for more juvenile diversions, and programs to address cultural issues. She also invited all to attend the MCA Juvenile Justice Conference scheduled for April 23, 2020, at Maplewood Community Center. Lastly, Deputy Commissioner Curtis Shank spoke with a theme of “working together in collaboration.”

20 TIPS FOR WORKING FROM HOME

By Jilly Duffy, PCMag – March 27, 2020 (<https://www.pcmag.com/news/get-organized-20-tips-for-working-from-home>)

1. Maintain regular hours.
Having clear guidelines for when to work and when to call it a day helps many remote workers maintain work-life balance.
2. Create a morning routine.
A routine can be more powerful than a clock at helping you get started each day.
3. Set ground rules with people in your space.
4. Schedule breaks.
5. Take breaks in their entirety.
6. Leave home.
To the extent that it's allowed and safe, get out of the house, or the building, at least once a day. Your body needs to move.
7. Don't hesitate to ask for what you need.
8. Keep a dedicated office space.
9. Maintain a separate phone number.
Set up a phone number, if able to, that you only use for calls with colleagues and clients.
10. Use a VPN.
Use a VPN (virtual private network) whenever you're connected to a network that you don't control.
11. Socialize with colleagues.
12. “Show up” to meetings and be heard.
13. Get face time.
Set up a video call with your colleagues or manager once a week to check in.
14. Take sick days.
15. Look for training opportunities.
16. Overcommunicate.
Tell everyone who needs to know about your schedule and availability often.
17. Be positive.
18. Take advantage of your perks.
19. Don't be too hard on yourself.
20. End your day with a routine.
Just as you should start your day with a routine, create a habit that signals the close of the workday.

AGENT WELLNESS:

HOW TO COPE DURING THE CRISIS

Source: <https://www.correctionsone.com/coronavirus-covid-19/articles/a-letter-to-my-corrections-family-during-the-covid-19-crisis-qKHxAlxHxf5FoyXr/>

1. *Eat Well.*

Schedules during this time will become overloaded. Forced overtime will become our norm. Tensions will run high in our client population and we will see an increase in critical incidents. Still, you must eat. We all know that like a car without gas, humans without food do not function and this is especially true during stressful times. Make time to eat. There is still fresh produce in most grocery stores, try to incorporate them. If you do contract COVID-19, you need all the vitamins and minerals you can get.



2. *Drink Water.*

For similar reasons as to why we need to focus on eating, we need to stay hydrated. Dehydrated bodies cause disoriented brains. Stay hydrated to stay sharp.

3. *Sleep as Much as You Can.*

Unusual schedules paired with forced overtime make sleep seem like a fantasy. But find the time. Sleep is essential to your functionality and virus-fighting abilities. Even power naps are better than nothing.

4. *Be Mindful of Personal Hygiene.*

There's a lot of focus right now on flawless handwashing; please keep doing that. But also remember your entire hygiene routine. Making time for a shower or bath can help you mentally slough off stress and distress.

5. *Create and Embrace New Routines.*

This crisis creates major changes at home and work. Instead of doing the bare minimum to make the changes work for now embrace these as long-term changes. Most tasks are harder when you are only half invested. Even if these changes are temporary, embracing them as long-term will make them easier.

6. *Find Way to do Things that Lower Your Stress.*

If you are a gym person, find a way to do your workout at home. If you generally enjoy having a beer with a buddy once a week, then a video chat beer may be in order. These might not be great substitutes for the real deal, but they are better than nothing. Find your substitutes and embrace them.

7. *Practice "Earthing."*

Earthing is a nature-focused form of grounding. Grounding has been shown to have so many benefits for stress. Thankfully, COVID-19 has not taken the outdoors from us. Go to your yard or balcony. Breathe the air, touch the dirt, feel the sun.

8. ***Be Fully Present for Social Interaction.***

Whatever social interactions you're having now, whether with coworkers or family, whether they are from six feet away or via video chat, be mentally and emotionally present. Make sure you are listening. Take joy in other people's joy and feel sadness when others feel sadness. You must make sure you connect with others.



9. ***Limit Media Usage.***

This is a time where it would be easy to take in too much screen time. It may be harder than ever to limit your screen time but look for alternatives, perhaps books, cooking, building, organizing, or painting. Besides the damage that screens can generally do to our mental health, now our screens also contain constant information about COVID-19. Chances are, you know what you need to know about the virus at this point. Give yourself a break from COVID-19 when you are home.

10. ***Make Lists.***

Make two lists a day. Create one list of things that must be done and one list of things you want to do. When you've completed the things you must do, you may look at the want-to list. This will help you prioritize, keep perspective and stay organized. When you get to the end of the day, throw your lists away. Don't wake up the next morning with yesterday's list weighing on your brain.

11. ***Listen to Music.***

Music is medicine for the soul.

15 SONGS TO KICKSTART YOUR DAY

April 6, 2020 - Source: <https://www.developgoodhabits.com/motivational-songs/>

Here are 15 out of 52 songs to help get you motivated:

9. *Titanium*, David Guetta featuring Sia

10. *Eye of the Tiger*, Survivor

11. *Don't Stop Believin'*, Journey

12. *Beautiful*, Christina Aguilera

13. *Don't Worry Be Happy*, Bobby McFerrin

14. *Roar*, Kate Perry

15. *Firework*, Katy Perry

16. *Fight Song*, Rachel Platten

17. *Wavin' Flag (Celebration Mix)*, K'naan

18. *Walking on Sunshine*, Katrina and the Waves

19. *Drive*, Incubus

20. *Livin' on a Prayer*, Bon Jovi

21. *Stronger*, Kelly Clarkson

22. *Brave*, Sara Bareilles

23. *Shake It Off*, Taylor Swift



To see the full list, visit the site listed above.

BIKE COPS FOR KIDS

Source: https://www.facebook.com/pg/bikecopsforkids/about/?ref=page_internal and www.bikecopsforkids.com

About Bike Cops for Kids

Their work is focused on connecting Minneapolis youth to their police department in a positive way. They use water bottles, snacks, bike helmets, books, and bikes as ice-breakers to meet kids in challenged neighborhoods. Their main goal is to build relationships with the community's young members, who they believe will turn Minneapolis into a city with incredible adult citizens and leaders. Within the last 10 years, they have seen the kids they have connected with grow into young men and women succeeding in their own arenas of community engagement.



How It Started

In 2009, two Minneapolis police officers built this project with a simple idea to use bike helmets to generate positive interactions with kids and connect to the communities the Minneapolis Police Department serves.

Minneapolis Police Officer Mike Kirchen, one of the founding officers, spends his work days biking throughout the neighborhoods. Bike Cops for Kids is now a year-round program within the department with two designated officers. The two officers try to meet their community's youth on their turf: front yards, on sidewalks or in parks. They

ride around with a trailer full of brand-new bike helmets and water bottles.

It doesn't end there. Bike Cops for Kids is also able to take deserving kids from communities across Minneapolis to see the MN Twins take the field. Those kids get to enjoy the game from seats located right behind Homeplate for an unforgettable experience.

They're proud of the work they do and honored to be able to do it. The connections they have made and the magical surprise they witness is something they never take for granted.

This program is privately funded year-round by several sponsors. To learn more information about this program or to donate, please visit www.bikecopsforkids.com or follow them on Facebook.

Bike Cops for Kids was featured on Mike Rowe's Returning the Favor. To watch the video, go to his Facebook page: <https://www.facebook.com/1938059449798649/videos/3137157606314196/>.

MN ADDICTION PROGRAMS GO ONLINE IN RACE TO PREVENT RELAPSES

By Reid Forgrave, Star Tribune – April 1, 2020

At New Life Treatment Center in Pipestone County, executive director Cheryl Thacker fears what coronavirus isolation will mean for their small substance abuse treatment center in southwestern Minnesota.

All 21 inpatient beds have been full — and Friday, five people were in the detox unit — even as staff has fielded an inordinate number of calls from past clients. Over the chaotic past few weeks, people have relapsed or feared they're on the road to relapse. Some have been furloughed from work, others laid off.

What used to be a couple of calls a week from past clients who are struggling has in recent weeks turned into a half-dozen crisis calls a day. Many callers worry how they'll stay on the road to recovery with so many in-person group therapy meetings now suspended.

"I'm concerned that when this is over there's going to be a flood of people who need treatment because they've relapsed," Thacker said.

"We're hearing people saying, 'I'm struggling. I can't stop all this that's going on in my head, and the only way I know how to make that stop is to drink or to use.' "

There's an adage taken as gospel among people who are in recovery for drug or alcohol addiction: Addiction is an illness of isolation, and the antidote is community.

The concerns in the recovery community are many. How will social isolation affect people, especially the most vulnerable who are early in recovery and depend on the routines and community from in-person group meetings such as Alcoholics Anonymous? Will concerns about contracting COVID-19 discourage people from seeking treatment in residential facilities or group therapy settings?

And could these highly unstable times become a trigger for those in recovery?

"People who go to those meetings go because they've had that shared experience of, 'I was once living with this horrible disease, I still have it, I'm in recovery — but I need your help to continue to stay sober,'" said Daniel Eby, supervisor of the substance abuse program at Options Family and Behavioral Services, which operates three programs in the Twin Cities. "The second you pull back from that, especially for people in early recovery, it's a really hard thing to be sitting at home, isolated from everybody. And there's a tendency to be like, 'Man, I can't get through this. I should just have a drink. Or I should just call my dealer.'"

"I don't see how this is not going to be a difficult road ahead of us."

AA videoconference

Nearly 8% of Minnesotans have a substance use disorder, according to the Minnesota Department of Human Services. Those are the people currently battling addiction, but that statistic could more than double if it includes people already in recovery, estimated at one in 10 Americans, according to a 2017 study by the Recovery Research Institute.

The coronavirus crisis is pushing many recovery meetings online. Alcoholics Anonymous meetings are being held in Google Hangouts, on Zoom and in conference calls.



Even the Hazelden Betty Ford Foundation is turning to online group therapy. Recently, it unveiled a tool — weeks earlier than planned — for the nation's first telehealth solution for drug and alcohol recovery group therapy sessions.

Clients will be able to attend 12 hours of weekly group therapy online and from home in all seven states where it has brick-and-mortar facilities. In a little more than a week, 75% of Hazelden's patients nationally transitioned to virtual services. The organization is actually serving more people in intensive outpatient treatment than before the pandemic.

"How does this community engage in fellowship in a virtual way?" said Mark Mishek, the CEO of Hazelden Betty Ford Foundation. "We're not going to be able to get together in 12-step meetings. It's not going to happen. The physicality of it, it's something we've taken for granted."

Life and death

People who have succeeded in recovery describe addiction as like being on an island. Sitting in a room with other vulnerable people who have been through the same things can be liberating and can give someone new in recovery permission to be vulnerable. Some believe there's no substitute for that human connection.

"There's all kinds of online resources, but this is a disease of isolation," said Marvin Seppala, the chief medical officer at Hazelden. "It's those relationships that really keep people sober."

Those in the recovery industry speak about a balancing act. There is the obvious need to protect people from the spread of this virus. But the question for many is whether the need for treating addiction outweighs concerns about the virus — at least for now.

"As a field, we are looking at what's the risk of our clients who are suffering from untreated addiction versus the risk of COVID-19," said Jared Bostrom, executive director at Progress Valley, a nonprofit behavioral health agency headquartered in Bloomington. "At this point our clients are more likely to die or have adverse health impacts from an overdose or untreated addiction than from COVID-19. That could change, certainly. But although the concerns about this virus are very real, and all providers are taking measures to prevent its spread, we still need to provide our services."

It's a life-or-death problem for someone like Dawn, a 48-year-old St. Paul woman who has been sober for seven months from methamphetamine and alcohol addictions. Her counselor canceled an in-person meeting recently

and offered to do it over the phone. She is worried about what the coming months will bring. She knows she doesn't want to go back to spending \$80 a day on meth, but she can already feel her mental health being frazzled.

"If it wasn't for my counselor, I probably would have used again," said Dawn, who requested that her last name not be used. "Counseling is my outlet. I'm taking it day by day. There are days I want to pick up a bottle and go to the liquor store and drink myself to death. But I haven't."

After the 2008 recession, a surge of people entered addiction treatment for the first time — or re-entered after a relapse. The worry is that a surge could be much worse from the pandemic.

Bostrom has seen plenty of clients already losing jobs in the short time the coronavirus has upended American life. Those who are early in their recovery frequently work in the hospitality industry, in retail, or in trade or labor jobs, and those jobs have already been hard hit. As a result, Progress Valley is temporarily removing its requirement that clients be working or in school.

"It's not an elective option for many of our clients," he said. "This is literally life and death for a lot of people."

FORENSIC LAB IN ANDOVER BEGINS CANNABIS PURITY TESTING

By Kim Hyatt, Star Tribune – April 9, 2020

A north metro forensic laboratory is the first publicly funded lab in Minnesota to begin testing cannabis products to determine whether they're legal or illegal.

Officials with the Midwest Regional Forensic Laboratory in Andover, which serves Anoka, Wright and Sherburne counties, believe the testing will help regulate a proliferation of CBD shops and products increasingly available at convenience stores and tobacco outlets and infused in items ranging from dog treats to lotions and candies.

CBD, short for cannabidiol, and THC, or tetrahydrocannabinol, both come from cannabis — which can be either marijuana, legal for medical use but illegal for recreational use in Minnesota, or hemp, which is legally grown by an increasing number of farmers.

CBD is a legal chemical, while THC is illegal under federal law. Hemp and CBD products are legal if they have less than 0.3% of THC. But until recently the testing of cannabis products determined only the presence of THC, not its purity or concentration.

"Since hemp and marijuana are essentially the same plant, they could yield the same [test] results. We weren't able to distinguish between the two of them," said Amanda Vukich, a forensic scientist at the lab.

To ensure prosecutors are charging cases properly, Vukich said a new method of testing was needed. Previous tests could estimate if something was mostly hemp or marijuana, but they lacked “scientific certainty” without testing for concentration.



Users of CBD say it can provide relief from anxiety, joint pain, menstrual cramps or migraines without making them high. But along with more than 18,000 medical-marijuana patients, the surge surrounding cannabis has state officials looking to establish a statewide [cannabis office](#) to oversee a largely unregulated industry.

The new testing at the Andover lab will bring some needed oversight, said director Scott Ford. It provides a tool to keep businesses selling CBD products “in check to make sure that what they’re selling is actually legal,” he said.

Results from the new testing method show the exact percentage of CBD and THC, like existing methods for testing methamphetamine or cocaine. Vukich said that states such as Colorado and Virginia employ similar THC testing methods to distinguish between hemp and marijuana.

Of Minnesota’s eight accredited and publicly funded forensic labs, Andover is the first to begin using quantitative testing. A private lab in St. Paul, Legend Technical Services Inc., also does this testing and has been working with state agencies and industrial-hemp license holders to verify that legal products are being grown.

Law enforcement officers have commercial testing kits available if they pull someone over and suspect a plant or liquid concentrate to be THC. Those kits turn a certain color if THC is present, but they don’t determine purity, Vukich said, adding that presumptive tests can also result in false positives.

“We don’t want them charging someone that shouldn’t be charged, or putting the burden of proof on the defendant, because that’s unconstitutional,” she said. “It’s up to the state to prove that this person had a controlled substance and not make them prove it was just hemp, it wasn’t marijuana.”

A case using testing at the Andover lab hasn’t gone to court yet, she said, adding that she didn’t anticipate it coming up much because most of their testing caseload deals with methamphetamines.

But Ford believes there will be an uptick in this type of testing because of the booming CBD industry. The prevalence of CBD shops, he said, means that agencies needed a “little more due diligence” to determine the chemical composition of products.

Matthew Kaiser, who serves on the advisory board of the Minnesota Hemp Farmers and Manufacturers Association, said the new testing is a step in the right direction.

“It’s about time law enforcement starts to adopt the new technology out there to be able to distinguish between hemp and cannabis,” he said. “Farmers are doing their due diligence, repeatedly testing their fields so they know they are within compliance. It’s beneficial to the industry to help clarify this.”

Dan Baker, CEO of FEN Biotech in Ramsey, said testing will benefit the CBD industry by weeding out bad businesses. His company works with 35 hemp growers across the state to produce and sell wholesale CBD extractions. As the owner of an e-cigarette company that he said has suffered from a lack of regulation, he said he welcomes more regulation of CBD products.

“If we don’t put some good enforcement measures in place, soon it’ll be too big for them to try to wrangle in like e-cigarettes got to be,” Baker said.

“This test in our eyes is beautiful because if everybody’s playing by the rules, you’re going to have good, reputable companies in business. ... Enforcement is the key.”

MN SEES 68 PERCENT DROP IN DWI ARRESTS AMID CLOSURES, STAY-AT-HOME ORDER

Source: <https://www.fox9.com/news/minnesota-sees-68-percent-drop-in-dwi-arrests-amid-closures-stay-at-home-order?fbclid=IwAR2fvDCPUUnZpt2->

ST. PAUL, Minn. (FOX 9) - Amid Governor Walz's stay-at-home order, the Minnesota Office of Traffic Safety is reporting a large drop in DWI arrests.

According to the Minnesota Office of Traffic Safety, there were 94 DWI arrests this past weekend. That's a about a 68 percent drop compared to the same weekend last year when there were 293 DWI arrests. "While the social rules have changed, this is a permanent change we can all get on board with when social activities return," read the Office of Traffic Safety's Facebook post. "One DWI is one too many! Let's all continue the downward trend."

The decrease also comes following the closure of dine-in restaurants and bars, which went into effect March 17. Data shows the weekend before the restaurant closures occurred, there were 323 DWI arrests. The first weekend under the order, arrests fell to 126.



411 ON DISORDERS: ADJUSTMENT DISORDER

Source: <https://medlineplus.gov/ency/article/000932.htm>

Adjustment disorder is a group of symptoms, such as stress, feeling sad or hopeless, and physical symptoms that can occur after you go through a stressful life event.

The symptoms occur because you are having a hard time coping. Your reaction is stronger than expected for the type of event that occurred.

Causes

Many different events may trigger symptoms of an adjustment disorder. Whatever the trigger is, the event may become too much for you.

Stressors for people of any age include:

1. Death of a loved one
2. Divorce or problems with a relationship
3. General life changes
4. Illness or other health issues in yourself or a loved one
5. Moving to a different home or a different city
6. Unexpected catastrophes
7. Worries about money
- 8.

Triggers of stress in teenagers and young adults may include:

Family problems or conflict

School problems

Sexuality issues

There is no way to predict which people who are affected by the same stress are likely to develop adjustment disorder. Your social skills before the event and how you have learned to deal with stress in the past may play roles.

Symptoms

Symptoms of adjustment disorder are often severe enough to affect work or social life. Symptoms include:

Acting defiant or showing impulsive behavior

Acting nervous or tense

Crying, feeling sad or hopeless, and possibly withdrawing from other people

Skipped heartbeats and other physical complaints

Trembling or twitching

To have adjustment disorder, you must have the following:

The symptoms clearly come after a stressor, most often within 3 months

The symptoms are more severe than would be expected

There do not appear to be other disorders involved

The symptoms are not part of normal grieving for the death of a loved one

Sometimes, symptoms can be severe and the person may have thoughts of suicide or make a suicide attempt.

Exams and Tests

Your health care provider will do a mental health assessment to find out about your behavior and symptoms. You may be referred to a psychiatrist to confirm the diagnosis.

Treatment

The main goal of treatment is to relieve symptoms and help you return to a similar level of functioning as before the stressful event occurred.

Most mental health professionals recommend some type of talk therapy. This type of therapy can help you identify or change your responses to the stressors in your life.

Cognitive behavioral therapy (CBT) is a type of talk therapy. It can help you deal with your feelings: First the therapist helps you recognize the negative feelings and thoughts that occur. Then the therapist teaches you how to change these into helpful thoughts and healthy actions.

Other types of therapy may include:

Long-term therapy, where you will explore your thoughts and feelings over many months or more

Family therapy, where you will meet with a therapist along with your family

Self-help groups, where the support of others may help you get better

Medicines may be used, but only along with talk therapy. These medicines may help if you are:

Nervous or anxious most of the time

Not sleeping very well

Very sad or depressed

Outlook (Prognosis)

With the right help and support, you should get better quickly. The problem usually does not last longer than 6 months, unless the stressor continues to be present.

ALARMING TRENDS – FIREBUD

Source: <https://www.allbud.com/marijuana-strains/indica-dominant-hybrid/fire-og>

Fire OG, aka Firebud, is said to be the most powerful of the OG Kush family and boasts an insanely high THC level ranging from 20-25% on average. Users describe high as having an instant creative uplifting sense of motivation and determination. They'll feel a rush of energy that leaves them euphoric and stimulated.

Due to these potent effects, Fire OG is said to be an ideal strain for treating patients suffering from conditions such as chronic pain due to injury or illness, stress, mild to moderate cases of depression, and sleep disorders, including insomnia and night terrors.

Fire OG buds have a pungent earthy taste with a hint of woody kush and an aroma of sweet burning pine. (Side note: Leafly.com stated it has a strong scent similar to lemon pledge.)



HOPPY EASTER

By MACPO Committee Members



We reached to our committee members to see if there was anything special or memorable they did for Easter during this stay-at-home order. Here's how some spent their Easter:

Our 13-year-old daughter hid 35 Easter eggs outside in the snow for us (her parents) to find. Needless to say, five minutes and only 20 eggs later, we needed her assistance to find the rest of the eggs.

Our Easter was low key, we stayed home, but we did an Easter egg hunt for our daughter. We made Easter cookies and had a big meal.



We tried to stick with some “traditions”. We did an inside Easter egg hunt and Easter baskets because, well, MN weather. We included all the grandparents on Facebook Messenger to watch the nail-biting hunt, the eggs left in plain sight because otherwise they’d never find them. We watched the kids stuff their faces with chocolate, refuse regular food so they could have more chocolate, and meltdown in epic fashion at naptime and bedtime because of, you guessed it, chocolate! We WATCHED church instead of attending, snuggled, and played with new toys.



On Saturday, we went to a game farm hunting pheasants. On Sunday, our priest held a live mass, so we watched that and cooked ribs and chicken on the smoker for our Easter meal. We also reached out to family via text and phone calls.

UPCOMING EVENTS AND TRAINING

As stated above, due to COVID-19, the MACPO's Annual Spring Conference, as well as many other training opportunities, have been cancelled. However, there are several online training opportunities available.

Differing Shades of Shame in Substance Use Disorders – May 20, 2020

Shame is a word often used by both patients and care providers in addressing substance use disorders. But there are differing shades of shame—with different implications for recovery. Join psychiatrist Kristen Schmidt, MD, to define and differentiate healthy and unhealthy aspects of shame that can either impede or promote recovery from substance use disorders. Dr. Schmidt will also discuss emerging evidence on the interaction between stigma and shame.

Learning Objectives

- Distinguish among the following terms: healthy shame, unhealthy shame, guilt and stigma
- Explain how feelings related to shame can impact the treatment of substance use disorders and the recovery process
- Describe how providers can use the principles of healthy and unhealthy shame to assist patients who are actively struggling with substance use disorders or in recovery

To register online for this one-hour training or to learn more information, please visit: <https://www.hazeldenbettyford.org/professionals/event-calendar/webinars>.

The Role of Probation: Coach Versus Referee

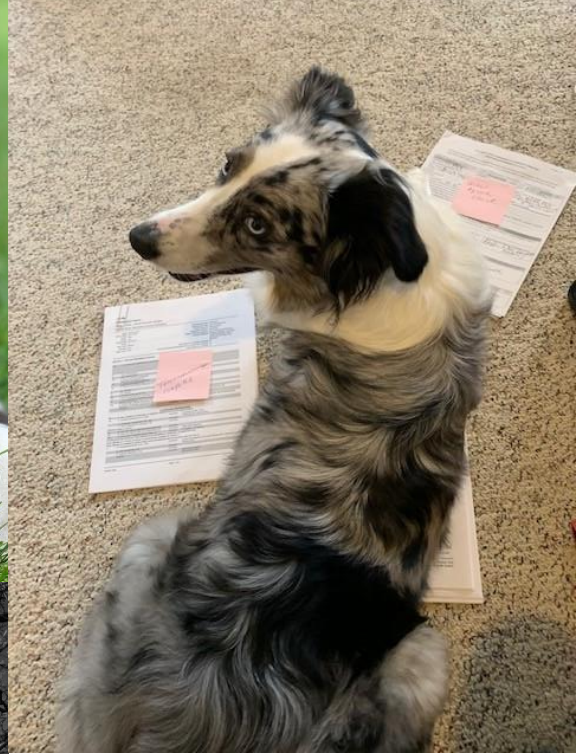
As probation departments begin to re-evaluate their work, there is a significant shift in the role they can play on treatment court teams. Probation agencies have historically been asked to play a referee-type role, monitoring the rules and conditions and blowing the whistle when observing the justice-involved individual stepping outside the lines. But there has been a recent call to transform probation officers from referees to coaches. Coaches' role is to help their players win. To do so is to be able to assess talent quickly, design plans to help build strengths while minimizing the risks, reinforce, cheer, and hold accountable. This presentation will provide the framework for rethinking probation's role at the table as one of coach versus referee.

To watch this training, please visit: <https://www.ndci.org/drugcourtu/webinars/>.

Variety of Trainings Offered

The sites below offer multiple trainings. Please click on their website to learn more information:

- <https://ncjtc.fvtc.edu/training> (The National Criminal Justice Training Center)
- <https://justiceclearinghouse.com/> (Justice Clearing House)
- <https://connect.appa-net.org/communities/community-home/librarydocuments?LibraryKey=ad033c20-d6ef-485b-8754-5a96a4f53889> (American Probation and Parole Association)



FOR THE LOVE OF PETS

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

I got kicked out of training after being there for 20 minutes because I refused to crate



THANK YOU

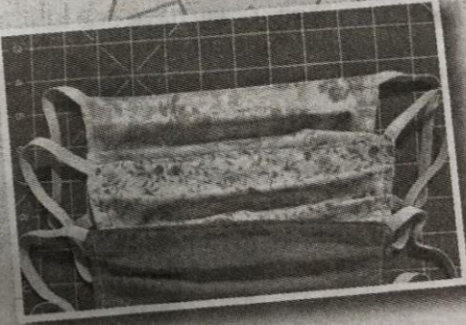
Message from Terry Fawcett, MACPO President:

“On behalf of MACPO, I would like to thank all corrections/probation agents, first responders, and treatment facility staff for your dedication and professionalism during the COVID-19 pandemic.

None of you are getting rich, yet you continue to put yourself in harm’s way to serve your communities. I salute you!”

HOMETOWN HERO


Sherry Johnson delivered 34 homemade masks to East Central Staff. She has been making masks for the hospital in Mora. The masks Sherry donated to East Central will be worn by bus drivers and paraprofessionals delivering homework, breakfasts and lunches to students. “Never did I think I would be using my stash of quilting fabric for this purpose,” Sherry said. More masks are also in the works, but Sherry has to wait for more elastic to arrive.



of the week

SHERRY JOHNSON

SPONSORED BY:



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Funeral & Cremation Services

**Methven Funeral
and Cremation Services**
114 5th Street, Sandstone, MN
(320) 245-2376

*Sherry
Johnson,
Pine County
Probation
Career Agent*

We know there are more who have taken the time to make masks (or family members), have made donations, supported our local small businesses, etc. For all your support and continued support, thank you! You are a hometown hero!



Summer is fast approaching, and we need your help!

A lot of people are probably already starting to get cabin fever and thinking about their normal summer plans. However, due to COVID-19, some of those plans can no longer take place or will be more difficult.

This is where we need your help. The Communication Committee would like to be able to provide a list of fun and creative ideas for people to do this summer.

Please send any fun or unique ideas on what to do this summer to macpo@macpo.net. Thank you in advance for your help and we look forward to hearing from you.

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.

HOLIDAY SHARING



Mother's Day and Memorial Day are two of the bigger holidays we will be celebrating in the next few months. Here are some ideas for you to do to celebrate these holidays.

10 Best Mother's Day Game to Enliven Your Celebration

- Mad Libs
- Karaoke
- Bingo
- Give-Mom-A-Break Game
- Charades
- Movie Moms
- Get-to-Know-Mom Game
- Mom Trivia
- Treasure Hunt
- Pass the Poetry

To learn more about these games in detail, check out the website:
<https://www.goodhousekeeping.com/holidays/mothers-day/g32131853/mothers-day-games/>

Memorial Day Activities for the Whole Family

- Donate to related causes
- Brush up on American history
- Write letters to soldiers and their families
- Fly a flag
- Take a moment of silence
- Watch a patriotic movie
- Donate flowers for soldiers' graves
- Deliver dessert to a local family
- DIY red, white, and blue décor
- Post a heartfelt tribute on social media

The full list of ideas can be found at:
<https://www.goodhousekeeping.com/holidays/g27455860/memorial-day-activities/>

PROBATION PARTNERS

Instead of just adding a few of our probation partners to our newsletter, we would like to take this opportunity to say “thank you” to all our sponsors!

Platinum Level Vendors

- Maple Lake Recovery Centers
- Nationwide Interlock
- MN Adult & Teen Challenge
- Northwestern Minnesota Juvenile Center
- RSI Laboratories
- Prairie Lakes Youth Programs
- PharmChek
- MinnCor Industries

Gold Level Vendors

- Minnesota Corrections Association
- Anoka County
- Wellcome Manor Family Services
- Diversion Solutions
- Five Stone Media
- Intoxalock
- Lakeplace Retreat Center
- Leo Hoffman Center, Inc.
- Midwest Monitoring & Surveillance
- Minnesota Benefit Association
- MCF-Red Wing
- NextGen Monitoring
- North Homes Children & Family Services
- NuWay
- Phoenix Rise Coaching & Consulting
- Precision Kiosk Technologies
- Premier Biotech
- Restoration Counseling & Community Services
- Sequel Youth & Family Services
- The Hills Youth and Family Services
- Mash-ka-wisen Treatment
- Village Ranch
- West Central Regional Juvenile Center
- Concordia University – St. Paul
- Attenti
- REM Minnesota
- Nexis Family Healing
- MN BCA
- Community Compliance Monitoring Services
- Justice Point
- Port
- McCrossan Boys Ranch
- Smart Start MN
- Minnesota Social Service Association

BREAK TIME FUN/ MEETING FUN

Many, if not all of us, have been participating or hosting virtual meetings. Why not have a little fun with it?!? Below are two “Bingo” boards with common phrases you most likely hear during these meetings. See how many bingos you can get; feel free to share with us: macpo@macpo.net and/or your peers.

M	A	C	P	O
Kid Name	Meeting	Good	Cat	Online
Governor	Work	Six feet	COVID-19	Swear word
Tired	Dog	Free	Home	Client Name
Positive	Pandemic	Problem	Mask	Friends
Mute	WebEx	Stay-at-Home	Sanitizer	School

L	A	U	G	H
Unmute	Stay Safe	Corona-virus	Skype	New Normal
Creative	Crazy	Social Media	Virtual	Client
Zoom	Yard	Free	Distance Learning	Toilet Paper
Family	Social Distancing	Frontline	News	Store
Can't Hear You	Testing	Outreach	Fluid	Doctor

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 2019-2020 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

Terry Fawcett, Pine County Probation
president@macpo.net

President - Elect

Jim Schneider, Cass County Probation
presidentelect@macpo.net

President – Past

Carter Diers, Wright 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

Danni Bristol, Jackson County Court Services

Training & Education Committee Chair

Michelle Nistler, Cass County Probation

Training & Education Committee Vice-Chair

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