

# Cog Net

## Meeting Minutes

### April 25, 2006

Cog Net meeting was held in Stillwater, MN with Len Anderson presiding. Many thanks to Washington County and Corey for hosting the meeting and providing wonderful treats!

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

Len Anderson- NERCC; Sue Eckmaahs- Training Consultant; Anna Hewitt – Ramsey County Tracy Jenson – Washington County; Eric Johnson- Carver County; Julie Jordan- Ramsey County; John Klavins- Carver County; Corey Mabis – Washington County; Michelle Moran – Hennepin County; Katie O-Sullivan- NE Regional Corrections Center; Rick Rudd - EMI; Swantje Willers- Marshall DOC.

**II. Evidence-Based Practice (EBP) Policy Team Update:** Swantje gave brief update of policy team which included Chris Bray leaving to go to Washington County, and the training subcommittee looking at statewide training.

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

- a. **Goal A: Cog 101 Curriculum and Lesson Plan development:** Eric reported the Cog 101 powerpoint is done. The powerpoint provides a quick overview of Cog and is three to three and a half hours in length. Additionally, Corey recorded a video clip which demonstrates a problem solving session from R and R. They would also like to videoclipping which models how to do a thinking report. Anyone interested in volunteering to do this is asked to contact Eric. Sue suggested we record those video clips at the same time as some MI ones are done. This curriculum has been shown to a number of groups. Prior discussion has centered around folks interested in presenting Cog 101 also be trained in presentation skills. We will review the Cog 101 curriculum and powerpoint at a CogNet meeting once completed.
- b. **Goal B: Develop guidelines for measuring the effectiveness of Cognitive Behavioral Intervention:** Corey has been piloting an access program which has been designed to measure the effectiveness of cog programming in Washington County. Specifically, Corey is running criminal histories of offenders who have completed R and R in Washington County. That information is entered into the program which then measures recidivism rates from 6 to 48 months of program completion. Corey said about 98 percent of offenders are on for a felony level offense. Corey hopes to have the bugs worked out and make the program available to a larger group. Right now, the program does not pull information from other sources (i.e.: csts, crim net, etc) but it is possible that at some time in the future (and likely at significant expense), this could happen. The program could be published in 3-6 months once all beta testing has been completed.

- c. **Goal C: Compile documentation of research information regarding Cognitive Skills programming:** Sue Eckmaahs and Rick Rudd are gathering research information which relates to Cog and then publishing it on the web. They have a number of articles already gathered and now need information specific to the research. As new research is published, this site will have to be updated- the recommendation is at least annually.

**IV. Training Component:** A special thanks to Rick Rudd, Emotional Mastery Inc. for presenting information regarding “The Neurology and Physiology of Cognitive Programming.” Very interesting!

**V. Goal D: Discussion of Marketing and Training plan development** tabled until next meeting

**VI. Goal E: Discussion of letter with general information about Cog Net mailed with brochure to stakeholders.** Tabled until next meeting.

**VII. Discussion: Cog Net and DOC collaboration in putting on two Thinking for a Change (T4C) trainings in different parts of the state.** Sue Stacey is reporting there is a strong need for Thinking for a Change training throughout the state. Sue Eckmaahs is a trained trainer but does not have time. Anyone interested in providing or requesting this training is asked to contact Sue Stacey at the DOC.

**VIII. Training requests and/or upcoming scheduled trainings?** There have also been requests for Moving On. Julie and Sue Eckmaahs have previously been trained as trainers but since then, there have been significant changes/updates in the curriculum. The new manual now costs \$500. Discussion centered around how to purchase the new manual and/or obtain training as a trainer with little or no cost to the trainers. A suggestions was made to explore a technical assistance grant through NIC. We could not pursue this option until after the federal fiscal year which starts in October. Sue Eckmaahs will contact Marilyn VanDieten to find out what options there might be in terms of getting training in Minnesota.

**IX. Other Business:**

- We need to update our brochure to reflect changes in the information and chair persons. Julie will talk to Sue Stacey about doing this. The brochure talks about links from NIC to the CogNet but Julie couldn't find it. Also, we are in a goofy place in MACCAC and Julie is wondering if we could get our link moved from offender programs to organization.

- Why don't we have our own web-site? Rick said he would look into this and report back next time.
- Reminder: if you are interested in Thinking for a Change training (either hosting or training), please contact Sue Stacey.
- Sue Eckmaahs is training Motivational Interviewing on June 19-20<sup>th</sup> the cities.

**Next Meeting: July 28, 2006 from 11-2pm in Duluth, MN.**

Adjourned at 2:04pm.