



MACPOST

Minnesota Association of County Probation Officers

Winter 2021

In This Issue:

1	From the President
2	Updates from MCA, MACCAC, & MAPSA
3	Dear MAC – Remembering a Mentor
4	Committee Updates
7	MACPO Scholarship Winner Selected
8	Officers Innovate in the Field...
10	Deputies Provide Christmas Meal and Gifts...
10	Police Officer Buys Groceries for Women...
12	411 on Bipolar Disorders
16	Agent Wellness
17	Alarming Trend
18	Upcoming Events & Training
19	Let It Snow
20	Holiday Sharing
21	Probation Partners
21	Break Time Fun
22	Mission and Vision

FROM THE PRESIDENT

JIM SCHNEIDER, CASS COUNTY PROBATION

Greetings everyone from Cass County. Our northern Minnesota lakes are frozen, icehouse cities are populating all over our lakes, cross country skiing and, snowshoeing trails are ready to use. Welcome folks to the frozen tundra of Minnesota. I have always said Minnesotan's appreciate our summers because of our winters.

Well, 2021 is finally here! Vaccinations are increasing every week and there is a promise for us to return to a lifestyle we came to appreciate prior to the pandemic. We encourage everyone to stay vigilant these next 3-6 months to stay healthy as we reach our herd immunity our scientist tells us to get to.

Field services continue to be impacted by the pandemic. Budget deficits continue to dominate our headlines. More importantly, the evidence-based practices we are accustomed to delivering is strained. We know the importance of the human connection we must have with the people we work with to facilitate change. We are asking our probation officers to continue to provide evidence base services with greater caseloads. We know we will resurface out of this economic crisis with lessons learned. We need to continue to be steadfast to the work we do to provide public safety while facilitating offender change.

MCA's PRESIDENT MESSAGE

Mark Bliven, 2021 MCA President

An update was not available at the time this edition was completed. Please watch for the next MACPOST newsletter for an update.

MACCAC's PRESIDENT MESSAGE

Carli Stark, 2021 Director of MACCAC

An update was not available at the time this edition was completed. Please watch for the next MACPOST newsletter for an update.

MAPSA's PRESIDENT MESSAGE

Travis Fisher, 2021 MAPSA President

Greetings from MAPSA!

While we hope the new year brings positive changes, we continue to find ourselves navigating the pandemic and adapting pretrial services. Across the state, pretrial service providers are reporting record low jail populations and record high supervision caseloads. The use of virtual court hearings has reduced the failure to appear rate. MAPSA is following the states MN-PAT validation process and will share any updates provided on our website.

Speaking of validation, Cass County is seeking approval from the State Judicial Council to modify their pre-trial risk assessment tool. The new tool is drastically different than any used in the state currently. If you have any questions regarding the validation process, feel free to contact me.

MAPSA does intend to host a training this year, either virtual or in-person if deemed safe. Updates will be available on our website.



REMEMBERING A MENTOR AND COLLEAGUE TO MANY:

ROLAND H. 'ROLLIE' LUND

Lund, Roland H. "Rollie" age 88, passed away at his home in Milaca, MN on January 14, 2021. Rollie was born September 23, 1932 in Kerrick, MN to Edith and Harold Lund. He spent his childhood in Kerrick. Following high school graduation, he trained to become an agent/telegrapher and was employed by the Great Northern Railway in Hibbing, MN for several years. In February 1953, he was inducted into the United States Army, serving his military obligation with the US occupation forces in Germany. He was honorably discharged in February 1955. In 1956, he married Constance Mikkelsen and they made their home in Hibbing, where he resumed working for the railroad and furthered his education at Hibbing Community College. In 1961, the couple relocated to Milaca, MN when Rollie accepted a position as a probation/parole officer for Mille Lacs, Benton, Kanabec and Sherburne counties. During his career in corrections, he was active in numerous state-wide councils and organizations and served as the President of the Minnesota Association of County Probation Officers. He retired in July of 1996 as Director of the Mid-State Probation Department. Rollie was a member of the Zion Lutheran Church, the American Legion Post 178 and the VFW Post 10794 in Milaca. He also served on the Milaca Scholarship Foundation. Rollie is survived by his wife of 64 years, Connie, daughter Vicki (Douglas) Broschofsky of Maple Grove, MN, son, Christopher (Kirstin) Lund of Roseville, MN, grandson, Nikolas (Jessi) Broschofsky of Plymouth, MN, granddaughter, Kyra Broschofsky and Kurt Greene of Otsego, MN, great-granddaughters, Brooklyn and Harper Broschofsky of Plymouth, sister, Donna Ostrum of Milaca and many other relatives and friends. He was preceded in death by his parents, sister, Von Mosbek and brother, Dick Lund. Private services have been held. Memorials designated to the Milaca Scholarship Foundation or the Milaca Area Pantry are preferred. Arr. Peterson-Johnson Funeral Home - Milaca pjfuneralhome.com



"Rollie was a pioneer in the field and a mentor and colleague to many. His career spanned from 1961 to 1996. He served as MACPO President and received the Al Reker Award. I have missed his insights and dedication to MACPO and the field of corrections. We have lost a good man."

By Jim Schneider, Director of Cass County

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.

LEGISLATIVE COMMITTEE

Nicole Grams, Steele Waseca Drug Court

Kelly Thune, Legislative Coordinator from Messerli Kramer

Our MACPO 2021 Legislative Priorities have been decided. To read about our goals for officer safety, mental health, funding, juvenile predatory offender registration, and more, visit the Legislative Committee page on MACPO's website: <https://macpo.net/page-1723259>.

Legislators Announce Committee Deadlines

- Friday, March 12th – Committees must act favorably on bills in the house of origin
- Friday, March 19th – Committees must act favorably on bills, or companions of bills, that met the first deadline in the other body.
- Friday, April 9th – Committees must act favorably on major appropriation and finance bills.

Per House Rule 2.03, “The deadlines do not apply to the House committees on Capital Investment, Ways and Means, Finance, Taxes, or Rules and Legislative Administration, nor to the Senate committees on Capital Investment, Finance, Taxes, or Rules and Administration.”

The annual Easter/Passover break is scheduled to begin Saturday, March 27, and go through Monday, April 5. Legislative activity may resume at 8:30 a.m. April 6. The Legislature must complete its work by May 17.

The February Forecast comes out next week and we will know more about the projected \$1.2b deficit that these budgets cuts are intended to be responsive to.

Budget: The Office of Governor Walz & Lt. Governor Flanagan released a proposed “COVID-19 Recovery Budget.”

The Governor's budget was published on Tuesday. It is a \$52.4 billion budget proposal for the next two years.

MACPO's legislative goals are to be actively involved in being champions for adequate funding for probation services. This was made more challenging by the Governor's budget recommendations, as he is recommending a cut to community services funding through the Department of Corrections which represent a \$1.6 million cut in 2022 (July 1, 2021) and will directly impact pass-through funding to probation... and another \$6.6 million cut in 2023. There is some flexibility in how that cut is achieved. For example, it could also include cuts to DOC supervision or account for probation reform conversations in dialog right now with the Council of State Governments (CSG). This cut and its impact will be a top focus for MACPO at the legislature this session.

Bills of Interest

H. F. 167, A bill for an act relating to judiciary; modifying requirement for presentence investigation and written report; amending Minnesota Statutes 2020, sections 244.10, subdivision 1; 609.115, subdivisions 1, 2, 8.

The bill was read for the first time and referred to the Committee on Judiciary Finance and Civil Law.

S.F. No. 77: A bill for an act relating to public safety; requiring probation and parole agents to consider and recommend local options to address technical violations by offenders with mental illness; providing courts with additional information and discretion regarding defendants with mental illness; amended Minnesota Statutes 2020, sections 243.05, subdivisions 1, 6; 244.05, subdivisions 2, 3; 244.19, subdivision 3; 244.198, by adding a subdivision; 609.1055; 609.115, by adding a subdivision; 609.14, subdivision 2a; 611.026; 629.53.

Referred to the Committee on Judiciary and Public Safety Finance and Policy.

S.F. No. 222: A bill for an act relating to public safety; requiring that notice is provided to certain public agents on the presence of level II sex offenders; amending Minnesota Statutes 2020, section 244.052, subdivision 4.

Referred to the Committee on Judiciary and Public Safety Finance and Policy.

COMMUNICATIONS COMMITTEE

Devin Petersen, Pine County Probation

The year 2020 was a busy year for MACPO, and 2021 appears as if it will be more of the same.

The Communication Committee has been hard at work coordinating online training opportunities, and keeping our membership informed. We are pleased to announce that you will see updates in future MACPOST newsletters from our partners with MCA, MAPSA, and MACCAC.

Lastly, our committee is hoping to find one volunteer to join us. If you, or someone you know, is interested in joining this committee, then please reach out to us via email at: communication@macpo.net.

MEMBERSHIP COMMITTEE

Danni Bristol, Jackson County Court Services

The 2020 MACPO Scholarship winner was announced. Congratulations to Nicole Allen! She is the recipient of the \$750 scholarship.

The committee will be working on agency invoices and will be sending them out for counties to review.

If you are interested in joining our committee, I would encourage you to reach out to me, Danni Bristol. We are currently meeting virtually so it would be easy for you to decide if our committee is a good fit for you.

TRAINING AND EDUCATION COMMITTEE

Michelle Nistler, Cass County Probation

Jill Ferretti, Brown County Probation

The training and education committee continues to work on the Conference. At this time, we are unsure what that will look like for attendees. We have some exciting speakers lined up and still continue to try and find more.

These are just a few of the presentations you will see.

Take this job and Love it!

Discover the hidden truths about our life, and how we can move from simply surviving our work to mastering the art of living through our work!

Medical Marijuana to Vaping!

Examine the Minnesota Therapeutic Cannabis Program and its potential impact on treating psychiatric disorders. Also, look at the current phenomena of vaping. Participants will understand the history, current use trends, and potential health related consequences.

What Every Probation Professional Needs to Know about Mental Health!

Examine mental health disorders and how they impact probation professionals work with offenders. An emphasis will be placed on what probation professionals need to know and how to put the knowledge into practice.

The BCA is your gateway to information you need about your clients including their driver and vehicle records, criminal history, court records, protection orders, warrants and predatory offender registration. The BCA continually strives to improve the user value of those systems. Let the BCA know what you like, what can be improved and what new information or display would be valuable.

Measuring Social Support in a Justice-Involved Population.

Research was conducted at the Ramsey County Adult Probation Department looking at the role of social support in the lives of individuals that were justice-involved. This presentation will cover how Social support (family, peers, etc.) impacts recidivism.

Elder Abuse

Best practices training; prevention strategies; and other topics related to abuse, neglect, and financial exploitation of older and vulnerable adults.

Stayed tuned for updates on our Spring Conference currently scheduled for May 19-21, 2021.

CPO DIRECTOR'S COMMITTEE

Terry Fawcett, Director of Pine County Probation

There is no update at this time. Please watch for the next MACPOST newsletter for any updates.

MACPO SCHOLARSHIP WINNER SELECTED

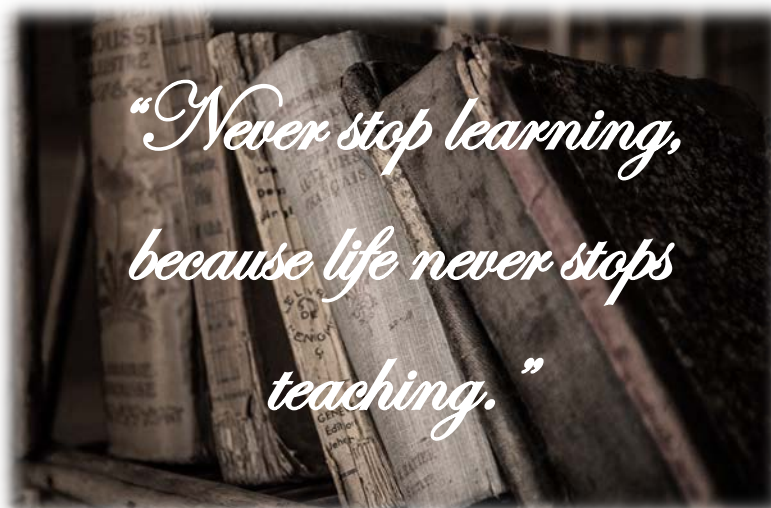
BY DANNI BRISTOL, JACKSON COUNTY COURT SERVICES

MACPO would like to extend their congratulations to Nicole Allen for being selected as the winner of the 2020 MACPO Scholarship of \$750.

Nicole is a Junior at Hamline University, majoring in Criminology and Psychology with a concentration in Forensic Psychology. On campus, she is involved in Residential Life as an RA (Residential Assistant), a development coordinator and counselor for Camp Kesem, and a Criminal Justice coordinator for Law & Justice Society. She takes passion in giving back to her community through these various activities and plans to continue that into her future. Nicole is on track to graduate in the Spring of 2022 and plans to further her work within the criminal justice system. Nicole's ultimate goal is to work for the Behavioral Analysis Unit within the FBI to study the behavior, mindset, and patterns of those involved in the system. Through this work, she wants to help people find a better way of life through restoration and transformation of the undesirable behavioral patterns.



Congratulations Nicole!



OFFICERS INNOVATE IN THE FIELD DURING COVID-19 CRISIS

BY UNITED STATES COURTS – JUNE 11, 2020

Chief Pretrial Services Officer Patricia Trevino, of the Eastern District of Michigan, thought she was prepared for the worst as the COVID-19 health crisis made its way to Detroit. But nothing prepared her for the emotional challenges ahead when several court employees tested positive for the virus or lost loved ones and needed to self-quarantine.

“I never imagined that Michigan would be one of the largest hot spots for the virus,” Trevino said. “It was stressful. Testing was scarce and several of us were in self-quarantine—me included—after experiencing COVID-like symptoms or coming into contact with someone who had.”

Probation and pretrial officers play a critical role for the Judiciary. They supervise people recently released from prison or awaiting trial to help them stay on the right side of the law – work that is best done in person. When the pandemic struck, officers had to find new ways to do their jobs almost overnight.

As the duration of the crisis grew from weeks to months, it became clear to Trevino’s pretrial unit, along with federal probation and pretrial offices nationwide, that many of their face-to-face approaches for investigating and supervising people needed to be replaced with digital alternatives to protect the well-being of officers, the individuals they supervise, and the public.

“We have chiefs and officers all across the country and their staffs who are innovating at a rate that is just incredible,” said John Fitzgerald, chief of the Probation and Pretrial Services Office at the Administrative Office of the U.S. Courts (AO). “They are trying to balance the needs of the courts with the needs of the people they serve, while taking care of their own personal health and safety and that of their families. They are really innovating and thinking creatively to get us through this.”

When COVID-19 cases first appeared in the United States in January, Chief Probation and Pretrial Officer Connie Smith, of the Western District of Washington, quickly moved to organize regular calls with her fellow probation/pretrial chiefs across the country and with probation and pretrial officials at the AO. She realized that large-scale collaboration would be necessary to innovate and adapt to remote operations.

“About 70 percent of our work is in the community and there wasn’t any kind of playbook, guidelines, or rules for how to respond to a situation like this,” Smith said.

As a result of those early discussions, officers are better prepared to continue their investigative and supervision duties from afar by stepping up their use of technology.

Officers are conducting virtual home visits by using common video-calling applications, such as FaceTime and Google Hangouts. The apps allow them to check in with people under supervision and take a tour of the residence with a smartphone camera. In the case of individuals who don’t own video-capable devices, officers contact family members and neighbors in order to verify the person’s whereabouts.

With many treatment and counseling services suspended during the pandemic, officers have also procured telemedicine contracts, so that individuals undergoing treatment for substance abuse and mental health issues can continue their programs while abiding by state issued stay-at-home orders.

“This is a stressful time for everyone,” Trevino said. “Many people under supervision have been laid off and are struggling to make ends meet. Our officers are working around the clock and checking in regularly with the people under their supervision, lending an ear to listen to worries and helping them get access to the resources they need.”

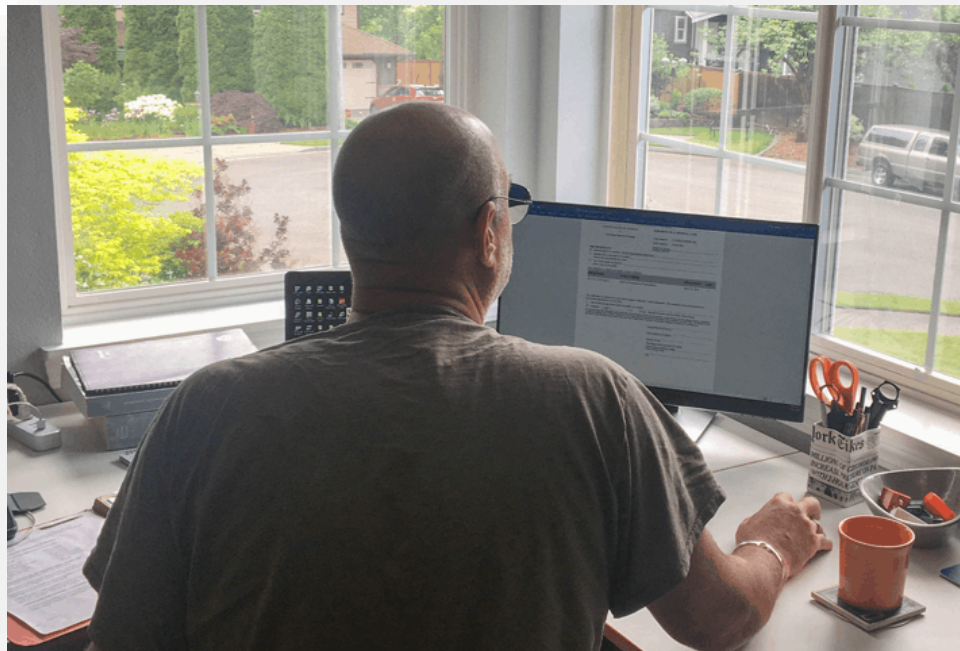
To reduce face-to-face interactions further, officers are using oral swabs and sweat patches to conduct drug-testing over a video call or in-person from a distance.

“We’re continually evaluating and improving procedures,” said Jonathan Hurtig, chief probation officer in the District of New Hampshire. “Some strategies are going to work and others won’t, but we’ll never know if we don’t try.”

To efficiently absorb an influx of supervision cases resulting from compassionate release policies during the pandemic, officers stay in constant touch with judges and the Federal Bureau of Prisons. They also are deploying an array of location monitoring technologies, including ankle bracelets, voice-recognition systems, and smartphone-based GPS location monitoring applications.

The national Probation and Pretrial Services Office expects release numbers to grow throughout the pandemic. Compassionate releases, usually granted to older individuals or those with underlying health conditions, have increased over ten-fold since February, with the probation system taking on more than 100 additional cases in April and May.

“Each day presents us with a new set of challenges and we are continuously working to solve them,” Smith said. “We want the public to know that we’re dedicated to doing everything in our power to effectively and safely serve our communities, the courts, and the people who come before them.”



DEPUTIES PROVIDE CHRISTMAS MEAL & GIFTS TO QUARANTINED MOTHER AND DAUGHTER

BY ANDREA STEGMAN, FOX 19 NOW – DECEMBER 29, 2020

A group of deputies at the Washoe County Sheriff's Office in Reno stepped up when they learned of a mother who was not able to provide the Christmas basics, such as a special meal, on Christmas.

The sheriff's office posted on Facebook that a single mother and her 4-year-old daughter had to quarantine at home for Christmas because the daughter's teacher had tested positive for COVID-19.

Several deputies went shopping at a Walmart that stayed open to allow the deputies to shop for the family. The deputies didn't just purchase a Christmas meal; they bought gifts and clothes as well.

"When a gallon of milk can bring a mom to tears, Christmas works its magic," a Washoe County Sheriff's Office sergeant said.

Police Officer Buys Groceries for Women Accused of Shoplifting

By Audrey Conklin, Fox News – December 31, 2020

A Somerset, Mass., police officer bought groceries for two women accused of shoplifting five days before Christmas.

Officer Matt Lima was dispatched to a local Stop & Shop grocery store, where two women with two small children were accused of not scanning all of their groceries in the self-checkout lane, according to the Somerset Police Department.

"The two children with the women reminded me of my kids, so I had to help them out," Lima said in a Tuesday statement.

When the officer arrived at the grocery store, he spoke with one of the women accused of shoplifting and learned that they had fallen on hard times and did not have enough money to purchase an entire Christmas dinner.

"The woman I talked to, she explained she was working, but the mother of the children was not working and had some other family issues going on and that what she had taken was Christmas dinner for the kids," Lima told local news outlet WJAR.

The officer checked the women's receipts and noticed that they hadn't purchased anything but food, according to the outlet.

Store employees asked the two women to return the items they did not scan back onto the shelves and issued them a "Notice Not to Trespass" order. Lima, who has two young daughters himself, decided to help the two women. So, instead of punishing them, he bought them a \$250 gift card to cover the entire cost of their groceries.

"Obviously, this family was in need, and I can't imagine having to make the decision to go to Stop & Shop and just only pay for what I can afford -- or do I go there and try to take things for Christmas dinner for the kids?" Lima told WAJR.

He added that the women were "very thankful" and "kind of shocked."

"I bought the gift card close in value to what would've been taken," the officer told the outlet. "I just did what I felt was right. It's not about me, I just tried to put myself in that family's shoes and show a little bit of empathy."

The incident was "a true testament of Officer Lima's great character and decision making," Somerset Police Chief George McNeil said in a statement.

"I would like to personally commend Officer Lima for his actions," McNeil said. "His actions exemplify what it means to protect and serve the members of our community. When faced with a difficult situation in which a family was trying to provide a meal for their kids, he made the generous decision to not press charges and instead ensured that they would have a Christmas dinner they could enjoy."



411 on: Bipolar Disorders

<https://www.webmd.com/bipolar-disorder/mental-health-bipolar-disorder#1>

Definition of Bipolar Disorder

Bipolar disorder is a mental illness that brings severe high and low moods and changes in sleep, energy, thinking, and behavior. Another name for bipolar disorder is manic depression.

People who have bipolar disorder can have periods in which they feel overly happy and energized and other periods of feeling very sad, hopeless, and sluggish. In between those periods, they usually feel normal. You can think of the highs and the lows as two "poles" of mood, which is why it's called "bipolar" disorder.

The word "manic" describes the times when someone with bipolar disorder feels overly excited and confident. These feelings can also involve irritability and impulsive or reckless decision-making. About half of people during mania can also have delusions or hallucinations.

"Hypomania" describes milder symptoms of mania, in which someone does not have delusions or hallucinations, and their high symptoms do not interfere with their everyday life.

The word "depressive" describes the times when the person feels very sad or depressed. Those symptoms are the same as those described in major depressive disorder or "clinical depression," a condition in which someone never has manic or hypomanic episodes.

It should be noted most people with bipolar disorder spend more time with depressive symptoms than manic or hypomanic symptoms.

Different Bipolar Disorder Types

Bipolar I Disorder – People with this disorder have extreme erratic behavior, with manic “up” periods that last at least a week or are so severe that they need medical care. There are also usually extreme “down” periods that can last at least 2 weeks.

Bipolar II Disorder – Those with this type of bipolar disorder have erratic highs and lows, but it isn’t as extreme as bipolar I.

Cyclothymic Disorder – Individuals with disorder will have periods of manic and depressive behavior that last at least 2 years in adults or 1 year in children and teens. The symptoms aren’t as intense as bipolar disorder I or bipolar disorder II.

With any type of a bipolar disorder, misuse of drugs and alcohol use can lead to more episodes. Having bipolar disorder and alcohol use disorder, known as “dual diagnosis,” requires help from a specialist who can address both issues.

Symptoms

The dramatic episodes of high and low moods do not follow a set pattern. Someone may feel the same mood state (depressed or manic) several times before switching to the opposite mood. These episodes can happen over a period of weeks, months, and sometimes even years.

How severe their symptoms gets differs from person to person, and it can also change over time, becoming more or less severe.

Here are common symptoms of mania (“the highs”):

- Excessive happiness, hopefulness, and excitement
- Sudden changes from being joyful to being irritable, angry, and hostile
- Restlessness
- Rapid speech and poor concentration
- Increased energy and less need for sleep
- Unusually high sex drive
- Making grand and unrealistic plans
- Showing poor judgment
- Drug and alcohol abuse
- Becoming more impulsive
- Less need for sleep
- Less of an appetite
- Larger sense of self-confidence and well-being
- Being easily distracted

Common symptoms of depressive periods (“the lows”)

- Sadness
- Loss of energy
- Feelings of hopelessness or worthlessness
- Not enjoying things they once liked
- Trouble concentrating
- Forgetfulness
- Talking slowly
- Less of a sex drive
- Inability to feel pleasure
- Uncontrollable crying
- Trouble making decisions
- Irritability
- Needing more sleep
- Insomnia
- Appetite changes that make you lose or gain weight
- Thoughts of death or suicide
- Attempting suicide



Causes

There is currently no single cause of bipolar disorder. It can be a matter of genetics or how your brain develops, but scientists aren’t exactly sure how or why.

Risk Factors

When someone develops bipolar disorder, it usually starts when the individual is in their late teen years or becoming a young adult. It rarely happens earlier in childhood.

An individual may be more likely to have bipolar disorder if they have a family member with a bipolar disorder, have experienced a time of high stress or trauma, have drug or alcohol abuse, or other certain health conditions.

Both men and women are equally likely to get bipolar disorder; however, women are somewhat more likely than men to go through the “rapid cycling.” It should be noted women also tend to be more depressed than men with bipolar disorder.

It has been shown in women to develop bipolar disorder later in life and are more likely to have bipolar disorder II and affected by seasonal mood changes. Additional medical and mental issues are more common in women, such as thyroid disease, migraines, and anxiety disorders.

Getting Diagnosed

If you or someone you know has symptoms of bipolar disorder, be sure to talk to your family doctor or a psychiatrist. The doctor or psychiatrist will ask questions about mental illnesses that you, or the person you're concerned about, have had, and any mental illnesses that runs in the family. The person will also get a complete psychiatric evaluation to tell if they have likely bipolar disorder or have another mental health condition.

Diagnosing bipolar disorder is all about the person's symptoms and determining whether they may be the result of another cause.

The most telling symptoms are those that involve highs or lows in mood, along with changes in sleep, energy, thinking, and behavior.

Talking to close friends and family of the person can often help the doctor distinguish bipolar disorder from major depressive disorder or other psychiatric disorders that can involve changes in mood, thinking, and behavior.

Diagnosing bipolar disorder can be trickier for children and teenagers. Their symptoms may be the same as adults but might be confused for attention deficit hyperactivity disorder (ADHD) or even just bad behavior.

Treatment

Fortunately, bipolar disorder can be treated, but it's a long-term condition that needs ongoing care.

Medication is the main treatment, usually involving the following:

- Mood stabilizers, such as carbamazepine (Tegretol), lamotrigine (Lamictal), lithium, or valproate (Depakote)
- Antipsychotic drugs, such as cariprazine (Vraylar), lurasidone (Latuda), olanzapine (Zyprexa), and quetiapine (Seroquel)
- Antidepressants
- Antidepressant-antipsychotic drugs, a combination of an antidepressant and a mood stabilizer
- Anti-anxiety medications or sleep medicines, such as sedatives like benzodiazepines

It can take a while to find the right combination for the individual. They may need to try a few things before their doctor figure out what works best. Once they do, it's important to stay on their medication and talk with their doctor before stopping or changing anything.

Women who are pregnant or breastfeeding should talk with their doctors about medications that are safe to take.

Psychotherapy, or "talk therapy," is often recommended, too. There are several different types. Options can include:

- Interpersonal and social rhythm therapy (ISPR). This is based on the idea that having a daily routine for everything, from sleeping to eating, can help keep your mood stable.
- Cognitive behavioral therapy (CBT). This helps you replace bad habits and actions with more positive alternatives. It also can help you learn to manage stress and other negative triggers.
- Psychoeducation. Learning more and teaching family members about bipolar disorder can help give you support when episodes happen.
- Family-focused therapy. This sets up a support system to help with treatment and helps your loved ones recognize the beginning of an episode.

Other treatment options for bipolar disorder can include:

- Electroconvulsive therapy (ECT). Small doses of electricity shock the brain and set off a small seizure to kind of reboot it and change the balance of certain chemicals. While it's still a last-resort treatment when medications and therapy haven't worked, it is much better controlled and safer, with fewer risks and side effects, than in the early days of this procedure.
- Acupuncture. There's some evidence that this complementary therapy may help with the depression caused by bipolar disorder.
- Supplements. While some people take certain vitamin supplements to help with the symptoms of bipolar disorder, there are many possible issues with using them. For example, their ingredients aren't regulated, they can have side effects, and some can affect how prescribed medications work. Be sure to tell your doctor about any supplements you take.

Lifestyle changes may also help:

- Get regular exercise.
- Stay on a schedule for eating and sleeping.
- Learn to recognize your mood swings.
- Get support from friends or groups.
- Keep a symptom journal or chart.
- Learn to manage stress.
- Find healthy hobbies or sports.
- Don't drink alcohol or use recreational drugs.

Bipolar Disorder and Suicide

Some people who have bipolar disorder may become suicidal. Learn the warning signs and seek immediate medical help for them:

- Depression (changes in eating, sleeping, activities)
- Isolating yourself
- Talking about suicide, hopelessness, or helplessness
- Acting recklessly
- Taking more risks
- Having more accidents
- Abusing alcohol or other drugs
- Focusing on morbid and negative themes
- Talking about death and dying
- Crying more, or becoming less emotionally expressive
- Giving away possessions

AGENT WELLNESS – POSITIVE NEW YEAR’S

RESOLUTION IDEAS

By Michelle Pramann, Wright County Court Services (Sources: various websites)

It’s 2021! Time to start fresh and, based off of <https://collegelifemadeeasy.com/new-years-resolution-ideas/>, here are 70 healthy new years resolutions.

1. Drink enough water.
2. Move more, sit less.
3. Make plans to take a mini adventure.
4. Volunteer more often.
5. Adopt an attitude of gratitude.
6. Send handwritten letters to family or friends.
7. Call family members or friends instead of texting them.
8. Learn to cook something new.
9. Try something new every day, week or month.
10. Turn on music instead of TV.
11. Remember your goals and the big picture.
12. Start a new hobby.
13. Practice intentional breathing – quickest way to recalibrate the nervous system.
14. Ditch one bad habit.
15. Create bedtime routine.
16. Make time for self-care.
17. Get in touch with your creative side.
18. Embrace spontaneity.
19. Take a 24-hour break from social media every month.
20. Take time to appreciate your accomplishments.
21. Clean out your closet and donate.
22. Work on creating a more balanced life. Think about how much time you dedicate to work, play, relaxation, and other aspects of your life – balance the scale a little.
23. Make a new friend.
24. Try an online fitness class.
25. Learn something new each day.



26. Do a little act of kindness weekly.
27. Start your morning with a stretching routine.
28. Keep a jar of things you are grateful for during the year.
29. Support local community – check out local farmers/flea market.
30. Double the time you spend outside.
31. Put your phone away an hour before bed.
32. Read more.
33. Walk 365 miles in a year.
34. Practice meditation.
35. Laugh more.
36. Enjoy the little things.
37. Be kinder to yourself.
38. Spend more time with people that matter.
39. Prioritize your health.
40. Accept change.

ALARMING TREND – NEW REPORT FINDS INCREASE IN 2020 OVERDOSE DEATHS

BY MN DEPARTMENT OF HEALTH – DECEMBER 3, 2020

Drug overdose deaths increased 31% during the first half of 2020 as compared to the first half of 2019, according to new statewide data released by the Minnesota Department of Health (MDH). The first half of 2019 (January to June) showed 373 deaths while the first half of 2020 showed 490 deaths.

Overdose deaths in 2020 started to increase sharply in March, largely driven by an increase in synthetic opioid-involved deaths. Approximately 80% of all opioid-involved deaths during this time involved synthetic opioids. Both 2019 and 2020 also saw an increase in deaths from the first quarter of the year (January to March) to the second quarter of the year (April to June), but the 30% increase from the first to second quarter in 2020 was greater than the 13% increase seen in 2019.

Minnesota Commissioner of Health Jan Malcolm said even during the COVID-19 pandemic there is support and help available to anyone suffering with addiction.

“Deaths due to overdoses are preventable even amid all the troubles we’ve had this year,” Commissioner Malcolm said. “We need to work together to find ways to better support those suffering from substance use disorders, but it is important to know that there are resources available and those resources can still be accessed safely even with COVID-19 restrictions in place.”

Minnesotans needing help are encouraged to pick up the phone or connect using a video platform and reach out to your community, however that looks for them. A list of recovery supports and resources can be found at [Support for Addiction Recovery during COVID-19](#).

Graph to the right shows number of drug overdoses in Minnesota residents, January through June, 2019 and 2020.

Looking at individual drug categories, deaths in all drug categories – all opioid-involved, synthetic opioids, commonly prescribed opioids, heroin,



psychostimulants, benzodiazepines, and cocaine – were higher in the first half of 2020 compared to 2019. When looking at the data by age group, Minnesotans between ages 25-34 experienced the largest increase in drug overdose deaths – from 81 in the first half of 2019 to 128 in the first half of 2020.

Drug overdose deaths increased in both the seven-county metropolitan area and Greater Minnesota from 2019 to 2020. In the Twin Cities area, drug overdose deaths increased 29% from January through June 2019 (248) compared to the same period in 2020 (319). Drug overdose deaths in Greater Minnesota increased 36% from January through June 2019 (124) compared to the same period in 2020 (169).

Data from July 2020 and later is not yet available so it is too early to know whether these trends have continued in the second half of 2020. A full report on 2020 data is anticipated next year.

Read the preliminary report [Drug Overdose Deaths Among Minnesota Residents from January Through June 2020 \(PDF\)](#) on the MDH Drug Overdose Dashboard. Visit the [Drug Overdose Dashboard](#) to learn more about overdose data, opioid emergency response, lifesaving naloxone, and preventing the demand for drugs.

UPCOMING EVENTS AND TRAINING

Minnesota Association of County Probation Officers is dedicated to promoting quality correctional practices through professional growth, leadership, education, communication, and support.

PreTrial, Probation & Parole Supervision Week

Mark your calendars!! This year's PreTrial, Probation & Parole Supervision (PPPS) Week is scheduled for the week of July 18th – 24th. PPPS is an annual celebration dedicated to raising awareness of the life changing work community corrections professionals do each day.

Corrections Capitol Day

The three probation delivery systems are partnering to provide a ZOOM Capitol Day event and are inviting selected Legislators to appear on video to present for 10-15 minutes.

The tentative plan for Capitol Day is:

Wednesday, February 24, 2021, from 8:30 a.m. – 11:30 a.m.

Held virtually via Zoom

Registration is FREE to MACPO Members.

MCA will arrange registration.

Please stay tuned for additional information.



LET IT SNOW



HOLIDAY SHARING



Pink Kiss Cookies

Ingredients:

- 1 box cake mix
- 8 Tbsp butter, melted
- 1 egg
- 1 tsp vanilla
- 4 oz. cream cheese, softened
- Pink food coloring
- Pink sanding sugar or regular sugar
- Hershey's kisses

Instructions:

1. Take wrappers off Hershey's kisses and place chocolates in freezer.
2. Combine the dry cake mix, butter, egg, & vanilla in a bowl. Mix until it forms into a dough.
3. Add the cream cheese and mix in completely.
4. Add food coloring and mix well again.

5. Refrigerate dough for 30 minutes to chill.
6. Grabbing a small amount of dough at a time, roll in the palm of your hands to form a ball.
7. Roll the balls in the pink sanding sugar and place on a greased cookie sheet.
8. Bake at 350 Degrees for 8 minutes.
9. Once you remove the cookies from the oven, place on a cooling rack. Press a Hershey's kiss into the center of each one.

Holiday Gnomes

Items needed:

- 2 pairs of fuzzy socks (for the body and hat)
- Craft fur (for the beard)
- Rice or dry beans
- Wood beads or knob (for the nose)
- Pom poms (for the tip of the hat)
- Variety of embellishments, if you choose
- Hot glue gun and glue sticks
- Rubber bands

Steps:

1. Add about 1 pound of rice to a jar and stretch one sock over the jar to fill it (or use less rice if you don't want your gnome as big). Secure with a rubber band around the top.
2. Take the other fuzzy sock and place it over the body until you like how it looks. (Tip: You can roll some of the top sock under to make it shorter if you prefer your hat smaller.)



3. How to make the beard

- a. For girl gnome, cut 2 pieces of fur and hot glue it on along with the wood bead centered between the fur.
 - b. For boy gnome, cut 1 piece of fur (eye balling it) so it would cover his bottom half from side to side. Then hot glue his nose on in the center of his beard.
4. Add any embellishments you wish (bells, pom poms, beads, etc.)



PROBATION PARTNERS

Below are a few of our vendors who sponsor MACPO.



BREAK TIME FUN

There's something wrong here.

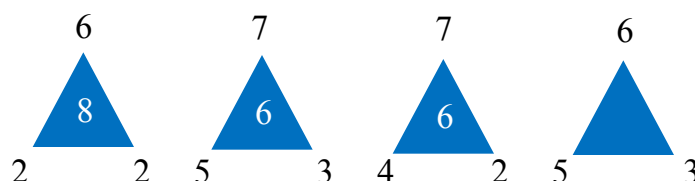
Get out the magnifying glass for this puzzle from Playbuzz that proves things aren't always what they seem.

Can you find the
the **mistake**?

1 2 3 4 5 6 7 8 9

Pattern Recognition Brain Teaser – The Empty Triangle

Which number should be placed in the empty triangle?



Answers on the next page.

There's Something Wrong Here answer: the word "the" appears twice in the question.

Pattern Recognition Brainer Teaser answer: 3 – The top number minus the bottom left-hand number is multiplied by the bottom right-hand number to give the number inside the triangle.

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 2020–2021 ELECTED OFFICERS

Contact MACPO Secretary, Michelle Sellner - Pine 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

Jim Schneider, Cass County Probation
president@macpo.net

President - Elect

Jason Anderson, Itasca County Probation
presidentelect@macpo.net

President – Past

Terry Fawcett, Pine County Probation
pastpresident@macpo.net

Treasurer

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

Secretary

Michelle Sellner, Pine County Probation
secretary@macpo.net

Legislative Committee Chair

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

Communications Committee Chair

Devin Petersen, Pine County Probation
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

Jill Ferretti, Brown County Probation
trainingandeducation@macpo.net



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