



MACPOST

Minnesota Association of County Probation Officers

From the President

Winter 2011

The strength and performance of any organization is based upon the quality, ingenuity, and willingness of its members to contribute to the overall good of the group. MACPO over the years has been blessed with members who have assumed leadership roles or contributed their talents in other ways. Because of my long tenure, I recall working with southern Minnesota icons such as Lyle Pearson, John Jette, Al Reker and others who established MACPO as a strong entity.

During my time as MACPO President I am pleased and reassured to see the attributes I admired as a young county probation officer in those icons are still being nurtured in our organization. The Executive and other committees are fortunate to have the ambitious, talented, individuals who work arduously to make MACPO a better organization.

So, why am I reminiscing about the history of MACPO? Because, we continue to need our membership to be intimately involved with the group and lend their talents. The rewards are for the collective benefit of MACPO, but there is the individual “payback” of knowing you have contributed to the success of the entire organization. When given the chance, take advantage of the opportunity of working with your peers on projects of mutual interest that may further the mission of MACPO or to provide training to our membership to enhance their professionalism.

I hope to see the sign-up sheets for MACPO committees fill-up with new talent to complement those who are already doing a great job.

Steve Peterson
MACPO President



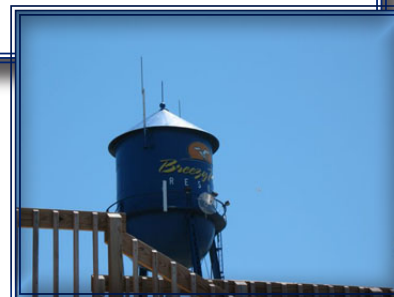
Steve Peterson
MACPO President

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MACPO SPRING CONFERENCE

*Breezy Point
May 25th - 26th*



Po Da Lean" Propels "Purple Drank"

Popularity in Inner-City Communities

A recent call to the MEDTOX DAR Hotline involved an Ohio caller's search to learn about the ingredients of a new canned beverage called "Drank." The caller, who is employed as a rehabilitation specialist, had claimed that several of her patients in recovery had tried the drink and found it to be soothing and relaxing. She became very concerned that her patients had gotten their hands on the very dangerous concoction known widely as "purple drank." The latter is a tonic made of cough syrup, lemon-lime flavored soda, ice, and hard candies. "Purple Drank" is a dangerous drug, one capable of causing profound central nervous system depression and sedation. "Drank" on the other hand is a sparkling canned beverage that contains several herbs and vitamins that have some suggested connections with relaxation and restful sleep. It's important to understand what each product is and the roles that they may play in substance abuse and addiction.



The purple colored can containing "Drank" is speculated to be a marketing homage to the impact that "Purple Drank" is having on the younger crowd that tends to use it. The marketing mantra of Drank is "slow your roll." The beverage is stated to contain valerian root, rose hips, and melatonin. Valerian and melatonin are components of a wide array of over-the-counter drugs and nutritional supplements that are touted as sleep aids. The substances in "Drank" are non-addictive; their efficacy in "slowing the roll" however is debatable. Someone who drinks "Drank" will not trigger a positive drug test, unless of course some other drug of abuse has been mixed and drank with it.

"Po Da Lean" is a frequently repeated line found in a number of well-known hip-hop songs. "Lean" is another name for "Purple Drank," the special drug cocktail (sipping syrup) that combines codeine-based cough syrup with promethazine, lemon-lime soda, ice, and crushed up hard candies. With those ingredients mixed together in a cup, the color of the blended components turns purple or pink. The core ingredient in "Purple Drank" is the codeine-promethazine cough syrup. Also known as "Phenergan and Codeine," promethazine and codeine merges the narcotic-analgesic effects of codeine with the antihistamine and sedating effects of promethazine. The latter is a member of an antihistamine family of drugs called phenothiazines. This class of drugs includes other well-known medicines such as Compazine, Thorazine, and Stelazine. These drugs are all potent sedatives. Promethazine, by all objective measurements, is the least potent of the group. Historically, promethazine has been used as a front line drug to reduce nausea and emesis (antiemetic). It has also demonstrated abilities to reduce and prevent cough (antitussive). Partnering promethazine with codeine is an efficient means of dealing with non-productive cough that has not responded to over-the-counter drugs like dextromethorphan. Each drug works at chemical pathways that are responsible for the cough reflex. Promethazine and codeine is relatively inexpensive to produce; generic versions of the original drug (Phenergan and codeine) are widely available. To produce Lean, one must first come into possession of diverted cough syrup. Promethazine and codeine is a controlled substance under Schedule III of the Federal Controlled Substances Act. The underground market for the cough syrup is brisk. A pint of promethazine and codeine cough syrup can cost up to \$400. The average street price hovers around \$250. In some cases, plain codeine cough syrup is substituted when the combination medicine can not be found. But true aficionados of lean will testify that plain codeine syrup falls far short of the effects of real promethazine-codeine products. Typically, Lean is mixed in a two-liter plastic bottle of lemon-lime soda with four ounces of cough syrup. Crushed up hard candies can be added at any point to the blending process. It takes several minutes for the candies to dissolve in the liquid. The candies, along with the lemon-lime flavoring of the soda tend to offset what can be a nauseating taste of cough syrup. Poured over cracked ice or small ice cubes, the drug is consumed from small foam cups. True "Lean" fans drink their cocktail from a foam cup. Music videos and pictures of rap artists using "Lean" or "Purple Drank" always depicts the drug being consumed from foam cups.

Continued on page 3

The effects of "Purple Drank" and "Lean" are dose dependent. Sharing the beverage with others as it's poured from a two-liter plastic bottle, it's unlikely that a partygoer will get any more drug than what would constitute one to two doses of straight-up cough syrup. In the end though, how much any one abuser ingests is dependent on how much is shared and how many glasses of "Lean" is consumed. Users are urged to nurse their "Purple Drank." It's encouraged to drink the mix it in a fashion similar to that of a martini or "scotch on the rocks." Because both codeine and promethazine are central nervous system depressants, the effects of "Lean" can be quickly observed. Some of the signs and symptoms of "Lean" intoxication are the following:

- Constricted pupils that react poorly to changing light
- Droopy eyelids
- Raspy voice
- Slow speech; slurred speech possible at higher doses
- Nystagmus (involuntary jerking of the eyes as they track a stimulus)
- Slow heart rate (in some cases fewer than 60 beats per minute)
- Drowsiness
- Poor balance and coordination (at higher doses)
- Pale skin

The span of Lean's direct effects will last 3-6 hours. Some abusers metabolize the concoction quicker than others. Their highs will be closer to three hours. Drug testing for "Lean" is straightforward. Because the cocktail contains codeine, a user can be detected with a standard opiate immunoassay. A positive confirmed drug test result would reveal there to be a mix of codeine and morphine present. A percentage of codeine is converted into morphine once it enters the blood stream. Promethazine, on the other hand, will not trigger any of the modern assays found in instant testing devices. The drug can be detected at the laboratory, but scientists must be notified ahead of time to screen for the drug. Promethazine is a drug that is rarely screened for, other than in special forensic or prescription management testing formulas. Codeine from "Lean" may be detectable for up to 72 hours following last use.

"Lean" is a drug that has a devoted following in the world of hip-hop music. It has also gotten some traction with Southern Punk music. Take a short tour of the Internet and YouTube and you'll find several musical renditions where "Purple Drank" is the subject of the lyrics and the dancing gyrations. A gangster image now drives "Purple Drank." Indeed most seizures and arrests involving the drug are of some connection to gangster distribution rings. The drug is popular in those communities and cities spread out coast to coast.

For our readers working on the front lines of substance abuse and addiction, a new set of key words has been established. Keep on the look out for "Po Da Lean," "Purple Drank" and "Lean." But don't sweat "Drank."



Institute Training
2011 Winter Training Institute
February 27 - March 2, 2011
Orlando, FL

Register online or download the [registration form](#).

Binge drinking 'doubles heart risk'

Binge drinkers have a risk of heart disease twice that of people who consume the same amount of alcohol but more steadily, researchers say.

The study compared 10,000 male drinkers from "booze-bingeing" Belfast and "moderate" France over 10 years.

It concluded that downing lots of alcohol in one or two sessions is worse than drinking more regularly in a week.

Experts said the British Medical Journal work reinforced what was known but was a wake-up call for bingers.

Amy Thompson, senior cardiac nurse at the British Heart Foundation, said: "This reinforces what we already know - that drinking high levels of alcohol can be harmful to your heart.



It's not just how much you consume but how quickly you consume it that alters your health risk

"It's important to avoid binge drinking and it's better to have a small amount of alcohol regularly rather than large amounts in one go. If you do drink, it's important to keep within the recommended limits."

The official advice in the UK is that women should not regularly drink more than two to three units (about two glasses of wine or one pint of beer) a day and men should not regularly drink more than three to four units a day.

In the study, some 9% of the middle-aged men in Belfast were binge drinkers, consuming at least three pints of beer or five glasses of wine in one sitting, mostly on a weekend, compared with 0.5% of those in France.

The French men tended to drink less alcohol in each sitting but drank more regularly.

Three-quarters of the French men drank daily, compared with 12% in Belfast.

The researchers found the men who were binge drinkers had nearly twice the risk of heart attack or death from heart disease compared with regular drinkers over the 10 years of follow up.

Professor Jean Ferrières, from Toulouse University Hospital, who carried out the research, believes the irregular pattern of drinking is to blame.

Another reason for the higher risk of heart disease in Belfast, said the authors, could be that more men there tended to drink beer and spirits than wine - the opposite of what the men in France tended to drink.

WISCONSIN
COURT SYSTEM

<http://wcca.wicourts.gov/index.xsl>

APPA AND MACPO HAVE
PARTNERED TOGETHER TO
PROVIDE A TRAINING ON
UNDERAGE DRINKING AND
DRIVING THAT WILL BE HELD ON
MARCH 9, 2011, AT THE CARVER
COUNTY GOVERNMENT CENTER.

ADDITIONAL INFORMATION
ON THIS TRAINING AND
REGISTRATION WILL BE AVAILABLE
ON THE WEBSITE.



**Interested in becoming a member of
the MACPO Executive Board?**

**The positions of president elect and
treasurer will be up for election
at the 2011 MACPO Spring
Conference in May.**

**Interest in either position should be
directed to Steve Peterson at
(507) 835-0550 or
steven.peterson@co.waseca.mn.**



*FREE online training for
Pretrial and Probation
Personnel*

[http://www.appa-net.org/
eweb/](http://www.appa-net.org/eweb/)

Announcement

*Membership Dues
for 2011-2012 have
increased to \$35.00
per year
effective 1/1/2011.*

Prescribing of Controlled Medications to Adolescents and Young Adults in the United States

Robert J. Fortuna, MD, MPH, Brett W. Robbins, MD,
Enrico Caiola, MD, Michael Joynt, MD,
Jill S. Halterman, MD, MPH

Objective The nonmedical use of prescription drugs by adolescents and young adults has surpassed all illicit drugs except marijuana, yet little is known about prescribing patterns. We examined the prescribing of controlled medications to adolescents aged 15 to 19 and young adults aged 20 to 29.



Methods We used cross-sectional data from the National Ambulatory Medical Care Survey (N = 4304 physicians) and the National Hospital Ambulatory Medical Care Survey (N = 2805 clinics; N = 1051 emergency departments) between 2005 and 2007. We also used consecutive data from 1994 to describe trends.

Results A controlled medication was prescribed at 2.3 million visits by adolescents and 7.8 million visits by young adults in 2007. Between 1994 and 2007, controlled medications were prescribed at an increasing proportion of visits from adolescents (6.4%–11.2%) and young adults (8.3%–16.1%) ($P < .001$ for trend). This increase was seen among males and females, in ambulatory offices and emergency departments, and for injury-related and non-injury-related visits (all $P < .001$). A controlled medication was prescribed during 9.6% of all adolescent visits and 13.8% of young-adult visits for non-injury-related indications and at 14.5% of adolescent visits and 27.0% of young-adult visits for injury-related reasons. Controlled medications were prescribed at a substantial proportion of visits for common conditions, such as back pain, to both adolescents (23.4%) and young adults (36.9%).

Conclusions Controlled medications are prescribed at a considerable proportion of visits from adolescents and young adults, and prescribing rates have nearly doubled since 1994. This trend and its relationship to misuse of medications warrants further study.

I was driving when I saw a flash of a traffic camera. I figured that my picture had been taken for speeding, even though I knew I wasn't. Just to be sure, I went around the block and passed the same spot, driving even more slowly.

But again the camera flashed.

Thinking this was pretty funny, I drove past even slower three more times, laughing as the camera snapped away each time while I drove by it at a snail's pace.

Two weeks later, I got five tickets in the mail for driving without a seat belt.

New Grade of Marijuana “CRIPPY”

Windsor – St. Clair Intelligence

Crippy is a high quality grade of marijuana, grown in Florida, that has unique red hair fibres, high crystal concentration and a “smell of citrus”. Crippy can be smoked on it’s own but more grade marijuana to give a more intense effect. Recently 2 Ft Lauderdale men were arrested at with stolen plates. It is suspected they originally brought dropped it off in Detroit, each receiving a \$1500 payment. Unfortunately for them they made a wrong turn and came to Windsor, which is where CBSA Officers learned about “crippy” and were informed that this drug has become very popular and readily available in Detroit. Naturally we suspect it’s only a matter of time before we see it on our streets. Since “crippy” is a grade of marijuana, it would still be considered Schedule III under CDSA.



citrus”.
commonly combined with average
the D&C Tunnel driving a rental car
a load of “crippy” from Florida and

Mental Health Courts and the Complex Issue of Mentally Ill Offenders

Amy Watson, M.A., Patricia Hanrahan, Ph.D., Daniel Luchins, M.D. and Arthur Lurigio, Ph.D.

Abstract

Mental health courts are emerging in communities across the country to address the growing number of individuals with serious mental illness in jails and the complex issues they present to the courts. Based on concepts of therapeutic jurisprudence and patterned after drug courts, mental health courts attempt to prevent criminalization and recidivism by providing critical mental health services. The authors describe mental health courts in Broward County, Florida; King County, Washington; Anchorage, Alaska; and Marion County, Indiana. Each of these courts is designed to meet the specific needs and resources of its jurisdiction. The courts' experiences suggest that involving all players from the beginning is essential. The authors discuss the issues of due process, availability of services, and control of resources, which must be addressed before mental health courts are widely implemented.

Please visit the web site for the complete story:

<http://ps.psychiatryonline.org/cgi/content/full/52/4/477?ijkey=720e982473d2b1194bf68c0589b75d338fbcf704>

Announcements and Training



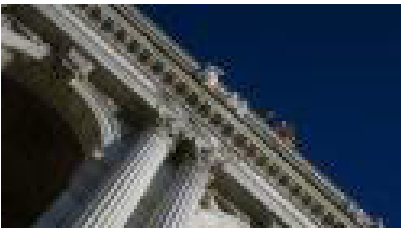
<http://www.mncorrections.org/mnc/mjps/training.htm>

Minnesota Jail Programs and Services



<http://www.mncpa.net>

Minnesota Crime Prevention Association



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

Minnesota Crime Prevention Association

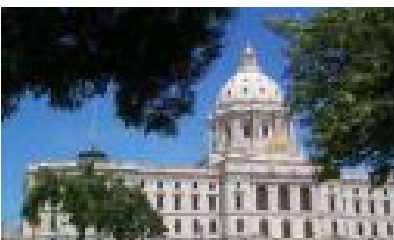
Minnesota Crime Prevention Association (MCPA) is a statewide, non-profit organization of citizens, law enforcement officers, and crime prevention practitioners who work together to promote, develop, and advance crime prevention programs.



<http://www.mapsa.us>

Minnesota Association of Pretrial Service Agencies

MAPSA is an organization that is dedicated to improving the field of pretrial services. Pretrial services includes pretrial screening, bail/bond studies, adult and juvenile diversion programs.

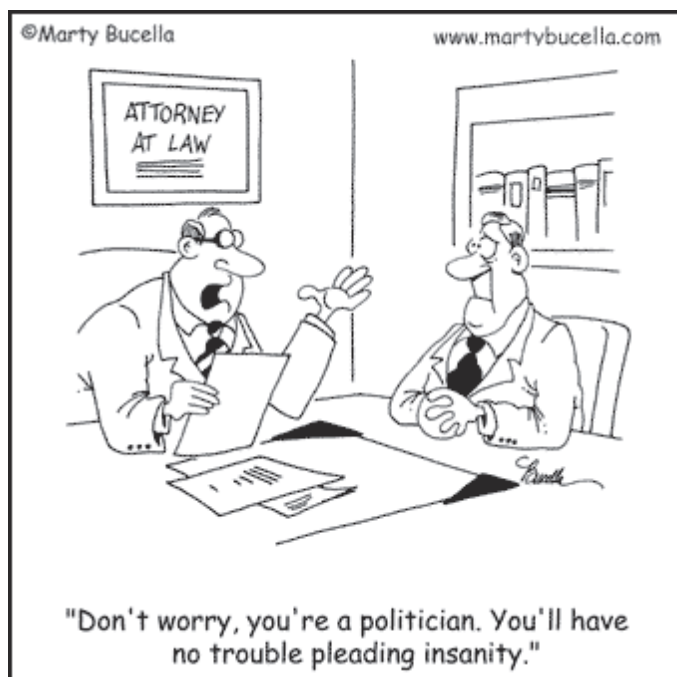
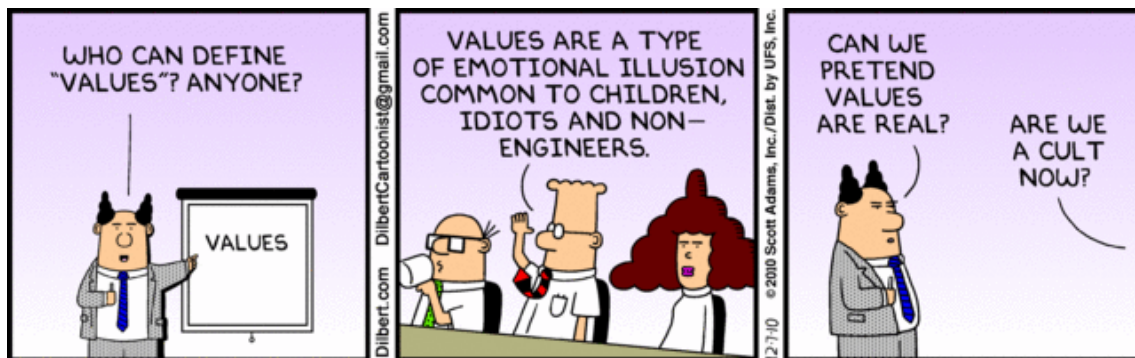
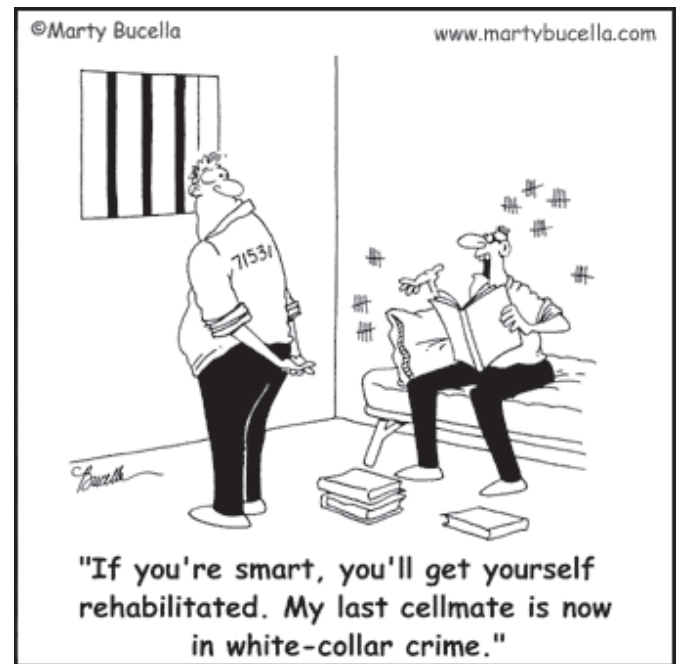
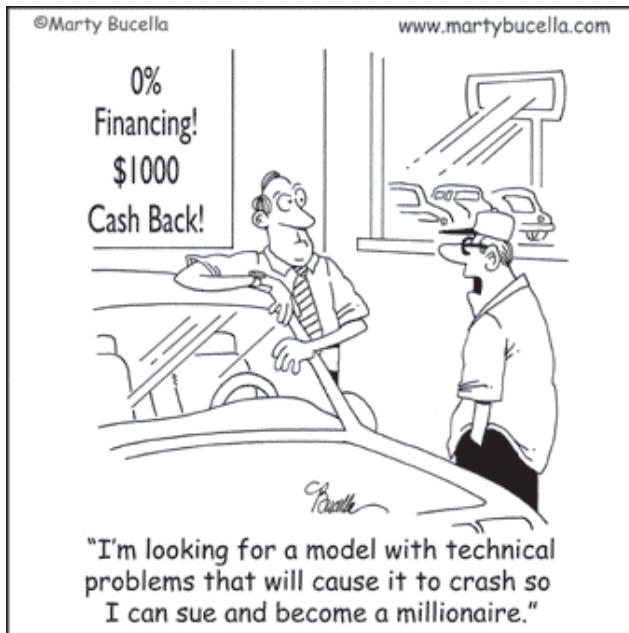


<http://www.corrections.com/events>

Corrections.com

Where criminal justice never sleeps

Links and Laughs



A Lawyer at the Pearly gates

A lawyer died and was standing in front of St. Peter at the Pearly Gates.

St. Peter said, "you can't come in here... you have to go to the other place."

But the lawyer was really good and pleaded his case to the point where St. Peter finally said, "OK... here's what I'll do. You will spend the same amount of time in hell as you did on earth, and then you can spend the rest of eternity up here."

The lawyer figured this wasn't too bad of a deal, so he agreed.

St. Peter said, "Great... I'll see you in 350 years."

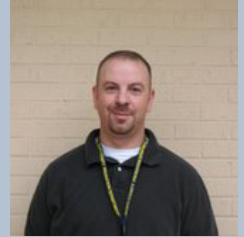
"But, how is that possible... I'm only 65 years old!"

St Peter said, "We go by billing hours."

The Committees

Training and Education Committee

Our committee is still busy planning the 54th annual conference. The conference will once again be held at Breezy Point on May 25th – 26th. We are excited with the variety of training we will be offering this year. In an effort to get as many training hours as possible, this year's training will start a little earlier than in the past. We are happy to announce that for those MACPO members who would like to take advantage of the opportunity to come up on Tuesday evening, there will be a reduced rate of \$40 per room. Check the MACPO website and watch for e-mails for additional information on this and the conference.



Jason Vande Kamp
Isanti County Probation

APPA and MACPO have partnered together to provide a training on Underage Drinking and Driving that will be held on March 9, 2011, at the Carver County Government Center. Additional information on this training and registration will be available on the website. Our committee is working on scheduling additional regional training opportunities. If you have any ideas or suggestions, please contact Jason or Debbie. Please continue to check the MACPO website for more information.



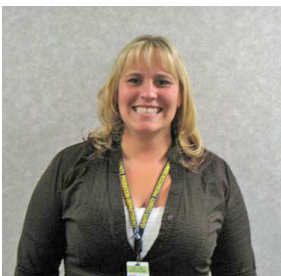
Debbie Lawrence
Isanti County Probation

Jason VandeKamp, Isanti County Probation

Debbie Lawrence, Isanti County Probation

Membership Committee

Happy Holidays to everyone! The membership committee is getting back into full swing after the holiday break. As more snow approaches we are making plans for the Spring Conference. We are excited to see what kind of turnout we get for this year's conference and some new ideas you'll see this year. We're hoping that our new plans really help to boost our MACPO membership numbers. Emails regarding registration for the conference should be arriving from me near the end of March, so keep your eyes open for those. Remember that the membership fees for MACPO run on a yearly basis with our new online system, so if you signed up for membership AFTER the Spring Conference in 2010, your membership is good through that date (you'll get email reminders when the end of your membership nears). As the conference approaches, please email Rachel at rachel.miller@co.isanti.mn.us with any questions regarding registration. If you're interested in joining the Membership Committee, or any MACPO committees, contact Rachel, or Randy at randy.baker@co.brown.mn.us. Also, please remember to spread the word about the new MACPO website at www.macpo.net (formerly www.macpo.org).



Rachel Miller
Co-Chair



Randy Baker
Co-Chair

Legislative Committee Report

I am writing this in the aftermath of the shootings in Arizona. Please remember the victims and their families.

The 2011 legislative session is underway. There are new Committee assignments, and new chair persons for the committees that we are involved in. We are working with our lobbyist to schedule meetings with the key players so we can let them know who we are and what we are working on.

With a large number of Freshmen legislators we need to get our name out there and help educate them on who we are as an organization. Since they are facing a large deficit we are not looking to push for additional funding, but we will let the legislators know that we have been absorbing funding cuts for the past several years. We are going to pursue our "Compliance Check" bill this year. We are trying to get our authority to do reasonable searches while doing home visits written into statute. There is case law that supports our ability to do searches, but there is nothing in statute at this time. We are also looking at trying to clean up some statutory language pertaining to supervision fees. There are some conflicting statutes, and we are exploring some changes in statute that will hopefully clean things up a bit.

Our 2011 Capitol Day is set for 2.24.11, at 7:30 am. It will be at the Kelly Inn on Rice St. by the Sears store. This is going to be a jointly sponsored event with MCA and MACCAC. We are inviting the Chairs of the 4 main committees that we deal with to speak. We will also invite the legislators from the districts of each of our attendees. We may be reaching out to MACPO members from the districts of other legislators whom we know will be attending. Following the presentations by the committee chairs, Sherry will give us an update on action by the legislature so far. Myself, and the representatives from MCA, MACCAC & MICA will present our legislative agendas, and then we will head over to the Capitol to meet with legislators. Please plan on attending, breakfast will be served. Please RSVP to margaret.munson@co.wright.mn.us.

We encourage all members to get to know their legislators. Introduce yourselves, let them know what you do, and offer to be a resource to them on issues related to probation and corrections.

We are also providing membership to a new Juvenile Corrections Issues committee that was initiated last fall. We hope to have a

voice in policy effecting juvenile corrections through this new group. Once the new group has adopted a name I will provide updates on what takes place. We are looking for a juvenile line staff from MACPO to be part of this new group. If you are interested in being part of this new group please contact me. The next meeting is set for 1.24.11 at 12:00, at the AMC building, 125 W Charles Ave, Saint Paul, 55103.

As usual we will monitor the work of the legislature as the session progresses, and testify for or against those issues that affect us positively or negatively.

Bruce Hagstrom
Career Agent, Chisago Probation



Margaret Munson
Wright County Probation
MACPO Legislative
Committee Chair



Bruce Hagstrom
Chisago County Probation
MACPO Legislative
Committee Chair

Treasurer's Report

This time of year is slow in terms of money going in and out of MACPO accounts. I did receive year end statements for our investment accounts and although we didn't get rich this year, we didn't take any hard hits either. Below are the current balances for all MACPO accounts. Please feel free to contact me if you have any questions.

Checking Balance	\$7,331.73
1. Waddell and Reed Money Market Acct	\$18,773.69
2. Affinity Plus Certificate Of Deposit	\$15,138.08
3. Waddell and Reed Bond Fund	\$11,938.05
TOTAL OF ALL ACCOUNTS	\$53,181.55



Sarah Weikle
Pine County Court Services

Communications Report

MACPO's Mission Statement: The Minnesota Association of County Probation Officers is dedicated to promoting quality correctional practices through professional growth, leadership, education, communication and support.

To that end, On March 9th APPA and MACPO present a training on Underage Drinking and Driving which will be held at the Carver County Government Center. Information is posted on the MACPO Website.

Also, the annual MACPO Spring Conference will be held at Breezy Point on May 25th and 26th, 2011 Again, check the MACPO website for additional information.

Finally, all of the committees are always looking for new members to assist in planning all of our upcoming activities. Feel free to contact any of the committee heads to sign up to volunteer.

Have a great rest of the winter.

Anne Riley



Anne Riley
Chisago County Court Services

Communication Committee Co-chair



Christopher Maas
Sherburne County
Probation Department

Welcome 2011! As you may have noticed, the MACPO web site has moved from www.mapco.org to www.macpo.net. Please let me know if you need any corrections or would like something added to the web site.
Christopher.Maas@co.sherburne.mn.us or 763-241-2819.