

**Cog Links:**

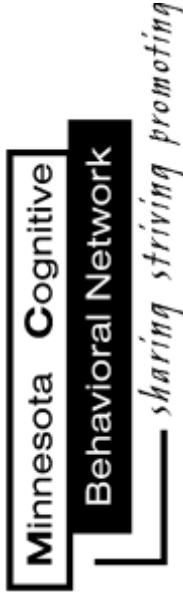
[www.nicic.org](http://www.nicic.org)

click on Featured NIC Publications  
click on Thinking for a Change

[www.maccac.org](http://www.maccac.org)

click on Minnesota Cognitive-Behavioral  
Network logo

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**2004-2005 Information Officers:**

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

Corey Mabis  
Washington County Community  
Corrections  
14949 62<sup>nd</sup> Street North  
Stillwater, MN 55082  
[Corey.Mabis@co.washington.mn.us](mailto:Corey.Mabis@co.washington.mn.us)  
651-430-6921

Swantje Willers  
Department of Corrections  
601 North Highway 59  
Marshall, MN 56258  
[swillers@fs.doc.state.mn.us](mailto:swillers@fs.doc.state.mn.us)  
507-537-7104

# Minnesota Cognitive- Behavioral Network

## **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](http://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.