

**MN COGNITIVE NETWORK**  
**MEETING HELD IN DULUTH, MN**  
**July 26, 2002 (12:00 p.m. to 3:00 p.m.)**  
**Minutes taken by, Corey Mabis and Kelly Higgins**

Tri-Chair Jack Pearce opened the meeting. Jack asked everyone to go around the room to introduce themselves and inform the group of what cognitive skills programming were being facilitated at their agency. (Names of participants are listed at the end of the minutes)

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Judi Nestrud then spoke about DNA testing that is currently being done in the State of Minnesota. She asked the group if it was ok to take some time to educate them on DNA testing, the group approved. Judi then handed out the "DNA Sample Information Sheet" and proceeded to tell the group on how to fill out the sheet. Judi also demonstrated how to administer the "DNA Buccal Swab Collection Kit", and gave participants a sample kit to take with them.

Judi read to the group from House Bill 2515-2002: Sec. 14. (609.119) (ADDITIONAL COLLECTION OF BIOLOGICAL SPECIMENS FOR DNA TESTING.)

Legal questions about DNA can be directed to Angela Helseth, at [angela.helseth@state.mn.us](mailto:angela.helseth@state.mn.us). Any other questions can be referred to Judi at [jnestrud@co.doc.state.mn.us](mailto:jnestrud@co.doc.state.mn.us)

Judi then updated the group about where the State is at concerning Cognitive Behavioral Intervention. She stated the State of Minnesota is under a contract moratorium, so there will be no contracts for the rest of 2002.

Judi has developed an independent self-study guide that people can read and then test out of (instead of e-learning) to complete Cog 101.

After the study guides are distributed, she plans to reinstate meetings to start working on developing Cog 201, with the goal of getting something ready for the beginning of 2003. Judi is also looking for people interested in training Cog 201, so please contact Judi if interested.

If you would like a DOC calendar/schedule you can email Judi at [jnestrud@co.doc.state.mn.us](mailto:jnestrud@co.doc.state.mn.us).

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Wayne Pauluk, from Brown County Probation, made a presentation to the group about what is being done in Brown County. The program is called “Learning for Success Program” sponsored by Families First Collaborative of Brown County.

Wayne also handed out a pamphlet describing the program. Some information in the pamphlet is as follows:

This program assists participants with the following:

- 1) Understanding how a person’s thoughts and beliefs and values affect their decision-making.
  - 2) Making the decision to change can be difficult, but can be done successfully.
  - 3) Helps individuals develop ways to get out of a “rut”.
  - 4) Getting your needs met by using the right emotions.
  - 5) Using anger to benefit without hurting another person.
  - 6) Settling a conflict with positive results.
  - 7) How to make amends and repair the damage when a mistake is made.
  - 8) Setting goals for the future.
  - 9) Improve relationships with family, co-workers and friends.
- 12-18 weeks program depending upon class size and participation.
  - Primarily for adult males
  - Material being utilized from the “Thinking For a Change” Program and “ABC” Program.

For further information, please call (507) 233-6694

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Kelly Higgins reported that she attended the DOC’s last Community Services Advisory Council (CSAC) meeting as a representative for the Minnesota Cog Network. The CSAC discussed the Cog Net, Sex Offender

Net and LSI-R Net to address a concern that the groups are not formalized in the sense that they are not accountable to an advisory board. Kelly spoke for the Cog Network saying that the Cog Net desires to remain autonomous and not organized on any greater level. There was a concern expressed that the networks not take official positions on issues for example with the Legislature or the media. Mark Carey indicated that the efforts of the Cog Net are appreciated and that the CSAC would be sending out letters to the networks.

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Kelly Higgins presented information on the Aggression Replacement Training (ART) curriculum. ART, a cognitive behavioral curriculum written by Goldstein, Gibbs and Potter is designed for juveniles and promotes prosocial skills and anger control. The three components of the curriculum are

- Skillstreaming
- Anger Control Training
- Moral Reasoning.

The curriculum is designed to be taught three times per week for ten weeks. Contact Kelly Higgins at 651-266-5326 if you would like more information or are interested in being trained in ART.

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Len Anderson (NE Regional Correctional Center) and Katy O’Sullivan (Vocational Counselor) made a power point presentation on “Thinking For a Change”. Three areas that this program focuses on are:

- Cognitive Self Change
- Social Skills
- Problem Solving

This program consists of 22 sessions. There is two sessions per week. Sessions are one hour in length.

Len and Katy talked about how they facilitate the groups and some experiences in presenting to a group of offenders.

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Kelly Higgins brought up the topic of the MN Cog Network web page and asked for volunteers to make sure information was getting to Becky Pzinger (webmaster) so she could put it on the MN Cog Network web page. Corey Mabis volunteered Eric Johnson and himself. People can forward information to Corey Mabis at [corey.mabis@co.washington.mn.us](mailto:corey.mabis@co.washington.mn.us) or Eric Johnson at [ejohnson@co.carver.mn.us](mailto:ejohnson@co.carver.mn.us) if they would like something put on the web page concerning cognitive behavioral interventional training or information.

The MN Cog Network web page can be located at <http://www.maacac.org>. To access this page, go under “Links”, then “State Resources”, then “MN Cognitive-Behavioral Network.”

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**Next MN Cog Network Meeting is on October 23, 2002  
11:00 a.m. to 2 p.m. at D.O.C.**

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**Meeting participants:**

<b>Pam Mechaud</b>	<b>Anene Anderson</b>
<b>Ellen Johnson</b>	<b>Michael Nash</b>
<b>Mary Gerardy</b>	<b>Len Anderson</b>
<b>Scott Burker</b>	<b>Wayne Pauluk</b>
<b>Katy O’Sullivan</b>	<b>John Kuukari</b>
<b>Kevin Olson</b>	<b>Dan Bartlett</b>
<b>Scott Nygaard</b>	<b>Don Bartlett</b>
<b>Mark Gangl</b>	<b>Jim Kanten</b>
<b>Matt Faidley</b>	<b>Judi Nestrud</b>
<b>Sue Eckmaas</b>	<b>Corey Mabis</b>
<b>Nicole LeDovx</b>	<b>Jack Pearce</b>
<b>Shelva Swanson</b>	<b>Kelly Higgins</b>
<b>John Klavins</b>	