

MCA FORUM



Volume 43 No. 2

April 2020



WELCOME SPRING!!

mca-mn@hotmail.com

Feel free to e-mail MCA to get in contact, join a committee, become a sponsor or to get involved!

MCA website: www.mn-ca.org

In This Issue:

- The President's Message
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GET IN TOUCH!





President's Message

Mary Oberstar, 2020 MCA President

Dear MCA Members & Colleagues:

My thoughts are with each of you during this difficult time. It's hard to believe that just a few short months ago, "COVID-19" wasn't in our language. Today we are now living a life far different than we would have dreamed due to the pandemic caused by this virus.

The majority of you, if not all, continue doing the important work of keeping Minnesota safe and providing rehabilitation, healing, treatment, and a multitude of other impactful services that make a difference. All this while often putting yourself on the front lines and facing the risk posed by the pandemic.

As it has in other areas of our lives, adjustments have also been made to MCA happenings. As I'm sure you're aware of by now, our monthly training events and the juvenile justice conference have been postponed. The spring workshop – *Criminal Minds* has been rescheduled for September 17, 2020 at the Owatonna Country Club Event Center. Continue to check the website for updates to these and any other training opportunities.

While we've made necessary changes to upcoming training, volunteers serving in various capacities will continue working to bring you the best of the best for information and continue exploring options and ideas to offer you top-notch learning opportunities.

Something I want to remind you about is MCA's retiree membership option. If you're a current active MCA member when you retire, you have the option of renewing your membership at a lifetime membership fee of only \$50! This keeps you up-to-date on what's going on in Minnesota – news, legislative updates, training opportunities, notice of calls for presenter proposals if you have topics you're interested in sharing with conference attendees, and more! Let's not forget the continued networking opportunities at a discount - lifetime members are given the same fall institute fee arrangements as students and those who are active committee members are given free conference registration! (Any entertainment costs aren't included.)

During the time of this pandemic, your issues of the FORUM will continue showing up in your email through the dedication of the committee who knows it's important to keep the information flowing to you. They're always looking for relevant inclusions in the FORUM, so if you have information or articles you want to share, please reach out to one of the Communications Committee chairpersons: Tara Rathman @ tara.rathman@state.mn.us or Elana Brunner @ elana.brunner@state.mn.us.

As always, if you have questions, ideas, or thoughts to share, please reach out to me.

Please ensure you're doing what you need to keep your mind and body healthy and check in with each other to make sure your friends and coworkers are hanging in there. It's always important, but now more-so than ever!

Thank you; you're amazing and appreciated. My wish is good health for you and your loved ones.

With gratitude,

Mary Oberstar—2020 MCA President



Mn Adult & Teen Challenge

2020 GALA

Our gala is still happening... virtually!!

Register now for our free Virtual Gala!

Our commitment to the safety of our clients, and to you, is our top priority, and because of that, we have made the decision to move our in-person gala to a free virtual event on May 1, 2020.

It is our largest fundraising event of the year, and the place where we are able to share the miracles that are happening every day within our walls. These miracles won't stop happening, no matter what's going on in the outside world. We will continue to love, support and teach, each and every client about God's grace.

But to do that, we still need your help.

Even though we won't be able to come together at the Hilton this year, we will be having a free Virtual Gala that you can participate in through your phone, iPad, laptop, desktop computer, Smart TV, or choose to have a DVD mailed to you.

We will hold an online auction, where you can look through items and bid on your computer or mobile device, starting Friday, April 17. We will send notifications to the winners when the auction closes on Sunday, May 3 at 8:00pm.

We will also still be drawing the winner of our 2019 Nissan Kicks SV – live on Facebook and notifying that winner. So please, feel free to continue to buy raffle tickets.

Call Stephanie at 612.238.6155 to reserve your ticket or click the link below for more information.

[TICKETS & INFO: CLICK HERE](#)



Immediate Openings - Telemedicine: SUD treatment, Co-Occurring Mental Health, Assessments

We are continuing to accept new clients, with necessary protocols in place to protect and safeguard our community. In addition, we are now providing Telemedicine services for SUD treatment, Co-Occurring Mental Health, and assessments. Telemedicine services are available for anyone sheltered or at home who requires treatment and support for addiction and recovery while adhering to mandates for social distancing.

We are closely monitoring developments associated with COVID-19 and continue to follow all guidelines and protocols as prescribed by the MDH and CDC. Our goal is to ensure the well-being of clients and staff while also responding to the increased needs of hurting individuals who need treatment for substance use disorders.

Immediate Women's Program Availability in Minneapolis and Rochester

Beds are available in our Short term 245G licensed program and our Long Term Program for women in both Minneapolis and Rochester.

Women and teens 16+ years
Accept most insurance, MA, and county funding
Evidence based practices include CBT, DBT, 12-Step
Onsite mental health professionals
Accept Suboxone tapers

For mothers in our Long Term Program we offer:

Kids visiting days
Overnight visits once per month
Additional passes available on a case by case basis

We have immediate openings. Please call 612-FREEDOM to make a referral or to schedule an assessment.



Legislative Affairs

Cal Saari, Legislative Liaison



As the MCA Editors prepare to bring you the Spring edition of the FORUM, I struggle with a message to give regarding legislative affairs. As we all are experiencing a totally different world of doing things, it remains important in government to "get the people's work" done. The virus hit right in the middle of the Legislative Session this year and has really upset the applecart! The splendid budget surplus we were all feasting over on where to use it, has gone by the wayside with a few strokes of the pen and has even let us with an anticipated heavy deficit in months to come, and little chance to recover as our business sector will be struggling for months to come. Yes, we will recover, but this will take time.

As you know the Legislature has found a way to minimize the open meeting law or do away with it completely in this time of governmental response. There continues to be a good number of Committee hearings on newly introduced bills well past the legislature's self imposed deadlines, all bills that pertain to the impact of COVID-19.

The House and the Senate both met again in session Tuesday this week and dealt with some important issues, among them, assuring insurance coverages for those on the front lines combating this virus. Another daily session is anticipated on Tuesday, April 14th to again address needed legislation that deals with the current crisis. The legislative leadership is committed to address only legislation impacting the public attack on this virus. Many are still holding hope that both Chambers will eventually prepare Omnibus bills this Session so that many of the bills looked at favorably in Committee action, may get to the Governor's desk, but in my conversation with several staff, that is not strongly supported. Others are willing to let everything sit for this legislative year and just pass a significant bonding bill. That too, may be a difficult hurdle to get over. Time will tell.

Our first priority right now is to stay home and stay safe! If we can eventually see the apex of ever-increasing virus contamination, and start to get things back to some normalcy, then things will begin to happen. With Governor Walz' stay at home freeze until at least May 4th, we are running out of time for the Legislature to accomplish much in the remainder of this biennium. Legislative adjournment must take place no later than May 18th.

We will have a major election cycle this Fall which includes the Presidential election. A really large number of state legislators have already announced their intention of stepping down so we can anticipate a good change over in the Legislature next January. As I have often said before, this is always an exciting time, an opportunity to work on behalf of those candidates who can support of legislative agendas. Over the past couple of years we are beginning to see many more "open-minded" candidates getting elected who's priority is to eliminate the gridlock at the Capitol. We have a chance to be a part of that action. Become politically aware of what's going on in your home area and get to know your elected officials. Your support is so important to our work as legislative liaisons in pursuing our best practices agenda. More later when we see what evolves in this current crisis.

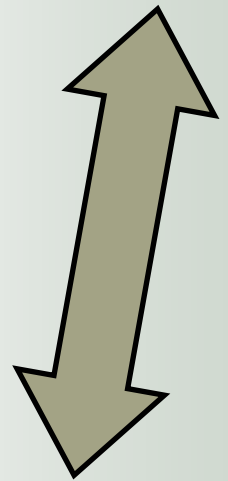
Thank you all for your support!

Calvin Saari

MCA Legislative Liaison

Change of Plans!

**MCA's Spring Workshop
has been moved to
Fall of 2020**

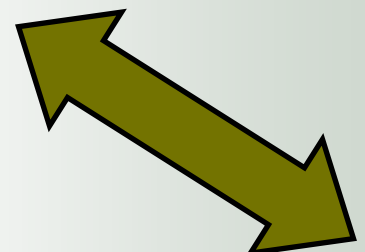
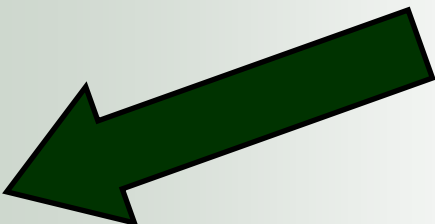


Criminal Minds

Supervising offenders with various mental health needs

Join us in Owatonna on September 17, 2020

Lunch and snacks provided – free parking!



TECHNOLOGY ARTICLE

Stay in touch while working from home

by Joe Ventre

MCA Technology Committee Co-Chair



Video and audio conferencing is all the rage, as we work our way through this pandemic. It's the best way to implement social distancing in the work environment. We need it to communicate effectively with each other, when information getting out to employees is paramount.

First, you need to be able to hear each other. That's what makes a productive meeting. Not everyone has video capability, so that needs to be sorted out prior to the meeting.

You need to make sure that everyone has strong internet access. An internet speed test like <https://www.speedtest.net/> works to make sure that you have upload and download speeds of at least 10 Mbps which have been found to be sufficient to run a video conference.

Related, it's good to build consistency on which video conferencing tool you're going to use. There are articles out there which compare conferencing sites like Zoom, Google Hangouts and Skype, among others (ex. <https://ftw.usatoday.com/2020/03/zoom-vs-google-hangouts-video-meetings-reviews>).

Other programs available to use include Cisco WebEx, Microsoft Teams, Houseparty, and Google Duo. Some are more effective at hosting multiple people in a meeting than others. For those just needing a one on one meeting with video, Facebook Messenger, FaceTime, and Google Duo work well. Of course, there is also the old reliable phone call.

You should always check with your local IT department prior to implementation to ensure the correct platform to use for your department or office, and which platform provides the most security to ensure protection of data.

For more information on how to work from home efficaciously, take a look at this article <https://knowledge-leader.colliers.com/wp-content/uploads/2020/03/12-Ways-to-Work-Remotely-During-COVID-19-1.pdf>.





Elephant proof.

Our cameras are much tougher than they look. That's because we don't just give them a few strikes during testing, as you might expect. Instead, we subject them to about 30 heavy strikes – directly on their weakest spots. Don't worry though, we keep them away from elephants. It's just one of the tough tests Axis cameras face, so you can be sure you'll always get the best image quality and high performance – no matter what's thrown at them.

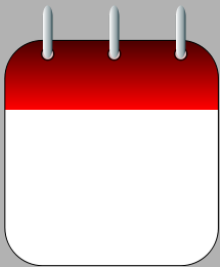
Learn more about Axis quality assurance at axis.com/quality

Practices for Telecommuting



Stay with your schedule as if you are at work.

Be sure the people that live with you understand you have "office hours" to minimize distractions.



Create your daily to do list to help keep you on track. If you don't already use calendars in outlook or what platform you use to help keep you on task with due dates and meetings.

Limit cellphone activity the same as if you were in the office or a facility.



If you are supervising a team that is working from home or remotely have them provide you with updates on work or project progress and agendas.

Conduct extra check-ins with colleagues and team members. Ask open ended questions to make sure theirs clarification and understanding on work to be accomplished and check in to also just see how they are doing, not just for the work progress. People are stressed, worried and scared right now.



It takes personal discipline and focus and follow-up with your team to ensure everyone stays focused.

National Correctional Officers & Employees Week

May 5th - May 11th

Since 1984, each year, the first full week in May has been recognized as National Correctional Officers and Employees Week, commemorating the contributions of correctional officers and personnel who work in jails, prisons, and community corrections across the country.

By the President of the United States of America
A Proclamation

Correctional officers have the difficult and often dangerous assignment of ensuring the custody, safety and well-being of the over 600,000 inmates in our Nation's prisons and jails. Their position is essential to the day-to-day operations of these institutions; without them it would be impossible to achieve the foremost institutional goals of security and control.

Historically, correctional officers have been viewed as "guards," occupying isolated and misunderstood positions in prisons and jails. In recent years, the duties of these officers have become increasingly complex and demanding. They are called upon to fill, simultaneously, custodial, supervisory and counseling roles. The professionalism, dedication and courage exhibited by these officers throughout the performance of these demanding and often conflicting roles deserve our utmost respect. The important work of correctional Officers often does not receive the recognition from the public it deserves. It is appropriate that we honor the many contributions and accomplishments of these men and women who are a vital component of the field of corrections.

In recognition of the contributions of correctional officers to our Nation, the Congress, by Senate Joint Resolution 132, has designated the week beginning May 6, 1984, as "National Correctional Officers Week," and authorized and requested the President to issue an appropriate proclamation.

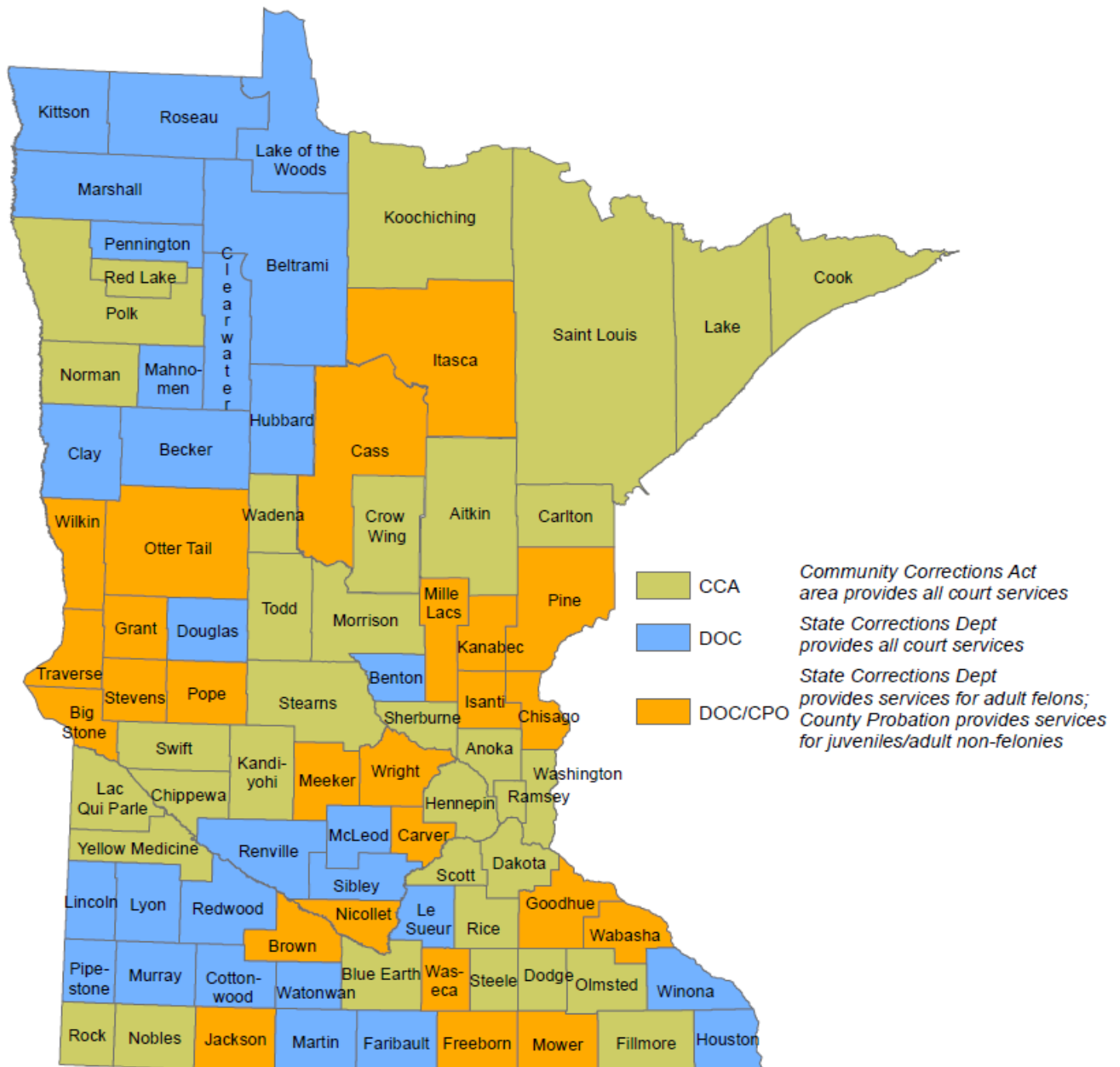
Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim the week beginning May 6, 1984, as National Correctional Officers Week. I call upon officials of State and local governments and the people of the United States to observe this week with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this fifth day of May, in the year of our Lord nineteen hundred and eighty-four, and of the Independence of the United States of America the two hundred and eighth.

RONALD REAGAN

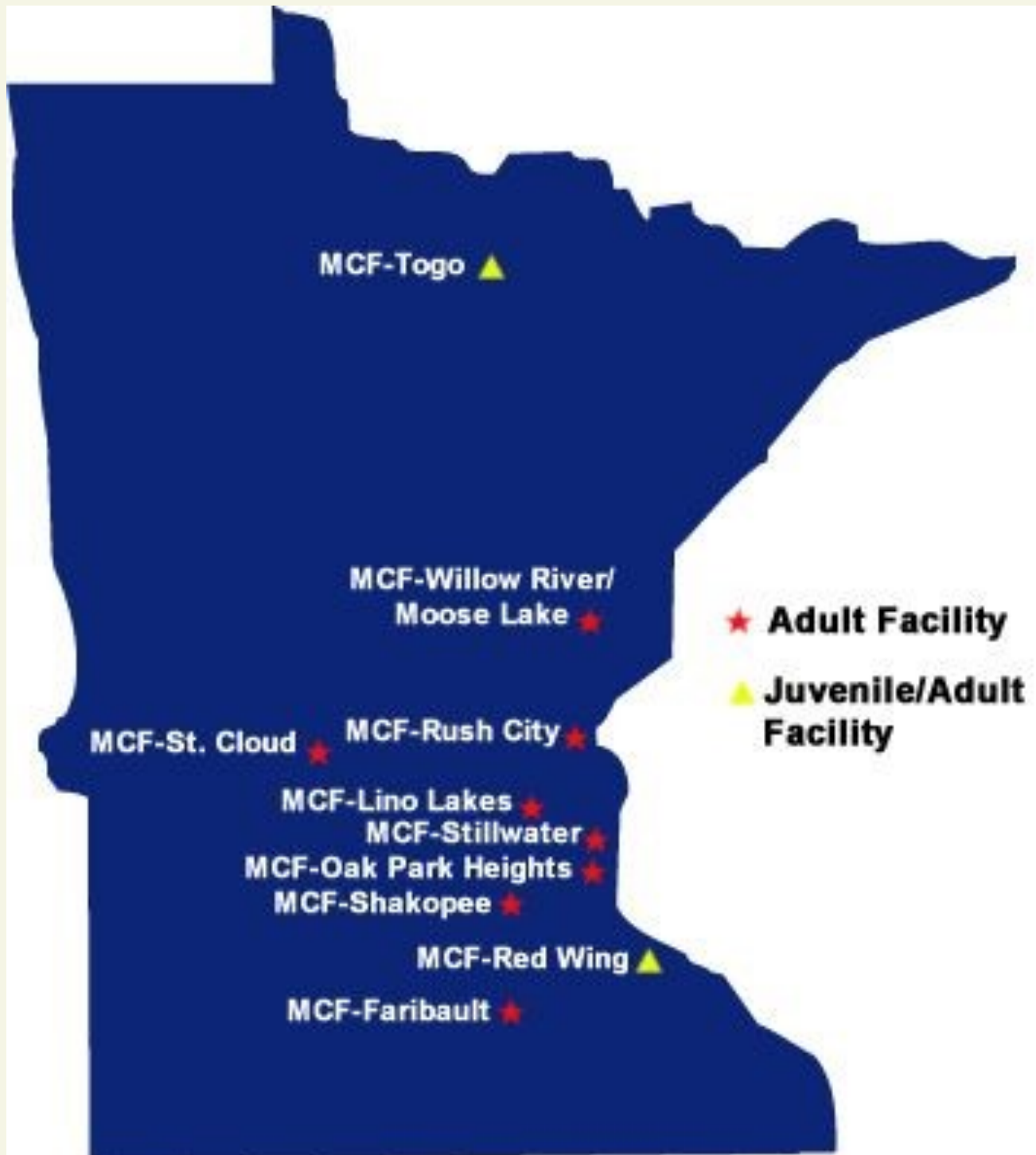
Minnesota's Correctional Delivery Systems

Minnesota has three delivery systems for community-based supervision services. The Department of Corrections has a Fact Sheet, which can be found [here](#). Click on the link to expand your knowledge of supervision services in Minnesota.



Minnesota's Correctional Facilities

Minnesota's correctional system has four levels of classification for adults. More information on this classification system can be found [here](#). Click on the link to expand your knowledge of Minnesota's prison system.





Oak Park Heights Corrections Officers—Mic Klin & Daniel Mommaerts

“To the countless first responders, law enforcement, and correctional employees working tirelessly to keep our communities safe during COVID-19: Thank you for going to work so others can stay home.” - Governor Tim Walz



Ricardo Defiel, Corrections Agent—ISR Roseville



Addressing Current Client Needs

Stephanie Wilson is a case manager at 180 Degrees, where she currently runs a weekly men's group. Impacts of the global health situation have caused programs like 180 Degrees to shift their responses and manage programming differently.

Stephanie says, "I run a men's group on Wednesday nights for the guys. I typically start with any questions or concerns regarding the house, the prior week and dealing with the corona virus (COVID-19)."

Although the current health situation is on the minds of everyone, some clients have other needs and issues. She states, "I then open the floor for anyone to discuss any personal issues or advice they need and want support on."

At the time of this article, the group has been running for about two weeks. Stephanie states, "I really wanted the guys to be engaged and run it with my help to mediate or provide "crowd control", but I think I am going to have a different topic to address each week related to resiliency, self reflection, empowerment and growth. We may do different activities too but it is a way for them to have fellowship and help each other out while helping themselves."

Stephanie indicates this is something she hopes to continue into the future as she has seen the benefit to those who participate.

If you have questions about programming offered at 180 Degrees, contact Tony Hunter at Tony.Hunter@180degrees.org.



Taking care of yourself means keeping yourself informed about resources and information as it becomes available.

- Any citizen in the state can always check out the Department of Health's websites for the most accurate and up-to-date information about the COVID-19 response, facts, and resources.
- Large employers may provide EAP (employee assistance program) services, and most EAPs are stepping up their game to meet the current need.
- Reach out and find out what is available! A lot of insurance carriers are also offering additional services and resources (including telehealth, virtual classes, and helplines).
- The CDC has been attempting to increase resources and information for law enforcement and first responders too, so their website does have some resources and information as well.
- The Minnesota Management and Budget Website has good information for everyone - no matter your agency. To access their website and learn what information and resources are available, [click here](#).
- To access the Minnesota Department of Health's COVID-19 page, [click here](#).
- For State Employees, the Employee Assistance Program is available. To access the website, [click here](#). To reach them by phone, contact: 1-800-657-3719 or 651-259-3840. Employee Assistance Program services are available 24-hours a day, all year long.

ANNUAL FALL INSTITUTE COMMITTEE

**The Annual Training Institute will return to Mankato, MN
October 28th through October 30th at the Verizon Convention Center.**



Call for Presenter Proposals!!!!

Presenters – this is your chance to submit a proposal to present at Minnesota Corrections Association's Annual Fall Conference, being held October 28-30 in Mankato, MN!

**We're looking for a wide range of engaging topics geared
toward corrections professionals and partners.**

**Deadline for proposal submission is May 15, 2020. Please put "Presenter Proposal" in
the subject line of your e-mail when submitting your proposal.**

[Click here for proposal form](#)

**In 2021 and 2022, the Annual Training Institute will return to Grand View Lodge
before heading to Duluth in 2023 for the 90th Anniversary.**



AWARDS



Do you know someone
deserving of an award??

Submit your nominations to Connie Hartwig at connie.hartwig@state.mn.us

Submissions are due by July 31st!

Awards will be presented at the 2020 Fall Institute

Corrections Person of the Year: This award is given for outstanding contribution in the field of corrections in Minnesota by an individual in any employment. It could be clergy, judge, legislator, group home parent, etc., as well as a correctional professional.

Corrections Officer of the Year: This award is inspired by Minnesota Corrections Officers Joseph Gomm and Joseph Parise, who gave the ultimate sacrifice in the performance of their duties. This award will be given to a uniformed officer who demonstrates extraordinary character; who has gone above and beyond the scope and responsibilities of their position to ensure the safety and security of their colleagues. The recipient of this award will be nominated for their standard of professional achievement.

Professional Achievement Award-Field Services This award is given to two correctional staff persons who have demonstrated achievement over a period of time, but shall not exclude professionals new to the field who have displayed outstanding achievement.

Professional Achievement Award-Correctional Facilities This award is given to two correctional staff persons who have demonstrated achievement over a period of time, but shall not exclude professionals new to the field who have displayed outstanding achievement.

President's Award: This award is given to programs, resources or facilities working in the broad field of corrections and criminal justice, which demonstrate creativity, resourcefulness, effectiveness and innovation.

Technology Award: This award is given to individuals, programs, resources or facilities working with technology in the broad field of corrections and criminal justice, which demonstrate creativity, resourcefulness, effectiveness and innovation.

Board of Directors' Award (chosen and voted by Board of Directors): This award recognizes exemplary service to MCA members through participation in association activities.

[**Click Here for Nomination Form**](#)

NOMINATING COMMITTEE



The Executive Board is considering
making changes to this year's
nomination process.

Stay tuned for details & voting instructions!

Executive Board

President: Mary Oberstar
President-Elect: Mark Bliven
Vice President: Laura Anderson
Secretary: Kaylee Henson
Treasurer: Robyn Wood
Past President/Awards: Connie Hartwig
Administrative Manager: Debbie Beltz

May 10th



**Here's wishing you a Mother's Day
That's filled with every pleasure,
And a future that's as happy
As the memories you treasure!**

~ Anonymous

THE FIRST OF MAY... AND THE DAYS THAT FOLLOW

Celebrations on May 1st have long had two, seemingly contradictory meanings. On one hand, May Day is known for maypoles, flowers and welcoming the spring. On the other hand, it's a day of worker solidarity and protest; though the U.S. observes its official Labor Day in September, many countries will celebrate Labor Day on May 1st. (Time Magazine—May 1, 2017).

To read more about May Day, click [here](#).



Special and Wacky Days!

May 3rd—Lumpy Rug Day

May 6th—Beverage Day

May 11th—Twilight Zone Day

May 21st—National Memo Day

May 27th—Sunscreen Day

May 31st—World No Tobacco Day

1st — May Day

4th — Star Wars Day

5th — Cinco de Mayo

5th — National Teacher's Day

8th — VE Day, WW II

10th — Mother's Day

12th — Lilac Sunday

16th — Armed Forces Day

25th — Memorial Day - last Monday

New Date TBD....

MCA/MACPO 2nd Annual

Juvenile Justice Conference

**We continue to think of our members
during this difficult time.**

**We do not have a date YET, but are
hopeful to reschedule sometime later
this year.**

Thank you!

MEMORIAL DAY



Memorial Day is a solemn day of remembrance for everyone who has died serving in the American armed forces.

The holiday, originally known as Decoration Day, started after the Civil War to honor the Union and Confederate dead.

Courtesy of: timeanddate.com

Monday, May 25th

About the MCA *FORUM*

The **FORUM** is published six times a year by the Minnesota Corrections Association, a nonprofit, professional association incorporated in Minnesota. Articles submitted by our membership do not express the views of MCA or the board of directors.

Articles should not be of the nature of a commercial solicitation of products or services; rather, they should be informative on topics of interest to MCA membership at large. Articles may be submitted to the FORUM editor Tara Rathman at Tara.Rathman@state.mn.us or Elana Brunner at Elana.Brunner@state.mn.us.

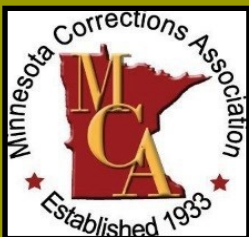
OUR MISSION:

TO PROMOTE THE PROFESSIONAL DEVELOPMENT OF INDIVIDUALS WORKING IN ALL ASPECTS OF THE CORRECTIONS FIELD AND TO PROMOTE ETHICAL AND JUST CORRECTIONAL PRACTICE.

To contact MCA, join a committee, sponsor us or to get involved, please contact:

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GET IN TOUCH!

Contact Us

For more information, please contact us!

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MCA Committees and Co-Chairs:

Adult Justice/Legislative: Brian Collins
Annual Training Institute: Shannon Fette,
Amy Moeckel & Dan Raden
Awards/Nominating: Connie Hartwig
Communications: Tara Rathman & Elana Brunner
Education & Training: Cheri Humphrey &
Melissa Peterson
Juvenile Justice: Jane Schmid & Kari Boser
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Spring Workshop: Ryan Busch & Katie Campbell
Student Services: Melissa McCann
Technology: David Heath & Joe Ventre
Victim Services: Lori Quist & Landyn Prescott-Miles