

MACPOST

Minnesota Association of County Probation Officers

From the President

July 2007

MACPO’s 50th anniversary celebration and the annual spring conference was a huge success. Although there were several highlights, the Past President’s luncheon allowed reminiscing for many. We had a great response with 35 MACPO Presidents present. Dick Mulcrone, 1997 Al Reker award winner and four-time MACPO President (1959, 1060, 1963 and 1964) shared his words of wisdom of corrections past, present and future.



Traci Green
MACPO President

Effective July 1st, there are a few changes to the Executive Board. Margaret Munson of Wright County Court Services will be the MACPO President and I will remain on the board as the Past-President for one year. Steve King of Mower County Court Services is the President-Elect. Jeremie Reinhart is ending his term at Treasurer and the incoming Treasurer is Sarah Weikle of Pine County Court Services. Thanks to all who are willing to run for office and serve on our committees.

Thank you for the opportunity to serve as the MAPCO President for the past year. I have enjoyed every minute of it! I appreciate the hard work and commitment of the Executive Board and all the committee members; they made my job easy. A special thank you to all the correction professionals, past and current that have made MACPO a strong association!

Traci Green
MACPO President-Elect

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Watch the website for
information on the joint
MACPO/MCA conference
in February.



<http://www.appa-net.org/>

2007 Award Winners



Melanie Courrier
2007 Al Reker



Steve Mattson
Excellence in Corrections Award



Jeremie Reinhart
Outgoing Treasurer Recognition Award



Traci Green
Outgoing President Award



Jill Hady
Outstanding Performance Award



Acting Surgeon General Issues National Call to Action on Underage Drinking

In its first Call to Action against underage drinking, the U.S. Surgeon General's Office appealed today to Americans to do more to stop America's 11 million current underage drinkers from using alcohol, and to keep other young people from starting.

Acting Surgeon General Kenneth Moritsugu, M.D., M.P.H., laid out recommendations for government and school officials, parents, other adults and the young people.

"Too many Americans consider underage drinking a rite of passage to adulthood," said Dr. Moritsugu. "Research shows that young people who start drinking before the age of 15 are five times more likely to have alcohol-related problems later in life. New research also indicates that alcohol may harm the developing adolescent brain. The availability of this research provides more reasons than ever before for parents and other adults to protect the health and safety of our nation's children."

Although there has been a significant decline in tobacco and illicit drug use among teens, underage drinking has remained at consistently high levels. The 2005 National Survey on Drug Use and Health estimates there are 11 million underage drinkers in the United States. Nearly 7.2 million are considered binge drinkers, typically meaning they drank more than five drinks on occasion, and more than two million are classified as heavy drinkers.

Developed in collaboration with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the Substance Abuse and Mental Health Services Administration (SAMHSA), the Call to Action identifies six goals:

Foster changes in society that facilitate healthy adolescent development and that help prevent and reduce underage drinking. Engage parents, schools, communities, all levels of government, all social systems that interface with youth, and youth themselves in a coordinated national effort to prevent and reduce underage drinking and its consequences. Promote an understanding of underage alcohol consumption in the context of human development and maturation that takes into account individual adolescent characteristics as well as environmental, ethnic, cultural, and gender differences.

Conduct additional research on adolescent alcohol use and its relationship to development. Work to improve public health surveillance on underage drinking and on population-based risk factors for this behavior.

Work to ensure that policies at all levels are consistent with the national goal of preventing and reducing underage alcohol consumption. "Alcohol remains the most heavily abused substance by America's youth," said Dr. Moritsugu. "This Call to Action is attempting to change the culture and attitudes toward drinking in America. We can no longer ignore what alcohol is doing to our children."

Copies of The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking and other related materials are available at <http://www.hhs.gov/news>.

What Are Mood Disorders?



Four basic forms of mood disorders are major depression, cyclothymia (a mild form of bipolar disorder), SAD (seasonal affective disorder) and mania (euphoric, hyperactive, over inflated ego, unrealistic optimism.)

How Common Are Mood Disorders?

About 20% of the U.S. population reports at least one depressive symptom in a given month, and 12% report two or more in a year. A survey conducted in 1992 found rates of major depression reaching 5% in the previous 30 days, 17% for a lifetime. Bipolar disorder is less common, occurring at a rate of 1% in the general population, but some believe the diagnosis is often overlooked because manic elation is too rarely reported as an illness.

The Relationship Between Psychiatric Disorders and Mood Disorders

Depression is a common feature of mental illness, whatever its nature and origin. A person with a history of any serious psychiatric disorder has almost as high a chance of developing major depression as someone who has had major depression itself in the past.

Alcohol, Substance Abuse and Depression

Alcoholism and other forms of drug dependence are also related to depression. Dual diagnosis - substance abuse and another psychiatric disorder, usually a mood disorder - is an increasingly serious psychiatric concern. Whether drug abuse causes depression, depression leads to drug abuse, or both have a common cause, a vicious spiral ensues when addicts use the drugs to relieve symptoms the drugs have caused. Cocaine and other stimulants act on neurotransmitters in the brain's pleasure center, causing elation that is followed by depression as the effect subsides. Sometimes what appears to be major depression clears up after abstinence from alcohol or drugs. People with serious mood disorders also have twice the average rate of nicotine addiction, and many become depressed when they try to stop smoking.

Personality and Mood Disorders

People are more easily demoralized by depression and slower to recover if they are withdrawn and unreasonably self-critical or irritable, impulsive, and hypersensitive to loss. Most people with major depression also show some signs of anxiety, and 15-30% have panic attacks. As a biological mechanism for coping with danger, anxiety creates a need for help or protection that may give way to despair if it is disappointed. Chronically anxious people may also medicate themselves with alcohol or drugs that can cause depression.

Depression and Physical Illness

Depression is associated with physical illness as well. Some 25% of hospitalized medical patients have noticeable depressive symptoms and about 5% are suffering from major depression. Chronic medical conditions associated with depression include heart disease, cancer, vitamin deficiencies, diabetes, hepatitis, and malaria. Depression also is a common effect of neurological disorders, including Parkinson's and Alzheimer's diseases, multiple sclerosis, strokes, and brain tumors. Even moderate depressive symptoms are associated with a higher than average rate of arteriosclerosis, heart attacks, and high blood pressure. Depression can mimic medical illness and any illness feels worse to someone suffering from depression.





Commissioner Joan Fabian and Richard Mulcrone with our current and incoming presidents

1st Place, no photos available
Scott Bakeberg,
Dale Grochow, Tim Cushing,
Margaret Munson
2nd Place Phillip Drobnick,
Michelle Sigfrids, Aaron Lenmark,
Gary F.



The Speakers



Dennis Anton



Jeff Fox



Duane Bjerke



Cpt. Aaron Krenz



Alex Bunker



Capt. Mike Martin

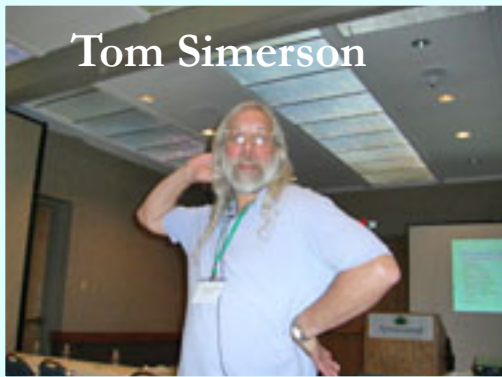
The Speakers



Scott Hanson



Tom Simerson



Neal Huemoeller



Lt. Doug Thooft



Lt. Bryan Schafer



Kathy Reker



President Traci Green



The Dinner



The Dinner



NEW SURVEY FINDS TEENS AND PARENTS THINK ABUSE OF PRESCRIPTION AND OVER-THE-COUNTER MEDICINES IS SAFER THAN ILLICIT DRUG USE

NEW YORK, NY January 24 – A new study released today by the Partnership for a Drug-Free America® and the MetLife Foundation found that more than a third of teens (40 percent) and parents (37 percent) think teen abuse of prescription pain killers is safer than abuse of illicit street drugs.

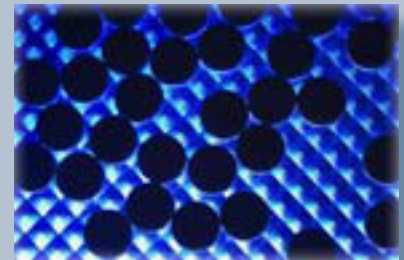
These findings are based on a national phone survey of 502 teens aged 12 through 17 and 677 parents of teens aged 12 through 17 and conducted by CARAVAN/Opinion Research Corporation. The margin of error for the survey is +/- 3.8 percent for the parent sample and +/- 4.4 percent for the teen sample.

KEY FINDINGS FROM THE PARTNERSHIP/METLIFE FOUNDATION STUDY

1. A majority of teens and parents report that teens can get prescription medicines not prescribed for them from parents' medicine cabinets (83 percent of parents, 73 percent of teens) or teens' friends (84 percent of parents, 64 percent of teens).

2. Teens and parents disagree on the reasons why teens abuse prescription medicines. The study found 85 percent of parents reported the most important reason teens abuse medications is "to get high," versus 62 percent of teens; 79 percent of parents say "to fit in," while 56 percent of teens reported the same; 77 percent of parents say "to have fun," versus 52 percent of teens.

According to the Partnership's research, teen abuse of prescription and over-the-counter medicines has become entrenched in teen culture. Nearly one in five teens (or 4.5 million American teens) report abusing prescription medications to get high, while one in 10 teens (or 2.4 million) report abusing cough medicine to get high. (Source: Partnership Attitude Tracking Study)



"This is a case of misinformation and poor attitudes – teens seeing few health risks associated with intentional abuse – teamed with easy access at home and via the Internet. Together it's a potentially lethal combination," said Steve Pasierb, president and CEO of the Partnership. "When these medicines are abused – when they are used for anything other than their intended and approved purpose – they can be every bit as dangerous as illegal street drugs."

Parents greatly underestimate the real power they have in influencing their children's decisions.

Partnership research also shows that kids who learn a lot about the risks of drugs at home are up to 50 percent less likely than their peers to use drugs, yet fewer than a third of teens, just 31 percent, say they are getting that message from their parents.

"By talking with their teens about the dangers of drug abuse, parents can help them live healthy drug-free lives," said Sibyl Jacobson, president of the MetLife Foundation. "This campaign underscores the risks of drug use and reinforces the influence that parents can have on their teens by providing the tools they need to help their children make the right choices."

Visitors to the Partnership's Web site drugfree.org can download copies of the brochure "Your Child Needs You! A Guide To Help Your Child Lead a Healthy Drug-Free Life," available in English, Spanish and Chinese. The brochure includes information on the dangers of illicit drug use and serves as a resource to help parents prevent drug use among their children. The brochure is available for free from the National Clearinghouse for Alcohol and Drug Information at 800-729-6686.

Announcements and Training



American Probation and Parole Association

<http://www.appa-net.org/training>

Minnesota Association of Community Corrections Act Counties

<http://www.maccac.org>



MINNESOTA CORRECTIONS ASSOCIATION

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

Minnesota Restorative Services Coalition

http://www.mnmrsc.org/upcoming_training.html



National Association for Justice Information Systems

<http://www.najis.org>

National Crimminal Justice Reference Service

<http://www.ncjrs.gov>



Correctional Educational Association

Click on the national conference link for details.

<http://www.ceanational.org>



A clear conscience is usually the sign of a bad memory.

Don't be irreplaceable; if you can't be replaced, you can't be promoted

Experience is what you get when you didn't get what you wanted.

When you don't know what you are doing, do it neatly.

"Question Authority" is bad advice.

YOU HAVE THE
RIGHT TO REMAIN
SILENT. ANYTHING
YOU SAY WILL BE
MISQUOTED THEN
USED AGAINST YOU.



No, your honor, I'm a different kind of "counselor." I'm supposed to ask "leading questions."

Peyote & Mescaline



Peyote is a small, spineless cactus, *Lophophora williamsii*, whose principal active ingredient is the hallucinogen mescaline (3, 4, 5-trimethoxyphenethylamine). From earliest recorded time, peyote has been used by natives in northern Mexico and the southwestern United States as a part of their religious rites.

The top of the cactus above ground--also referred to as the crown--consists of disc-shaped buttons that are cut from the roots and dried. These buttons are generally chewed or soaked in water to produce an intoxicating liquid. The hallucinogenic dose of mescaline is about 0.3 to 0.5 grams and lasts about 12 hours. While peyote produced rich visual hallucinations that were important to the native American peyote users, the full spectrum of effects served as a chemically induced model of mental illness. Mescaline can be extracted from peyote or

produced synthetically. Both peyote and mescaline are listed in the CSA as Schedule I hallucinogens. For more information visit:

<http://www.usdoj.gov/dea/pubs/abuse/8-hallu.htm#Peyote>



<http://www.suicidepreventionlifeline.org/>



http://www.appa-net.org/resource_kit/2007/stickers.htm

GREAT SITE FOR CHECKING
PRESCRIPTION MEDICATIONS

<http://www.drugs.com/a-to-z-drug-list.html>



Training and Education Committee

Thank you to everyone who helped and attended our 50th Annual Spring Conference. The 50th Anniversary Committee did a wonderful job with organizing and contacting past Presidents. The Presidential luncheon and conference was a huge success and brought many laughs!!

The Training and Education Committee had a month off and are now back busy planning for our 2008 conferences. We have one new committee member and are always looking for more volunteers. If interested, please contact either Neal or myself. Our meetings are held on the third Wednesday of the month and generally at the DOC Central Office.

MACPO and MCA will be holding our Fifth Annual Joint Winter Conference. Details are still being worked out and hope to keep this in conjunction with Capitol Day. Please continue to check the website for more information. Our 51st Annual Spring Conference will be held on May 21-23, 2008 at Breezy Point Resort. We look forward to seeing you at the conferences!!



Robyn Schauer
Brown County Probation



Neal Huemoeller
Wright County Probation

Treasurer's Report

Well all-good things must come to an end. I will be giving up my position as Treasurer on 07/01/2007. Two years has come and gone in short order. Congratulations to Sarah Weikle. She was voted in by the MACPO membership at our annual Spring Conference. Although I don't know much about Sarah, I am sure she will do an excellent job. Congratulations to Steve King our incoming President as well.

The 50th Anniversary Spring Conference was a great success. Our Training and Education Committee did an outstanding job. The training opportunities were excellent this year. A special thanks goes to Jill Arbeiter and Chuck Kitzman for outstanding organization this year. You guys made my job a lot easier.



Jeremie Reinhart
Pine County Court Services

Although we are currently showing a loss of \$4,662.05 for the Spring Conference, we still have revenue trickling in from various organizations. The MACPO Executive Board really tried to enhance the conference considering it was the 50th Anniversary for MACPO. To put things into perspective, as of 06/20/2007 we had total expenses of \$28,785.05 for the Spring Conference, and received \$24,123.00 in revenue. The extra cost involved with celebrating 50 years of excellence, was well worth it.

Thanks again to everyone who voted for me two years ago, and good luck to our newly elected members.

Account Summary as of 06/20/2007 is as follows:

Checking Account:	\$8,170.89
W & R Money Market	\$17,579.80
W & R Bond Fund	\$10,407.69
Affinity Plus CD	\$26,558.11
Total All Accounts	\$62,716.49

Membership Committee

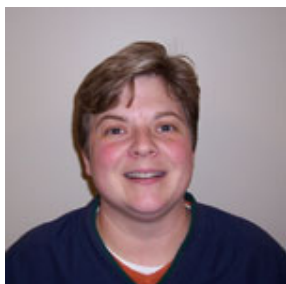
The Membership Committee has wrapped up another successful year! This year, we updated our look with a fantastic new display board, which we see at the MACPO “calling card” at corrections conferences and college job/internship fairs.

Thanks to those of you who were able to tear away from your offices to attend MACPO’s 50th Anniversary Spring Conference - we had great attendance. We did sell wind shirts with the MACPO logo as well as t-shirts with a special 50th Anniversary logo. In addition, our committee was instrumental in choosing a special 50th Anniversary conference gift.

Our focus this coming year is to build our membership numbers across all delivery systems and we will especially seek 100% membership from County Probation Offices. If there is anyone in your office who is a MACPO member “hold out”, please direct them to our website to either become a new member or simply renew their membership - we are still a bargain at \$25.00.

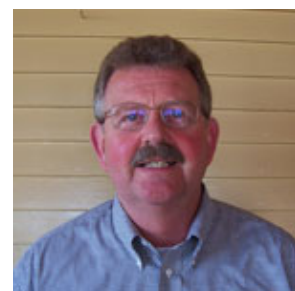
Finally, we would like to thank our committee members - a dedicated and committed group of men and women, several of whom have been committee members for years: Lynette Wellmann, Randy Baker and Mary Ann Wonn - Brown County

Probation, Teresa Becker and Vicki Netjes - Sherburne County Probation, Debbie Wiome and Rachel Miller - Isanti County Probation, Janelle Webb, Darnell Brethorst and Amy Hertzog - Wright County Probation, Former member: Sarah Hiniker - now of Blue Earth County Community Corrections.



Jill Arbeiter
Co-Chair

We are always eager for new committee members to join our group. If you would like to join our committee, just contact either Chuck Kitzman or Jill Arbeiter at ckitzman@co.otter-tail.mn.us or jarbeite@co.carver.mn.us. Our next meeting is July 11, 2007 at 1:00 PM at the Crossroads Mall Food Court.



Charles Kitzman
Co-Chair

Legislative Committee Report

I hope that everyone is enjoying their summer by taking time off from work and spending some time with family and friends. Although your Legislative Committee is taking some time off, we will be starting up again soon. In August we will begin to set our 2008 Legislative Platform and Initiatives. This upcoming legislative session is a “policy session” so we will be working on bills that will help to improve the criminal justice system as a whole and probation in particular. In addition, we will be looking at ways to increase our CPO reimbursement from the 39% we received for our 2006 salaries. Feel free to contact us with any ideas or problems you would like us to explore.



Lana Bjorgum
Itaska County Probation
MACPO Legislative
Committee Chair



Steven Paquay
Chisago County Probation
MACPO Legislative
Committee Chair

We rely on the experience of our MACPO members for guidance.

Take care and enjoy the rest of the summer!

Communications Report

The 50th Anniversary for MACPO was a huge success in large part from the efforts of our president, the Training and Education Committee and the 50th Anniversary Planning Committee. Thanks for all their hard work.

Thanks to all the past Presidents for attending and sharing their wisdom, perspective and their memories with us all. A special thanks to Dick Mulcrone for his enlightening presentation at the President's Luncheon.

A warm thanks to outgoing Macpo President Traci Green for her stewardship and leadership this past year. As well as a big thanks to outgoing Treasurer Jeremy Reinhart. Welcome to President Margaret Munson, President Elect Steven King and incoming Treasurer Sarah Wielke.

Congratulations to the 2007 Al Reker Award Winner Melanie Courrier, 2007 Excellence in Corrections Award Winner Woodland Hills, 2007 Outstanding Performance Award winner Jill Hady of Brown County.

Its been a wonderful year for MACPO.

Anne Riley

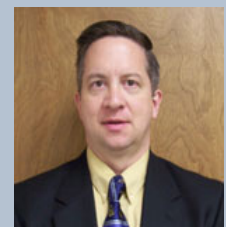


Communication Committee Co-chair

A lot is up and new on the website following our spring conference. Great group shot as well as pictures of the former presidents, along with training highlights. We are in the process of updating the evidence based practices in all cpo counties, so be looking for that this fall.

After six years of working on the website, co-chair of the communication committee, and Board member, I am stepping down and letting the younger generation take over. Christopher Maas, Sherburne County Agent who has worked with me for at least half of that time, is taking over. He will do a fine job and I wish him well as the new co-chair in 2008.

Les Schultz



Les Schultz
Brown County Probation
Department