

MCA FORUM

Volume 45 No. 1

March 2022

PURPOSE BALANCE
trauma survival
Managing Expectations
energy conflict LIFE
work

SPRING WORKSHOP 3-24-22

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

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GET IN TOUCH!



Spring Into Action!
Join MCA Today



President's Message

Jane Schmid, 2022 MCA President

As we move in to 2022, we may find ourselves in yet another year of wonder. The “wonder” of what exciting things may come of this new year, and the “wonder” of will it truly be “2020 too” all over again. If the past two years have lead us to anything, it has given us opportunities to realize not only our ability to roll with resistance but also embrace the concept of humanity. As I begin my term as president of Minnesota Corrections Association (MCA) for 2022, I choose to embrace challenges as opportunities for growth and work to better oneself through these experiences. Philosopher, Immanuel Kant defines the principal of humanity as “Act in such a way that you treat humanity, whether in your own person or in the person of any other, never merely as a means, but always at the same time as an end.”

Over these last two years of the Covid pandemic many have experienced personal tragedies, and while we do not want to diminish these in any way, we can find reasons to be optimistic. We can find ways to become stronger and wiser with adversity. When I think of some of the most memorable people I’ve known, their stories involve some level of adversity in their lives. When we take on challenges, we are choosing to grow stronger, wiser, and hopefully more understanding. Empathy and patience when interacting with others is critical to self-management. Through self-management, we attain skills to help us to be better human beings and better support one another. We in Corrections have had to adjust how we deliver services and how we respond to others. Whether it be through “zoom” meetings or taking the extra step to creatively respond to help someone through their struggles. We have not only strived to maintain our duties as corrections agents/officers amidst all the challenges, but more than ever we support our coworkers, family, and friends because it is in our nature.

MCA is here to support its members, including monthly trainings, conferences, legislative involvement, and continued engagement with partnerships in our communities. As we grow as an organization, so do our members and our community partners. I encourage all of you to participate in all that MCA offers as you are able.

MCA is in its 89th year as an organization, and I look forward to working with you all as we embrace 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.*

Jane Schmid

MCA President 2022

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2022 MCA SPRING WORKSHOP

MANAGING EXPECTATIONS

Finding Balance with Work & Life

March 24, 2022

[More Info & Registration Here](#)

| | |
|--------------------------|--|
| 9:00-9:15 AM: | Introduction with MCA President |
| 9:15-10:30 AM: | Heidi Rimstad |
| 10:30-10:45 AM: | Break/ Resource Spotlight |
| 10:45-12:15 AM: | Heidi Rimstad |
| 12:15 PM-1:00 PM: | Lunch-on your own |
| 12:45 | Resource Spotlight |
| 1:00-3:00 PM: | Dr. Jody Janati |
| 2:45-3:00 PM: | Break/Resource Spotlight |
| 3:00-4:00 PM: | Sponsor Presentation |

2022 MCA SPRING WORKSHOP

MANAGING EXPECTATIONS

Finding Balance with Work & Life

March 24, 2022

**The MCA Spring Workshop Committee is excited to host the
2022 MCA Spring Workshop**

**Managing Expectations: Finding Balance with Work and Life
on Thursday, March 24, 2022 from 9AM to 4PM.**

This workshop is over Zoom and cost is \$50 for all MCA members and non-members. We are excited to provide presentations from Heidi Rimstad and Dr. Jody Janati related to themes surrounding resiliency, burn-out prevention, and survival strategies to the world around you. Registration for this workshop can be found at www.mn-ca.org.

Thank you to Spring Workshop Committee members Kaitlyn Baden (Blue Earth County Community Corrections), Ryan Busch (Wright County Court Services), Sarah Eichens (MN DOC – New Ulm District), and Nancy Johnson (MN DOC – Martin County) for their hard work and commitment to MCA.

The Spring Workshop Committee is proud to follow the mission of MCA to promote the professional development of individuals working in all aspects of the Corrections field and to promote ethical and just correctional practice.

Interested in becoming a member of MCA or a member of the Spring Workshop Committee? Feel free to connect with Jennifer Guse at jennifer.guse@blueearthcountymn.gov.



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RS EDEN Corrections Services operates three community corrections facilities to serve men and women. Utilizing evidence-based practices and gender responsive programming, we provide a safe environment for clients to make internal changes to promote rehabilitation, while ensuring public safety.

RS EDEN Supportive Housing plays an active role in the development and operation of affordable, safe, and supportive housing throughout the Twin Cities. We oversee nine distinct projects serving youth, singles, and families.

RSI LABORATORIES specializes in drugs of abuse testing for corrections, chemical dependency, and human service agencies. Our lab is accredited by the College of American Pathologists (C.A.P.) and the Centers for Medicare and Medicaid Services (C.L.I.A.).

RS EDEN Recovery Services has a reputation of working successfully with people who have substance use disorders. We offer inpatient and outpatient programs, specializing in serving culturally diverse, poly-drug addicted adult males and females.

Since 1971, RS EDEN has been a leader in delivering effective community human services in Minnesota. Our mission is to provide a spectrum of care—recovery and support services—to facilitate self-sufficiency for individuals, families, and communities. We believe that with structure, stability, and accountability people can and do change.

Learn more about available career opportunities at rseden.org.



MCA Scholarship



**MCA will be awarding (2) two
\$500 scholarships this year !**

**The first scholarship will be awarded
to a High School Senior.**

[Click Here for an application](#)

Deadline to submit is April 15th.

Award will be announced in May

Parent must have an active MCA Membership to apply

**Contact the MCA office if you have
questions about membership status**

***application also available on the MCA website**



REGISTRATION NOW OPEN

MACPO's 65th Annual Conference

May 18th - 20th, 2022

Maddens on Gull Lake

11266 Pine Beach Peninsula Rd,

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Vendor Sponsored golf tournament. Get your team ready and bring your best game to Pine Beach East! Sign up your team by April 15th.

Send email to lnerison@nexusgerard.org

Not a golfer spend time at recreation area bean bags and other games available (Tennis & Croquet Club). Resort layout found here: [Maddens Map](#)

Join us Wednesday evening for Vendor Hospitality at Voyageur. Spend some time networking and getting to know our vendors.

Please make sure to thank all the vendors for all their support at our conference.

Following the Banquet on Thursday evening, join us at the Wilson Bay Deck area or O'Madden Pub for some networking opportunities

**We look forward to seeing you all at our
65th Annual Conference**

[REGISTRATION](#)
[INFORMATION](#)

Free Training Opportunity



N-DEX System Distance Learning Registration: General

Register, Join, and Learn!

The N-DEX System Program Office is offering dynamic web-based workshop opportunities for the N-DEX System user community demonstrating functionalities and recent enhancements.

These sessions feature live demonstrations of the system, lasting between 30 and 60 minutes, depending on the topic and the level of audience participation.

Please complete the form below to indicate interest. Please complete the form below to indicate interest. All times listed are Eastern Time.

After registration no additional steps are needed, please be aware no confirmation email will be sent out. Users will begin receiving their meeting invitations a week prior to the session. Please note that registration closes at 6:00AM (Eastern Time) of the day of the session. If trying to register late, please email us at ndex@leo.gov.

N-DEX System Workshop Descriptions

The N-DEX System Overview: Basic overview of the N-DEX System and its functionalities. This presentation provides a high-level overview of what the N-DEX System is, what data is contained, and includes a tour of the system and its basic functionalities.

Search: In-depth demonstration outlining usage of filters and best practices when performing both keyword and targeted searches in the N-DEX System.

Batch Search: The Batch Search function enables users to search multiple (up to thousands) people, phone numbers, vehicles, or keywords at one time. This session will cover how to create a Batch Search template, create a Batch Search, view results, and edit and share a Batch Search.

Subscription and Notification Quick Bite: Short (15 – 30 minutes) session focusing on the N-DEX System Subscription and Notification features. Learn how to create subscriptions, edit existing subscriptions, and receive notifications concerning new records matching the subscription.

[Register](#)
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Legislative Affairs

Calvin Saari, MCA Legislative Liaison

I prepare this report to the MCA membership for the March 2022 issue of our newsletter, wondering where to start and what to report on. I am hesitant to get into details on legislative proposals as their status changes sometimes almost daily and by the time we read the FORUM, those legislative updates are no longer really relevant. It is for that reason that I decided to take a little different approach for this issue by giving you a limited picture of what I see happening with the Legislature and how things could have a significant impact on next year's Legislature.

First, as you all know, this year is the year of re-apportionment. The Courts again had to make that decision because of the inability of divided government to reach agreement on how to re-draw the political boundaries. That being done now by the Courts, we now know how the legislative districts changed and how they will impact the elections.

There are nine new districts that now will have incumbent legislators competing against one another for seats in the next Legislature. In some cases, some Legislators will decide to retire rather than fight the battle, a few may move to new districts in order to run, and some are still contemplating their next move. This means we expect to see a larger than usual change in both the House and Senate. As of this time, there are 27 House members that have announced they will not seek another term, and at least 17 Senators have made the same decision. There will probably be more as the current Session winds down and there will be changes due to the elections this Fall. This means we'll see about a 30% change next year, and with our chambers so closely divided, it could have an immediate impact on which party holds the majority and takes control of the leadership.

The second item I'd like to share surrounds my observations on the race for Governor. Most people assume Governor Walz will seek re-election, even though he has had a very difficult last two years with daily routines highly impacted with the "new normal" caused by health concerns. There are several DFL'ers who would be anxious to jump into the fray if the Governor opted out of this Fall's election.

On the GOP side, there are currently nine viable candidates vying for the Party's endorsement, so that appears it's going to be a horserace right up to the GOIP state endorsing convention this summer.

But now there's a new scenario that arisen in the past two weeks, a third Party candidate. There are plans underway to form a Freedom Party nationally, and will have state wide candidates as well.

This past week, the third-party candidacy of Cory Hepola was announced. he's somewhat of a known personality as he was a KARE news reporter and talk show host, apparently with deep pockets

Both major parties are voicing concerns about the third party candidate entering the race with concern that some of their supporters will be lost to such a candidate.

With our divided government of the past several years, it has been impossible to move forward any major initiatives. Now a third party candidate enters and uses the key themes of both major parties .

Remember 1998?? Jessie Ventura did this third party entrance into the Governor's contest and won the Governorship with 37% of the vote. I contend conditions are ripe for a similar scenario to happen this Fall. Start paying mre attention to the Governor's race and watch what happens.

In the meantime, our Legislature now has about eight more weeks in the current Session to decide how they're going to deal with a \$ 9.235 BILLION surplus. One thing that appears imminent at this time is that we can expect some kind of direct refund from the state coffers, amount to be determined. Let's hope our Legislators can compromise, get the job done and do what's best for Minnesota. It is also my hope that we can have another robust bonding bill which would greatly assist recovery and an improved economy. Watch what happens next!

2022 MCA Monthly Trainings

March 18

US Probation and Pretrial Services

April 15

Faith Based Ministry

May 20

PhoenixRise Coaching & Consulting

June 17

Ujamaa Place

July 15

Domestic Abuse

August 19

Educational Opportunity Center

September 16

Three Delivery Systems/DOC overview

October 21

Victim Services/Restorative Justice Overview




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- case management
- transitional housing opportunities

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 - Mental health
 - Substance abuse
 - Anger management
- Support with securing
 - Education
 - Employment
 - Housing

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236 CLIFTON AVE. S. MPLS 55406

2022 Executive Board



President: Jane Schmid

President-Elect: Mark Groves

Vice President: Laura Anderson

Past President: Mark Bliven

Secretary: Latonya Reeves

Treasurer: Robyn Wood

Admin Manager: Debbie Beltz

Jane Schmid is a Career Corrections Agent with Brown County Probation, providing supervision of high risk/high need justice involved juveniles through an Intensive Supervision Probation Specialty Court program. Jane has been the Intensive Supervision Program (ISP) agent for juveniles for the past 14 years, and has also served as supervising agent/coordinator for the former Brown County Juvenile AOD (Alcohol and Other Drug) and Treatment Specialty Court. She is a YLS/CMI and T4C (Thinking for a Change) trainer, has chaired the MCA Juvenile Justice Committee for the past five years and represents MCA on the governor's state advisory group-Juvenile Justice Advisory Council (JJAC). Prior to turning to probation, Jane worked as a Licensed Social Worker in children's mental health and child welfare/protection in Nicollet and Sibley Counties for nearly 10 years, and has experience in residential care with the Sheriff's Youth Programs of MN and The Bridge of Runaway Youth in Minneapolis. Jane is a 1993 graduate of St. Thomas University with a BA in Social Work. She is dedicated to working with youth in need, with a focus on mental and chemical health issues with a special emphasis in creating a unified effort with other corrections organizations toward juvenile justice legislative change. Jane was the 2019 recipient of the MCA Professional Achievement: Field Services award and current President of MCA for 2022.

Jane Schmid—President





Mark Groves—2023 President-Elect

Mark is the MCA Liaison. He served as the MCA president in 2018. He is currently a Vocational Rehabilitation Counselor with the Minnesota State Services for the Blind. Prior to this position, he was the Division Director of Rehabilitative and Veterans Services for the Volunteers of America MN with overall supervision of 85 employees. He assessed and evaluated program results and strategy for continual outcome improvement for two Residential Reentry Facilities serving 132 Federal Bureau of Prisons and Minnesota Department of Corrections offenders reentering the community. Developed and managed workforce development programs; housing, transportation, family reunification, et al. Directed Amicus programs designed to assist offenders in building new lives, both before and after release including the One-to-One mentoring program, Reconnect reentry program, and Sisters Helping Sisters prerelease program at MCF-Shakopee. Assured compliance with organizational policy, government employment policy and standards for funding sources. Recruited, led, trained and provided recognition to community programs and volunteers engaged in programs.

He worked at the Minnesota Department of Corrections as the Facilities Reentry Coordinator providing oversight to all reentry program elements in Minnesota Department of Corrections (DOC) facilities; providing support and coordination to varied agencies and community resources involved in offender transitions; providing program direction and supervision of facility-based transition coordinators; planning, implementing and managing reentry programs and initiatives at all DOC correctional facilities;

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 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.

He served on the Commissioner's Veterans Health Care Task Force as the chair. He was the President of the College of Education and Human Development Alumni Society Board at the University of Minnesota and a variety of other boards and committees related to criminal justice, human services, education and veterans services.

Mark Bliven—MCA Past President



Mark Bliven, 2021 MCA President has been working in the field of public safety and corrections for decades with most of his career in the area of risk assessment and community notification with the Minnesota Department of Corrections.

An early transplant from northwestern Minnesota into the Twin Cities, Mark attended Macalester College and William Mitchell College of Law in St. Paul and has made his home in Saint Paul for most of that time. A two-year "sabbatical" to work in the Wisconsin legislature was book-ended by work with the Minnesota Board of Peace Officer Standards and Training (POST Board) in the areas of rule writing and pre-service education administration.

Mark is looking forward to a year of continued growth in MCA's important contributions to the vitality and improvement of corrections related careers.



Laura Anderson—Vice President

Laura Anderson began her career with the MN Department of Corrections 15 years ago at MCF-Red Wing. In January of 2006, she was hired as an Office and Administrative Specialist Intermediate in the Records department and was promoted to State Program Administrator – Transition in September of 2006. In February of 2017, Laura completed a Corrections Security Caseworker Work out of Class assignment in the Transition department. She transferred to MCF-Stillwater and MCF-Oak Park Heights for a Work out of Class Corrections Transition Program Coordinator assignment in December 2017. Upon her return to MCF-Red Wing in February 2018 she was promoted to Corrections Juvenile Program Coordinator – Reentry. Currently, Laura's primary role is to teach youth Independent Living Skills throughout their incarceration, plan and implement transition program services and work individually on specific transition plans with youth returning to the community.

Throughout her career, Laura has been actively involved in Minnesota Corrections Association (MCA). She is currently serving as the MCA Executive Board Vice President and was re-elected after her 2019 and 2020 term. She also served as the Executive Board Secretary in 2013 and was the Nominating Committee Chair from 2014-2018.

At MCF-Red Wing she is the Public Relations Committee Chair and Account Manager and has been filling this role since 2006. Other committee work has been on the MCF-RW Performance Based Standards (PBS) Committee and also plans the annual Transition Re-Entry Fairs.

In her free time she enjoys spending time with her family, camping, volleyball and playing softball. Her love for softball presented an opportunity from March 2009 to March 2017 to be the City of Red Wing Women's Softball League Director.

Debbie Beltz— Administrative Manager

Debbie began working at MCF-Lino Lakes in 1995 in an emergency-temporary position in the Office Services area which led to a permanent position in 1996. She has been the Warden's Executive Assistant since 2004.

Debbie has been MCA's Administrative Manager since 2012. In 1998, she attended her first MCA training. Seeing what a great training event the Fall Institute was, Debbie began volunteering on the Hospitality & Networking Sub-Committee for the Fall Institute in 1999. After several years on the sub-committee, she began co-chairing the Fall Institute Committee.

Debbie is honored to be associated with an organization whose members provide correctional services that promote the rehabilitation of incarcerated individuals; provide safety for the public; and believe in the principles of restorative justice.





Latonya Reeves —MCA Secretary

My name is Latonya Reeves, and I am a Career Probation Officer in the Adult Probation Supervision Services Division of the Department of Community Corrections and Rehabilitation in Hennepin County, Minneapolis, MN. I have a Bachelor of Arts from the University of Minnesota in Political Science and Sociology of Law, Criminology and Deviance, a Master of Science in Public Service Leadership in Criminal Justice, have completed all coursework for my PhD in Criminal Justice, and am working on my degree in Social Work. I am President of the American Federal of State, County and Municipal Employees (AFSCME) Council 5 Local 552 Probation and Parole Bargaining Unit. I was elected to serve on the MN Council 5--AFSCME Executive Board-West Metro District. I also serve as Secretary on the Executive Board of the Minnesota Corrections Association, am a member of the Minnesota Association of Community Corrections Agencies and the Minnesota Association of County Corrections Officers. I am the Co-Founder of the Elite Dollz of Faith based in Atlanta, GA, a non-profit 501c3 organization rooted in giving a hand up in communities across the United States. I am a member of the Southern Crescent Chapter of the National Women of Achievement, and the Alpha Phi Sigma Criminal Justice Honor Society. I am the Communications Director for the People of Color Employee Resource Group as well as their Strategic Plan Chair of Collaborative Relationships. I also work on the Sexual Assault Multidisciplinary Action Response Team (SMART) as well as the Labor Management Health Care Committee. of racial disparity reduction and best practices in Criminal Justice.

I supervise Adult Level 3 Predatory Offenders and Traditional High Risk Clients in the Twin Cities Metro Area. I sit on several committees and workgroups including the Innovation and Inclusion Committee, the Hennepin County Policy Committee, the Eliminating Racial Disparities Workgroup, the Workplace Safety Engagement Team for APSSS, and the DOCCR Out of Home Placement Redesign. I am the recipient of the Rick Scott Political Activism Award in 2019 from the MN AFL-CIO/AFSMCE Council 5, and serve as a Commissioner of the Minnesota Civilian Public Safety Commission. I enjoy learning in my chosen field to build on the practices

Robyn Wood—Treasurer

Intensive Supervised Release Agent with DFO Community Corrections.

I have worked with Olmsted County for 21 years, starting in Child protection and as an ISR agent for 16 years. I grew up in Nebraska and went to college in Sioux City IA as Briar Cliff University.

I have been active with MCA initially as the secretary and most recently as the treasurer.

Within DFO I am active with out Diversity/Inclusion efforts in the County. I am also on a work group with the National Institute of Corrections to develop nationwide probation standards within the next year. I am also part of the MACACC Diversity Inclusion Committee.

Outside of work I enjoy traveling, fishing, and working out.

Being part of MCA is very valuable due to the strong relationships I have built. Partnering with other agencies has always been something I strive to do.





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Direct Access Core Training

The Minnesota Department of Human Services Behavioral Health Division

The Minnesota Department of Human Services Behavioral Health Division is launching a monthly training series on Direct Access, which promotes equity and diversity by allowing individuals to choose providers of clinically appropriate substance use disorder treatment services. Each training will provide an overview of the Direct Access process and related topics, and provide information and updates on:

- ⇒ **Client choice, and roles and actions for providers, counties, and tribes**
- ⇒ **How to verify existing client eligibility**
- ⇒ **Behavioral Health Fund eligibility**
- ⇒ **DAANES data entry requirements**
- ⇒ **Federal block grant compliance monitoring**
- ⇒ **Provider peer review.**

Direct Access Core Trainings will provide basic information and inform participants how they can attend more detailed, topic-specific trainings.

Audience: This training is appropriate for substance use disorder treatment providers, county and tribal agency staff, probation and court services staff, dispositional advisors, Minnesota state agency staff interested in updates to the substance use disorder treatment service and payment systems.

Registration: Trainings will be hosted on Webex. Register for an upcoming training by visiting the [Direct Access Core Training registration webpage](#). There are no certificates or continuing education units for attending this training.

Legal references

Find Minnesota's laws related to licensing for chemical dependency licensed treatment facilities in [Minnesota Statutes, section 245G](#).

Find statutory information on Behavioral Health Fund eligibility and requirements in:

[Minnesota Statutes, section 254B](#)

[Rule 25 Minnesota Rules, parts 9530.6500 to 9530.6555](#)

[Rule 24 Minnesota Rules, parts 9530.7000 to 9530.7030](#)

Training Dates

- March 24 - 1:30 to 3 p.m.
- April 28 – 9 to 10:30 a.m.
- May 26 – 1:30 to 3 p.m.
- June 23 – 9 to 10:30 a.m.
- July 28 – 1:30 to 3 p.m.
- Aug. 25 – 9 to 10:30 a.m.
- Sept. 22 – 1:30 to 3 p.m.
- Oct. 27 – 9 to 10:30 a.m.
- Dec. 8 – 1:30 to 3 p.m.

Women's History Month

March 1st - March 31st

About Women's History Month

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week." In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

To learn more about Women's History Month, [click here](#).

To learn more about the 50th Anniversary of Title IX, [click here](#).



Here's to strong women.

May we know them.

May we be them.

May we raise them.

- unknown

Test Your Knowledge

Historic Women World Leaders: Make a Match

Below are a list of historic women leaders of the world. Match the woman with the description of her accomplishments.



1. _____ Eleanor Roosevelt



2. _____ Joan of Arc



3. _____ Eva Perón



4. _____ Benazir Bhutto



5. _____ Queen Elizabeth I of England



6. _____ Cleopatra VII of Egypt



7. _____ Indira Gandhi



8. _____ Isabella I, Queen of Castile and León



9. _____ Wu Zetian



10. _____ Golda Meir

A. First woman prime minister of India

B. First Lady of Argentina named "Spiritual Head of the Nation"

C. First woman prime minister of Israel

D. First Chinese empress to rule in 4,000 years.

E. Known as "the Catholic Queen," she and her husband King Ferdinand united their two countries to form Spain. They also paid for Christopher Columbus' voyage to the New World.

F. U.S. First Lady and delegate to the United Nations

G. Led soldiers to help French King Charles VII and named a Roman Catholic saint.

H. Head of the Protestant church in her country, her leadership made her country a naval power by defeating the Spanish fleet. The state of Virginia is named in her honor.

I. First female prime minister of Pakistan and first woman to lead a Muslim country

J. Last active pharaoh and wife to Roman Emperor Julius Caesar



Spotlight: Lydia Newlin

Submitted by: Tara Rathman

I connected with Lydia Newlin, who works at the Department of Corrections as Program Director of the Support and Staff Victimization Response Unit. If you have ever interacted with Lydia on any level then you must already know... talking with her and seeing the passion she has for the work she does was the absolute highlight of my day. To say Lydia has passion for life and her work is an understatement and doesn't even begin to highlight a glimmer of who she is and the services she provides the Department. I hope to articulate what she stands for and use this opportunity to shine a light on the work she and her unit do for so many.

Lydia and her team work to address the unique needs of staff in both the facility and community services division of the Department. These needs may encompass the typical, yet difficult situations others also face in the community; however, her unit works to develop personal and targeted responses to employees who specifically work in the field of corrections. By factoring in the extra layer corrections employees encounter in their day-to-day work, they are able to acknowledge and address how personal, mental

and emotional trauma has the potential to bleed into an already stressful, mentally draining, and sometimes physically active job.

After catching up on the woes of the world and the added stresses that covid has placed on our daily lives, we started talking about the wonderful things her and her unit are doing to provide support for employees. Lydia and her team not only provide personal support, but they help employees navigate the Employee Assistance Program benefits. They work to secure contracts with other professionals in the field who offer additional and unique methods of support. Her passion for the job was truly unleashed when she talked about the future prospect of unique programming offered by the Department through contracted professionals in the community. Some of these offerings include Eye Movement Desensitization and Reprocessing (EMDR) techniques, Art Therapy, and small groups of support for loss, grief and victimization (staff assaults).

I asked Lydia a number of random questions and she really delivered on her answers! I was surprised to learn so many things about who she is outside of the office, but more so was in awe of how much she relies on hope, motivation, courage, healing, love and gratitude quotes to get her through her week. For example, after starting her day off with a large cup of really strong coffee, and feeding the birds that visit her yard, she reads the "Daily Word" publication her dad has sent her monthly since moving away from home. She said, "I then pause....and commit to doing something during the day that somehow in some way, 'touches someone's heart.'" I have four children and from the time they started Kindergarten, I'd tell them when they went out the door each morning... 'Be sure to touch someone's heart today,' and I make a conscious commitment to do the same." Then, she searches for a quote that fits the theme of the day (each day has its own specific theme). For example...

Sunday: Hope "To wish was to hope, and to hope was to expect" ~ Jane Austen

Monday: Motivation "People who are crazy enough to think they can change the world, are the ones who do." ~ Rob Siltanen.

Tuesday: Courage "Those who have a strong sense of love and belonging have the courage to be imperfect." ~ Brené Brown

Then, Wednesday is for healing; Thursday is for empathy; Friday is for love; and Saturday is for gratitude. She stated that once she finds the quote of the day, she writes it on a post-it note and sticks it on her computer and makes it her home screen for the day on both her work and personal phone.



I had given her some other questions... some more thought-provoking types of questions and others just for fun.

If you could only eat one type of food for the rest of your life, what would it be? DEFINATELY MEXICAN! I'm a proud Mexican American and am really grateful for the gift my mom has given me by teaching me to cook real authentic Mexican food. I think I could eat it 365 days a year and never need anything else.

Do you have any hidden talents? Well, I'm not sure if they are talents! However, I love to sing, I love to cook and I LOVE LOVE LOVE to garden. We have two gigantic veggie gardens as well as several flower gardens. So, when I'm not working, in the winter I can be found singing in the kitchen and in the summer, I can be found singing in the garden.

What is the first concert you attended? Prince: Purple Rain Tour

If you could have dinner with anyone from history, who would it be? "Wow, that's a hard question and my answer would probably change depending on what I was reading at the time. When the pandemic hit, I found myself struggling. I'm an extrovert and my energy comes from people. It comes from being in the same space with people and listening to their stories. Their daily stories and their life stories. It is in other's stories, that I have always found inspiration and hope and gratitude. It is in learning about what barriers people struggled with and learning how they overcame those barriers that I learned how to be a better listener, and advocate for helping those that were struggling or simply being on the sideline cheering them on while they did the hard work of healing and persevering. So, when the pandemic hit, I realized I was really struggling with isolation, and I needed to "practice what I preach" and find some additional ways to "connect" with other's experiences. So, I began to read. I'd always loved reading, but just never ever had time to actually sit down with a book (I also am really ADD so sitting is something I usually only do when I absolutely have to!) so that can be a problem when it comes to starting and finishing a book! So.....I found audible. Listening to books was the perfect way to read AND do four other things at one time! In the past 18 months, I've "read/listened to" 63 books. You name the topic! Of course, every Brene Brown book (maybe twice!), several holocaust survivor books, some civil war memoirs and stories, several memoirs and historical accounts of slavery, several on understanding the toll that this work can take on criminal justice professionals, several on understanding grief and loss.....AND a few 'just for fun beach reads'."

The final sentence in her answer is what I found so interesting. "SO! To answer your very short question! I would say today if I could have dinner with one person from history, it would be Harriet Tubman!"

**"My point I guess is, you are never too old to learn,
never too old to learn from other's experiences
and we can do that in so many ways!"**

And she definitely has!

Statewide Training Academy

Submitted by: Kelly Wheeler, MN DOC Training & Development Specialist (Field Services Division)

Statewide Training Academy (STA) offers training designed to provide Correctional Professionals with specific knowledge utilizing Evidence-Based Practices (EBP) as well as other job specific trainings.

The targeted audience for STA is any level of agent or caseworker, or others who need these skills for the completion of assigned job duties.

STA is currently offered virtually for the remainder of the 2022 calendar year. In 2023 STA will be offered using a hybrid model with some courses being offered in-person and some remaining virtual.

For more information about STA, including a complete syllabus, or questions about how or if you should register, please contact Kelly Wheeler at kelly.m.wheeler@state.mn.us.

See next page for course offerings.
Contact Kelly Wheeler for a complete
syllabus with course descriptions.

Statewide Training Academy Course Offerings

DOC Overview

Ethics and Professionalism

CSTS 101

Community Notification

Pre-Trial Assessments (MNPAT)

Predatory Offender Registry (POR)

Sentencing Guidelines: 2016 thru 2021:
What's New in Guidelines Policy

"Find Your Helpers": Resources & Information to Assist
Persons with Disabling Conditions

Interstate Compact (ICOTS)-New User Training
Adult Only

Hearings and Release Agent Training

Agent Safety-Introduction

Agent Safety – Search & Seizure

Agent Safety- Live Scenario (St. Cloud DOC office)

Motivational Interviewing- Level I

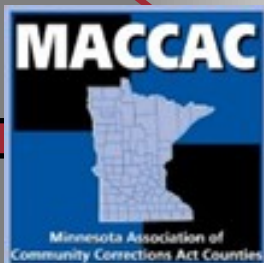
Motivational Interviewing – Level II

Core Correctional Practices (CCP)

Level of Service/Case Management Inventory (LS/CMI)

Youth Level of Service/Case Management Inventory
(YLS/CMI)

Carey Guides



Learn about MCA's Newest Committee!

Community Supports Committee

Description: This committee is comprised of a diverse group of volunteers and professionals from faith based and not for profit organizations providing services and supports for justice involved persons across the state.

Goals:

- Promote representation on the committee that broadly represents Minnesota's communities of faith and not for profit organizations.
- Provide opportunities to improve communication and collaboration between community-based organizations and practitioners in the justice system.
- Expand participation in and knowledge of statewide initiatives that pertain to reentry, recovery, and correctional supervision.
- Promote collaboration between community-based organizations providing services and support to justice involved individuals and their families.
- Collaborate with the legislative committee on pending legislative action and recommendations as they relate to system change and strengthening community-based supports and services.

Committee Meeting Schedule: This committee will be meeting remotely on (TBD).

Event Attendance: Committee members may be involved in the MCA Annual Conference, quarterly trainings, and workshops.

If you are interested in learning more about this committee or have an interest in joining the committee, please reach out to Committee Chair, Ron Solheid at: rsolheid@gmail.com

Juvenile Justice Committee

Chairs: Kari Boser and Jane Schmid

The Juvenile Justice Committee (JJC) has set out to be a collaborative voice for justice involved juveniles in all delivery systems throughout the state. We strive to promote transformation in the system and focus on being a rejuvenating and positive force within this environment.

This committee works in collaboration with MCA's Legislative Committee to provide input and feedback on legislative initiatives related to justice involved youth. In addition, this group works to stay current with best practices in the field of juvenile justice, as well as educated on programs and services available to this population to best serve them.

Join us for the 3rd Annual Juvenile Justice Conference April 21, 2022

The JJC in collaboration with MACPO hosts an annual training event for professionals working in juvenile justice.

**The conference will be held virtually this year
& registration is open!**

Click here for presenter line up and registration information.
(insert link from Debbie)





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MCA Membership Opportunities



- Individual member \$35
- Retiree \$50 lifetime ~ For a limited time, MCA is waiving the requirement for individuals who are Corrections Retirees to become an individual member before applying for a Retiree lifetime membership. (That saves retirees \$35).
- Student membership \$10. Must meet student membership criteria.
- Are you currently a MACCAC/MACPO/MSSA/MARRCH members?
You can get an MCA Individual membership for \$25*
(That's a \$10 savings off your first year). *Applies to new MCA memberships.

Contact the MCA Office to join! mca-mn@hotmail.com

Monthly Workshops Have Returned!

Being a member gives you access to monthly training opportunities for free!

2022 MCA Awards

Mark Bliven, Past President / 2022 Awards Committee Chair

Please Consider Your Nominations for 2022 MCA Awards

The pandemic really does appear to be falling behind us. Now is the time to recognize those who have stepped up and demonstrated leadership and innovation during these trying times. A committee made up of past presidents of MCA will review and recommend your 2022 nominations to the MCA Board for presentation at the Fall Institute this October at Grandview Lodge in Nisswa. This annual awards tradition recognizes not only individuals and programs but the whole community of those working within the correctional field in Minnesota.

A few of the awards are specifically designated for positions either at a correctional facility or within the field services area. Other awards cover the broadest area of corrections within MCA. Please think about and consider your nominations for making significant contributions to the field of corrections. We will have the nomination forms available by the end of May for submission by the end of July. Please feel free to submit a nomination regardless of where you feel it might fit within the awards categories. The committee will determine the appropriate category. You just need to provide information and background on why you think this person, group of people, or program should be recognized for their contributions to our vital work.

While these awards single out individuals and groups we should keep in mind that at a more important level they represent what so many of you do every day within your profession. These awards belong to and represent all of you.

Corrections Person of the Year

Corrections Officer of the Year

Professional Achievement Award—Correctional Facility

Professional Achievement Award—Field Services

Technology Award

President's Award

Board of Director's Award

Thank you for your consideration. Please contact me as chair of the awards committee with any questions or submissions. **As members you will all receive an email from MCA at the end of May with the nomination form and a reminder to get your nominations submitted by July 31 though sooner is always appreciated.**

mark.bliven@state.mn.us 651-361-7359

Blast From the Past—25 years



The former Moose Lake Regional Treatment Center converted to a medium-security prison housing over 600 inmates. Conversion of the Moose Lake Regional Treatment Center to the Moose Lake correctional facility was completed in 1997.

1997

Funding was approved for the Institution/ Community Work Crew program to use nonviolent inmates to build affordable housing for low-income families.

A concept called “circle sentencing” began on the Mille Lacs Indian Reservation.

The Fall Institute was in Rochester and the theme was *Prescription for the Future*.

- Presenters included Kenneth Schoen, J. Mark Warren, and Gothriel “Fred” LaFleur.
- Workshops included: White Supremacist, Extremists, and New Radicals; Risk/Need Assessment and Case Planning; Ergonomics in the Workplace; Managing the HIV Positive Inmate; Working with Women Offenders; Data Privacy Practices; and Deportable Aliens in the Criminal Justice System.

An escape attempt at Stillwater was thwarted when three inmates hiding in a garbage truck were observed by the truck's driver.

Minnesota prison sentences, in terms of actual time served, were among the toughest in the nation, resulting in longer prison sentences for offenders.

OPH Time Capsule Event

March 29, 2022

DOC has invited all former Oak Park Heights Correctional Facility Wardens to participate in the event.

The event will be filmed by the DOC Communications Department.



Presenter Proposals

2022 MCA Annual Training Institute

Deadline for submission is May 31, 2022



**Submit your presenter proposal for the
MCA Annual Training Institute
October 26-28, 2022**

Grand View Lodge

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

**Deadline for proposal submission is May 31, 2022
Presenters will be notified by June 17th if presentation
has been accepted.**

[CLICK HERE](#) for proposal form.

E-mail proposal to Christine Schweich with "Presenter Proposal" in subject line.

Chritine.Schweich@co.ramsey.mn.us

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

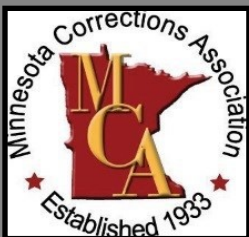
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To contact MCA, join a committee, sponsor us or to get involved, please contact:

mca-mn@hotmail.com

www.mn-ca.org



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