

# Cog Net

## Meeting Minutes

### July 29, 2005

Cog Net meeting was held in Duluth, MN with Julie Jordan presiding. Many thanks to Arrowhead Regional Corrections for hosting the meeting and providing a fabulous lunch!

#### **I. Present:**

Len Anderson, Don Bartlett, Sue Eckmaahs, Tom Fossum, Jared Hoy, Eric Johnson, Julie Jordan, John Klavins, John Kuukari Corey Mabis, Mike Nash, David Nyquist, Katie O'Sullivan, Jack Pearce, Steve Peer, Connie Ross, Rick Rudd, Sue Stacey, Swantje Willers

#### **II. Evidence-Based Practice (EBP) Policy Team Update:** John Klavins.

The Evidence Based Practice Policy Team was formed in the spring of 2004 and is comprised of 12 individuals representing CPO, CCA, DOC, and institutions. This group meets regularly to put best practices forward in MN. Subcommittees have been formed and include: Training- to create a method to offer regional trainings in best practices; Media Relations- getting the word out to key players, including judges; Network Support – offering support and getting feedback from the Offender Risk Assessment Network (ORAN); and a fourth group which will do a study of best practices programming in the institutions. Policy Team members are attending the various group meetings to provide input and bring things back to the policy team. Concerns can be expressed to this group and will then brought forward to DOC, MACCAC, and MACPO. (i.e.: COG 101 and developing a training curriculum. EBP has been asked to explore assistance to help develop the curriculum for Cog 101.

#### **III. Subcommittee Reports:**

- a. **Develop guidelines for measuring the effectiveness of Cognitive Behavioral Intervention:** Rick Rudd and Corey Mabis are in the process of developing guidelines to measure outcomes. Corey handed out a draft document which includes: pre and post LSI-R, Criminal Sentiments Scale Scores, Employment, Department Costs, Department Revenue, Cost to the Participants, Calculated cost for the program per individual. See attached handout. This represents the different data elements some agencies want to track. Agencies could use this to track outcomes of the program. Discussion regarding the definition of recidivism- if we track recidivism, we need to define it and each use the same one (definition). Perhaps we look at a drop in risk scores. Recidivism is a measure of a failure (the fact an offender has committed new crimes). Maybe we need to look at success by defining risk of re-offense. Need to maybe look at recidivism in terms of having committed same or similar offenses, or other offenses. Maybe also need to look at anecdotal information (I would have hit someone if they had said this before I took the class, now I just walk away.) Using surveys- could look at a simple post-test survey to measure quality of life. Jared Hoy said he would be interested in helping with this project. Looking at sending this information out to cog programs and ask for them to use the outcome measures and send them to the Cog Net. Any additional feedback, please e-mail Corey.
  - b. **Compile documentation of research information regarding Cognitive Skills programming-** Sue Eckmaahs and Rick Rudd need volunteers to help with this project due the scope of this subcommittee. Anyone interested, please let Sue or Rick know. See handout. The subcommittee has proposed an outline for research posting which includes:
    - **Articles and resources about cognitive behavioral interventions**
    - **Articles and resources about cognitive behavioral interventions as applied to corrections and categorized by offense type**
    - **Descriptions of the various cognitive behavioral programs used in corrections in Minnesota.**
- ✓ Would like at least two volunteers to compile and categorize a large volume of information Rick Rudd already has. Looking at about four hours of work at least initially. Eric and Jared Hoy volunteered to help with this.

- ✓ Is there an interest in keeping track of other links to various agencies that has research information- yes!
  - ✓ Also, checking on the newest and latest up to date research information. EMI has ties to Dr Latesa.
  - ✓ Dr. Latesa is coming to Ramsey County to talk to staff, judges, etc sometime in September 2005. Maybe would be able to have EMI sponsor another day with him for others in corrections (outside Ramsey County).
- c. **Cog 101 Overview**- are we going to be developing a curriculum for the power point presentation? Michael Guevarra, John Klavins, Sue Eckmaahs, and Corey Mabis volunteered to help with this.

#### **IV. Training Component: Cognitive Self-Change (Jack Bush)**

Katy O'Sullivan, Northeast Regional Center (NERC), provided a powerpoint presentation regarding Cognitive Self-Change which is currently being used at NERC. NIC provided technical assistance and training to help provide direction and implementation of the program.

See handout

#### **V. Cog Net involvement with Universities:**

Eric Johnson is teaching evidence based practice at Minnesota State University- Mankato. Justine Phillips invited Eric to teach the LSI-R and Effective Case Management: A Motivational Approach to students at Mankato. Eric is a certified trainer in each curricula and students not only leave the class with certificates of completion, but earn 3 credits as well.

Discussion regarding how we might be able to expand this to other colleges/universities in the state.

#### **VI. Nominating Committee:**

Our next meeting is scheduled for October 19, 2005 in Ramsey County. This will be the last meeting for our Co-Chairs: Julie Jordan and Russ Stricker, and Informational Chairs: Corey Mabis and Swantje Willers. If you are interested in nominating someone for either position, or are interested in serving yourself, please let Julie Jordan know.

#### **VII. Training Requests:**

Thinking for a Change and Moving On training is being requested around the state. Michael Guevarra is willing to train Thinking for a Change in October 2005. If someone is interested in co-training with Michael, please call him directly (651)266-2385. Ramsey County is requesting the training and NERC is considering hosting a training.

Is there a need/want for Moving On Training? Yes, Marilyn VanDieten has given both Julie Jordan and Sue Eckmaahs permission to facilitate this 5 day training. This training cannot be offered free because there is a cost for materials and trainers.

#### **VIII. Cog Net Quarterly Training:**

Julie handed out a training survey and is looking for volunteers to provide training at CogNet meetings.

#### **IX. Other Business:**

None

**Next Meeting: October 19, 2005 in Ramsey County.**

Adjourned at 1:45 pm