

**The MN Cognitive Behavioral Network (MCBN)
November 13, 2004 in Washington County
Meeting Minutes**

Present: Scott Nyegaard, Corey Mabis, Hal Palmer, Russ Stricker, Swantje Willers, John Klavins, Julie Jordan, Jim Hall, Tracy Jenson, Carey Janisch, Karl Anderson, Bobby Schmidt, Pat Booker, Tara Debbelaere, Michael Guevara, Kelly Higgins.

Thank you to Washington County for hosting today's meeting!

Evidence Based Practice Policy Team:

John Klavins and Swantje Willers provided a brief overview of the EBP Policy Team and what they hope to accomplish. The Policy Team is currently meeting monthly and has been gathering information from the various networks (e.g.: Cog Net, LSI-R, YLS, ECM, Sex Offender) to get a better understanding of their history, membership, and purpose. The networks were also asked to provide information about standards, implementation issues, and how the Policy Team might be able to move evidenced based practice forward in Minnesota. Julie Jordan and Corey Mabis put together a powerpoint which they presented to the Policy Team on August 30, 2004. They did a wonderful job representing the Cog Net! Thanks Julie and Corey!

Cog Presentation to Jail Programmers:

John Klavins and Eric Johnson presented a cog overview to the Minnesota Association of Jail Programs and Services at their fall training on October 13, 2004 in St. Cloud. Hal Palmer stated there is a real interest and desire to get cog programs into the jails. Jail programming staff are very interested in doing more hands-on work with offenders. There is also interest in working more closely with probation staff to ensure a seamless transition process for offenders moving from an institution-based cog program to a community-based program.

CogNet Brochure:

The CogNet brochures were included in the training packets distributed at the annual MCA Fall Training Institute in Duluth last month. Thanks to Sue Stacy who printed them up and made them available. Julie Jordan said she has about 100 for anyone interested in taking some.

Cog 101 Training:

A subcommittee was formed at our last meeting to look at the information Michael Guevara has with regard to a Cog 101 training. The subcommittee has not met and Michael asked for a bit more direction from the group before they started. A lengthy discussion ensued with regard to whom the training would be geared (e.g.: stakeholders, correctional practitioners, other correctional folks) and how long each presentation should/could be. Three levels of training were discussed:

1. A brief (20 – 30 minute) overview for stakeholders to introduce them to cog.
2. Level 1 – a two hour cog overview for correctional practitioners.
3. Level II- a four hour cog training for correctional practitioners.

A new subcommittee comprised of Corey Mabis, John Klavins, and Michael Guevara, was formed. Julie Jordan also agreed to get in touch with Sue Eckmaahs to ask her to participate as well. The subcommittee will pull together an hour-long cog overview for our next meeting.

Once the Cog 101 training is completed, we need to make a decision regarding whether we want to require a two day Foundations Skills training for trainers. There are several options/sources available which we could explore once we make a decision. These include the DOC employee development unit; NIC provides offender-specific foundation skills training; and Michael Guevara has been approached to facilitate one in Ramsey

County. The question was asked as to whether Cog Net members might be allowed to attend. Julie Jordan and Michael are to notify Swantje Willers if there are any openings for upcoming training of this nature in Ramsey County. Swantje agreed to bring this particular issue up to the EBP Policy Team and also determine whether the DOC Employee Development Unit could be made available to assist with curriculum development.

Calendar of Speaking/Training Events:

The CogNet has had several requests recently from other organizations/groups to present information regarding Cog. So we don't forget about these requests, meeting minutes will now include a section which will highlight the training/speaking engagement and who agreed to make the presentation.

- ✓ MCCA Winter Institute. Are we presenting here?

Updates/Other:

- ✓ Sue Eckmaahs will be sending out a letter to corrections directors to find out about interest in doing Thinking for a Change Training.
- ✓ Is there any interest in Aggression Replacement Training (ART)?
- ✓ Julie Jordan and Sue Eckmaahs are working on a facilitator training for Moving On.
- ✓ Cog Question: What assessment tool(s) is there to determine appropriateness of offender referrals to cog groups?
Answers generated by the group:
 - R and R assessment tool
 - LSI-R score of 25 or higher
 - Ramsey County is also looking to develop one.
- ✓ Eric Johnson has been approached by Mankato State University to teach evidenced-based practice, Motivational Interviewing and Cog to students.

Training Component:

Presentation by Corey Mabis and Jim Hall on the Community Options Program in Washington County, MN. The Community Options Program addresses criminal conduct and substance abuse issues with teens in Washington County. The cognitive curriculum utilized for this program is based on Milkman and Wanberg's Criminal Conduct and Substance Abuse and Strategies for Self Improvement and Change. For more information, please contact Corey Mabis at 651-430-6921.

CogNet Co-Chairs:

Julie Jordan and Russ Stricker will continue as co-chairs for the Cog Net through next summer (05). It was suggested we have nominations at the summer meeting for new co-chairs at that time. It was also suggested the chair positions become two-year positions.

Future meetings:

We will set the meetings for 2005 at the next meeting.

Next Meeting:

January 12, 2005 at Department of Corrections Central Office, 1450 Energy Park Drive, Suite 200, St. Paul, MN from 11am to 2:00pm. Please bring your lunch. Should you have any questions, need directions, or require additional information, feel free to contact Sue Stacey at 651-642-0338 or by e-mail at [sstacey@co.doc.state.mn.us](mailto:ssstacey@co.doc.state.mn.us)