

Minnesota Cognitive Network

Meeting Minutes: January 25, 2006

11:00 AM to 2:00 PM

Location: Carver County Justice Center

Present: Rick Rudd, Jarod Hoy, Len Anderson, Anna Hewitt, Katy O'Sullivan, Tom Fossum, Corey Mabis, Scott Nygaard, Julie Jordan, T.J. Nelson, Hal Palmer, Eric Johnson

1. Welcome/Introductions and Updates: Each member introduced themselves and reviewed the cog efforts and initiatives in their respective areas
2. Training Component:
 - a. Dave Homerody, Carver County Mental Health, presented information regarding Dialectical Behavioral Therapy, which is a cognitive behavioral program primarily focused on females with Borderline Personality Disorder. The Carver County model is based on Linehan's Theory of BPD. The curriculum is primarily skill-based, with some focus on "states of mind." Approximately 22 skills are taught to participants, with the general goal of decreasing interpersonal chaos, labile emotions, impulsiveness, and confusion about self. Further, goals include interpersonal effectiveness, emotion regulation, distress tolerance, and core mindfulness.
3. Evidence-Based Practice Policy Team: Tabled. No members present
4. Subcommittee reports:
 - a. Outcomes
 1. Access database is available for use
 2. Recidivism- decision was made to use conviction data because the State of Minnesota uses convictions, clients are innocent until proven guilty, and many new offenses have multiple charge petitions, most of which are dismissed at sentencing.
 3. "Description" field- cheat sheet will be developed
 4. "Category" field- refers to same or similar offenses, rule violations, and probation violations
 5. After much discussion, it was decided to allow Washington County, with assistance from Rick and Jarod, to be a test site for the database. Approximately six months from now, we will have recidivism data (18-month) from Washington Cty. Ramsey County, if possible, will supply some data for the test as well. Contact Jarod Hoy if you have any further questions about this initiative.
 - b. Cog Research information
 1. Over 25 research articles have been collected so far (Rick reported). However, none have been curriculum-specific. We are looking for help in that regard. If anyone knows of any research completed regarding specific curricula, please contact Rick at rick.rudd@emi-corp.com.

- c. Cog 101 Curriculum: Nothing has been completed. Eric and Corey will meet on 3/9/06 to work on this.
- 5. Goals 2005- were reviewed. Website was a goal for 2005, and it is unknown if it has been updated. Eric will call web person and update.
- 6. Cog Net goals for 2006-2008
 - a. Cog 101- develop full training lesson plans
 - b. Database/outcomes- database will be complete and useable
 - c. Research- research articles will be posted on website
 - d. Marketing and training plan will be developed
 - e. A letter with general information about the CogNet will be mailed with a brochure to stakeholders
- 7. Training: Thinking for a Change/DOC and Winona- Feb
Motivational Interviewing/ Duluth- Feb.

Next Meeting:

April 25, 2006

Location: Washington County

11:00 a.m.-2:00 p.m.