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**President's Message**  
**Steve King, 2016 MCA President**



Greetings MCA Membership,

"Venimus, vidimus, vicimus!" This phrase seems to ring true as we close out our 83<sup>rd</sup> year as an organization and our 83<sup>rd</sup> MCA Fall Training Institute.

Once again all of our amazing volunteers, committee members and vendors produced an outstanding training, resource fair and entertainment product to make us all proud. Grand View Lodge was truly an accommodating host and our many generous sponsors made certain that the hospitality events were filled with fun and fellowship. It's always personally heartening to see, talk with, and give good natured ribbing to former co-workers/friends whom I have not seen in the past year or for many years.

Patty Wetterling, our keynote speaker displayed remarkable grace and humanness as she allowed those in attendance to walk alongside her and her family's unimaginable 27-year journey focused on finding Jacob. We owe a great deal of thanks to Patty for her efforts and resilience that forged predatory offender registration and notification laws in Minnesota. MCA was blessed to have her as our guest. Minnesota Corrections Association strives to honor all corrections professionals working hard throughout our state each and every day.

And for those who have been deemed worthy of a nomination by peers for one of MCA's annual awards, the Fall Institute casts light on these individuals or teams. Congratulations to MCA's 2016 Corrections Person of the Year: Terry Carlson, MN DOC; Professional Achievement- Field Services: Chad Christofferson, MN DOC Grand Rapids; Professional Achievement-Facility: Lynette Wold, MCF-Shakopee; President's Award: Damascus Way -Rochester; Technology Award: MN DOC ODOC's Team of Tracey Gardner, Kristin Politoski, and Barb Blackburn; Board of Directors' Award: MCA Annual Training Institute Committee.

Take care,  
Steve





#### **2016 MCA Board of Directors**

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**Jonathan Rowe, Co-Chair**

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## **Legislative Affairs**

### **Cal Saari, MCA Legislative Liaison**

As I prepare this article for the next issue of the FORUM, we are entering the 2016 Holiday Season, so I'd like to take this opportunity to Wish You All a Most Joyous Holiday Season from Our House to Yours!! I also want to thank the MCA Board of Directors and all the MCA membership for your support and encouragement as we prepare to begin another new biennium in the State Legislature. I will begin my 54th year of work and participation in Corrections in 2017-hard to believe how time flies as I still have good memories dating back to my participation in one of the first Corrections Internships with the Department of Corrections in Duluth in the Fall of 1963. I had a great career with Arrowhead Regional Corrections (St. Louis County) and I can't put into words the pleasure I've had representing MCA at the Legislature these past 13 years. These past experiences help me retain my enthusiasm and motivation in continuing our work on your behalf.

A new legislative biennium is always an exciting time for me, as you're always assured of plenty of new faces and new challenges in presenting our legislative agenda to our elected officials. The 2017-18 Biennium will be led by the Republican caucus in both chambers as a result of this month's election. They expanded their majority in the House and now have a 76-57 vote majority with one special election yet to be held on February 14th. There are 23 new legislators in the House, twelve new Republicans and eleven new DFL'ers. 85 Representatives are men and 48 women.

In the Senate (with a brand new beautiful building to work in) Republicans have taken the leadership with a 34-33 vote majority. There will be 21 new Senators. Also, it is notable that with the 21 new Senators, 16 Senators will be entering their 2nd term and 13 more entering their 3rd term, which means that roughly 75% of the Senate have limited experience. The new Senate Majority leader is Senator Paul Gazelka (R) District 9 -Nisswa, entering his third term in the Senate. I consider him to be a moderate Republican, similar to Senator Warren Limmer (R) District 34-Maple Grove, who will again Chair the Senate Judiciary and Public Safety Division. As many of you know, Senator Limmer has been a good advocate for our issues in the past and has often appeared at our sessions as requested.

Senator Tom Bakk, (D) District 3-Cook, has been elected by his caucus to retain his leadership position as the Senate Minority Leader.

**Fall Institute Committee**

**Amy Moeckel, Co-Chair**  
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**Dan Raden, Co-Chair**  
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**Juvenile Justice Committee**

**Jane Schmid, Chair**  
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**Legislative/Adult Justice Committee**

**Mark Bliven, Chair**  
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**Legislative Liaison**

**Calvin Saari**  
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**Dan Kempf, Co-Chair**  
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**Technology Committee**

**David Heath, Chair**  
[heathd@stlouiscountymn.gov](mailto:heathd@stlouiscountymn.gov)

**Administrative Manager**

**Debbie Beltz**  
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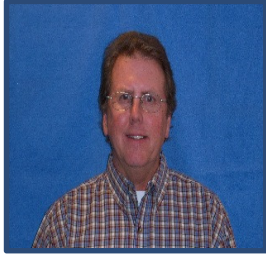
In the House, Rep. Kurt Daudt (R) District 31-A- Crown, returns as Speaker of the House. Rep. Tony Cornish (R) District 23-B-Vernon Center, will again Chair the House Public Safety Finance and Policy Committee, and Rep. Peggy Scott (R) District 35B-Andover, will Chair the Civil Law Committee and also sits on the Public Safety Finance and Policy Committee. The full memberships of these Committees is expected to be announced by the Republican leadership in the next two weeks.

So far, the Legislators that have made comments have indicated that they acknowledged the people's message this past election and will come to St. Paul with intent to get their work done looking for compromise. I look at this as an opportunity to pursue our legislative agenda and I look forward to personally meeting all the newly elected legislators and renewing our relationship with all the experienced ones as we begin the new Session.

As I take the time to visit with Legislators at the start of the Session, I will also be working on coordinating another Corrections Capitol Day, probably to be held some time in February. We are waiting to hear from our collaborative partners on their commitment to join us in supporting this event. Our plan is to return to a Breakfast meeting with several invited Legislators to address us on the issues of this Session. Watch for further announcements on this event.

I want to also take a moment to congratulate the members of the MCA Legislative Committee and the MCA Juvenile Justice Committee for their diligent work in researching issues and assisting preparation of a comprehensive legislative agenda. You will be hearing much more from both of these committees as we enter the new year. Thanks again for your support and please contact me with your questions and comments!

Calvin Saari  
Legislative Liaison  
Minnesota Corrections Association  
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## **Cell Phone Boosting and ATT Mini Cell Tower Review**

**David Heath - Technical Committee Chair**

In many rural Minnesota locations, there are often problems getting decent cell phone reception. This can be exasperated even worse by buildings with steel siding and concrete block interiors located in remote locations. I recently had the opportunity to work on solving a problem such as this at the North East Regional Correctional Facility (NERCC) in Saginaw, Minnesota.

In this particular case, the interior and exterior of the building fluctuated from one very weak ATT bar to no service at all. As I began to search for a solution, it became apparent that there is a difference between boosting a cell signal and fixing a location with no cell service at all.

In order to boost a cell carrier signal, you need to have something to amplify. There are a number of products that will attempt to do this in a variety of ways. Basically, an antenna can be installed on the exterior of a building, then cabled back into a booster and inside antenna. The booster amplifies the signal, which is then re-broadcasted by the inside antenna, to the cell phone. This involves having a decent signal to boost to begin with, and will work on all types of phones.

The downside is you need to drill holes and cabling for an external antenna. This also brings up other cabling problems, like the need for grounding the external antenna for lightning strikes. Also, controlling unauthorized use is a problem in a Correctional Facility with potential contraband phones. Wilson Amplifiers are a possible boosting solution if you are willing to do the wiring and have a signal to boost. The cost may run between about \$ 400.00 and \$ 900.00 depending on what equipment is put in. Here is a link and guide to Wilson products.

<https://www.wilsonamplifiers.com/cell-phone-signal-booster-guide>

In NERCC's case, the primary goal was to allow a group of ARC staff members all using ATT carrier phones, the ability to make and receive calls from conference rooms. I decided to recommend the ATT Mini Cell tower solution.

This solution plugs into a network with internet access, and transforms the device into a Mini Cell tower within the building via the internet. This device handles 15 phone numbers on an approved list, and only allows relay transmission for those phones. The upside of this product is there is no cabling involved, and it works if you have no signal to boost. It also gives you control of which phone numbers can use it.

To set it up, it plugs into a network connection with internet, and is best if located three feet from window, but not always required. It uses the window for a GPS location lock on initial configuration. As long as it can get a lock, even from an interior location, it will work. Step two, you log into ATT's website and create an ATT Micro Cell account with one of your wireless phone numbers. You type in your physical building location, in case a 911 call is ever made from the Micro-cell tower. And last, you type in the 15 ATT wireless numbers you want to function with the device. Once that is completed, it takes about 90 minutes for ATT to register the device.

When registration is completed, the phones programmed into the Mini Cell Tower automatically switch from ATT (No Service or 1 bar) to ATT Mini Cell and 5 bars reception, when in range of the device. The product costs \$ 232.00 on Amazon and works well if you meet the requirements of ATT.

The downside of this product is that it takes network bandwidth to accomplish the tower relay across the internet. This is not really a factor on a large business network with lots of internet bandwidth to begin with. Just be aware, if you try it at home, it will be competing with Netflix any other streaming video and general home computing using a small segment of the available ISP bandwidth for cell tower relay. The manual says it should have 1.5mps download and 256K upload available to function best.

I think the ATT Micro Cell could be a decent solution for many rural homes that fall into the category of good ISP internet access, but little or no ATT signal to boost. A device like this can plug into the home DSL modem. Then configure it with all family ATT numbers, plus quite a few frequent visitor's numbers that use ATT. And you would not have to drill holes to get an antenna outside the house trying a more expensive cell boosting solution. Here is a link to the Microcell product.

<https://www.amazon.com/Cisco-Microcell-Wireless-Booster-Antenna/dp/B00NZI5QMQ>



## **New Committee Chair for Communications Committee**

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**Chaired by Tara Rathman**

**Members: Joseph Becker, Kaylee Korbelt, Robyn Wood and Ryan Ruzich**

Tara Rathman is a 2002 graduate of Minnesota State University – Mankato, with a bachelor's degree in Corrections, and a 2006 graduate of Concordia University with a master's degree in Criminal Justice Administration. She has worked in corrections since 2002 and held various positions within the Department of Corrections. As an agent, she supervised youthful offenders, maintained a group supervision caseload, an enhanced sex offender caseload and spent over four years as an ISR/CIP agent in the Mankato DOC Office. She spent a short time at MCF-Lino Lakes as a Case Manager before assuming her position as a Hearing Officer in 2013, with a promotion to Senior Hearing Officer in February of 2015. During her time in corrections, she has been actively involved in several projects, committees and trainings, and is currently the primary policy manager for the Hearings and Release Unit.

The Communications Committee is new this fall and is **very** excited to focus on communication with MCA members via Facebook, Twitter and Instagram. The committee will work closely with the Technology Committee, MCA Photographer, and MCA Webmaster to bring you information related to committee work and announcements, in addition to providing news articles and



stories related to the field of corrections as a whole. In addition, this committee will publish the Forum Newsletter. The Committee is still working out all the details in regard to the social media outlets, but has created the accounts already. Check us out! If you are interested in joining the committee, please contact: [tara.rathman@state.mn.us](mailto:tara.rathman@state.mn.us)

## **Membership Committee Report 2016**

Co-Chair Dan Kempf, Hennepin County Community Corrections and Rehabilitation

Co-Chair Dayna Burmeister, DOC



### **Members:**

Tyler Grandstand, Ruth Harleen, Connie Hartwig, Mark Groves, Michael Durham, Susan Norton, Heidi Novak, Lisa Olson, Tammy Cortes

### **Mission:**

To provide a current directory of members, solicit new memberships and renewals and keep a record of membership applications and fees. The committee shall be responsible for polling the membership as directed by the Board of Directors and get feedback from the membership on the association's ability to meet member needs.

### **Membership Goals 2016.**

- Continue to promote on the MCA website and in the Forum current incentives to be an MCA member and continue to develop more incentives for MCA members.
- Work with the training and education committee to develop more training opportunities for current MCA members and promote MCA at Trainings.
- The Membership committee will develop new ways to recruit new members and build MCA memberships base.
- The Membership committee will connect with retired members and promote benefits for retired members.
- The Membership Committee will continue to assemble and staff the Membership Booth MCA's Annual Fall Conference and future Corrections Conferences.

Throughout the last year the Membership Committee has encouraged new and old members to join MCA through mailings and e-mails and corrections conferences. The Membership committee has continued to partner with the Sponsorship committee & other MCA committees to broaden membership to include all public and private agencies. The Membership committee has worked with the administrative manager to ensure membership information is complete and accurate. This includes helping update the e-mail list for all members to communicate with the membership more effectively, insure that members receive all current information on MCA and stay current on all of MCA's activities and benefits. The MCA booth was staffed for the annual MCA Fall Institute. There are currently 624 active MCA members for 2016.

# 2016 MCA FALL CONFERENCE





# Meet your new Executive Board



## **2017-President Elect, Mark Groves** **(will serve as President in 2018)**

Mark is a Rehabilitation Counselor Career with the Minnesota Department of Employment and Economic Development working in the State Services for the Blind Workforce Development Unit. From 2012 to 2016, Mark was the Director of Rehabilitative and Veterans Services for the Volunteers of America Minnesota working with Federal Bureau of Prisons and DOC providing transitional services at two Residential Reentry Centers for 132 offenders/ex-offenders; Amicus providing mentoring, drop-in services, veterans services, employment preparation services for persons with a criminal history. From 2008 to 2012, he worked at the Minnesota Department of Corrections as the Facilities Reentry Coordinator developing, managing and coordinating pre-release and transitional services for the Minnesota Correctional Facilities (prisons).

He has a Master of Education from the University of Wisconsin-Superior and a Bachelor of Arts from the University of Minnesota. He is a Certified Corrections Executive through the Commission on Corrections Certification and the American Corrections Association. A Minnesota Licensed Alcohol and Drug Abuse Counselor (LADC). Certified Global Career Development Facilitator (GCDF). National Institute of Corrections Offender Workforce Development Facilitator (OWDS) Master Trainer. Motivational Interviewing Master Trainer. Motivational Interviewing Treatment Integrity Scale (MITI) – trained. Level of Service Inventory-Revised (LSI-R) trained. Integrated Conflict Management System (ICMS) and Conflict Response Initiative (CRI) facilitator. He is the chair of the Commissioner's Veterans Health Care Task Force. He serves on the Minnesota Department of Corrections Statewide Recidivism Reduction Project Work Group; the University of Minnesota College of Education and Human Development Alumni Society Board; and a variety of other boards and committees related to criminal justice and veterans services.



## **2017-Vice President, Monique Drier**

Since February 2015, she has been the JCPP Supervisor in the Human Services and Public Health Department at Hennepin County (HSPHD). Prior to that, Monique held several positions, including: Community Liaison/ Career Probation Officer at the Brooklyn Center Police Department for JCPP, Probation Officer –Intensive Domestic Supervision- Hennepin County, Probation Officer – Conditional Release Unit, Probation Officer – Pre Trial Unit – Hennepin County, Juvenile Corrections Worker – Hennepin County Home School, Case Management Intern MCF-Stillwater.

She holds a Bachelor of Science degree in Sociology, with a Criminal Justice Emphasis. She has been an MCA Board member for over 20 years and chaired the Fall Institute from 2009 until 2012. She is also a member of other boards and associations. Monique states, "MCA has provided a wonderful opportunity for me to connect professionally with other practitioners across the state. I was encouraged by my first probation supervisor in Hennepin County to become involved in an organization that would help to build my network of professional contacts, as well



as help me to become familiar with the many delivery systems in Minnesota. You fast forward to 20 + years later and I have been able to build collaborative friendships throughout the state. In addition I have been able to connect others to resources to better serve the populations that they are serving at the time. I am honored to be asked to run for Vice President for this organization. I feel that being involved in MCA has been one of the best experiences that I have had during my tenure with Hennepin County.”



### **2017-Secretary, Gina Evans**

Gina Evans is the Director of Community Outreach at Minnesota Adult & Teen Challenge. She has over 25 years of experience with corrections and chemical dependency both inside and outside of institutions. Gina believes it is this experience that makes her uniquely qualified to be considered for the Minnesota Corrections Association Executive Board. She comes to the table with a range of skills including networking, event planning, fundraising and lobbying, as well as the resources that accompany working for a large non-profit like MnTC.

Starting in 2006, she spent her professional career lobbying for earmark funding, developing relationships in the public schools and implementing Know the Truth, Minnesota's largest and most utilized drug and alcohol prevention program. Last year KTT impacted over 55,000 young people in the MN and WI schools. Since 2009, she has been developing and presenting trainings to both the legal and social service communities to help professionals better serve those suffering with addiction and mental health. She is actively involved and/or a member of many legal and social service associations including Second Chance Coalition, MN Sheriff's Association and the Minnesota Association of County Probation Officers just to mention a few. She believes that she would make a great addition to an active executive board by helping engage, inform and plan for the future of corrections. She appreciates the Minnesota Corrections Association's consideration and would be honored to have a seat at the table.



### **2017-2018 Treasurer, Jennifer Guse**

Since 2000, Jennifer has been employed with Blue Earth County Probation and currently supervises the adult Domestic Abuse caseload and is an active member of the Blue Earth County Blue Print for Safety Team. Prior to employment with Blue Earth County, Jennifer was employed with Nicollet County Probation and DFO Community Corrections as an intensive juvenile probation agent. Jennifer was an adjunct faculty member of Minnesota State University – Mankato from 2010-2014.

Jennifer graduated from Winona State University in 1997 with a BS in Criminal Justice – Corrections studies. In 2006, Jennifer graduated with a MS in Sociology: Corrections. Her thesis topic involved Gender Responsive Services and Programming for adolescent offenders.

Jennifer has been an active member of MCA since 2009. During her time with MCA, Jennifer was a member of the Student Services committee and chaired the committee in 2010 and 2011, while serving as a member of the MCA Board. In 2012, Jennifer served on the MCA Board and MCA Board of Directors as Vice President. Most recently, Jennifer is an active member of the MCA Training and Education Committee and the current Treasurer of MCA. From 1998 – 2002, Jennifer was a member of the MACPO Training and Education Committee and served as co-chair in 2002. Between 2002 and 2008, Jennifer served on a variety of local and statewide committees pertaining to female adolescent offenders.



## **TRAINING AND EDUCATION COMMITTEE UPDATE**

Co-Chair Ryan Busch

Co-Chair Jon Rowe

The MCA Education and Training Committee is currently in the process of planning our 2017 Spring Workshop and you can **Save the Date** for March 23, 2017 in Rochester, MN. We are narrowing down topics, speakers, and venue.

Continue to look for further details in the future on the 2017 Spring Workshop as well as further training options for 2017.

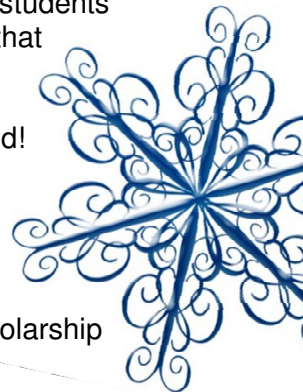


## **Student Services Committee News & Notes**

Mary Oberstar, Chairperson

Student Services Committee members Amanda Anthony & Natalie Radich represented MCA at a Criminal Justice Expo on November 30<sup>th</sup> at Normandale Community College. The event's goal was to expose students to professionals in a variety of criminal justice careers, career paths, and organizations that students may want to join for networking and educational opportunities.

This expo was the perfect fit for us to highlight our organization & the criminal justice field!



## **MCA Scholarship Award Winner**

Congratulations to Jordan Danielson, recipient of the 2016 MCA Scholarship Award.

Jordan was honored to receive the \$500 scholarship from MCA. Jordan's father, Lonnie Danielson is an MCA member and is the Physical Plant Director at MCF-Stillwater.

Jordan is in her last year as an undergraduate at Hamline University. At Hamline, she is the captain of the women's varsity tennis team, was a member of the varsity diving team for one season, and has been active in SAAC (Student Athletic Advisory Committee), SPSV (Students Preventing Sexual Violence), and SOSA (Students of South Asia).

Outside of school, she has volunteered as a basketball coach for the Roseville Youth Basketball Association for five seasons, volunteered numerous times with the Special Olympics of Minnesota, had the opportunity to volunteer at various deaf/blind events, as well as the Ramsey County Fright Farm and the Twin Cities Marathon. The volunteer work that had the greatest impact on her was being a sexual assault advocate with Sexual Offense Services of Ramsey County. This was very impactful to her because she would like to be a sex crimes investigator further in her law enforcement career and it provided her crucial experience with victims of sexual violence. She has also been fortunate enough to complete an internship with the Minneapolis Homicide unit which gave her investigation experience in a department. This internship and her volunteer work has led her on the law enforcement path.



### **Juvenile Justice 21 Project:**

Mark Haase, MCA Project Manager

## **Mental Health and Systems Collaboration Forum**

Please join the Minnesota Corrections Association for a forum on juvenile justice and mental health and systems collaboration. The forum will be January 20<sup>th</sup>, 2017, at the Wilder Center in St. Paul, it will begin at 8:30 a.m. and end by 4:00 p.m. A detailed agenda is still in development, but here is some of what will be happening:

- Presentation on current challenges, successes, and developments in Minnesota's adult and children's mental health systems by Sue Abderholden, Executive Director of National Alliance on Mental Illness MN and Bill Wyss, Deputy Director, Children's Mental Health Division of the Minnesota Department of Human Services.
- Presentation on research conducted on juvenile justice and mental health and collaboration policies and practices including results from the recent survey of Minnesota juvenile justice practitioners. A report on this research, including a "toolkit" for practitioners and policymakers, will be made available.
- Panel of experienced practitioners sharing their challenges and successes.
- Presentation on the development and implementation of the "crossover youth model" for juvenile justice and social services collaboration from two Minnesota counties who have had success with the model.
- A workshop for discussing policy and practice implications and strategizing how to make local and statewide improvements to how our juvenile justice system deals with mental health needs.

**Thank You to our breakfast and lunch sponsors for this event:**

Headway Emotional Health Services – [www.headway.org](http://www.headway.org)

Cambia Hills, Woodland Hills and Neighborhood Youth Services – [www.woodlandhills.org](http://www.woodlandhills.org)

Prairie St. Johns – [www.prairie-stjohns.com](http://www.prairie-stjohns.com)

Please register at: [www.mn-ca.org](http://www.mn-ca.org). Funding for this project is provided by a Juvenile Justice and Delinquency Prevention Act grant through the Minnesota Juvenile Justice Advisory Committee and Minnesota Department of Public Safety Office of Justice Programs. For more information contact Mark Haase, MCA Project Manager, [mahaase@gmail.com](mailto:mahaase@gmail.com)





## **Fetal Alcohol Spectrum Disorder (FASD) in the Criminal Justice System: More Common Than You Think**

Jerrod Brown, Founder and CEO of The American Institute of the Advancement Studies (AIAFS) & Treatment Director Pathways Counseling Center, Inc.

Fetal Alcohol Spectrum Disorder (FASD) in the Criminal Justice System: More Common Than You Think

By Jerrod Brown, Anne Russell, & Janina Cich

### **Abstract**

Fetal Alcohol Spectrum Disorders (FASD) is a lifelong condition, resulting in a host of consequences that can impair adaptive, cognitive, emotional, and social functioning. As a result of these deficits, many individuals with FASD will come into contact with the criminal justice system. Between two and five percent of the population of the United States, suffer from some level of dysfunction from prenatal exposure to alcohol. An even higher percentage can be found in at-risk communities and criminal justice populations. The overall goal of this article is to offer criminal justice and forensic professionals an overview of FASD specifically related to its definition, deficits, and special consideration given to criminal justice matters.

### **Introduction**

Few disabilities succeed in flying completely under the radar more than Fetal Alcohol Spectrum Disorder (FASD). This disorder, not regularly identified, creates many difficulties for individuals with FASD, their families, and society as a whole. Because of the nature of this condition (i.e., adaptive functioning, cognitive, and social issues), individuals with FASD are disproportionately likely to encounter the criminal justice system. Unfortunately, individuals with FASD are not likely to be identified even when apprehended, charged, and incarcerated. Instead, jail and prison become a common place of residence for many individuals with FASD.

Despite higher crime rates for individuals with FASD than the general population, many continue to go unrecognized, undiagnosed, and untreated in the criminal justice system. Complicating matters, the deficits of FASD often negatively impact how these individuals are treated. For example, individuals with FASD may feel considerable remorse, but have difficulty expressing it due to deficits in communication and social cues. As a result, individuals with FASD may receive harsher sentences because they appear callous or indifferent about their crime. This punishment is often ineffective because the cognitive deficits of FASD limit an individual's capacity to mentally link their actions, consequences, and later punishment. This characterization highlights why it is paramount to remember that rudimentary brain differences

may exacerbate criminal justice outcomes for individuals with FASD. As such, it is imperative for all professionals working within the criminal justice and legal systems to have an understanding of FASD and its related consequences.

### What is Fetal Alcohol Spectrum Disorder?

Although the word 'fetal' may conjure up visions of developmentally impaired babies, FASD is a life-long condition that involves a wide spectrum of structural and chemical brain differences caused by in utero exposure to alcohol. These differences can include impaired cognition, profound lack of self-control, impaired ability to reason or to learn from experience, and great difficulty linking cause and consequence. Available evidence points to a prevalence rate of as many as 5% of all children born in the United States as having some degree of FASD. Significantly higher rates have been found in at-risk and offender populations.

Individuals with less identifiable symptoms may be the most harmed by this condition. Such individuals go undiagnosed and are often misunderstood by family, significant others, teachers, colleagues, friends, and employers. Often contributing to these difficulties are secondary disabilities, which frequently include a host of behavior, emotional, learning, psychiatric, physical, and social consequences. Nonetheless, early diagnosis and appropriate interventions have the potential to limit the impact of FASD and such secondary disabilities.

### FASD in the Criminal Justice System

Children, adolescents, and adults with FASD share our roads, attend our schools, and, like most of us, experience pressure from peers to deviate from socially acceptable behavior. People with FASD are highly vulnerable to suggestion or manipulation by others, thereby exacerbated by limited capacity to control impulsive actions that characterize FASD. As a result, children with FASD often become involved in the juvenile justice system as gullible followers when undiagnosed without the appropriate support and treatment.

Once an individual with FASD encounters the criminal justice system, they are particularly prone for long-term entanglement because they have difficulty anticipating the consequences of their actions and learning from their past mistakes. Specific deficits related to FASD (e.g., Adaptive, cognitive, emotional, and social) often prevent first time offenders from successfully meeting the conditions of their probation, commonly resulting in incarceration. These same deficits can then decrease the likelihood of successfully completing parole. As such, a single contact with the criminal justice system can lead to an individual with FASD becoming caught in a revolving door of subsequent incarcerations.

### Legal System

The pervasive impairments of FASD can impede an individual's capacity to navigate the legal system (i.e., capacity to waive Miranda rights, assist legal defense counsel, enter a plea, or stand trial). Complicating matters, individuals with FASD may present well with communication skills that may mask much poorer language comprehension. Thorough screening will most likely

reveal that individuals with FASD have a diminished ability to comprehend their legal situation, the etiology of which stems from a permanent brain injury caused by alcohol exposure prior to birth. In such circumstances, a police officer may Mirandize them, but the individual may not comprehend the true meaning of their rights and responsibilities. In a worst-case scenario, this population will waive their rights and willingly implicate themselves in a crime – even a crime they did not commit.

## Confinement Settings

Prolonged incarceration is especially detrimental for individuals with FASD because they often view those who are close to them as role models. When combined with the fact that those with FASD cognitively and emotionally mature at a slower rate, the prospect of spending a great deal of time with antisocial role models can have long-term consequences. Moreover, individuals with FASD tend to be malleable, easily influenced, and vulnerable to victimization. Therefore, correctional professionals should receive regular training in the identification and intervention of FASD within offender populations.

## Conclusion

Criminal justice professionals should be aware of typical FASD behavior such as immaturity, impulse control issues, extreme gullibility, suggestibility, and overreaction to confrontations serving as red flags that "all is not right here." Untrained criminal justice personnel will find it difficult to identify these signposts as a potential disability instead of deliberate behavior, which contributes to a vicious cycle of legal misinterpretation, repetitive crimes, and societal costs. The general absence of obvious physical markers only increases the challenge of identifying FASD. To prevent further miscarriages of justice for individuals with FASD, criminal justice professionals need:

1. Training to identify typical FASD behaviors
2. Guidelines regarding best practices for communication with individuals who may have FASD
3. A means of referring individuals with FASD to effective treatment

In addition to advanced training for criminal justice professionals, there are two other key areas to target innovation and improvement. First, because there are very few FASD diagnostic centers across the United States, especially for adults and criminal justice populations, a valid screening tool for FASD would be invaluable across an array of settings (e.g., correctional, forensic, legal, and psychiatric). Second, greater education services are needed for family members, social workers, and medical professionals to help prevent criminal justice involvement. This is especially important for targeting youth with FASD who are at-risk of becoming involved in the criminal justice system. Unless changes are made, a high percentage of individuals affected by prenatal alcohol exposure will remain undiagnosed, untreated, and over-represented in the criminal justice system. Only by urging competence among professionals in identifying and treating FASD will there be any chance of success in breaking this alarming cycle.



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### **Sponsorship Committee** **Mark Groves**

**No Matter Where You Go in Life: There You Are: *The Self-Help Movement in Perspective***  
*By Mark Groves*

Howdy. Now that the holiday season is upon us, I thought I'd take a little detour and talk about country music and the self-help movement. First, let's talk about country music. Remember that song: *Poor, Poor, Pitiful Me*? I love those old country song titles, don't you? They're not only descriptive, they pretty much describe many of us:

- *I Keep Forgettin' I Forgot About You*
- *If Love Were Oil, I'd be a Quart Low*
- *If You Don't Leave Me Alone, I'll Go and Find Someone Else Who Will*
- *If You Leave Me, Can I Come Too?*
- *Learning to Live Again is Killing Me*
- *You're the First Time I Thought About Leaving*
- *This Time I'm Gonna Beat You to the Truck*
- *I Bought the Boots That Just Walked Out on Me*
- *How Can I Miss You if You Won't Go Away?*
- *Never Again, Again*
- *How Do You Like Me Now!?*
- *A Thousand Miles from Nowhere;*
- *Hello, Walls*
- *I'm So Lonesome I Could Cry*



And . . . my all-time favorite! *I'm So Miserable Without You It's Like Having You Here*. There are hundreds of wonderful titles just like these. Talk about misery. Yikes! These people need help bad. And they need it now! They're thinking: "I'm lost. I'm sad. I'm broke. I'm all alone. I just can't go on. Tell me. Oh, please tell me. What should I do? I've tried everything and nothing works. Do you have any advice?"

What are your thoughts about the self-help world? I think it is out of control! If you ask me, I believe we are being smothered with advice that probably does very little good and just might do harm. The self-help movement has gotten so massive, it permeates every pore of society. Why, the Variety section in the daily newspaper has a best-sellers "Recommended Books to Read," column titled: Fiction, Non-Fiction, Self-Help.

A lot of our troubles and woes begin and end with our sense of self. If you know anything about Self Determination Theory (SDT), it is concerned with the motivation behind choices we make without external influence and interference. SDT focuses on the degree to which our behavior is self-motivated and self-determined. SDT is centered on the belief that human nature shows persistent positive features, that it repeatedly shows effort, activity and commitment in our lives, referred to as "inherent growth tendencies." We all have innate psychological needs that are the basis for self-motivation and personality integration. SDT identifies three key psychological needs that are believed to be both innate and universal: **competence**, **relatedness**, and **autonomy**.

1. First, the need for **competence** means the desire to control and master the environment and outcome. We want to know how things will turn out and what the results are of our actions.
2. Second, the need for **relatedness** deals with the desire to "interact with, be connected to, and experience caring for other people." Our actions and daily activities involve other people and through this we seek the feeling of belongingness.
3. Thirdly, the need for **autonomy** concerns our urge to be causal agents and to act in harmony with our integrated self. To be autonomous does not mean to be independent. It means having a sense of free-will when doing something or acting out of our own interests and values.

The idea behind self-help is to apply psychological principles to our daily lives. It is supposedly based on science. But who really knows? Think about it; we all want the "good life." But to hear the self-professed self-help gurus tell it, we all need a "tune up!" The "untested" programs, prescriptions, guarantees, and "wise ones" of the self-help movement may be actually standing in the way of our true happiness. Face it. We are who we are. We can do a little tinkering and adjusting, but a complete makeover? *Come on!* If you really think about it, life just ain't all that bad. Sure, if you're suffering from a bona-fide mental health disorder, you could benefit from some help. But . . . for most of us, let's leave well enough alone.

Let's enjoy who we are. We're probably running at full throttle now. And, alas, we'll probably never find that magic potion or win that Power Ball (darn it). So why do we get "hooked into" these fallacious ideas, approaches and models? Because we're all unhappy, lonely, unattractive sots! That's why. Thank goodness for Dr. Phil, Depak Chopra, Wayne Dyer, Tony Robbins. These self-selected gurus of vibrancy hold the key to the good life. If it wasn't for my self-absorption, I'd be able to see beyond their silliness.

Millions of folks buy some kind of self-empowerment book every year. Unless you are living in a cave, you can't help but see the more than 20,000 self-help-titled books that dominate our bookshelves. There are books that advise us how to improve our diet and exercise regimens; how to become rich; how to

manage our hormonal imbalances; how to advance our careers; how to develop relationships with our higher power; how to conquer our fears; how to improve our sex lives, family lives, private lives; how to be better lovers. You name it.

With just a cursory look around, you'll see that we're all still fat, unhappy, lovelorn, spiritually adrift, out of touch with ourselves and our families, and our children are out of control. Our dogs and cats won't even listen to us, fer cryin' out loud. Despite all the books we've studied, the magazine articles we've read, the television shows we've watched, the radio call-in programs we've listened to, the therapists we've visited that help us discover our full potential to lead wonderful lives, most of us commoners still languish in the doldrums of discontent.

Okay, okay. Enough of the illustration about our miserable lives. Let's look at some realistic alternative ideas and suggestions. I have a book titled: *The Last Self-Help Book You'll Ever Need* by Paul Pearsall. When I read it, I couldn't stop laughing. A wonderful tome. I thought you'd enjoy a summary of his self-help plan. He outlines some wonderfully powerful ideas and food for thought. The beauty here is that these are not steps to take or concepts from which to begin a personal reconstruction program.

Instead, these ideas and suggestions are meant to serve as catalysts for a more creative and contrarian consciousness for us. Pearsall provides a new direction to catapult us into more creative self-helping. Chew on these morsels and be careful as you're jumping off the band wagon.

**Lose Hope.** Striving to keep your hopes up at the worst times in your life can be exhausting. Studies show that hope does not promote healing. Trying to be "hopeful" can prevent honest expression of feelings that could be helpful in maintaining and improving quality of life even at the most frightening times.

**Give Up.** Persevering is not the only way to demonstrate strength. Being strong can also mean knowing when to engage in enlightened surrender, a willingness to give in and move on. Winners sometimes intentionally quit, and quitters often end up winning. Sometimes persevering turns out to be glorious stupidity. Not giving up can lead to the loss of a golden opportunity. As the song says, the challenge is to "know when to hold em' and know when to fold 'em."

**Think Sad Thoughts.** Trying to think only happy thoughts limits our ability to think creatively and critically. Our general level of happiness has almost nothing to do with external factors or how we "try to think." It's largely due to our preset "happiness range." We are what we are and no amount of positive affirmation will change that. There's misery in the world and plenty to think sad thoughts about. Our happiness set point is not changed by trying to think happier thoughts or by winning the Power Ball.

**Don't "Work Through" Your Grief.** Grieving is not a symptom. It is a natural, necessary life process. Because we live, we die. Because we die, we were made to grieve. Unless we have other psychological problems, most of us grieve well without help. We do it relatively quickly without having to "work" at it or seeking the help of a grief counselor.

**Be a Pessimist.** A little defensive pessimism goes a long way to building a good life. You'll seldom be disappointed and sometimes be pleasantly surprised. Unless you're one of those rare souls who is a natural at trying to always think positively, the effort is stressful, exhausting and limiting. Thinking



negatively is easier and it comes naturally. If it didn't, our ancestors would not have survived. Our natural propensity for pessimism is a built-in evolutionary trait that helps keep us be ever-vigilant for threats to our well-being.

**Don't Try to Discover Your "Personal Power."** You don't have nearly as much of it as you think, and you'll end up happier and healthier by focusing on your "interpersonal weaknesses."

**Don't Believe in Yourself.** No matter how much self-confidence you muster, you cannot do *everything* you put your mind to.

**Don't Try to Have It All, Do It All, and "Just Say Yes."** It's exhausting and doesn't lead to nearly as much health and happiness as being willing to have less, do less, and just say no.

**Stop Expressing, Representing and Asserting Yourself.** Shut up and listen. Research shows that people who interrupt are three times more likely to die of a heart attack than those who don't and that marital relationships usually fail because of too much communication, not too little.

**Be a Good Blamer.** To err may be human, but to forgive is not always divine. There is a forgotten first step in the "forgive and move on" self-help advice: good, intense, mindful blaming. Finding the right person to blame is essential for good mental health.

**Don't Read Weight-Loss Books: Eat Them.** They're a better source of fiber than information on permanent weight loss. If you eat them, they'll stay with you longer and be generally better for your bowels than the plans they offer.

**Ditch Your Diet.** Research shows that no diet works for long. Constantly trying and failing at dieting is depressing, unhealthy, and ends up making you even fatter. Use the SWELMM system of "Stop Worrying, Eat Less, and Move More."

**Indulge Yourself.** Whatever you've been doing is working, so reward yourself. And, despite Wayne Dyer's dire warnings about guilt, go ahead, feel guilty, and wallow in self-recrimination!

**Bottle Up Your Anger.** Contrary to the idea that "letting it all out" is healthy, research shows venting is bad for you and those around you. Hostile expression of anger weakens your immune system and literally hardens your heart and the hearts of those around you.

**Don't Nurture Your "Inner Child" - Kick Its Ass.** Our well-being depends more on finding our "inner elder" than on yielding to a mythical, whining, narcissistic inner infant. Look for your problems within your adult interactions, not within your own infantilized consciousness.

**Avoid Most Support Groups.** Talking with others about a real problem you share with them can be helpful, but many support groups become pseudo group therapy that, intentionally or not, end up explaining and supporting destructive behavior. Gathering a bunch of self-proclaimed bulimics, shoplifters, and sexaholics to discuss their afflictions can lead to group support "for" the problem rather than a careful examination of its roots.

**Face It, Your Family's Nuts.** The only cure for dysfunctional families is to do away with all families. We all have at least one weird family member and usually more. In fact, most of us *are* that member! A family is nothing more than a group of people irrationally committed to one another's welfare. Being a good family member means being able to enjoy living every day with a group of flakes and failures. A good family is a group willing to stick with you when most sane and discerning people would vote you out.

**Deny Your Addiction.** Most of us aren't and never will be addicted to anything. You're not a "chocoholic," you're just intentionally pigging out on chocolate because it tastes good. The best way to deal with something you're doing that you shouldn't be doing is the one-step program: Stop it! A dose of good guilt and deserved shame might help. I suggest you watch the Bob Newhart video clip on You Tube titled: "Stop It?"

**Don't Expect What Goes Around Coming Around.** Total jerks and evil people often get all the good breaks. Being nice guarantees nothing. Good things happen to bad people. Sometimes things just don't "balance out" or "work out for the best."

**Stop Trying to Live Up to Your Full Potential.** You probably don't have much more potential than you're showing right now, and striving for more will only cause disappointment. Stop focusing on your potential and start thinking about doing the best with the talents you already have.

**Stop Trying to Correct Your Faults.** Instead, find your strengths and enhance those. Striving to be someone you aren't leads to disappointment, and maybe a heart attack. Despite all the self-help books, people don't ever really change all that much.

Well, what do you think? I've always enjoyed the adage: "No matter where you go in life, there you are! These credos look awful good to me. How about you? I love to read. I love exploring research. I'm looking for the magic wand. I've always believed the answer to all our problems is right above our bathroom sinks. If you don't know what I mean, take a look in there and drop me a line to let me know what you've discovered.



# 2016 Award Winners



**Corrections Person of the Year**  
Terry Carlson  
Minnesota Department of Corrections



**Professional Achievement-Field Services**  
Chad Christofferson  
Itasca County Probation



**Professional Achievement-Facility**  
Lynette Wold  
MCF-Shakopee



**President's Award**  
Damascus Way  
Rochester



**Technology Award**  
Minnesota Department of Corrections  
ODOC's Team  
Barb Blackburn,  
Tracey Gardner, Kristin Politoski



**Board of Director's Award**  
MCA Annual Training Institute Committee



**Thank You** to the following vendors for participating in Hospitality Night at the 2016 Fall Institute held at Grandview Lodge on October 26, 2016:

- Alpha Human Services
- Community Compliance Monitoring Services
- DWI Solutions
- Midwest Monitoring & Surveillance
- Prairie Lakes Youth Programs
- GTL
- Satellite Tracking of People, LLC
- Intoxalock
- PORT Group Homes
- Premier Biotech, Inc.
- Alcolock USA



A BIG Shout Out to **GTL** for Hosting the BBQ by the Lake at the 2016 Fall Institute held at Grandview Lodge on October 27, 2016.

Also, **Thank You** to the following vendors for your sponsorship of this event:

- ♦ **BI Incorporated**
- ♦ **AccessAbility, Inc.**
- ♦ **Intoxalock**
- ♦ **RS Eden / RSI Laboratories**
- ♦ **Strategic Technologies**
- ♦ **Satellite Tracking of People, LLC**
- ♦ **Thrivent Financial**





On behalf of the 2016 MCA Fall Training Institute Planning Committee's – Resource Fair Sub-Committee, I wanted to take the time to send a big **THANK YOU** to all our exhibitors and sponsors from this year's event!! It is always an honor to work with such knowledgeable and driven professionals as yourselves. Between the added raffle drawings, having the Resource Fair open through lunch, and having such a wide range of services represented, I have to admit that this was the best Resource Fair that I have been a part of! I also want to send a special thank you to everyone who helped with coverage at the MCA Informational/Resource Fair table! Your help was greatly appreciated by all.

We look forward to having everyone join us again in 2017, and we will do our best to make that event even better!

Below you will find a list of our exhibitors and sponsors. Our events are nothing without them, and for that we thank them all! If you didn't have a chance to meet-up with any of the exhibitors listed below, I would encourage you to take some time to look into their services!

Sincerely, Jason Mereness  
Resource Fair Sub-Committee Co-Chair

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West Central Regional Juvenile Center  
Woodland Hills

**The Minnesota Corrections Association (MCA) will be celebrating 84 years in 2017 at the Annual Training Institute located at Grandview Lodge in Nisswa, MN from October 25th-27th**



If you have interest in being part of the Annual Training Institute Committee, contact the MCA office at [mca-mn@hotmail.com](mailto:mca-mn@hotmail.com) or 651-462-8320.

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