



MACPOST

Newsletter

Winter 2023

Table of Contents

From the President.....	1
MCA’s President Message	2
MACCAC’s President Message	3
MAPSA’s President Message	3
Legislative Committee.....	3
Communication Committee.....	4
Membership Committee.....	5
Training and Education Committee.....	5
CPO Director’s Committee	5
Experience in Corrections	6
Upcoming Events and Training	8
“Safe Spaces” Offers Lifeline to Human Trafficking, Abuse Victims in Hennepin County ..	10
988 Suicide & Crisis Lifeline – Frequently Asked Questions	11
A Horse Tranquilizer is Making MN’s Fentanyl Crisis Even More Dangerous.....	15
Feel Good Story.....	17
Agent Wellness – Stock Your Pantry with These Heart-Healthy Superfoods.....	20
Alarming Trends – Triple C and Blackout Challenge.....	22
Break Time Fun	26
Thank You to Our Platinum Vendors.....	27
Thank You to Our Gold Vendors.....	30
Let It Snow	33
Winter Fun	34



From the President

MICHAEL SCHOMMER, OTTER TAIL COUNTY PROBATION

We have many exciting outdoor activities to choose from in Minnesota, such as skiing, snowmobiling, sledding, tubing, ice fishing, winter camping, snow shoeing, building snow sculptures, etc. Few people in the country adore winter the way we do. From the relaxing time in a fish house to the exhilarating thrill of downhill skiing, there is something for everyone to enjoy.

The state legislature has commenced its descent down the slopes of the session. We anticipate gaining momentum during this session and seeing much needed changes implemented. Our main priority this year is a new funding formula for all three delivery systems. The burden of public safety has been placed squarely on the shoulders of individual counties for far too long.

All three delivery systems agree on the need for a new funding formula for public safety. Probation services should be the same regardless of where you live or where an offense was committed. The Association of Minnesota Counties (AMC) is leading our effort to positively guide this needed change. All 87 counties are signing a resolution to support this work.

Several agents recently completed a time study facilitated by the American Probation and Parole Association (APPA). I cannot express enough gratitude for their efforts. This was no small undertaking, and these efforts will provide us with data to demonstrate the great work we all accomplish while pointing us in the direction of needing smaller caseloads to enhance public safety most effectively.

All three delivery systems are collaborating to look at supervision standards. We should have some minimum expectations of evidence-based service delivery in Minnesota. We are looking at what a uniform sanction and incentive grid may look like. We will also return to discussions on developing a reliable risk and need assessment to be validated in Minnesota. These are all good things.

In short, we continue to put forth great effort on behalf of our membership to positively represent our interests and to enhance public safety for those who live, work, and play in Minnesota. Thank you for the opportunity to serve as your MACPO President. Feel free to contact me at any time at President@MACPO.net!





MCA's President Message

MARK GROVES, 2023 MCA PRESIDENT

Mark Groves was elected to be MCA's president for 2023. This is his second time around, first time being in 2018.

MCA continues to collaborate with the Minnesota Association of Resources for Recovery and Chemical Health (MARRCH), the Minnesota Social Service Association (MSSA), the Minnesota Association of County Probation Officers (MACPO), the Minnesota Association of Community Corrections Act Counties (MACCAC), and the Minnesota Department of Corrections (DOC) to develop and strengthen our relationships.

Our MCA/MACCAC/MACPO Corrections Capitol Day is scheduled for February 8th, from 8:30am – noon, via Zoom. We've invited nine legislators to speak. Commissioner Schnell will kick off the event. Last year's Corrections Capitol Day was very successful.

Jamie Rigling (USPO), Robyn Wood (Olmstead County Probation), and Mark Groves (MCA president) will be conducting a two-hour criminal justice workshop at the MSSA conference on March 16th, from 3:30pm – 5:30pm, at the Minneapolis Hilton. This annual conference is typically attended by 3500 social workers from across the state. Mark Groves has been serving on their annual conference committee for the past 10 years.

Mark Groves has been a member of the MARRCH annual conference committee for the past 10 years or so.

MCA/MACPO Juvenile Justice Conference is scheduled for April 21st. Our tentative plan is to host it at the St. James Hotel in Red Wing. An MCF-RW tour is planned.

We are finalizing our annual MCA Spring Conference for some time in May, which will be held in Willmar, MN. Our Community Supports Committee, led by Ron Solheid, is comprised of a diverse group of volunteers and professionals from faith based and not for profit organizations providing services and supports for justice involved persons across the state.

MCA Annual Training Institute is to be held in Duluth, DECC on October 25th – 27th, with our annual awards ceremony on October 24th in the evening. This is our 80th Anniversary and we are planning a big splash!

Our MCA board has been meeting monthly in person, at MNCORR, the second Thursday of every month from 11:30am – 1:30pm.

Goals:

- Promote representation on the committee that broadly represents Minnesota's communities of faith and not for profit organizations.

- Provide opportunities to improve communication and collaboration between community-based organizations and practitioners in the justice system.
- Expand participation in and knowledge of statewide initiatives that pertain to reentry, recovery, and correctional supervision.
- Promote collaboration between community-based organizations providing services and support to justice involved individuals and their families.
- Collaborate with the legislative committee on pending legislative action and recommendations as they relate to system change and strengthening community-based supports and services.



MACCAC's President Message

CARLI STARK, 2022 DIRECTOR AND LEGISLATIVE LIAISON

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



MAPSA's President Message

TRAVIS FISHER, CASS COUNTY PROBATION

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



Legislative Committee

MARGARET MUNSON, WRIGHT COUNTY COURT SERVICES

Happy New Year! Our legislative session is already in full swing. MACPO Legislative Committee is hard at work working on securing funding. Also focused on developing a plan for pensions. The session started on January 3rd and be reassured it will move fast. On the House Public Safety Committee there has been a change in leadership to Representative Kelly Moller and on the Senate Judiciary and Public Safety has Senator Ron Latz. We look forward to working with both committees. Our Legislative Committee has been working hard to prepare for this session. Our committee also started a sub-committee to work on the pension proposal. Currently, we are working towards to meeting with the pension groups

and work on a game plan. We are also working with AMC to have all 87 counties sign a resolution to support fully funding probation.

CAPITAL DAY is Wednesday February 8, 2023, via zoom, from 8:45 to noon. Please plan to join us and supporting legislative matters and hearing from our legislators. Attached is the link : <https://doc-mn-us.zoomgov.com/j/1609564544?pwd=SjhbbWVubVppZ3k5WDVIN1NQRIQ1QT09>
See our MACPO Website for all the information.

Our lobbyist Nancy Haas has started her own lobbying firm and we have decided to stay with her. She does an outstanding job understanding our issues and working with all parties at the Capital. She now is with Poul & Haas. She can be reached with any questions or concerns at Nancy.haas@poulhaas.com

MACPO Legislative Committee has been working hard at our platforms and priorities, I thank them all for their hard work and dedication to members of MACPO. Our committee is especially thanking Jason Anderson, Itasca County Director is moving on to great things. He has been part of the legislative committee for many years and his wisdom and knowledge will be missed. Good Luck Jason.



Communication Committee

DEVIN PETERSEN (CHAIR), PINE COUNTY PROBATION
MICHELLE PRAMANN (VICE CHAIR), WRIGHT COUNTY COURT SERVICES

Winter is here and it brought snow and now colder weather. That doesn't seem to slow our committee down though!

We have been busy working with the other committees, getting everything ready for MACPO's Spring Conference. Please watch our website and your emails for registration and information about the conference.

Be sure to follow MACPO on Facebook! Most of us have the Facebook app on our phones. With that said, this year's goal for our committee is to post more on Facebook for easier access to MACPO updates.

Last, but not least, if you are looking at joining a MACPO committee, please consider joining ours! We are small, but fun group. We would love to get new ideas on how to make our website and social media presence better!

Wishing you all have a great new year and hope to see you at the conference!



Membership Committee

DANNI BRISTOL, JACKSON COUNTY COURT SERVICES

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



Training and Education Committee

MICHELLE NISTLER, CASS COUNTY PROBATION
JILL FERRETTI, BROWN COUNTY PROBATION

Training and Education Committee are putting the final touches on the presenters for the Spring Conference at Breezy Point Resort May 17-19, 2023. Watch your emails for registration information now that registration is open for all.

Our committee welcomes our new members Coltin Schmidt (Wabasha County), Ross Becker (Wright County) and Cassandra Martin (Wright County).

We look forward to seeing all of you at Breezy Point in May!



CPO Director's Committee

JASON ANDERSON, DIRECTOR OF ITASCA COUNTY PROBATION

It's remarkable how much can transpire in just a couple of months. In preparation for drafting this report, I looked back at the report I wrote for the fall newsletter. The elections were on the horizon and fall was in the air.

Here we are, three months later and 40 degrees colder. The Directors' group met just a few days ago in scenic Itasca County. (As it was my last meeting, they gave me the honor of

hosting the meeting.) The northland greeted them with a few inches of fresh snow and 35 mph wind gusts. Nice.

Allow me a minute to express my gratitude for the support that the Directors' group has afforded me over the years. It's a group that cares passionately about the communities they serve and are habitually generous in assisting each other. Great, great people.

There are several significant issues on our plates these days: the legislation regarding funding, tribal probation departments, and early retirement for agents. These are items that would significantly impact our industry. We are at the stage where bills are being drafted and introduced, but that doesn't mean that the work is finished.

Time will tell how all these things shake loose – all the more reason to look forward to the Spring edition of this newsletter!



Experience in Corrections

BY JASON ANDERSON, DIRECTOR OF ITASCA COUNTY (RETIRING SOON)

After 25 years of working in probation, I've decided to take the plunge into the private sector and work fulltime as a consultant/trainer. While there are certainly several you out there with more years under your belt, I thought I'd take a few minutes to share my reflections and lessons learned.

My journey began in 1998 as an intern in the Moorhead DOC office, and I am indebted to Rick Young for his mentorship and showing me the ropes. After a few months as an Adventure Counselor for St. Croix Boy's Camp, I landed my first agent position with the DOC as a felony agent in Chisago County. The position had been vacant for nine months and there were 172 voicemail messages for me to sort through. Nice.

I was stoked. I took work home at night and I recall the pride I felt when people asked me what I did for a job. (That has never changed, by the way.)

Just a few months into the job, the mighty DOC began implementing the LSI-R, so I had to attend the five-day training at MCF-LL. It was hell. There was no plan (yet) on how we were going to use this thing, and nobody could really understand why we wouldn't just keep

using the Wisconsin Assessment. On day two or three, the trainers did one of those training techniques where they assigned sections of the material to randomly assigned groups of participants. The groups had an hour to study the assigned section and then get up before the entire group to teach it. I was assigned as the designated “speaker” for our group.

At the next break, the trainers approached me to see if I’d be interested in becoming a trainer as I seemed pretty comfortable speaking to the group. Being fresh-faced and eager, I saw this as a potential career booster and went for it.

I remember delivering those first trainings...having veteran agents sitting in the back of the room literally reading the newspaper – popping it loudly as they turned the page to demonstrate their disdain for the training. It was hell. But I loved it, and I sought any opportunity I could to become a trainer of other topics.

Fast forward a few decades. I transferred from Chisago to the Mora DOC office and then to the Grand Rapids DOC office. The DOC created the Evidence Based Practices Functional Project Manager Position. Yes, that was the actual title for that gig. Ah, the State. So many amazing people working in such a large bureaucracy. I filled that role for almost 6 years and then somehow landed the Director position for Itasca County. January 28th was my 10-year anniversary in that role.

So, what have I learned over the years? Probably the most significant lesson is the fact that there is *always* another side to the story, and I need to be open to hearing it. I couldn’t tell you how many times I would find myself making up my mind about a client before I’d even met them. I’d read the complaint, so I “knew” who they were. Be open to the other side of a story. I’ve learned that the work we do gets done through relationships. This is as true with our clients as it is with each other and the collateral agencies we interact with. And I’ve learned that I should have been a preacher or a teacher. Talking to groups of people about things I’m passionate about feeds me and I’m excited about having the opportunity to spend more time doing it. My unsolicited advice to you (I know, it’s a very non-MI-adherent thing for me to do) is to lean hard into whatever it is that gives you the most joy.



Respectfully,
Jason Anderson
218-244-5096
contactthejasonanderson@gmail.com



Upcoming Events and Training

Capitol Day

Please join MACPO, MACCAC, and MCA for Capitol Day on February 8, 2023, from 8:45am to Noon through Zoom!

<https://doc-mn-us.zoomgov.com/j/1609564544?pwd=SjhkbWVubVppZ3k5WDVlN1NQRIQ1QT09>

Meeting ID: 160 956 4544

Passcode: 864986

One tap mobile

+16468287666,,1609564544#,,,,*864986# US (New York)

Dial by your location

+1 646 828 7666 US (New York)

Meeting ID: 160 956 4544

Passcode: 864986

MACPO'S 66th Annual Conference

Registration is now open!!

We would love to have you join us at Breezy Point Resort!

May 17th – 19th

New speakers!

New entertainment!

To register, visit our website, www.macpo.net.

It's Almost Here!

MACPO's Spring Conference
May 17th – 19th



Our Keynote Speakers

Willow Sweeney:

*"The Frame and Conflict
Heart-to-Heart"*

Michael Laidler:

"Greatness Beyond the Badge"

**UNDER THE TENT
ENTERTAINMENT
WEDNESDAY
NIGHT!!**

Come see the
international
award-winning solo
entertainer, Jeff Loven!



Breakout Sessions

- Tips & Tricks for Using CSTS Web
- Ignition Interlock Grant & Updates
- Dealing with Aggressive Behavior
- Officer Safety Issues in Supervising Mental Health Offenders or Safety
- Domestic Violence 101
- Drug trends: Fentanyl and Marijuana legalization
- Juvenile topic – more information coming soon



“Safe Spaces” Offers Lifeline to Human Trafficking, Abuse Victims in Hennepin County

By Kirsten Mitchell, CBS News – January 25, 2023 -

<https://www.cbsnews.com/minnesota/news/safe-spaces-offers-lifeline-to-human-trafficking-abuse-victims-in-hennepin-county/>

A new pilot program in the heart of the Twin Cities is offering a lifeline to victims of human trafficking and abuse.

"Human trafficking happens every day in our community and it's important we provide means of communication to those victims when they are ready to ask for help," Senior Administrative Manager Liudmila Trandafilava said.

In October of 2021, Trandafilava vividly recalls a day when she walked into work at the Hennepin County Government Center and saw a man gripping the hand of a woman who appeared to be in distress.

"When I saw her hand, that was terrifying. And terrifying to walk away not knowing what I should do," she said.

A year later, she helped launch a pilot program called "Safe Spaces."

"Often, the bathroom is the only safe space the victim has where they can get a breather or a couple minutes to themselves," she said.

There is now a phone in the bathrooms of four county buildings that when picked up, is immediately connected to the Security Operations Center. The stalls also have flyers that ask questions helping people identify if they are a victim of human trafficking or abuse.

"The suggestion was to ask very direct questions. Do you trade sexual favors for your basic needs?" Trandafilava said.

The flyer is in multiple languages and has pull tabs that can be given to any county employee to discreetly alert them they are in need of help. So far, Trandafilava says they've trained more than 1,000 employees on how to best respond and provide short- and long-term resources to the person in need.

"The blue strips for confidentiality purposes don't have anything on them. In case abuser sees the slip later they don't know exactly what it's for," she said.

Linnea Lindeman said survivors played a critical role in creating the program. "We really wanted the survivors and those with lived experiences to guide the process and know what they would do if they were in that situation and walked into the bathroom and saw that sign, what would make them feel the safest and what would actually push them to pick up the phone or take that slip," Lindeman said.

Since the program launched in October, they've received 17 calls.

Safe Spaces can be found in the men's and women's bathrooms at the Government Center, Minneapolis Central Library, Health Services Building and South Minneapolis Human Service Center.



988 Suicide & Crisis Lifeline – Frequently Asked Questions

How should we refer to the Lifeline?

The official name that should be used to reference the service is 988 Suicide & Crisis Lifeline.

Other acceptable ways to refer to the service are:

- “988 Lifeline” (preferred short name)
- “Lifeline”
- “988”

What is the phase out plan of 1-800-273-8255 in Minnesota?

MDH recommends that organizations begin phasing out 1-800-273-8255 promotional materials by December 31, 2022. Organizations may continue to distribute existing materials with the 10-digit number but should not print or order new materials with the 10-digit number.

Organizations should update websites and promotional materials with the 988 Suicide & Crisis Lifeline information. 988 logos and branding guidelines can be found on the SAMHSA webpage (<https://www.samhsa.gov/find-help/988/partner-toolkit/logo-branding>).

How many 988 Lifeline Centers are in Minnesota? Where are they located?

There are four 988 Lifeline Centers designated to answer calls, chats, and texts in Minnesota. If you call or text from a Minnesota area code, your call/text will be routed to one of these centers. For chat, you will be asked to enter in a zip code. Entering a Minnesota zip code will route you to a Minnesota Lifeline Center.

The four 988 Lifeline Centers are: Carver County Health and Human Services, Mental Health Crisis Program, First Call for Help, FirstLink, and Greater Twin Cities United Way.

Who answers the phones at Minnesota Lifeline Centers? What type of training do they receive?

When you contact 988 Suicide & Crisis Lifeline, you will be connected to a trained crisis specialist. Crisis specialists are trained to listen and support each person through their distress with a focus on de-escalation, safety planning, and coping skills.

What happens during a conversation with a crisis specialist?

After a person is connected to a Lifeline Center, a crisis specialist will engage in a dialogue with them. The crisis specialist provides listening and support, information and referrals to local community health and service programs, crisis intervention, safety planning, follow-up services.

The 988 Suicide & Crisis Lifeline is a place to speak openly about suicide, mental health, and substance use. It is also a place to receive education on how to talk about suicide with loved ones.

What do people call, text, or chat about?

People connect to the Lifeline for a variety of subjects. Some examples include: suicide, concerned about someone else experiencing a mental health crisis, anxiety/PTSD, suicide attempt survivor, COVID-19, depression, disability/health condition, discrimination, grief/loss, parenting, relationships, sexuality/gender identity.

What is a 988 Lifeline follow-up service?

During the contact with a crisis specialist, they may ask if the person would like to participate in follow-up service. A follow-up service defined as receiving a phone call from the Lifeline Center 24 to 72 hours after your initial contact.

Follow-up service is a short-term service that is meant to serve as a limited-time interaction. This service does not replace professional counseling or treatment.

Can a 988 Crisis Specialist respond in person when someone contacts the Lifeline?

No, 988 crisis specialists do not respond in person. If a crisis specialist determines that a face-to-face interaction is needed, they will connect the person to the appropriate services.

What is the difference between 988 Lifeline Center and a mobile crisis team?

A 988 Lifeline Center specifically answers calls, chats, and texts when a person reaches out to the 988 Suicide & Crisis Lifeline. A 988 Lifeline Center must apply and meet all the requirements and accreditation standards set by the 988 Suicide & Crisis Lifeline. 988 Lifeline Centers are staffed by crisis specialists that are trained to focus on de-escalation, safety planning, and coping skills. 988 Lifeline Centers do not offer in-person response or other higher-intensity care and support. If additional care and support is needed, a call specialist may connect the person with the local mobile crisis team.

A mobile crisis team responds to crisis calls and situations that come to the team's local crisis phone line. A mobile crisis team serves a specific county or region within the state of Minnesota. They operate 24/7 and can provide in-person response in some situations as well as other mental health services like stabilization. Mobile crisis teams are often staffed with mental health practitioners and Mental Health Professionals.

Why might the 988 Suicide & Crisis Lifeline connect calls to 911?

The 988 Suicide & Crisis Lifeline strives to work collaboratively with each person who reaches out. In some cases, a Lifeline Center may need to contact 911 emergency services (police, sheriff, emergency medical services) when a risk to self or others is imminent or in progress, and when a safety plan with the caller/texter/chatter cannot be established.

In Minnesota, less than 2% of calls to the Lifeline need to be connected to 911 emergency services.

What information do people have to disclose when they contact 988?

People reaching out to the Lifeline do not need to disclose any personal information in order to connect with the Lifeline. Some people may choose to disclose their name or other self-identifying information (e.g. age, race/ethnicity, gender, etc.).

Currently, location information of the caller/chatter/texter is not provided to Lifeline Centers. The person contacting 988 may choose to disclose their location if it is determined that an in-person interaction is needed.

To provide the most appropriate information and referral sources, the crisis specialist may ask for some demographic information. The caller/chatter/texter may disclose this information if they choose, but it is not required to receive support from 988.

What languages does the Lifeline Accommodate – will there be translation services or will I be speaking to a crisis specialist who speaks my language?

All Lifeline Centers across the country have access to a third-party language interpretation service. A crisis specialist would be able to use this service for anyone. This service supports over 150 languages.

The 988 Suicide & Crisis Lifeline does operate a Spanish language subnetwork of Lifeline Centers. If you dial 988 and Press 2, you will be connected to a Spanish speaking Lifeline Center.

Interpretation services are only available if you call the Lifeline. Chat and Text are only available in English.

Can you dial 988 even without active phone service?

No. According to the Federal Communications Commissions, calls to 988 require an active phone service. A person must be subscribed to a paid phone service (monthly or pre-paid subscription) to dial 988.

What is the difference between text and chat?

988 Chat can be accessed through any device with a web browser. To chat online, visit www.988lifeline.org/chat. People will need to complete and submit a pre-chat survey.

988 text is available through any mobile device with capabilities to receive and send text messages. After texting to the number 988, you will receive a pre-text survey to complete.

The purpose of the pre-survey is to know a bit about the person, what they are going through and how they are feeling to help the counselor provide better support. After the connection is established with a live crisis counselor, clients will be able to engage in message exchanges through their preferred device. Please note that there may be a wait during busy times. Call 988 to speak to a counselor immediately.

What is the difference between 988 Suicide & Crisis Lifeline and the Crisis Text Line?

The 988 Suicide & Crisis Lifeline is a nationwide three-digit dialing code that anyone can use to connect to crisis support. A person can call or text to 988 or use web-based chat to connect to a crisis counselor. 988 is operated through the former National Suicide Prevention Lifeline. It is a distinct and separate service from the Crisis Text Line.

The Crisis Text Line is a separate service from the 988 Suicide & Crisis Lifeline. They offer text support when a person texts to the number 741741. Trained crisis counselors are also available to respond to text messages. The Crisis Text Line is available 24/7 and can be reached by texting HOME to 741741.

The 988 Suicide & Crisis Lifeline and the Crisis Text Line offer similar service, responding to anyone who is experiencing a crisis. People access the 988 Lifeline and Crisis Text Line for similar reasons.

Can I connect to the Veterans Crisis Line through 988?

Current military service members, veterans, and their families can connect to the Veterans Crisis Line for specialized support. To reach the Veterans Crisis Line, a person can call 988 and Press 1 to be transferred.

The Veterans Crisis Line is operated independently from the 988 Suicide & Crisis Lifeline. Chat for the Veterans Crisis Line can be accessed through Veteranscrisisline.net or by texting to the number 838255. *Currently, text to 988 does not support transfers to the Veterans Crisis Line.*



A Horse Tranquilizer is Making MN's

Fentanyl Crisis Even More Dangerous

By Ryan Raiche, KSTP – January 26, 2023

<https://kstp.com/5-investigates/a-horse-tranquilizer-is-making-minnesotas-fentanyl-crisis-even-more-dangerous/>

There are signs that a new chapter of the overdose epidemic is unfolding in the Twin Cities. And it may be the most dangerous chapter yet.

Data obtained by 5 INVESTIGATES shows that a drug called xylazine is creeping into the local supply at a rate that is alarming law enforcement, doctors, and the Minnesota Department of Health.

Xylazine is a tranquilizer used on horses, but it's now being mixed with fentanyl to make the high last longer. It can lead to lifelong skin wounds, intense withdrawals and make it more difficult to rescue people from overdoses.

"It's out of this world. It's never been seen before," said Alyssa Cunningham, who runs the women's side of Minnesota Adult and Teen Challenge in South Minneapolis.

In the last few months, Cunningham says at least three of her clients experienced the worst detox they have ever seen, and they suspect it's from xylazine.

"They can't control what's coming out of them. They can't control words, they can't control movement, they're paralyzed," she said. "They're throwing up, diarrhea, the whole entire room – we're calling hazmat teams to clean up, similar to a homicide case."

Unlike fentanyl, xylazine is not an opioid. That means the life-saving drugs, such as Narcan, may not be as effective in reversing overdoses.

"When they're on the streets and they're overdosing, Narcan is not saving them," Cunningham said.

That is especially alarming to those who have relied on Narcan as they battle their addiction.

"They think, 'oh, well Narcan will bring me back, it'll be just fine,' but that concern has gone up so much," said Cassie Lane, who has been in recovery for more than a year at Adult and Teen Challenge.

"It's very scary," said Olivia Templeman, who went into recovery for fentanyl and heroin addiction just as xylazine started emerging in the Twin Cities.

"I'm terrified for my kids in the future... and my friends who still are using," she said.

Experts say Narcan should still be administered during overdoses because it's impossible to know whether xylazine is causing the reaction.

33 Cases

Mary DeLaquil, an epidemiologist at MDH, says the number of deadly overdoses that included xylazine has doubled every year since she started tracking it in 2019.

"It's increasing significantly," she said.

Xylazine showed up on at least 33 death certificates in Minnesota last year, according to MDH data.

DeLaquil says more medical examiners and coroners are now looking for xylazine in toxicology reports.



"They know that xylazine is an issue for reversing overdoses, and so they're doing what they can to track how much xylazine we're seeing among overdose deaths," DeLaquil said.

"Widely underestimated"

But the state's data is only telling part of the story due to a dire lack of testing. Routine drug screenings at hospitals and other medical facilities do not test for xylazine.

That's why the Drug Enforcement Administration is also warning that "it is very likely the prevalence of xylazine is widely underestimated," according to a joint intelligence report out late last year about the dangers of the drug.

Xylazine started showing up on the east coast more than a decade ago where there are now gruesome reminders of the dangers in what has become one of the hallmark and mysterious traits of the drug.

Medical experts say xylazine use is causing large, gaping skin wounds in different parts of the body – regardless of how the drug is used.

"There's been several people, especially out in Philly and in New York, where this has been a bigger issue," said Brit Culp, an addiction treatment specialist with Hennepin Healthcare in Minneapolis.

In some cases, the wounds have become so bad they have led to amputation.

"We have ample opportunity to learn from Puerto Rico and Philly and other spots on the East Coast," Culp said.

Culp and other medical experts believe the key is to start routine testing and raise awareness of the drug and the harm it is causing.

"It's really, really hard to see," said Alyssa Cunningham with Adult and Teen Challenge.

"You tear up, you immediately just want to help...how do I get them to a point where they can live again?"



Feel Good Story

12-Year-Old Buys \$11,300 in Christmas Presents for Kids He Doesn't Know

By Boyd Huppert, Kare11 – December 19, 2022

<https://www.kare11.com/article/news/local/land-of-10000-stories/12-year-old-boy-scout-buys-11300-in-christmas-presents-for-foster-kids-he-doesnt-know/89-84b658b7-9bf1-4262-889b-ed3338b8575f>

Most people arrive at the Cambridge Fleet Farm to buy something.

Jonathan Werner came to sell.

If he does his job well, the buying will come later.

“Yes, I’ve done this before,” Jonathan says as he sets up a portable table just inside the store’s entrance.

From cardboard boxes, the 12-year-old Boy Scout plucks bags of flavored popcorn and chocolate-coated pretzels. He arranges them neatly on the table.

Then, a scout is transformed into a salesman.

“Hello, my name is Jonathan and I’m a Star Scout in Troop 506,” Jonathan says, beginning his pitch.

The day’s first few potential customers walk past, some not even pausing to acknowledge the young pitchman. Jonathan wishes each a “great day,” whether they are still within earshot or not.

Rejection comes with the turf.

“I just think of it as, for every ‘no’ that I get, you’re one step closer to getting a ‘yes,’ Jonathan says.

As if on cue, Josh Mabry stops and listens. Josh is a former Boy Scout. He picks up two bags, one packed with salted caramel popcorn and the other with chocolate pretzels.

“One for the wife and one for me,” he says with a smile.

“That brings your total to \$45,” Jonathan tells him.

The seal is broken. More sales follow.

Jonathan is in his element.

“He’s always been that way,” Jonathan’s mom, Serena Kolk, says. “He will open up a store and he will stay until they close.”

After listening to the spiel, a man tells Jonathan he has no cash.

Not missing a beat, the scout tells him, “I take credit cards.”

More earnest than aggressive, Jonathan clearly has a knack for gentle persuasion.

“He got me,” Trista Paulson laughs after making a purchase.

“He gets job offers all the time,” Jonathan’s mother says. “Which is funny, because he’s 12.”

Twelve – and working an eight-county territory.

Jonathan lists the counties in which he sells Boy Scout popcorn in stores and door-to-door. “Kanabec, Isanti, Pine, Chisago, Mille Lacs, Anoka, Hennepin and Sherburne.”

His mother pulls up pictures on her phone of the pallets of popcorn dropped off in the driveway.

Another photo shows Serena’s grandmother’s sunroom, packed to the ceiling.

The national Boy Scout popcorn sale arrives annually with the fall colors. But the numbers are black and white.

“I raised \$46,194 in popcorn last year,” Jonathan says.

In six years, Jonathan has gone from cub salesman to No. 1 in Minnesota and top three in the nation — and that’s not even the best part.

Weeks have passed, the leaves have fallen, and Jonathan is now at the Kohl’s store next to the Fleet Farm.

No longer selling, Jonathan is now buying.

“Something like this would work,” he says, holding up a Barbie doll set.

Over the next few hours, Jonathan will load up a large, shelved, cart that Kohl’s employees have wheel out for him.

“We are going shopping to buy the Christmas presents for the foster care children and for the domestic violence shelter children,” Jonathan explains.

Let that sink in.

With his share of the reward money earned selling popcorn, Jonathan is buying Christmas gifts for kids living in a domestic violence shelter and for every foster child in four counties and part of a fifth.

“He reads what every kid writes and tries to find something he thinks they are specifically going to like,” Jonathan’s mother explains.

The scout’s attention to detail will take extra time year because Jonathan sold even more popcorn than last year.

Serena pulls up her son’s sales page on her phone. She smiles as she reads the total.

“\$56,396,” she says proudly. Serena’s son topped last year’s total by more than \$10,000.

“There were a lot of days at the end where, I was like, ‘Okay, can we go home? And he was like, ‘Nope. I have to stay; I have to stay,’” Serena says.

Where does a 12-year-old find such motivation?

“My dad was in foster care when he was a kid,” Jonathan says. “It didn’t really sound like they had much of a Christmas.”

Raising the money and shopping for toys “kind of reminds me how many people I will make happy during the holidays and that just makes me happy,” Jonathan says.

The bulging cart Jonathan and his mom wheel to the Kohl’s cash register is a lot like Jonathan’s heart.

“Pretty full,” he says.

Two clerks at a separate register are assigned to Jonathan. They scan and bag while Jonathan removes toys, cosmetics, and children’s clothing from the oversized cart.

“It’s unbelievable,” one of the clerks says.

Jonathan reads the total off the cash register’s screen. “It says, \$2,336 and seven cents,” he says.

And this is just the first stop on what will be a multi-day shopping spree, including Walmart, Fleet Farm and Amazon.

By the time he’s done, Jonathan will have purchased 600 presents.

At a gift-wrapping party, in early December, Jonathan stands in front of the bounty.

“All these presents, together, are around \$11,300,” he says.

Like Santa’s workshop a week before Christmas, Jonathan’s fellow scouts man the tables filled with gift wrap, tape and scissors.

Steve Kolk, Jonathan’s Dad, sorts gifts by county, helping bring order to the chaos.

The former foster child inspired the son who's making Christmas better for children now in foster care.

“He has so much drive that he wants to go bigger and bigger,” Steve says.

Jonathan's eventual goal?
Gifts for every foster child in the state.

“I just want to make kids happy for Christmas and let them know they are loved and appreciated,” Jonathan says.

Why not, when you've already accomplished so much?

And you've yet to turn 13.



Agent Wellness – Stock Your Pantry with These Heart-Healthy Superfoods

https://www.healthygem.com/nutrition/heart-healthy-superfoods/?utm_source=rc&utm_medium=268007-Other-rc&utm_content=9952121&utm_campaign=1882401-rc&utm_fix=hi&rc_uuid=5e8a778a-fc54-4cdc-afea-3154293d03c9&chrome=1

Chia Seeds

- Provide more heart health than fiber
- Offer unsaturated fatty acids
- Have more calcium and magnesium than milk, which lowers blood sugar and blood pressure

Chocolate

- Research supports that dark chocolate and raw cocoa powder have several health benefits

Hummus

- Traditional hummus slows down carbohydrate absorption, which regulates blood sugar

Avocado

- Its nutrients help aid the heart
- Those who eat avocados receive more HDL cholesterol
- Supplies heart with powerful antioxidants, anti-inflammatory phytosterols, and monounsaturated fats

Coffee

- Research shows that moderate coffee consumption results in a significantly lower risk of cardiovascular diseases.
- It shrinks inflammation and stabilizes insulin production

Almonds

- Helps erase much of our LDL cholesterol

Apples

- Fiber from apples cleans out the gut and harmful bacteria, which can develop into diabetes and heart disease

Red Wine

- Studies show wine drinkers have high HDL levels, which protects the heart and arteries.
- Tells our bodies to produce more nitric oxide, which guards the heart and increases oxygen production and metabolism.

Garlic

- Those who eat garlic consistently have a lower blood glucose level.
- Fights off bacteria and viruses

Cranberries

- Drinking cranberry juice relieves arterial stiffness
- Enhance blood lipids, curtails LDL cholesterol, and increases HDL cholesterol
- Calms inflammation and oxidative stress

Dates

- Improves digestive system, but also protects heart
- Removes fat without influencing blood glucose levels

Peanut Butter

- It's high in protein, omega-3 fats, fiber, antioxidants, vitamins, and minerals

Lentils

- Has compounds that guard against harmful bacteria, fungi, inflammation, and viruses.

- Also, they help you feel fuller for longer due to their high protein, fiber, and flavonoid count.
- Stabilizes blood pressure.

For more information or foods that help your heart, please click on the link above.



Alarming Trends – Triple C and Blackout Challenge

TRIPLE C: WHEN COLD AND COUGH MEDICINES BECOME DANGEROUS

November 18, 2022 - [HTTPS://WWW.CHAPMANREHAB.COM/POST/TRIPLE-C-WHEN-COLD-AND-COUGH-MEDICINES-BECOME-DANGEROUS](https://www.chapmanrehab.com/post/triple-c-when-cold-and-cough-medicines-become-dangerous)

When a cold creeps up on you and strikes without warning, you don't want to suffer for long. That is why many of us keep cold and cough medicine on hand. It allows you to speed up our recovery by quickly treating cold and flu symptoms.

What you don't realize is that box of cold and cough medicine could be used by teens, young adults or pretty much anyone to get high. Take time to learn more about how misuse or abuse of cold and cough medicine could lead to a serious addiction.

How Does Cold and Cough Medicine Cause Addiction?

There are two reasons to take cold medicine: for relief of physical cold and flu symptoms such as fever, aches and stuffy noses or to stop causing. Some cold medicine only treats one or the other either the physical symptoms or the cough, while others treat both. Only one type of cold medicine has the potential to be abused.

Over the counter medications that contain dextromethorphan are the ones that can be abused. Dextromethorphan is commonly used by manufacturers of cold medicine because it works as a cough suppressant. While its intended purpose was to be used as a cough suppressant, dextromethorphan can also be used as a hallucinogenic.

When dextromethorphan is being abused to create a euphoric high or produce hallucinations, it can be highly addictive.

What are Triple C's: The Street Name for Cold and Cough Medicine That Produces a High or Hallucinations

Those who use cold and cough medicine that contains dextromethorphan to get high or to create hallucinations don't refer to it as cold medicine or even by its name brand. Instead, they often use the term triple C or CCC.

Other names that are often used interchangeably with triple C include:

- Skittles – used because many of pills that contain dextromethorphan look like the fruity candy
- Candy – the pills can also look like other types of candies
- Red Devils – pills with dextromethorphan often have a very distinctive red color
- DXM

Examples of Cold and Cough Medicine That Popular Amongst Those Abusing Triple C
Coricidin products are the most common for use as triple c medications. These products come in various forms ranging from round tablets to soft gel pills and liquids.

Some examples of the Coricidin products that are commonly abused include:

- Coricidin HBP Cough Cold Medicine
- Coricidin HBP Chest Congestion & Cough
- Coricidin HBP Maximum Strength Flu

Coricidin HBP Cough Cold Medicine is the most popular amongst those abusing triple C because it has one of the highest doses of dextromethorphan. Coricidin HBP Cough Cold Medicine contains 30 mg of dextromethorphan while the other products contain half that amount. The doses of dextromethorphan in other Coricidin products range from 10 mg to 15.

The higher amount of dextromethorphan in Coricidin HBP Cough Cold Medicine means it is easier, and quicker, to achieve that euphoric high.

While Coricidin products are the ones most commonly associated with triple C, any type of over the counter medications that contain dextromethorphan can be abused. Robitussin, Mucinex, Delsym, Nyquil and even some Tylenol products contain dextromethorphan and have the potential to be abused.

Triple C Often Taken in Pill Form, but can be Injected or Taken as a Liquid

Triple C is most commonly consumed in pill form because it is the easiest to obtain. It is available at almost any drug store and major retailer across the country. However, it can also come in other forms.

A powder form of triple C can be purchased online. Once purchased, the powder can be dissolved in water and swallowed or it can be turned into a liquid and injected.

Using the powder form of triple C is extremely dangerous because you don't know its origin. You have no idea if it has been directly pulled from various dextromethorphan DXM products or if it has been mixed with other illegal drugs or harmful ingredients.

The Effects of Triple C: What Happens When Dextromethorphan is Misused or Abused

Dextromethorphan is misused and abused because of its ability to affect a person's perception and behavior. When taken in large amounts, dextromethorphan will cause a person to experience a euphoric high. This is often referred to as robotripping.

Visual hallucinations, delusions and euphoric are the most common effects of triple C. However, those who misuse or abuse dextromethorphan can also experience other problems. Some other side effects of triple c abuse include:

- Sudden fluctuations in blood pressure – blood pressure may suddenly and rapidly increase
- Irregular heartbeat
- Slurred speech or difficulty finding words
- Spasms caused by difficulty controlling your muscles
- Stomach pain
- Changes to your vision such as double vision or blurred vision
- Nausea and extremely abdominal pain
- Brain damage – occurs rarely and typically happens only when an individual consumes large doses of dextromethorphan

Will Taking Cold and Cough Medicine Cause Addiction?

There is often a concern that taking cold and cough medicine that contains dextromethorphan can cause addiction. While there is a slight chance this could happen, it is unlikely.

As long as you take the over-the-counter medications as directed, either by the instructions provided by the manufacturer or from a health care professional, you should not become addiction. In fact, taking these medications as instructions probably won't even cause you to experience a euphoric high or have any visual hallucinations.

The reason why you won't become addicted is because it the euphoric feeling, visual hallucinations and altered perception only occur when you take large amounts of dextromethorphan. The amounts you receive when taking the medication as instructed is not enough to produce this type of effect.

Signs of Triple C Addiction

Triple c misuse or abuse is extremely common amongst teenage. However, anyone can abuse or misuse it.

Knowing when someone is abusing triple c can be difficult, but it isn't impossible. There are very specific and noticeable warning signs that occur when a person is abusing triple c.

Some things that could indicate a person is abusing triple c include:

- Cold medicine that seems to disappear from the bathroom or storage with no explanation
- Large amounts of empty boxes of cold medicine around the house or in the trash
- Amount of cold medicine that is present may decrease – if a person is not taking the whole box, they may slowly take one or two pills at a time. Eventually they will have enough to achieve the euphoric high.

- Sudden changes in personality
- Physical symptoms that can include rapid eye movements, extreme drowsiness, dizziness or profuse sweating
- Seeing or hearing things that are not there
- Increased paranoia

If you suspect a loved one is abusing triple c, it is important to get them help. The sooner you get them help for their addiction, the less likely they are to experience lasting, long-term damage or health problems from their misuse or abuse of this over the counter medication.

Help for triple c addiction can be found at local rehabilitation centers. These drug treatment programs will help you safely detox so you don't experience any harmful or uncomfortable withdrawal symptoms. These treatment programs can also help you learn valuable coping skills that help you lead a life of sobriety.

'BLACKOUT CHALLENGE' RESURFACES, EXPERTS WARN IT'S AS DANGEROUS AS EVER
By Ellen Galles, KSTP – January 23, 2023

Experts are warning parents about a disturbing trend that's been making the rounds on social media. It's called the "Blackout Challenge" or "Fainting Challenge."

It's been around for years, but it resurfaced in 2021 on TikTok. It's been linked to more than a dozen deaths in kids over the past two years, and some school districts are even sending out warnings to parents about how dangerous and popular it is.

"Let's rename this the 'strangulation challenge' or 'suffocation challenge,' that's really what this is," said Dr. Archelle Georgiou, KSTP's medical expert.

Dr. Georgiou says parents should talk with their kids about what they are watching on social media, what intrigues them and what the consequences could be.

"Whoever is trying it is essentially cutting off circulation from your heart to your brain," she said.

"Parents should be looking for symptoms that might be clues your child might be trying this... do they have abrasions on their neck? Or paraphernalia around their rooms like ropes or belts?" Dr. Georgiou said.

TikTok has recently enacted some safety measures to prevent kids from searching for the challenge, and users are encouraged to flag anybody engaged in the challenge by clicking the "Report" button.



Break Time Fun

“Show Us How You Winter”

By Chris Reece, KSTP – January 26, 2023

5 EYEWITNESS NEWS asked viewers to “show us how they winter” in Minnesota, and we have gotten lots of submissions.

Meteorologist Chris Reece documented the very best local traditions, with the latest feature being a giant snowman in Buffalo. Click the link to view the full story: <https://kstp.com/kstp-news/top-news/show-us-how-you-winter-giant-snowman-in-buffalo/>

Take some time during your break to build yourself a snowman...or maybe make a snow angel.



Find your Snowman’s Name

Use the first letter of your name to find your Snowman’s first name and then use the month you were born to find your Snowman’s last name.

First Name:

A – Twinkle	N – Jingle
B – Mr. Freeze	O – Blizzard
C – Jack Frost	P – Snowflake
D – Frosty	Q – Star
E – Artic	R –
F – Winter	Gingerbread
G – Festive	S – Tinsel
H – Flurry	T – Chilly
I – Mistletoe	U – Icy
J – Snowball	V – Festive
K – Fluffy	W –
L – Candy	Nutcracker
M – Polar	X – Holiday
	Y – Holly
	Z – Buttons

Last Name:

January – Button-Nose
February – Winter-Man
March – Snow-Day
April – Cold-Nose
May – Lost-Gloves
June – Jingle-Shorts
July – Sugarplum-Fairy
August – Numb-Toes
September – Frozen-Pants
October – Jolly-Drawers
November – Cozy-Fire
December – Hot-Cocoa



Thank You to Our Platinum Vendors



*7801 E Bush Lake Road, Suite 123,
Bloomington, MN 55439
(952) 562-7835*

<https://phoenixrisecoaching.com/>

Offers six diversion programs throughout Minnesota while using Moral Recognition Therapy (MRT) which is a cognitive-behavioral approach and an approved evidence-based program. The issues treated include domestic violence, anger management, trauma, parenting, shoplifting, and other issues.



*426 Winnebago Avenue, Suite C, PO Box
806, Fairmont, MN 56301
(844) 582-4990*

<https://www.community-compliance.com/>

Full service electronic offender monitoring and compliance company. Community Compliance will help design a program, utilizing several methods, that gives your agency the level of offender compliance and accountability required



<https://www.attentigroup.com/>

Offering monitoring solutions through Electronic Monitoring and Alcohol Monitoring. Electronic Monitoring is tailored to the specific needs and considerations for community supervision. Alcohol Monitoring is offered through SCRAM Remote Breath, a portable device, with automated facial recognition.



MERIDIAN BEHAVIORAL HEALTH

*550 Main Street, New Brighton, MN
55112
(612) 454-2014*

<https://www.meridianprograms.com/>

Behavioral healthcare providing substance use disorder treatment services across a broad continuum of care, including in-patient, residential, outpatient and medication-assisted treatment. Meridian offers residential programming specific to Men, Women, and the LGBTQ Community.



DIVERSION SOLUTIONS

400 South 4th Street, Minneapolis, MN
55415

(651) 385-4341

<https://diversionsolutions.net/>

Diversion Solutions aims to restore the victim and education the offender.

Accountability and restitution are key components. Services includes Driver's License Reinstatement Program, Traffic Education Program, Felony Pre-Charge Diversion, and Supervise Monitor and Educate Program (SME).



1231 5th Street Northwest, PO Box 247
Bemidji, MN 56619

(218) 751-3196

<https://www.nmjconline.org/>

Licensed through the Minnesota Department of Corrections and incorporates three distinct units (Non-Secure Detention Unit, Residential Treatment Unit, and Secure Detention) within the building as well as community-based satellite (foster) homes. The Center offers 35 Day Evaluations, community service/restitution work programs, 30/60/90-day programs, and detention services.



A CONTINUUM OF FAMILY SERVICES

13637 – 60th Street Southwest, Cokato,
MN 55321

(320) 286-2922

<https://www.villageranch.com/>

Residential Care with Minnesota locations in Annandale (female residents between the ages of 12-18), Cokato (male residents struggling with a range of mental health and behavior issues), Hutchinson (male residents between the ages of 15 and 19), and Rochester (group home for male residents between the ages of 15 and 19).

REDWOOD TOXICOLOGY LABORATORY

(Abbott)

<https://www.redwoodtoxicology.com/>

Comprehensive, cost-effective drug and alcohol testing options. Services include urine drug testing, oral fluid drug testing, prescription drug testing, ETG/ETS alcohol testing, "synthetic marijuana" drug testing, "bath salt" testing, steroid testing, and more.



729 – 11st Street North, Moorhead, MN
56561
(218) 299-5150

<https://claycountymn.gov/414/West-Central-Regional-Juvenile-Center>

Provides residential services for juveniles with behavioral, protection, dependency, and delinquency issues. Programming includes Secure Detention, Secure Residential, Non-Secure Detention/Social Service Emergency Placement, 30 Day Evaluations, Sexual Therapy, and Community Living Independent Programming and Skills.



1808 Civic Center Drive Northeast,
Willmar, MN 56201
(320) 231-1729

<http://www.prairielakes.net/>

Provide corrections, detention, secure, and non-secure alternative programs for boys and girls ranging in age from 10-21. By utilizing the Truthought Corrective Thinking model, the mission is to enable responsible thinking. Programs include non-secure male residential, secure male and female residential and detention, girls group home, and boys group home.



740 East 24th Street, Minneapolis, MN
55404

(612) 373-3366

<https://www.mntc.org/>

Offering programs in Minneapolis, Rochester, Duluth, Brainerd, and at Lakeside Academy (meeting the needs of teenagers). Substance Abuse Programs range from outpatient treatment, licensed treatment, and long-term recovery.



<https://corrisoft.com/>

Guided by 4 Core Principles: Accountability, Support, Communication, and Compliance, Corrisoft offers smart phone technology solutions that drive positive outcomes. The monitoring service partners with Treatment Courts, Adult and Juvenile Probation, Pretrial Services, and Residential Reentry Centers.



<https://www.nationwideinterlock.com/>

A Draeger Ignition Interlock Device Service Provider. The ignition interlock device (car breathalyzer) is the most used technology. Servicing the states of Minnesota, Wisconsin, Michigan, Indiana, Tennessee, and Florida.



*2901 Louisiana Avenue North,
New Hope, MN 55427
(888) 875-3486*

<https://www.mnmonitoring.com/>

Monitoring services throughout Minnesota including Home Monitoring, Drug Testing Programs, Investigative Services, and DNA Products. Monitoring services are used through Pretrial, Home Detention, Day Reporting, Intensive Supervision, Enhanced Probation, Social Services, Voluntary and Family Programs, and Electronic Home Monitoring.



Thank You to Our Gold Vendors



<https://www.wellcomemanor.org/>

Care for women and women with children.



<https://www.nexusfamilyhealing.org/>

Outpatient, residential, and foster care programming.



<https://portgrouphomes.org/>

Boys and Girls group homes in central Minnesota.



<https://mccrossan.org/>

Residential programming for boys located in Sioux Falls, SD.



<https://www.nuway.org/>

Extended care, outpatient, and residential care for individuals recovering from co-occurring substance use & mental health disorders.



<https://recoveringhope.life/>

Provides substance use treatment in an outpatient and residential setting.



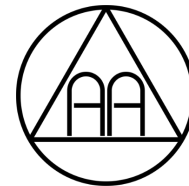
<https://dps.mn.gov/divisions/bca/Pages/default.aspx>

Provides investigative and specialized law enforcement services to prevent and solve crimes



<https://www.intoxalock.com>

Minnesota provider for ignition interlock devices.



<https://www.area35.org/>

Northern Minnesota Area 35 Alcoholics Anonymous



<https://minnesotarecovery.org/resource/peer-se-academy-peers-enjoying-sober-education/>

Recovery high school through peer-to peer support, public education, and advocacy.



<https://abkiosk.com/>

Remote probation monitoring for cost-effective supervision.



<https://www.pharmcheck.com/>

Provider of PharmCheck Sweat Patch to detect drugs of abuse.



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

Non-profit membership serving
Corrections Professionals through the
state of Minnesota.



<https://mapsamn.us/>

Provides quality training to our members
to promote information to promote the
importance of pretrial services in
Minnesota.



(Partners in Recovery)

<https://pirmn.com/>

Provides substance use treatment, mental
health services, and medication-assisted
therapies to individuals in the community.



Serving criminal justice and human service
partners by specializing in electronic
monitoring, supervision, and alcohol &
drug testing.



<https://mn.gov/doc/facilities/red-wing/red-wing-adult/>

Minimum security unit for men
transitioning from prison into the
community.

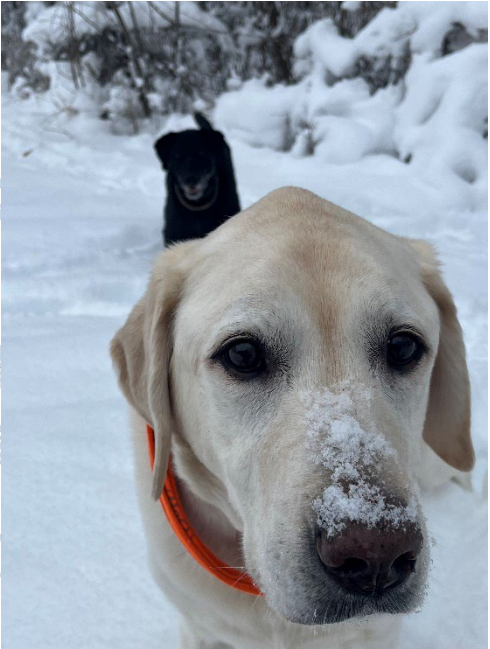


<https://www.anokacountymn.gov/>

East Regional Juvenile Center

*MACPO would like to give a huge thank
you to all our sponsors.*

*Please watch our website and future
newsletters for new advertising for our
sponsors. Logos and links to all our
vendors can be found on our website,
www.macpo.net*





Winter Fun

Need to break the winter blues? Check out these ideas to help!

Outdoor activities

- Build a snowman
- Ice skating
- Have a snowball fight
- Ice fishing
- Make snow angels
- Skiing
- Sledding
- Snowmobiling
- Outdoor fire
- Go for a walk
- Snow shoeing
- Visit an ice castle



Indoor Activities

- Bowling
- Bounce House
- Laser Tag
- Escape Room
- Build a blanket fort
- Bring treat to local first responders
- Children's museum
- Puzzles
- Go to a comedy show
- Read a new book

- Go to hockey game
- Go to the movies
- Card/board game day
- Watch football game
- Volunteer
- Get together with friends
- Visit brewery or winery
- Movie and pizza night
- Clean out your closet
- Watch basketball



Things to Make

- Scrapbook
- Homemade ice cream
- Hot cocoa
- Cookies
- Make paper snowflakes
- New recipe
- New goals for the new year





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 2022-2023 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

Michael Schommer, Otter Tail County Probation
president@macpo.net

President - Elect

Jonathan Schiro, Waseca County Court Services
presidentelect@macpo.net

President – Past

Jason Anderson, Itasca 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

Member at Large

Terry Fawcett, Pine County Probation
terry.fawcett@co.pine.mn.us

Member at Large

Eric Johnson, Carter County Court Services
ejohnson@co.carver.mn.us



Like MACPO on Facebook