

# MINNESOTA COGNITIVE BEHAVIORAL NETWORK.....

## SHARING, STRIVING, PROMOTING



Membership  
free !!!

### COG CATCH UP

By, Corey Mabis, Washington County Community Corrections

Over the past 10 years the MN Cognitive Network has been very busy developing a number of tools to assist other agencies throughout greater Minnesota. Our intent with this annual newsletter is to keep people informed regarding cognitive behavioral interventions. We encourage and welcome members from your agency to attend our quarterly meetings, to learn more about cog. programs for offenders, implementation issues, and on going training opportunities.

#### WEBSITE

A few years ago we decided to put information on a website ([www.maccac.org](http://www.maccac.org)) for others to access and utilize as a resource. The website has a number of resources that can assist agencies; quarterly meeting minutes, upcoming training updates, reference articles, program descriptions and contacts, definitions of terminology, etc.

#### COG 101

The Network has created a power point presentation called "Cog. 101". This presentation can be utilized by members of the MN Cog. Network to teach their agency about the history of cog., theories, choosing a curriculum, program implementation, facilitator/staff qualities, selecting types of offenders for groups, support for facilitators, quality assurance, etc.

#### OUTCOME MEASURE FORM

The Network believes it is important to measure outcomes of participants completing cog programming. A couple of members created an Access data form that agencies can utilize to gather data regarding the participants, their offense pre cog. and offenses committed post cog. There is also a User Guide that can help individuals navigate the Access form. The Network is requesting agencies that utilize the Access form report outcome data to the Network once they have completed the data. Individuals interested in getting the Access Form and User Guide can contact me at:

[corey.mabis@co.washington.mn.us](mailto:corey.mabis@co.washington.mn.us) You will need to have Microsoft Access installed on your computer in order to run the form.

#### COG TERMINOLOGY

We have created a document that lists a number of cog definitions. This can be accessed on our website.

#### RESOURCE GUIDE

We have also established a Guide that explains the cognitive programs that are being facilitated throughout Minnesota. Additionally, it outlines the program population and facilitator contact information.

## Mission, Value, and Research

### Our Mission:

Individuals sharing knowledge and promoting practices for effective implementation of evidence-based, cognitive-behavioral interventions for offenders.

### We Value:

- ~Collaboration.
- ~Personal and professional growth service, program, and system integrity.
- ~Personal responsibility and accountability.
- ~Restorative Justice and community involvement.
- ~Diversity and dealing with people with respect and dignity.

### Research:

Research has demonstrated that cognitive-behavioral interventions, implemented with appropriate offenders, are successful in reducing offender recidivism. Cognitive-behavioral interventions target specific cognitive deficits (i.e.: manipulation, impulsivity, callousness, egocentricity, lack of guilt or remorse, low frustration tolerance, concrete thinking, poor problem solving and interpersonal skills). These interventions facilitate self-change and aid in the development of thinking skills used to cope with life situations.

### Upcoming FREE EBP trainings!!!

#### Thinking for a Change:

CogNet is searching for one more trainer for a November T4C training in Scott County. Please contact T.J. Nelson (Tammy.Nelson@co.dakota.mn.us) to assist with this training; it will be open and free to all!

We are attempting to schedule a couple more EBP trainings in the next few months. Please attend the OCTOBER 23, 2007 MN COG-NET Meeting in Hennepin County for more information!!!

## BENEFITS OF COGNITIVE PROGRAMMING

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- Improved community safety through increased supervision and client contact. Cog groups meet once or twice weekly and target specific risk factors.
- Reduced cost to community through reduced crime and less need of expensive residential settings.
- Research based rationale which supports this approach with offender populations.
- The pooling of resources between private and public agencies in the delivery of services (i.e.: Cog groups).
- Pro-active vs. reactive approach to corrections.
- Expectation of positive progress with clients through direct factors for recidivism.
- Outcome measures which demonstrate the effectiveness of correctional

### Curriculum Update - Thinking for a Change By Julie Jordan, Ramsey County Community Corrections

For our first newsletter, we thought we would feature the Thinking for a Change (T4C) program. The authors of the program are Barry Glick, Jack Bush, Juliana Taymans and Steve Swisher. As a result of the author's ongoing experience, it became apparent that criminal behavior was more susceptible to pro-social change when offenders were able to intermingle and use the tools from both cognitive restructuring and cognitive skills programs. Thus, T4C was created and, is fully endorsed by the National Institute of Corrections (NIC).

This is a program that uses as its core; a problem solving program embellished by both cognitive restructuring and social skills interventions. The cognitive restructuring concepts are introduced and emphasized during the initial eleven lessons of the program and are interspersed with targeted critical social skills, which support the cognitive restructuring process. It is comprised of 22 lessons with the capacity to extend the program, depending on how many cognitive skills are being taught.

Participants are highly involved in the group process with role-playing and practicing the new skills. Homework is a part of the curriculum. My experience with facilitating a T4C group is that the clients took it seriously. They wanted to incorporate the new learning into their lives and really worked hard with their role-plays. Participants said upon group completion, that they really learned a lot and planned on using the skills in their day-to-day interactions. Of course, we had a lot of fun too.

Cog Websites:  
[www.maccac.org](http://www.maccac.org)  
[www.nicic.org](http://www.nicic.org)

#### ATTENTION!!!!

The Next Cog Net is NOW on Oct 23....we had to change the date due to a conflict with the MCA conference. The meeting will be located at Seward Office, 2600 E 25th St., Mpls, Probation South, 2nd floor from 11 a.m.-2 p.m.

# WHO IS THE MN COG NETWORK??

From left to right:



Back row: Len Anderson and Katy O’Sullivan- NERCC; Scott Nygaard, Northwestern MN Juvenile Center; Eric Johnson- Carver County; Jared Hoy- ARC, Duluth; Evonn Westcott- Brown County; Jim Hall- HSI, Inc.; Ashley Portner, Nicollet County; and Mark Mills and Diane Levendusky- U.S. Federal Probation.

Front row: Julie Jordan- Ramsey County; John Klavins, Carver County; TJ Nelson- Dakota County; and Corey Mabis- Washington County.

Not pictured: Swantje Willers- Marshall DOC; Sue Eckmaahs- Training Consultant; Anna Hewitt - Ramsey County; Rick Rudd - EMI; John Kuukari and Mike Nash- ARC, Duluth; Sue Stacy-DOC, Deb Hennen-Dakota County and many other individuals that have contributed their time, energy and expertise over the years.

## Interview with Scott Nygaard By T.J. Nelson, Dakota County

How long have you been a part of the MN Cog Network?  
I got involved with the Cog. net in 2001. Swantje Willers initially made contact with us in regard to some trainings going on with YLS and T4C. It was during this initial few months that I became aware of the network and its impact in the state.

How would you describe the individuals that represent the MN Cog Network?  
The network members are professional, highly trained, and firmly grounded in their belief of CBT. The best practices initiative is foundational to the members of the network, thus producing the drive to expand effective work in all facets of treatment and intervention. Members are trained in a variety of curriculums, and seek to expand the use of these curriculums through out the state.

What value has the MN Cog Network brought to your organization?  
It has made a philosophical impact in all that we attempt to accomplish within the residential treatment program. I have all my full-time staff, counselors, coordinators and other support staff trained in the delivery of CBT, specifically Thinking for a Change. Through my contact with the network, I was able to contract with NIC and bring several trainings to my agency and the surrounding communities.

The impact has rippled to several levels, including local probation officers and other DOC licensed facilities, and recently Federal Probation Agents.

How do you envision the MN Cog Network benefiting your agency in the future?

The vision of the network is still very important to my agency. We have been able to collaboratively train through out the state, and continue to uphold the best practices approach. I see the network continuing to impact the state through trainings and continued leadership resources.

What value do you see the MN Cog Network having for agencies in Greater Minnesota (non-metro)?

As an agency in Greater MN., I have directly benefited from the expertise and knowledge of others. I was able to become involved and didn't have to re-create what the network had already put into practice in the Metro area. It was an easy transition to duplicate and use this pre-existing knowledge base of agencies and individuals to make a local impact in the Bemidji area.

As a supervisor, how would you explain to other administrators what the benefits are to allowing staff time away from their normal job functions in order to attend quarterly Cog Net meetings? This was one of the first priorities that I was encouraged by Dr. Barry Glick to incorporate. I still see the benefits of this, as hard as it may be to make happen. As with all agencies, time, resources, and work load are always commodities in high demand. Regardless, as administrators, it is our responsibility to uphold the integrity of the curriculum we use in our agency. If we don't make some concessions in regard to work load, this can seriously be infringed. So, for myself and other administrators, I encourage creative measures to alleviate and balance regular work load duties along with continued education and involvement with the network.

What is your favorite personal experience as a result of your involvement with Cog Net? My favorite experiences have been the many training opportunities that I have been able to facilitate. I enjoy the new contacts with trainees, and the challenge of teaching others about cog.