

**The MN Cognitive Behavioral Network (MCBN)  
August 13, 2004 in Duluth, MN  
Meeting Minutes**

**Present:** Scott Nyegaard, Corey Mabis, Katy O'Sullivan, Hal Palmer, Sue Stacey, Russ Stricker, Swantje Willers, John Kuukari, Tom Fossum, Mike Nash, Dan Bartlett, Becky Pogatchnik, Sue Eckmaahs, John Klavins.

**Thank you to St. Louis County for hosting today's meeting!**

**Brochure and Mission Statement:**

- Corey Mabis and Swantje Willers handed out drafts of the new CogNet Brochure. A discussion was held regarding some word changes to the Mission Statement. The changes were adopted and the mission statement now reads: *"The Minnesota Cognitive-Behavioral Network: Individuals sharing knowledge and promoting practices for effective implementation of evidence-based, cognitive-behavioral interventions for offenders."* Swantje will notify the web master to make this change to the CogNet website as well.
- Minor revisions were suggested for the brochure and once those changes are made, Sue Stacey will make copies for distribution. We will also check to see whether the brochure can be included in the registration packets at the upcoming MCA Fall Training Institute.
- Sue Stacey will check on whether the CogNet website can be set up as a link on the DOC website.

**Evidence Based Practice Policy Team:**

Sue Stacey provided a brief explanation of the EBP Policy Team and what they hope to accomplish. The Policy Team has asked several networks to provide a 20-30 minute presentation to the team and to answer the following questions:

1. Give a history of the network, its membership, and purpose.
2. Sharing of products developed by the network in the past few years.
3. Answer the question: How would you like to see your evidence based practice provided or used ideally in Minnesota?
4. Standards you would suggest agencies adopt right now using your evidence based practice.
5. Ideas of how the Policy Team could support your network and full implementation of your evidence-based practice (and others) in Minnesota.

Corey and Julie have agreed to present to the EBP Policy Team on August 30, 2004.

**2004 Goals:**

Five goals for 2004 were established at the January 2004 Cog Net Meeting. We reviewed each of the goals, including where we are in terms of meeting each goal.

**Goal #1: Have Cog 101 in place and usable by the end of this year.**

Progress: we continue to make progress toward that goal. Two proposals were made at the April 7, 2004 Cog Net meeting: 1. Form a subcommittee to review Michael Guevara's power point presentation and make suggestions for Cog 101; and 2. Solicit feedback from member's agencies regarding a Train the Trainer for Cog 101.

- Michael Guevara is requesting input from other counties to finish Cog 101. Scott and Sue Eckmaahs volunteered to help him. Sue Stacey said she has a power point presentation developed by Russ Reitz and Judy Nestrud which might be helpful. She agreed to e-mail it to Scott.

- Once Cog 101 is together, how and who will make presentations? Who would be trained to train this? Michael has previously suggested we look at a two day training of trainers. The first day would include foundations of with the curriculum review on the day 2.
- Scott volunteered to contact various professional organizations to offer up a 1 ½ hour training regarding Cog 101. Mike Nash, Sue Eckmaahs, Scott, Sue Stacey, Russ, and Eric Johnson (volunteered by John Klavins) will form a subcommittee to develop this 1 ½ hour presentation. They are to report back to the Cog Net at the next meeting.
- The MN Association of Jail Programmers want a speaker to talk about cog for 60-75 minutes on 10/13/04 in St. Cloud. They also have a spring conference in which 80-100 people attend and they may want someone to speak then as well. Julie previously volunteered to present at their meeting on 10/13/04 but requested a co-presenter. Sue Eckmaahs volunteered to help Julie and John Klavins volunteered to be a back-up in the event either Sue or Julie can't make it.

**Goal 2: Create a standard of what Cognitive Skills programming is, without relying on the “Buzz words.”**

Progress: Corey completed “Cognitive Skills – Basic Definitions handout, and the Minnesota Cognitive-Behavioral Network brochure has been finalized at this meeting.

**Goal 3: Focus on training as part of our regular meetings.**

Progress: A training component has been included and scheduled into each meeting this year.

- January 7, 2004: Carol Pender-Roberts, Director of Ramsey County Community Corrections spoke.
- April 7, 2004: Michael Guevara, Ramsey County Community Corrections shared his “Cog 101” power point presentation.
- August 13, 2004: Sue Eckmaahs prepared and delivered a power point presentation on “Driving with Care.”
- November 3, 2004: Sheri Minske, Health Services, Inc. is scheduled to present information about “Community Options Program” for chemical dependency/criminal conduct curriculum for juveniles.

**Goal 4: Gather all charts/papers/information that has been developed in the last several years, and have the Information Specialists hold this information so that it doesn't get lost.**

Progress: On-going. Information Specialists continue to gather and hold information pertinent to the Cog Net.

**Goal 5: Update the Cog Net Website.**

Progress: on-going. The website has been updated as new changes take place, including the addition of meeting minutes, new logo, etc.

We engaged in a discussion about new goals for this and upcoming years. The Cog Net has developed materials and engaged in work related to training and doing presentations for various groups. Perhaps a new goal would be related to training and could include making ourselves available to present at MCA, MACPO, and other groups the Cog 101 curriculum we are working on. Discussion included the fact that currently much of the training regarding Cog is “hit and miss” and people don't always receive timely notice. Along this same line, the Evidence Based Practice Policy Team is interested in feedback from this group regarding evidence based practice cognitive-behavioral information from this group.

We believe it is important for the EBP Policy Team to know we need more trainers and that we need their input and support to provide regional trainings for cog. MCCA is also interested in training. We need to look at creating a regional map and create a 3-5 year training plan. Based on this discussion, **Goal #6 was developed: To conduct a needs assessment and create a 3-5 year training plan.** A subcommittee was formed comprised of Corey Mabis, Julie Jordan, and John Kucharee to develop a regional map.

### **Training:**

Sue Eckmaahs provided a power point presentation on “Driving with Care” which was developed by Wanberg, Milkman, and Timkin. This cog program targets substance abuse and driving. The program offers different levels for different levels of offenders.

- Level 1: a 8-12 hour educational program for first time offenders.
- Level 2 – Education: 12 sessions for a total of 24 hours for offenders who have blood alcohol concentrations of .15 or higher.
- Level 2 – Therapy: This level includes the educational component of 12 sessions (24 hours) plus includes 42 hours of chemical dependency treatment for offenders who are chemically dependent and/or have multiple DWI offenses. Level 2 – Therapy can be extended when necessary and does include an aftercare component. It qualifies as Rule 25/insurance reimbursable to licensed chemical dependency staff.

Driving with Care is similar to Criminal Conduct and Substance Abuse and follows the Stages of Change Model.

Washington County is implementing Driving with Care. Corey Mabis will facilitate the educational component and a chemical dependency treatment program will offer the therapy portion.

### **Upcoming Training:**

- ✓ Thinking for a Change facilitator training is scheduled for October 19, 2004 – October 22, 2004 in Wabasha, MN. Contact Roxanne Bartsch for more information if interested.
- ✓ Thinking for Change Train the Trainer training in Bemidji, MN on September 13 – 16<sup>th</sup>, 2004. Contact Scott Nyegaard for more information if interested.

### **Next Meeting:**

November 3, 2004 in Washington County from 11am to 2pm. Please bring your lunch. Should you have any questions, need directions, or require additional information, feel free to contact Corey Mabis at [corey.mabis@co.washington.mn.us](mailto:corey.mabis@co.washington.mn.us) or by calling (651)430-6921.

### **Future meetings:**

January 12, 2005 at the Department of Corrections Central Office.