

COG NET MEETING MINUTES
JANUARY 11, 2007 11:00 AM to 2:00 PM
Dakota County Community Corrections

I. Welcome! Introductions & Updates, Training Requests ~

We welcomed some visitors from Hennepin County, Federal Parole and Dakota County. We are an open forum and always happy to network and circulate more ideas and resources. An announcement was made re: the upcoming Train The Trainer in Thinking For A Change at Hennepin County, along with gratitude expressed that they are opening this FREE to outside participants. There is also training coming up in March for TruThought in Willmar; check the TruThought website.

II. Evidence-Based Practice (EBP) Policy Team Update

John and Swantje head up this team and were not present this meeting. We hope to hear from them next time.

III. Sub-Committee Reports:

a. Develop guidelines for measuring the effectiveness of

Cognitive Behavioral Intervention – Rick Rudd and Corey Mabis

This goal has been completed! Both the database and the Guidelines form for Data Entry are done and ready for use. Enormous thanks to Jared Hoy, Rick Rudd and Corey Mabis for all their work on this important project!!!

b. Compile documentation of research information regarding

Cognitive Skills programming – Sue Eck-Maahs and Rick Rudd

Sue EckMaahs and Rick Rudd were in charge of this and were not present at this meeting. The general understanding is that the research has been compiled but has not yet been posted to our website. Eric Johnson will be contacted Sue for a list of the research. The goal will be completed once the articles are posted to the website.

c. Cog 101 Overview- Eric Johnson, John Klavins, Sue EckMaahs

This project is near completion. The power point is ready to go, with the exception of a video clip of a Thinking Report. The video has been filmed; Sue just needs to insert it into the Cog 101 Power Point. Eric is going to contact Sue to get the video clip emailed to him. The remainder of the Cog 101 presentation is ready to go!

IV. Training Component: TruThought – Cheryl Todtleben was

unavailable to discuss this curriculum with us today as she recently had a baby – Congratulations Cheryl! What Cheryl did share with us at a previous CogNet meeting about TruThought is that it's an open-ended curriculum. She also stated the training was quite expensive, but she felt given the needs of the offenders in her county for an understandable, open-ended program, it has been "worth it." Cheryl

stated it is a user-friendly curriculum and her opinion was that the juveniles “got it.”

M.O.R.E. – T.J. Nelson gave a brief overview of the M.O.R.E. discuss curriculum. The acronym stands for Motivating Offenders to Re-Think Everything. It is written by Fabiano and Porporino (of R&R); it is the copyrighted material of T3 Associates. It poses perception in terms of six different “Thinking Shades” and each color represents different ways of looking at a given situation (i.e. white = information, red = emotions, yellow = benefits, etc). There is a module called “Devil On My Shoulder” focusing on learning to control self-talk, one on “Ch-Ch-Ch-Changes” that uses some M.I. techniques and a “Problem Solving From A Different Perspective” module.

V. Review 2006 – 2008 Goals:

□ **Cog 101** – Develop curriculum/ full training lesson plans
There is some debate about whether or not Cog 101 needs curriculum and lesson plans. We hope to find someone to develop this in the future, but at this time we are not moving forward with that plan. For now, Cog 101 is available to CogNet members in-house only. If we have a request from someone outside to use the material, they can request someone who is experienced in delivering cog and Cog 101 from CogNet to assist them in making their presentation. We will not simply send the power point out to someone who would like to use it.

□ **Database/Outcomes** – Update from Corey/Jared/Rick
COMPLETED!

□ **Research** – Update – Ongoing? Near Completion?

Website needs updating

□ **Marketing Plan** – Subcommittee forming?

Subcommittee of T.J., Corey and Julie formed.

Will meet to discuss brochures, newsletters, stakeholders, etc.

□ **Letter to stakeholders** – T.J. and Len will present rough draft and network will give feedback; determine recipients
T.J. second-guessed idea of a ‘letter.’ Long discussion about letter versus email, letter versus newsletter, electronic mail means no postage costs. Need to formulate a list of stakeholders and determine who/how we will ‘get out there.’ Marketing Subcommittee formed (other are WELCOME to join!) and will report back next meeting; first order of business is updating brochures.

VI. Election of New Information Chair.

No one volunteered to serve as the 2nd Info Chair. Eric Johnson generously agreed to continue as Information-Chair alone until someone is willing to do so.

VII. 2007 – Finish scheduling meetings for the upcoming year.

Date: APRIL 12, 2007 (11 am – 2 pm)
Site/Host: Ramsey County/Julie Jordan
Agenda Items to: Len Anderson

Date: JULY 20, 2007 (11 am – 2 pm)
Site: Duluth, MN/John Kukurais
Agenda Items to: Len Anderson

Date: OCTOBER 18, 2007 (11 am – 2 pm)
Site/Host: Hennepin County/Carol
Agenda Items to: T.J. Nelson