

The MN Cognitive Behavioral Network (MCBN)
Anoka County 04/07/2004
Meeting Minutes

16 people were present at the meeting. The meeting began with individuals introducing themselves and the programs that are being facilitated within their agencies.

The first topic discussed was the MCBN brochure. Swantje Willers handed out the brochure that was created by Swantje Willers, Scott Nygaard, and Corey Mabis. The group gave feedback concerning what should be put on the brochure to make sure the organization would be represented correctly. The group agreed it would be a good idea to also put testimonials from offenders in the brochure. The goal is to take the groups feedback and have a final brochure ready for the August MCBN meeting. The purpose of the brochure is to hand it out to peers and agencies to inform them of the MCBN. Sue Stacey stated that the MN DOC would print the brochures once they are completed.

Corey Mabis handed out four logo examples and the group voted that logo #4 was the one they liked the best. Corey is going to try and get the logo revised to state under the Minnesota Cognitive Behavioral Network name, "striving, sharing, and promoting".

Corey Mabis handed out a "Cog Terminology" booklet. The terminology was comprised by a number of participants when developing COG 101. This booklet was developed to help others get a better understanding of what "Cog" is and what is not. These booklets can be distributed to any one interested in knowing more about "Cog". Corey then handed out a Resource guide to individuals that gave a listing of all the Cog programs that are being facilitated throughout the state of Minnesota and contact information. This resource guide will be kept by the Tri-Chairs and Informational Specialists and will be updated quarterly.

Individuals requesting a copy will be given one at the MCBN meetings, but not quarterly due to the lack of resources. (The Informational Specialists would be happy to email it to whoever would like one.) We ask that agencies keep the Network up to date on programs and contact information.

Since the Informational Specialists will be in the brochure as a resource for program/contact information, the group voted that position be a two-year commitment. Corey and Swantje agreed to stay on for a two-year commitment.

Julie Jordan volunteered to present "Driving With Care" information at the August MCBN meeting being held in Duluth, MN.

Sheri Minske from Human Services Inc will be presenting on the "Community Options Program" (chemical dependency/criminal conduct cog curriculum for juveniles) at the November 03, 2004 MCBN meeting in Stillwater, MN.

Upcoming Training:

Julie Jordan stated that Ramsey County is sponsoring Harvey Milkman to come to Minnesota and train individuals in the "Driving With Care" program. Information will be sent out by Julie Jordan in the near future. Harvey is expected to present a general overview on May 24 and train a selected group of individuals from May 25 to May 27, 2003. Stay tuned for further details.

John Klavins and Eric Johnson from Carver County will be conducting an "Effective Case Management" training on June 03, 10, 17, 24 from 9a.m. to 12 p.m. Stay tuned.

There will be a four-day "Thinking for a Change" training occurring in Detroit Lakes, MN. Details to follow.

In the future there may be a "Moving On" and "Cog Works" training, but nothing is decided on at this point.

Barry Glick will be coming to Ramsey County in May for Train the Trainer concerning "ART".

All upcoming training information will be forwarded to the MCBN when to Informational Specialists receive it from the sponsoring agency.

Mike Guevara presented on COG 101. He gave the Network good insight on how the material could/can be presented to others.

More information will be sent out concerning the above-mentioned trainings and MCBN meeting in August in the days ahead.

There were 2 other developments in the meeting. One was that Cog Net will take steps to establish a web-page with research literature on the different cog programs; Scott Nyegaard (who's a grad student with access to databases!) and Michael Guevara volunteered to coordinate a literature review for that. The other development is the proposal that the group will work with Michael Guevara to modify his Cog 101 day-long training and to help Michael put on a 3 day training for trainers (2 days of how to train and 1 day of how to put on the 101 training) for Cog Net members, and then Cog Net members will proceed to do the day 101 training in their own agencies and others all across the state. We agreed that Cog Net members will go back to our agencies to get feedback on that proposal and bring that feedback to the next meeting. People were VERY excited by both of those ideas - the web-page and the 101 training proposal!

Next Meeting: The next MCBN meeting is scheduled for Duluth on August 13, 2004. Please make your hotel reservations now since the "Blue's Festival" will be occurring that weekend.

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