**2004-2005 Information Officers:**

For more information regarding the Minnesota Cognitive-Behavioral Network or cognitive-behavioral programming, please feel free to contact:

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Our Mission:
The Minnesota Cognitive-Behavioral Network: Individuals sharing knowledge and promoting practices for effective implementation of evidence-based, cognitive-behavioral interventions for offenders.

We Value:
• Collaboration
• Personal and professional growth
• Service, program, and system integrity
• Personal responsibility and accountability
• Restorative Justice and community involvement
• Diversity and dealing with people with respect and dignity

Research has demonstrated that cognitive-behavioral interventions, effectively implemented with appropriate offenders, are successful in reducing offender recidivism. Cognitive-behavioral interventions target specific cognitive deficits (i.e.: manipulation, impulsivity, callousness, egocentricity, lack of guilt or remorse, low frustration tolerance, blaming others, concrete thinking, poor problem solving and interpersonal skills, difficulties with anger, rigid thinking, etc.) These interventions facilitate self-change and aid in the development of thinking skills used to cope with life situations.

Benefits and Outcomes of Cognitive-Behavioral Programming:

✔ Improved community safety through increased supervision and client contact. Cog groups meet once or twice weekly and target specific risk factors.

✔ Reduced cost to community through reduced crime and less need of expensive residential settings.

✔ Research based rationale which supports this approach with offender populations.

✔ Improved community collaboration through pooling of resources between private and public agencies in the delivery of services (i.e.: Cog groups).

✔ Pro-active vs. reactive approach to corrections.

✔ Expectation of positive progress with clients through direct action and targeting of specific risk factors for recidivism.

✔ Outcome measures which demonstrate the effectiveness of correctional programming.

The Minnesota Cognitive-Behavioral Network provides Probation Officers and others working with offenders the opportunity to:
• Exchange ideas;
• Gain knowledge of programs, training resources, contact information and implementation ideas;
• Offer and obtain support; and
• Participate in the state clearinghouse of information about cognitive-behavioral program implementation and sustainability.

Meetings:
The Minnesota Cognitive-Behavioral Network meets quarterly in various locations throughout the state. Please visit our web-site at www.maccac.org (click on the Minnesota Cognitive-Behavioral Network logo) for meeting dates, locations, and other information. The host county usually provides brief training regarding the implementation and use of cognitive-behavioral programming.