



# MACPOST

Minnesota Association of County Probation Officers

## From the President

Winter 2010

*Happy New Year* to all MACPO members and associates, and to our web site visitors! As we forge ahead into 2010, under challenging economic conditions that impact many, our staff members are continuing to dedicate their valuable time and resources on important probation related projects and initiatives. Throughout the upcoming year, MACPO members will continue to further develop probation officer training opportunities and safety efforts, enhance our technology resources, focus on the advancement of evidence-based practices, and potentially develop an executive-type of training process for our current and future MACPO leaders.

More specifically, we are in now the midst of planning for our annual day at the Minnesota State Capital, which will be held in February, 2010. Our members will be visiting with numerous legislative representatives this winter and beyond to talk about probation initiatives and goals, and to encourage collaboration with our criminal justice partners and community stakeholders. Several of our members will be attending the American Probation & Parole Association's (APPA) national winter conference in Austin, Texas. This annual conference provides us an opportunity to gain valuable insights into national treatment and programming practices, cost-effective supervision strategies, research efforts that show promising results, and it allows us to collaborate with other probation agencies from around the USA. We are also in the planning stages for our MACPO annual spring conference in May, honoring our 53<sup>rd</sup> year as an organization dedicated to helping others and improving public safety!

If you are interested in learning more about MACPO and our probation services, or joining our organization this year, please contact one of our Executive Board members via the links on our web site. Thanks for your interest and support, and for serving with us as **"A Force for Positive Change!"** (MACPO is an affiliate member of APPA)



John Klavins  
MACPO President

John A. Klavins  
MACPO President

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## 53rd Annual MACPO Spring Conference

May 26th & May 27th 2010



# Budget cuts hurt probation efforts

by Rupa Shenoy, Minnesota Public Radio



Offenders are often put on probation for a period of time after they are released from jail. In Minnesota, there were nearly 141,000 people on probation in 2008.

Many county governments are cutting funding for probation agencies due to budget problems. (Aaron Lambert-Pool/Getty Images).

For the complete article: <http://minnesota.publicradio.org/display/web/2010/01/03/probationofficers/>

## MACPO Presidents Mean Business



From Left to right, President Elect-Steven Peterson, President-John Klavins, Past President-Steve King.



*Connecting afterschool providers to Federal resources that support children and youth during out-of-school hours.*

## Running A Program

How to finance, operate and sustain your afterschool program.

- [How To Get Money](#)
- [Collaboration & Partnerships](#)
- [Evaluating Your Program](#)
- [Finding Volunteers](#)
- [Starting A Program](#)
- [State Regulations](#)

## Activity Ideas

Activities for children and youth in your program.

- [Academics & Enrichment](#)
- [Community Service Projects](#)
- [Field Trips](#)
- [Physical Activity & Nutrition](#)

## Resources

Websites and reports about the afterschool field.

- [Clearinghouses](#)
- [Non-Governmental Sites](#)
- [Research & Reports](#)

## Related Topics

Information on issues affecting afterschool programs.

- [Child Abuse](#)
- [Disaster Response](#)
- [Health](#)
- [Safety](#)
- [Special Populations](#)
- [Technology](#)
- [Transportation](#)
- [Youth Development](#)

National Association of Addiction Treatment Providers  
2010 Annual Conference

May 26-27, 2010  
La Cantera Resort  
San Antonio, Texas

Exhibit/Sponsor Signup Form

<http://www.naatp.org/conferences/annualconference.php>



## Upcoming Institutes

2010 Winter Training Institute - Austin, Texas  
January 31 - February 3, 2010  
Venue: Hilton Austin  
Web site | Registration

35th Annual Training Institute - Washington, DC  
August 15 - 18, 2010  
Hilton Washington

36th Annual Training Institute - Chicago, IL  
July 24 - 27, 2011  
Hilton Chicago

Web Page: [http://www.appa-net.org/eweb/DynamicPage.aspx?WebCode=IIIA\\_Institutes](http://www.appa-net.org/eweb/DynamicPage.aspx?WebCode=IIIA_Institutes)

AMERICAN COUNCIL  
FOR

**drug education**

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

### Anger Management Group

Control anger before it controls you

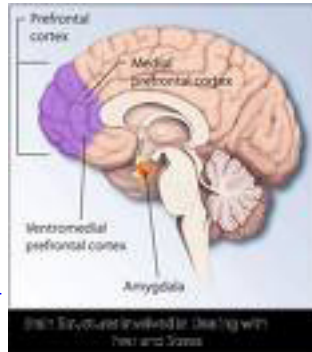
Nystroms & Associates, Ltd.  
1900 Silver Lake Road, Suite 110  
New Brighton, Mn 55112  
Office: (651) 628-9566, ext. 340



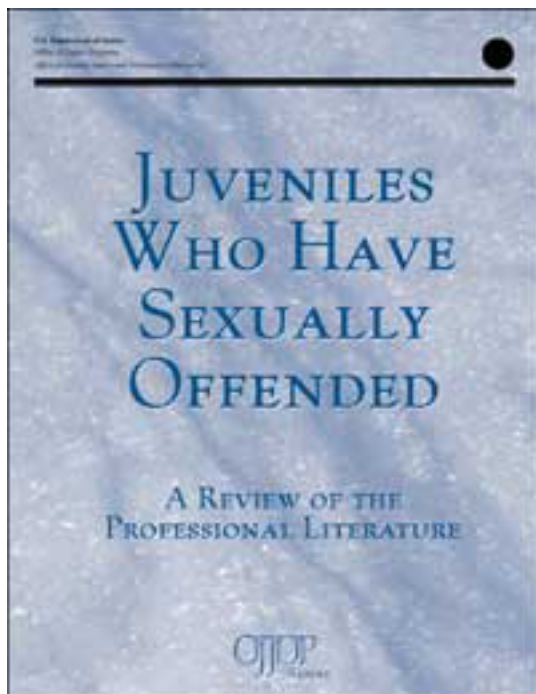
## Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder, PTSD, is an anxiety disorder that can develop after exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened. Traumatic events that may trigger PTSD include violent personal assaults, natural or human-caused disasters, accidents, or military combat.

Read more at: <http://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>



<http://www.nimh.nih.gov/index.shtml>



[http://www.ncjrs.gov/html/ojjdp/report\\_juvsex\\_offend/](http://www.ncjrs.gov/html/ojjdp/report_juvsex_offend/)



## National Conference on Juvenile and Family Law

March 14-17, 2010

Las Vegas, NV

Please check back for a complete conference schedule.

Enhancing Judicial Skills in Domestic Violence Cases Workshop

April 18-21, 2010

San Francisco, CA

[Click here to download a brochure](#)

Web page: <http://www.ncjfcj.org/content/view/1246/315/>

## ***MACPO and MCA Present: “Probation Officer/ Corrections Officer Day on the Hill”***

Thursday, February 18, 2010  
9:00 AM to 12:00

Best Western Kelly Inn – Coffee and Rolls  
161 St. Anthony Ave. St. Paul MN.  
(Across from the Capitol Grounds -  
next to Sears)

RSVP to Sherry Munyon via email:  
[SMunyon@CapitolAccess.us](mailto:SMunyon@CapitolAccess.us)



# Pawlenty locks in on drunk driving

He seeks ignition interlock system or loss of license,  
plus lower blood-alcohol limit for penalties.

By MIKE KASZUBA, Star Tribune

In a jolting move to curb drunken driving, Gov. Tim Pawlenty proposed Tuesday that those convicted of a DWI be required to use a breath-activated ignition system or risk losing their driver's license for at least six months. Pawlenty said he also wants to lower the level at which enhanced penalties kick in -- from 0.20 percent blood-alcohol level to 0.15 percent.

"If you don't breathe, you don't leave," Pawlenty said at a news conference, flanked by law enforcement officials and advocates of stricter DWI laws.

Offenders would have to pay about \$100 a month for the ignition interlock system, which requires drivers to blow into it to start the car and periodically while they're driving. Those with multiple convictions could be required to have the device on the car for years.

Though many praised the governor's initiative, which would expand a statewide pilot program, the proposal in fact highlighted how far Minnesota has lagged in adopting such technology to cut down on drunken driving.

Forty-seven states have some type of ignition interlock law. Nine states, including Illinois and Nebraska, have mandatory ignition interlock provisions for all offenses. By July, Wisconsin will require first-time offenders with a blood-alcohol level higher than .15 percent and all second-time offenders to have the device.

"We're kind of in the middle of the pack," said Steve Simon, a law professor at the University of Minnesota who has made a study of drunken driving laws. "We're one of the highest per capita alcohol consumption states in the country," he said.

Simon said that while Minnesota has a relatively high level of DWI enforcement, "that enforcement is dropping with the crisis in funding of state and local governments."

## Office of Juvenile Justice and Delinquency Prevention (OJJDP)

In Search of Evidence-Based Practice in Juvenile Corrections: An Evaluation of  
Florida's Avon Park Youth Academy and STREET Smart Program OJJDP-Sponsored

<http://www.ncjrs.gov/pdffiles1/ojjdp/grants/228804.pdf>

Need Help? Get Help! Drug prevention, drug  
abuse, drug intervention, drug treatment  
and recovery. Drugfree.org provides answers,  
guidance, tips and stories.

Web site: <http://www.drugfree.org>



# Factsheet: Generalized Anxiety Disorder

Generalized Anxiety Disorder (GAD) is characterized by six months or more of chronic, exaggerated worry and tension that is unfounded or much more severe than the normal anxiety most people experience. People with this disorder usually expect the worst. They worry excessively about money, health, family or work, even when there are no signs of trouble. They are unable to relax and often suffer from insomnia. Many people with GAD also have physical symptoms, such as fatigue, trembling, muscle tension, headaches, irritability or hot flashes.

Fortunately, through research supported by the National Institute of Mental Health (NIMH), effective treatments have been developed to help people with GAD.

## Causes

Some research suggests that GAD may run in families, and that it may grow worse during stress. GAD usually begins at an earlier age and symptoms may manifest themselves more slowly than in most other anxiety disorders.

## Treatments

Treatments for GAD include medications and behavioral or cognitive-behavioral therapy.

**Medication:** Successful treatment may include antianxiety medications, such as buspirone and the benzodiazepines or antidepressants.

**Behavioral therapy:** Behavioral therapy focuses on using specific relaxation techniques to change anxiety-causing behaviors. For example, one technique trains patients in a special breathing exercise involving slow, deep breaths to reduce anxiety. This is necessary because people who are anxious often hyperventilate, taking rapid, shallow breaths that can trigger rapid heartbeat, lightheadedness, and other symptoms. Another technique—exposure therapy—gradually exposes patients to what frightens them and helps them cope with their fears.

**Cognitive-behavioral therapy:** Like behavioral therapy, cognitive-behavioral therapy teaches patients to react differently to the situations and bodily sensations that trigger anxiety symptoms. However, patients also learn to understand how their thinking patterns contribute to their symptoms and how to change their thoughts so that symptoms are less likely to occur. This awareness of thinking patterns is combined with behavioral techniques to help people confront their feared situations.

## Co-occurring Illnesses

Research shows that GAD often coexists with depression, substance abuse, or other anxiety disorders. Other conditions associated with stress, such as irritable bowel syndrome, often accompany GAD. Patients with physical symptoms, such as insomnia or headaches, should also tell their doctors about their feelings of worry and tension. This will help the patient's health care provider to recognize that the person is suffering from GAD.

For more information go to :

<http://www.mentalhealthamerica.net/index.cfm?objectid=C7DF9194-1372-4D20-C83F9C0D95A6265C>



Teen Methamphetamine Use, Cigarette Smoking at Lowest  
Levels in NIDA's 2009 Monitoring the Future Survey  
Downward Marijuana Trend Stalls and Prescription Drug Abuse Worrisome

Read more: <http://www.nih.gov/news/health/dec2009/nida-14.htm>



# Announcements and Training



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

The American Probation and Parole Association

Preventing and Responding to Corrections-Based Sexual Abuse. A guide for community corrections professionals.

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<http://www.corrections.com/events>

Corrections.com

Where Criminal Justice Never Sleeps

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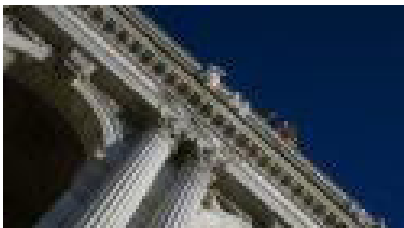


<http://www.matsa.us>

Minnesota Alcohol Traffic Safety Association

The purpose of MATSA is to provide an educational experience of the highest caliber to Minnesota people that are involved in the prevention and after effects of alcohol abuse and other drug use.

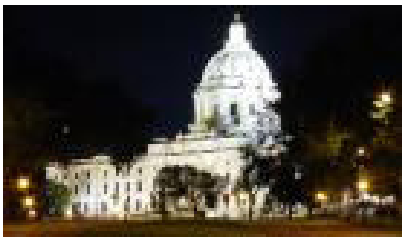
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<http://www.mncpa.net>

Minnesota Crime Prevention Association (MCPA) is a statewide, non-profit organization of citizens, law enforcement officers, and crime prevention practitioners who work together to promote, develop, and advance crime prevention programs.

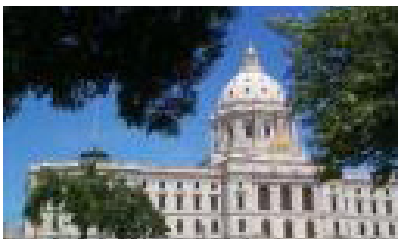
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<http://www.womenincorrections.com>

Women Working in Corrections and Jevenile Justice

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

Minnesota Department of Public Safety



# Links and Laughs



Mr. Schneider stood up in court. “As God is my judge, I do not owe my ex-wife any money.” Glaring down at him, the judge replied, “He’s not. I am. You do.”

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“Question Authority” is bad advice.

Did you hear about the new sushi bar that caters exclusively to lawyers?  
It's called, Sosumi.

Before a burglary trial, the judge explained to the defendant, “You can let me try your case, or you can choose to have a jury of your peers.” The man thought for a moment. “What are peers?” he asked. “They’re people just like you your equals.” “Forget it,” retorted the defendant. “I don’t want to be tried by a bunch of thieves.”

Q: Have you heard about the lawyers' word processor?

A: No matter what font you select, everything come out in fine print.

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“I’m not sure it was worth it, but it certainly was the world’s best judge joke.”

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My investment scheme cleared \$18 million after fines, and only got me 3 years. It's funny you got life for a \$57 robbery.

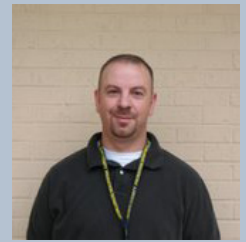
# The Committees

## Training and Education Committee

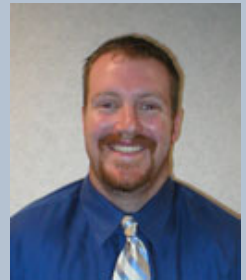
The Training and Education committee is currently planning the 2010 Spring Conference. We have already booked our conference speakers and are extremely excited about the quality of training that will be offered. We also will be evaluating every aspect of the conference to make sure it is the best educational and enjoyable experience we can give to our members.

We are also currently planning separate training days throughout the year for all members to attend. Our committee wants MACPO members to receive a variety of training and education beyond the conferences. Make sure to watch the MACPO web site for more information!

The Training and Education committee is always looking for new members to join our already incredible group of T&E members. Our committee usually meets the third Wednesday of the month in the metro area. Please contact either Jason or Neal for more information.



Jason Vande Kamp  
Isanti County Probation

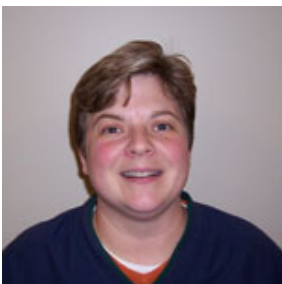


Neal Huemoeller  
Wright County Probation

## Membership Committee 2008 Winter Report

Happy New Year from your Membership Committee. We continue to meet monthly and have a number of issues on the table.

First and foremost is our goal of building our membership numbers. Our membership is down slightly this year and we attribute that to a lower turnout at our Spring Conference. We all understand the economic climate we live and work in right now, but please put the MACPO Spring Conference on your calendar. The 2010 Spring Conference will be held on May 26<sup>th</sup> and 27<sup>th</sup> at Breezy Point Resort. You can count on receiving quality training that you will be able to use in your work with offenders.



Jill Arbeiter  
Co-Chair

Other tasks at hand include: promoting MACPO by attending college career fairs and making presentations at college criminal justice classes. We maintain an updated membership list and handle conference registrations. We always find time to identify a Spring Conference registration gift and pick out our highly coveted MACPO wear.

If any or all of our committee responsibilities interest you, give us a call. We continue to meet the first Wednesday of each month at 1:00 pm in the St Cloud Crossroads Mall Food Court.



Charles Kitzman  
Co-Chair

## Legislative Committee Report

The 2010 Legislative Session will start February 4<sup>th</sup>, and we are moving ahead on our 2010 Initiatives. We expect the main focus this session will be on financial issues due to the budget deficit and the recent court ruling on un-allotment. In addition to working on protecting probation officer funding, we are moving ahead on promoting two of our MACPO initiatives.

Our first initiative is the passing of a bill clarifying in statute, probation officer authority to perform "compliance checks" on probationers and on pretrial release clients. We are following up on our initial work from last year, and hope to get the bill passed.

Our second initiative is our "Option 60/30" early retirement initiative. Our "Option 60/30" workgroup has been very busy gathering information and getting it out to various corrections groups and individuals. Our "Early Retirement Option" brochure is posted on our MACPO web site and was distributed at last fall's MCA Conference. It has been forwarded to the MACPO membership and to DOC Supervisors. Please carefully review this brochure as it explains the various benefits of this initiative. We feel that it will be a key employment benefit for both current and future Minnesota probation officers. We are in the process of having a bill drafted for submission during this session, and expect interest in this initiative to increase immediately afterwards. Feel free to contact our "Option 60/30" workgroup members with any questions you may have. Contacts are listed on the brochure.



Lana Bjorgum  
Itaska County Probation  
MACPO Legislative  
Committee Chair



Steven Paquay  
Chisago County Probation  
MACPO Legislative  
Committee Chair

As always, feel free to contact me or any of the other members of the MACPO Legislative Committee with any questions or comments you may have.

Steve Paquay  
Chair,  
MACPO Legislative Committee.

## Treasurer's Report

This time of year is slow for MACPO with both receipts and expenses however; it is tax time!! I'm working with our accountant to file 1099's and prepare our tax return. Account totals are listed below.

Checking Balance	\$5150.38
Waddell and Reed Money Market Account	18747.97
Afinity Plus Certificate of Deposit	28893.04
Waddell and Reed Bond Fund	11397.31
Memorial Scholarship Interest	
Memorial Scholarship Award	
<b>TOTAL OF ALL ACCOUNTS</b>	<b>\$64188.70</b>



Sarah Weikle  
Pine County Court Services

# Communications Report

Now that we are in the new year, we can turn our thoughts to the 53rd Annual MACPO Spring Conference at Breezy Bay Resort. The conference is on May 26th & 27th, 2010 and the Training and Education Committee have been hard at work arranging for a wonderful training event. We hope everyone will attend!

All of the committees have been working hard to ensure that we are all using best practices and evidence based practices in our work. Membership has been going to college career fairs and giving presentations to Criminal Justice classes. The Legislative Committee is working hard on Macpo legislative initiatives. We on the Communications Committee have been working to keep our web site fresh and up to date and to ensure the MACPOST keeps us informed about current issues relative to our work.

We welcome any members who wish to serve on any of the committees. Please contact the committee chairs for more information.

Hope to see you all at the Spring Conference in May.

Anne Riley  
[ariley@co.chisago.mn.us](mailto:ariley@co.chisago.mn.us)



Anne Riley  
Chisago County Court Services

## Communication Committee Co-chair



Christopher Maas  
Sherburne County  
Probation Department

ATTENTION: if you have an interest in the look or the content of the MACPO website, the communications committee is always open for new members to join us. Please contact me if you are interested. Make it a practice to visit the MACPO website on a regular basis to get new and up to date information. Feel free to let me know if you would like anything changed or added to the website. You can contact me at [Christopher.Maas@co.sherburne.mn.us](mailto:Christopher.Maas@co.sherburne.mn.us) or 763-241-2819.