

Minnesota Cognitive

Behavioral Network

sharing striving promoting

**COG
PROGRAM
DIRECTORY**

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Program name: **ABC**

Population served: Adults – Medium to High-Risk

Program Description: 15 sessions, 90 minutes long that focuses on Cog Restructuring & Skill. **ABC** stands for **A**-Activating or Problem Situations, **B**-Beliefs and thoughts about the situation, and **C**-Consequences: feelings and behavior caused by beliefs and thoughts.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Carver County Court Services	Eric Johnson	ejohnson@co.carver.mn.us 604 E 4 th Street Chaska, MN 55318 (952) 361-1466	Facilitator
Scott County Community Corrections	Keri Lorenz	klorenz@co.scott.mn.us 200 4 th Ave. W., JC 148 Shakopee, MN 55379 (952) 496-8286	Facilitator

Program name: **ABC**

Population served: Juvenile

Program Description: 15 sessions, 90 minutes long that focuses on Cog Restructuring & Skill. **ABC** stands for **A**-Activating or Problem Situations, **B**-Beliefs and thoughts about the situation, and **C**-Consequences: feelings and behavior caused by beliefs and thoughts.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Carver County Court Services	Eric Johnson	ejohnson@co.carver.mn.us 604 E 4th Street Chaska, MN 55318 (952) 361-1466	Facilitator
Dakota County Community Corrections	Amy Staupe	amy.staupe@co.dakota.mn.us 14955 Galaxie Ave Apple Valley, MN 55124 (952) 891-7866	Facilitator
DOC/Mankato Nicollet County Probation	Steve Kley	501 S. MN Ave St. Peter, MN 56082	Trainer/ Facilitator

Program name:

**Aggression Replacement Therapy
(ART)**

Population served:

Adults

Program Description:

A 30-hour program incorporating a cognitive skill component, an anger management component, and a moral reasoning component.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Carver County Court Services	Eric Johnson	ejohnson@co.carver.mn.us 604 E 4th Street Chaska, MN 55318 (952) 361-1466	Facilitator
Ramsey County Community Corrections	Julie Jordan	Julie.Jordan@co.ramsey.mn.us 50 W Kellogg Blvd, Suite 640 St Paul, MN 55102 (651) 266-2678	Trainer/ Facilitator

Program name: **Change**

Population served: Juveniles

Program Description: Chemical Health

AGENCY	CONTACT (S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Dakota County New Chance Extended Day Program	Matt Conzemius	(651) 438-8316	Facilitator

Program name: **Community Options Program
(COP)**

Population served: Chemically Dependant Juveniles
Ages 14-18

Program Description: The program “Pathways to Self Discovery and Change: Criminal Conduct and Substance Abuse Treatment for Adolescents”, focuses on the importance of reshaping the view of substance abusing youth and their families into a more strengths-based perspective, providing holistic, effective, culturally relevant programming. It also focuses on the importance of working together across systems to achieve successful and lasting outcomes.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Washington County/ Human Services Inc.	Sheri Vrieze	svrieze@hsicares.org 375 E Orleans St Stillwater, MN 55082 (651) 351-3140	Facilitator

Program name: **Cog Works**

Population served: Adults

Program Description: This is a 16-week program, one session a week for 1.5 hours depending on agency resources. This program focuses on 8 primary cognitive behavioral areas: 1) Thinking Reports and Cognitive Self Change, 2) Anger Awareness and Anger Management, 3) Problems Solving Skills, 4) the Communication Skills of Listening, Understanding the Feeling of Others, Negotiation and Assertiveness, 5) Implementing Behavior Change, 6) Open-Mindedness, 7) Other's Point of View, and 8) Empathy.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
A.H. Wilder Foundation	Kate Ellefson Tara Dobbelaere	CME@Wilder.ORG (651) 917-6225 tld@wilder.org (651) 917-6201	Facilitator Facilitator
Anoka County Community Corrections	Joanna Bendiske	joanna.bendiske@co.anoka.mn.us (763) 712-2207	Facilitator
EckMaahs & Associates, LLC	Sue Eckmaahs	eckmaahs@msn.com (651) 489-1122	Trainer
Hennepin Community Correction	Russ Stricker	russ.stricker@co.hennepin.mn.us 2600 East 25th Street, Suite B Minneapolis, MN 55406 (612) 728-5939	Trainer

Program name: **Criminal Conduct and Substance Abuse Treatment–Strategies for Self-Improvement**

Population served: Adult

Program Description: This 100-hour program that focuses on self-improvement and change for the person who has a past criminal conduct together with alcohol and other drug use problems. There are three stages participants must graduate from; Challenge to Change, Commitment to Change, and Taking Ownership of Change.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Dodge Fillmore Olmsted Counties	Cynthia Cox	cox.cynthia@co.olmsted.mn.us 151 4 th St. SE Rochester, MN 55904 (507) 287-1951	Program Coordinator
	Billy Edwards	nehemiahfm@att.nett Nehemiah Family Ministries PO Box 655 Byron, MN 55920 (507) 374-9047	Facilitator
Human Services Inc. (in Washington County)	Sheri Vrieze	svrieze@hsicare.org 375 E Orleans St Stillwater, MN 55082 (651) 351-3140	Facilitator
Northeast Regional Corrections Center	Don Bartlett	bartlettd@co.st-louis.mn.us 6102 Abrahamson Rd Saginaw, MN 55779 (218) 729-3429	Facilitator
Ramsey County Community Corrections	Julie Jordan	julie.jordan@co.ramsey.mn.us 50 W Kellogg Blvd, Suite 640 St Paul, MN 55102 (651) 266-2678	Facilitator

Program name: **Dialectical Behavior Therapy
(DBT)**

Population served: Adult

Program Description: This program is offered to the psychotherapy population to address the needs of the moderately mentally ill. There are five core modules covered over four months. Topics covered include, crisis management, relationship building, managing emotions when dealing with chemical dependency.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Hennepin County Community Corrections	Dennis Miller	<u>dennis.d.miller@co.hennepin.mn.us</u> (612) 348-3874 300 S 6th Street, A800 Minneapolis, MN 55487	Drug Court Coordinator

Program name: **Driving With Care
(DWC)**

Population served: Adult

Program Description: 24 hour education program for person(s) who have been convicted of driving while their blood alcohol level went beyond legal limits or while they were under the influence of a drug or other than alcohol. An 86 hour plus therapy program is also offered. Participants should have a history of alcohol or other drug (AOD) misuse and problems and you had an arrest BAC level of .15 or higher, prior DUI/DWAI convictions, prior AOD education and treatment and other life situation problems related to AOD use.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Anoka County Community Corrections	Kelly Noring	kelly.noring@co.anoka.mn.us (763) 712-2215	Facilitator
Carver County Court Services	Eric Johnson	ejohnson@co.carver.mn.us 604 E 4 th Street Chaska, MN 55318 (952) 361-1466	Supervisor
Ramsey County Community Corrections	Julie Jordan	julie.jordan@co.ramsey.mn.us 50 W Kellogg Blvd, Suite 640 St Paul, MN 55102 (651) 266-2678	Facilitator
Scott County Community Corrections	Keri Lorenz	klorenz@co.scott.mn.us 200 4 th Ave. W., JC 148 Shakopee, MN 55379 (952) 496-8286	Facilitator
Washington County Community Corrections	Corey Mabis	corey.mabis@co.washington.mn.us 14949 61 st St. Stillwater, MN 55082 (651) 430-6921	Facilitator

Program name: **EMI’s Emotional Mastery for Anger Management**

Population served: Adults

Program Description: A 14-hour program, consisting of two 4-hour group workshops, four 1½-hour individual sessions and approximately 4-hours of homework. The program focuses on Cognitive Restructuring, Behavior Modification, Skill Development and Critical Thinking. Attendees are screened for depression, compulsive behavior, personality disorders and substance abuse during intake. A detailed report including recommendations for additional development is provided to the referring agency to assist in case planning.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Anoka County Probation Service Center	Steve Tusa	(763) 712-2234	Referring agency
Rice County Community Corrections	Jason Mullenbach	(507) 332-6292 jmullenbach@co.rice.mn.us	Referring agency
Steele County Community Corrections	Mike McGuire	(507) 444-7720 mike.mcguire@co.steele.mn.us	Referring agency
LeSueur County Community Corrections	Richard Molitor	(507) 357-8238 rmolitor@fs.doc.state.mn.us	Referring agency
Emotional Mastery, Inc.	Rick Rudd	(952) 224-5869 rick.rudd@emi-corp.com	Trainer/Facilitator
	Steven Peer	(952) 224-0331 steven.peer@emi-corp.com	Trainer/Facilitator

Program name:

EMI's Emotional Mastery for Anger Management

Population served:

Juvenile (13-18)

Program Description:

A 14-hour program, consisting of two 4-hour group workshops, four 1½-hour individual sessions and approximately 4-hours of homework. The program focuses on Cognitive Restructuring, Behavior Modification, Skill Development and Critical Thinking. Attendees are screened for depression, compulsive behavior, personality disorders and substance abuse during intake. A detailed report including recommendations for additional development is provided to the referring agency to assist in case planning.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Rice County Community Corrections	Jason Mullenbach	(507) 332-6292 jmullenbach@co.rice.mn.us	Referring agency
Steele County Community Corrections	Mike McGuire	(507) 444-7720 mike.mcguire@co.steele.mn.us	Referring agency
Emotional Mastery, Inc.	Rick Rudd	(952) 224-5869 rick.rudd@emi-corp.com	Trainer/Facilitator
	Steven Peer	(952) 224-0331 steven.peer@emi-corp.com	Trainer/Facilitator

Program name:

EMI's Emotional Mastery for Domestic Violence

Population served:

Adults

Program Description:

A 38-hour program, consisting of two 4-hour group workshops, four 1½-hour individual sessions, twelve 2-hour small group sessions and approximately 10-hours of homework. The program focuses on Cognitive Restructuring, Behavior Modification, Communication Skill Development and Critical Thinking. Attendees are screened for depression, compulsive behavior, personality disorders and substance abuse during intake. A detailed report including recommendations for additional development is provided to the referring agency to assist in case planning.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Anoka County Probation Service Center	Steve Tusa	(763) 712-2234	Referring agency
Rice County Community Corrections	Jason Mullenbach	(507) 332-6292 jmullenbach@co.rice.mn.us	Referring agency
Steele County Community Corrections	Mike McGuire	(507) 444-7720 mike.mcguire@co.steele.mn.us	Referring agency
LeSueur County Community Corrections	Richard Molitor	(507) 357-8238 rmolitor@fs.doc.state.mn.us	Referring agency
Emotional Mastery, Inc.	Rick Rudd	(952) 224-5869 rick.rudd@emi-corp.com	Trainer/Facilitator
	Steven Peer	(952) 224-0331 steven.peer@emi-corp.com	Trainer/Facilitator

Program name: **Interactive Journals**

Population served: Offered to adults in drug court who are not eligible for chemical dependency treatment.

Program Description: This is a 24 week program that meets for two hrs a week. It has 16 Books that cover topics such as Chemical Dependency, Anger, the Con game, Relationships, Quiet Time, Addictions, My personal Journal, Values for Responsible Living, Thinking Efforts, My change Plan, First Step, Feelings, Citizenship, Relationships/ Communication, Life Management as well as a drug court journal that the client writes in and gives to the Judge.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
St. Louis County Arrowhead Regional Center	Cheryle Harder	harderc@co.st-louis.mn.us 100N 5th Ave. W., Room 319 Duluth, MN 55082 (218) 726-2660	Facilitator
St. Louis County Arrowhead Regional Center	Steve Johnson	johnsons@co.st-louis.mn.us 211 W. 2nd St., Suite 200 Duluth, MN 55082 (218) 733-2813	Facilitator

Program name: **Moving On**

Population served: High-Risk Adult Females

Program Description: Moving On is a 26 Session program that meets For two-hour classes twice a week depending on agency resources. The close-ended program is about change and discovery. It is about deciding what is important to you and achieving success in those areas. Provide women with alternatives and choices free from criminal activity by assisting them to identify and mobilize both personal and community resources.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Dodge- Fillmore- Olmsted Counties	Cynthia Cox	cox.cynthia@co.olmsted.mn.us 151 4 th St. SE Rochester, MN 55904 (507) 287-1951	Program Coordinator
EckMaahs & Associates, LLC	Sue Eckmaahs	eckmaahs@msn.com (651) 489-1122	Trainer
Ramsey County Community Corrections	Julie Jordan	julie.jordan@ramsey.mn.us 50 W Kellogg Blvd, Suite 640 St Paul, MN 55102 (651) 266-2678	Trainer/ Facilitator
Scott County Court Services	Keri Lorenz	klorenz@co.scott.mn.us 200 4 th Ave. W., JC 148 Shakopee, MN 55379 (952) 496-8286	Facilitator
Washington County Community Corrections	Tracy Zabel	tracy.zabel@co.washington.mn.us 14949 61 st St. Stillwater, MN 55082 (651) 430-6905	Facilitator

Program name:

**Moral Recognition Therapy
(MRT)**

Population served:

Adults

Program Description:

MRT consists of 12 steps that help the offender to focus on fundamental issues of honesty, trust, acceptance, awareness, healing relationships, helping others, goal setting, and maintaining positive change. MRT is appropriate for offenders who have a lengthy criminal history, have violated probation, and need to further enhance a chemically free lifestyle. Referrals are generally high-risk offenders.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Anoka County Community Corrections	Kelly Noring	kelly.noring@co.anoka.mn.us (763) 712-2215	Facilitator

Program name:

Reasoning & Re-Acting (R&R)

Population served:

Juveniles

Program Description:

This juvenile program is structured into nine interrelated modules, which target specific deficit areas: problem solving, socials skills, values enhancement, critical reasoning, skills in review, management of emotions, cognitive exercises, creative thinking, and assertiveness training. This program consists of 60 one-hour sessions depending on agency resources.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Dakota County JSC	Jenna Albrieht	(651) 438-4970	Facilitator
	Jeff Mack	(651) 438-4962	Facilitator
Washington County Community Corrections	Ren Clinton	ren.Clinton@co.washington.mn.us 5620 Memorial Dr, Suite D Stillwater, MN 55082 (651) 351-5208	Facilitator

Program name: Reasoning & Rehabilitation
(R&R)

Population served: High-Risk Adult Males

Program Description: Group sessions teach offenders to “think” before they impulsively react in problem situations and develop competencies in the areas of: self control and anger management, inter-personal problem solving skills, assertiveness and social skills, social perspective taking, critical reasoning and creative thinking. The program is delivered in a series of 36 two-hour sessions.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Washington County Community Corrections	Corey Mabis	corey.mabis@co.washington.mn.us 14949 61 st St. Stillwater, MN 55082 (651) 430-6921	Facilitator

Program Name: Thinking For Change (T4C)

Population Served: Adults

Program Description: The T4C 22 session program integrates cognitive approaches for changing behavior by restructuring offenders' thinking (e.g., antisocial attitudes, values, or beliefs) and teaching pro-social cognitive skills (e.g., effective problem solving and the ability to consider consequences).

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Beltrami County Bemidji District	John Countryman	jcountryman@gs.doc.state.mn.us (218) 755-2980	Facilitator
	Wade Price	wprice@fs.doc.state.mn.us	Facilitator
Brown County Probation Department DOC/ Brown County	Robyn Schauer	robyn.schauer@co.brown.mn.us One South State Street New Ulm, MN 56073 (507) 233-6620	Facilitator
		Pat Booker	Trainer
		pbooker@fs.doc.state.mn.us (507) 233-6651 Dave Munson	Trainer
DOC/Mankato District Faribault County	Joe Fox	P.O. Box 130 Blue Earth, MN 56013 (507)526-6281	Facilitator/Trainer
DOC/Mankato District Nicollet County Probation	Steve Kley	501 S. MN Ave. St. Peter, MN 56082 (507) 931-6800	Trainer Facilitator
DOC/Marshall District	Kurt Hoehne	601 N. Hwy 59 Marshall, MN 56258 (507) 537-7104	Facilitator
	Eve DeBaere	(507) 537-7104	Trainer
	Jeff Arendt	(507) 825-6890	Trainer
Dodge-Fillmore-Olmsted Counties	Cynthia Cox	cox.cynthia@co.olmsted.mn.us 151 4 th St. SE Rochester, MN 55904 (507) 287-1951	Program Coordinator
MN D.O.C. Marshall/ Pennington	Mary Gerardy	mgerardy@doc.state.mn.us (218) 681-0901 P.O. Box 423 Thief River Falls, MN 56701	
North Homes, Inc.	Connie Ross	1880 River Road Grand Rapids, MN 55744	Facilitator
Northeast Regional Corrections Center	Katy O'Sullivan	osullivan@co.st-louis.mn.us (218) 729-3412	Trainer/Facilitator
	Len Anderson	(218) 729-3446	Trainer/Facilitator
	Tom Fossum	(218) 729-3479 6102 Abrahamson Rd. Saginaw, MN 55779	Trainer/Facilitator

Program Name: **Thinking For A Change (T4C)**

Population Served: Juvenile

Program Description: The T4C 22 session program integrates cognitive approaches for changing behavior by restructuring offenders' thinking (e.g., antisocial attitudes, values, or beliefs) and teaching pro-social cognitive skills (e.g., effective problem solving and the ability to consider consequences).

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Becker County Juvenile Probation	Nicole LeDoux	nlledou@co.becker.mn.us	Trainer/Facilitator
Blue Earth County Community Corrections	Kevin Mettler Heidi Heinzl	410 Jackson ST, Suite 150 PO Box 3543 Mankato, MN 56002-3543 (507) 304-4550	Facilitator Facilitator
Brown County Probation Department DOC/Brown County	Robyn Schauer	robyn.schauer@co.brown.mn.us One South State Street New Ulm, MN 56073 (507) 233-6620 Pat Booker pbooker@fs.doc.state.mn.us (507) 233-6651 Dave Munson	Facilitator Trainer Trainer
Carver County Court Services	Eric Johnson	ejohnson@co.carver.mn.us 604 E 4th Street Chaska, MN 55318 (952) 361-1466	Facilitator
DOC/Mankato District Martin County	Julie Grunewald	Box 633 Fairmont, MN 56031 (507) 238-3215	Facilitator
Dodge- Fillmore- Olmsted Counties	Cynthia Cox	cox.cynthia@co.olmsted.mn.us 151 4th St. SE Rochester, MN 55904 (507) 287-1951	Program Coordinator

Program Name: **Thinking For A Change (cont)**

Population Served: Juvenile

Program Description: The T4C 22 session program integrates cognitive approaches for changing behavior by restructuring offenders' thinking (e.g., antisocial attitudes, values, or beliefs) and teaching pro-social cognitive skills (e.g., effective problem solving and the ability to consider consequences).

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
EckMaahs & Associates, LLC	Sue Eckmaahs	eckmaahs@msn.com (651) 489-1122	Trainer
Itasca County	Connie Ross	1880 River Rd. Grand Rapids, MN 55744 (218) 327-3055	Facilitator
LeSueur County	Emily Douglas	88 S. Park Ave, LeCenter, MN 56057 (507) 357-8239	Facilitator
MN/DOC Moorhead District	Jana Hillestad	P.O. Box 280 Moorhead, MN 56561 (218) 269-5052	Facilitator
North Homes, Inc	Connie Ross	1880 River Road Grand Rapids, MN 55744	Facilitator
Northwestern MN Juvenile Center	Scott Nyegaard	rtpsUPER@nmjconline.org 1231 5 th St. NW Bemidji, MN 56619 (218) 751-3196	Facilitator

Program Name: **True Thought Model- Cognitive Skills**

Population Served: **Juveniles**

Program Description This a 30-35 hour program that meets for an hour twice a week. The program focuses on conflict resolution, victim empathy, anger management and has participants examine their thinking and not their behavior.

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Rice County Community Corrections	Ryan Vettrus	rvettrus@co.rice.mn.us 128 NW 3 rd St, Faribault, MN 55021 (507) 332- 6287	Facilitator

Program Name: **Victim Empathy**

Population Served: **Juveniles**

Program Description:

AGENCY	CONTACT(S)	CONTACT INFORMATION	TRAINER/ FACILITATOR
Dakota County	Jennifer Windschitl	(651) 438-8316	Facilitator

