

MCA FORUM

Volume 45 No. 4

Fall 2022

Join us in person!

2022 MCA Annual Training Institute
will be held at Grand View Lodge
October 26-28

TAKING IT ALL IN *STRIDE*

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:

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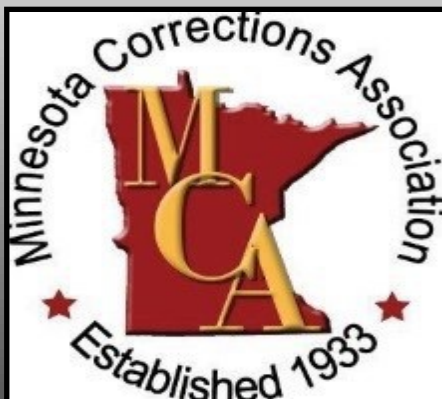
Fall Training

Trainings

More!



GET IN TOUCH!



Join MCA Today



President's Message

Jane Schmid, 2022 MCA President

Some say August is like the Sunday of summer. Here's to hoping you all have enjoyed your summer time in MN! I recently came across a short story in which the moral of the story relates quite well to our work in corrections.

The Boy and the Starfish by Loren Eiseley

One day a man was walking along the beach and noticed a boy picking something up and gently throwing it in the ocean. Approaching the boy he asked, "What are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

"Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference."

After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the man he said....."I made a difference for that one."

At times, we are inundated with all we are expected to do, at home, work, and in the community. While we cannot fix all the problems we face, by trying we can and do make a difference, even if just for one moment or person at a time. With that in mind, I again want to thank each of you for the amazing work you do! We often are working with people who don't always want to work with us, yet we know the importance of doing the right thing because it's the right thing to do. In living by this philosophy, we can and do make a difference!

Recently, MCA hosted its annual picnic for committee members who volunteer their time to make this organization great! It was so nice to see and talk with people face-to-face again, just like the old days. MCA is seeking committee volunteers and appreciates those who have recently joined a committee! If you'd like to learn more about joining a MCA Committee, please check out the [MCA Committee's website page](http://www.mn-ca.org/). There you will find the description of our committees and the volunteer form to submit to our Administrative Manager.

MCA's biggest event of the year, the **Annual Training Institute: "Taking it All in Stride", October 26-28 at Grandview Lodge**, is just two months away, and we are planning to host this event in person. Registration is now open on the MCA website <http://www.mn-ca.org/> and click on *Events*. We have an exciting line-up of sessions starting with our Keynote Speaker: Jeff Thompson and closing Keynote Speaker: Nicole Phillips (see bios [Click here](#)). Additionally, we look forward to reconnecting with our sponsors at the Annual Training Institute. We greatly appreciate our sponsor support, we could not do this event justice without your commitment! We hope to see many of you there!

Yours truly,



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Taking It All In Stride

MCA Annual Training Institute

October 26th—28th

Awards Ceremony October 25th

We are pleased to announce we are returning to this event in-person!!

Please join us in celebrating 89 years of MCA

[Click here](#) for the Conference Schedule. Conference Registration Closes 10.7.22

Lodging: Lodging is Not included in registration. [Click here](#) for the link to the Grand View Registration Site. Lodging registration closes 9/25/22.

Our present chair members include:

Dan Raden/Amy Moeckel/Shannon Fette – Co-Chairs

Tom Redmond/Tom Jungman – Arrangements

Christine Schweich/Margit Heald– Program

Michelle Johnson/Jean Wipper – Registration

Jason Mereness/Jae Wiese– Resource Fair

Adriana Anderson / Ashley Lloyd - Hospitality/Networking



Conference Kick-off & Awards Ceremony

Norway Center—Grand View Lodge

Tuesday, October 25th from 6:30 p.m. - 9:00 p.m.

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

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Midwest Monitoring & Surveillance MMS Lab Services specializes in providing electronic monitoring systems, Alcohol Kiosk Testing, Lab Services and Drug Testing Products for law enforcement, Drug Courts, Health & Human Services, and County corrections applications. Midwest provides a significantly different approach to the monitoring of clients. Midwest provides high-quality, high technology remote offender monitoring, alcohol testing, tracking, and surveillance products.

Hospitality Night

Wednesday, October 26th at 6:00 p.m.

Grand View Lodge

Meet and greet with vendors

Join us for food and beverage

Raffle drawing with prizes



Do not forget to wash your hands!



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APPLY SOAP



WASH YOUR HANDS
FOR 20 SECONDS



*Need a timer?
Sing the ABC song!*



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DRY YOUR HANDS

Remember to scrub between your fingers, under your nails, and the top of your hands.

Keynote Speakers



MCA Annual Training Institute
October 26-28, 2022
Grand View Lodge
Nisswa, MN

Conference Schedule - The full conference schedule will be posted as soon as it is available.

Keynote Speakers:

Nicole Phillips – Kindness is Courageous



KINDNESS IS COURAGEOUS: What happens when you step out of your comfort zone and live life courageously kind? From spending childhood Saturdays in a prison visiting her mom's husband, to experiencing the joy that comes with forgiveness, Nicole loves to share the transformation that happened in her own life when she made a career out of kindness. The same tools that helped her see life through a new lens will lead you to into your own courageously kind adventure!

Jeff Thompson - NOT "Check Box" Training: Real Practices in Resilience



NOT "Check Box" Training: Real Practices in Resilience: "Resilience" is increasingly becoming a popular topic with first responders. Unfortunately, due to its popularity, the term can fall victim to foolish approaches of "check box" training, outreach, and initiatives. This workshop explores the science behind a collection of resilience practices that have already been modified (and embraced) in our profession.

The presenter will share the practices he has used in many of his trainings for law enforcement recruits, patrol, leadership, and specialized units like SWAT, homicide investigators, and hostage negotiators. Check out this workshop to give yourself a chance to engage with like-minded law enforcement professionals and learn some new resilience practices because we all deserve to have positive mental health.

Networking Night

Thursday, October 27th at 6:00 p.m.

Zorbaz



Taco Bar

Free Music - Disc Jockey

Hamerschlagen, games and more prizes!
Bus provided to and from Grand View Lodge

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Interested in Joining an MCA Committee?

Have you ever wondered how many MCA Committees there are?

Ever wondered what each of the MCA Committees is all about?

[Click here](#) for the description of the MCA Committees!

Adult Justice/Legislative Committee
Annual Training Institute
Communications Committee
Community Supports Committee
Education & Training Committee
Juvenile Justice Committee
Membership Committee
Safety Committee
Silver Line Support Sponsorship
Spring Workshop
Student Services
Technology

Would you like to join an MCA committee or committees?

[Click here](#) for a committee volunteer form.

E-mail your form to MCA Administrative Manager, Debbie Beltz at mca-mn@hotmail.com

Leadership Opportunity for the MCA Fall Conference Committee

MCA like other organizations is looking at succession planning as key members of our committees may be looking at retiring in the near future, one of those committees is the Annual Training Institute/Fall Conference Committee.

We are seeking volunteers for the Fall Conference committee. We are looking for new energetic volunteers to begin learning the fall conference planning process and to continue involvement for leadership opportunities in 2023 at the conference in Duluth, MN.

The Fall Conference Committee currently has (3) co-chairs and is joined by the following sub-committees: Arrangements, Hospitality & Networking, Program, Registration, and Resource Fair.

Please contact Amy at amy.moeckel@co.ramsey.mn.us or Shannon at shannon.fette@co.ramsey.mn.us



Behind every number is a person and a story.
Everyone needs help sometimes. Amicus will be there.

For more than 50 years, Amicus has been a healing force in our community, helping justice-involved people find a safe home, jobs to begin building anew, and the comforting fellowship of community belonging.



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Support **1,002** adults with transportation



Provide **227** men and women with volunteer mentors



Provide **197** individuals with winter clothing and toiletries



Assist **176** people as they find permanent employment



Help **50** individuals find stable housing




Support **45** women as they transition from prison to community



Attain **7.6%** three-year recidivism rate for participants

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President-Elect Nominees

President 2024

Who will it be?

Elections are being held for the 2023 President-Elect
(will serve as President in 2024).

Elections are held bi-annually for the Vice President, Secretary, and Treasurer
(will occur during next elections).

Paper ballots have been mailed to any MCA member who does not
have an e-mail address listed with MCA.

To cast your vote click on this link: <http://www.mn-ca.org/Sys/Poll/37315> or
copy and paste into your browser.

Voting is for MCA Members only and members should be logged into their
profile on the MCA website at www.mn-ca.org

Deadline for voting is 5:00 p.m., September 15, 2022

2024 Nominees



Carter Driers



Kelly Blake



Tonya Breitreutz



Current 2022 President: Jane Schmid

2023 President-Elect: Mark Groves

National Recovery Month - September 2022

National Recovery Month (Recovery Month), which started in 1989, is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

SAMHSA aims to increase public awareness surrounding mental health and addiction recovery. In the years since Recovery Month launched, SAMHSA has timed announcements of initiatives and grant funding during Recovery Month, while collaborating with private and public entities to celebrate individuals during their long-term recoveries.

This year, to address the nation's growing crisis of substance misuse and overdose deaths, SAMHSA is launching initiatives that promote and support evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery possible.

Go to their website to learn more and register for events.

<https://www.samhsa.gov/recovery-month>

SAMHSA's definition of

recovery

noun.

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.



U.S. Department of Health & Human Services

SAMHSA

Substance Abuse and Mental Health
Services Administration



Community Supports Committee

Last fall the MCA Board of Directors and its membership authorized the addition of a committee to engage and collaborate with not for profit and faith-based organizations providing supports, programs, and services in the community to persons released from incarceration, in recovery or on supervision. I think we can all agree that these organizations and individuals provide critical services and supports helping our clients succeed and move on with their lives in a positive and productive way. Unfortunately, the current pandemic has resulted in some of these organizations having to scale back their efforts due to lack of funding, volunteers, and access to those most in need.

Major changes across the criminal justice system have occurred in response to the pandemic and continue to evolve due to new and ongoing concerns. As prison and jail populations begin to climb along with the numbers placed on community supervision, recent reports also indicate that there has been a significant increase in substance use and abuse over the last few years. The need for community-based programs and supports is on the rise and it is important that we work in collaboration with those providing these services to ensure efficient and effective use of scarce resources.

The MCA Community Supports Committee is being established to provide an opportunity for those working in corrections to meet and dialogue with community partners on a regular basis. Staffing and operational changes for both groups have never been more apparent resulting in challenges with communication and collaboration across agencies and organizations. Several not for profit and faith-based organizations have already committed to participating and they are excited to get up and running. What we need now are persons representing, case management, supervision agents, transition coordinators, release planners, reentry, and treatment staff. This committee will initially meet monthly, and meetings will be held in person and virtually to encourage participation from across the state. A description of our committee is available, please check out the [MCA Committee's website page](#). There you will find the description of the MCA committees and the volunteer form to submit to our Administrative Manager. I am certain all involved will find this a worthwhile endeavor and benefit from your efforts.

Thank You

Ron Solheid, Committee chair



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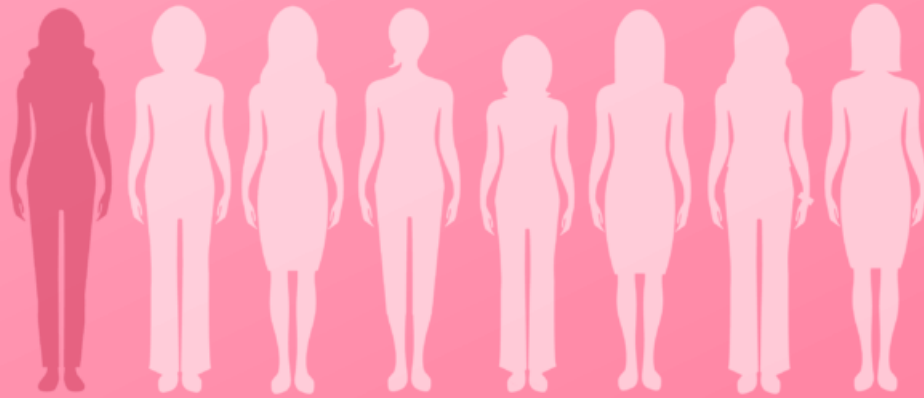
Join MCA!



October is Breast Cancer Awareness Month

Visit www.nationalbreastcancer.org/breast-cancer-facts

to learn more and download free educational guides.



1 IN 8 WOMEN

in the United States will develop
breast cancer in her lifetime.

Breast cancer mortality is **decreasing** for both black and white women, especially among younger women.

However, even though death rates are going down, we need to do more to **level the field**.



www.cdc.gov/cancer/breast



Legislative Affairs

Calvin Saari, MCA Legislative Liaison

As we near the end of August, it appears there is little hope for a special Session to address budget needs, as the Republican Legislators have little or no interest in meeting. Although the Governor and the DFL are ready to meet, it will take some real "horse trading" needed to get them to the table. With that in mind, we all need to set our sights on the next Legislative Session which opens a new biennium and starts in early January, 2023.

There is reason to be enthused and optimistic that the next Legislature will have a totally different culture. Most new candidates for legislative offices all mention the gridlock and how harmful that has been for the State of Minnesota. The House Information Service has indicated that there will be 61 (yes, sixty-one) new faces when the 2023 Session begins. Having more than 25% of the entire Legislature being new to the process, gives reason for excitement, and emphasizes the importance of us as organizations to develop new goals and agendas.

We all know that there is a significant surplus in the budget coffers going into the new Session and whichever political party gains control for the next two years is certainly going to have the ability to show some results. There has also been a significant change in attitude in dealing with the pandemic, and plans are currently to return to "as normal as possible" within the working legislative process. Getting back to meeting with people personally will be an enormous improvement and something we all as lobbyists, look forward to returning to.

I have been encouraging the MCA Legislative Committee to adopting a 2023 legislative agenda as soon as possible as I'd like to start personally meeting with particularly newly elected Legislators and those with proven interests in Criminal Justice/Corrections concerns, to share our priorities and goals. We also need to continue being mindful to collaborate with our sister organizations like MACCAC and MACPO, as well as the DOC Commissioner's Office in jointly pursuing our legislative priorities whenever possible. These are reasons for hope, enthusiasm and excitement as we prepare for the next Session.

The Fall Institute is coming up quickly the last week in October and we will again be conducting a Legislative Affairs Workshop on Wednesday afternoon, October 26th. The Legislative Committee has agreed to present an educational component this year, taking time to describe how we conduct our business on your behalf as legislative liaisons.

We are fortunate to have Erik Simonson, a consultant and lobbyist with the Coalition of Greater Minnesota Cities join me in walking our workshop participants through the political process. Erik is a former State Legislator and later the State Senator from the Duluth area prior to his current work, so he comes to us with specific legislative knowledge having served in both the House and Senate, and now working with numerous governmental units around the State. We can assure you of another great opportunity to learn how legislation is created, what we do as lobbyists and the importance of our members to know their home Legislators. Hope to see you there!

Calvin Saari, MCA Legislative Liaison

sisuwithsaari@aol.com

218-969-0151

September is Workforce Development Month

Submitted by: Mark Groves, 2023 President-Elect

Workforce development efforts more important than ever during historically tight labor market

St. Paul – September is Workforce Development Month, a time to honor workforce development leaders and staff across Minnesota, as well as draw attention to the resources available to those looking for work and to employers who need workers. In Minnesota, the Department of Employment and Economic Development (DEED) and its business and nonprofit partners throughout the state are working hard to connect all Minnesotans who need work with employment and to help employers reach often overlooked labor pools.

“At DEED we are laser-focused on connecting people who need work with the employers who need them,” said **DEED Commissioner Steve Grove**. “These efforts accelerated over the past several months during our Summer of Jobs campaign, and our proactive approach will continue.”





STAY SAFE MN

COVID-19 MEDICATIONS

Oral Antivirals

COVID-19 medications called antivirals can help people fight their illness. Paxlovid is for people 12 years and older; molnupiravir is for adults 18 years and older. Both of these antivirals are pills that you take by mouth.

If you are sick with COVID-19, antivirals can stop you from getting even sicker and help shorten how long you are sick. You may be able to get this medication if all four things are true:

- ✓ You test positive for COVID-19.
- ✓ Your symptoms started less than five days ago.
- ✓ You are at risk for severe COVID-19 because you are older or have a health condition like diabetes, heart disease, or lung disease.
- ✓ You are not hospitalized due to COVID-19.

Most COVID-19 medications are free, but there could be other costs or fees. If you have insurance, provide that information when you get the medication. If you do not have insurance, ask the health care provider or pharmacist about any costs.

Visit [COVID-19 Medication Options \(www.health.state.mn.us/diseases/coronavirus/meds.html\)](https://www.health.state.mn.us/diseases/coronavirus/meds.html), or talk with your doctor or another health care provider to see if you may be able to use this medication and to find a clinic.

For more information, you may call the COVID-19 Public Hotline at 833-431-2053, from 9 a.m. to 7 p.m. Monday through Friday, or from 10 a.m. to 6 p.m. Saturdays.

Tell your health care provider if you:

- Are pregnant or plan to become pregnant
- Are breastfeeding
- Are taking any medications or supplements
- Have any allergies
- Have any serious illnesses



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651-201-5000 | Contact health.communications@state.mn.us to request an alternate format.

5/2/2022

National Chicken Month

Childhood Cancer Awareness Month

Septemeber is...

Sourdough September

National Organic Month

Civil Service Month

National Suicide Prevention Month

World Candle Month

Happy Cat Month

Healthy Aging Month

National Recovery Month

Classical Music Month

[Courtesy of National Today Website](#)



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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.

2022 MCA Monthly Trainings

FREE FOR
MEMBERS!

September 16

Three Delivery Systems/DOC overview

Sponsor Speaker: RS Eden

October 21

Victim Services/Restorative Justice Overview

Sponsor Speaker: Phoenix Rise

November 18

MCA Silver Line Support

Sponsor Speaker: St. Mary's University

December 16

Juvenile Justice

Sponsor Speaker: Meridian Programs

Click [here](#) to register for these MCA Member
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Alliance

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nuway.org



MINNEAPOLIS -- There have been a lot of questions since some THC products became legal in Minnesota.

Since July 1, food and drinks can now contain 5 milligrams of hemp-derived THC. Lawmakers, consumers, and others have had questions. WCCO took the four most common questions to a doctor at Hennepin Healthcare.

Nothing But Hemp had a line out the door the day Delta-9 THC became legal in food and drinks in Minnesota.

"We've had a lot of customers come in, new faces that are really excited about having THC derived from hemp in this market," owner Steven Brown said.

Steven says customers come in with four main questions about THC in food like gummies, and drinks.

"Will this get me high? Will I fail a drug test? Will it make my anxiety go away? And will this help me with my pain?" Brown said.

We took those questions to Dr. Gavin Bart, the Addiction Medicine Division Director at Hennepin Healthcare.

Dr. Bart says people will feel the effects.

"It depends on your level of tolerance. Go slowly and wait until you know how it's going to affect you," Bart said.

He says a large amount could lead to impairment driving.

"A lot of times they ask, will I fail a drug test, and our answer is always of course yes," Brown said.

Dr. Bart expanded on that: "Be aware of any potential workplace policies. Just because it's legal for your recreational purposes your employers may or may not allow it."

As far as anxiety, Dr. Bart says, "it could actually make things worse, so I would really caution people who have certain mental health conditions against using cannabis."

Dr. Bart says it does appear to be helpful with certain types of pain. And he explained edibles in states with legalized marijuana have 10 mg doses. Minnesota allows half that, at 5 mg of hemp-derived THC.

Hemp-Derived THC in Food & Drink



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MCA Annual Board Member/Committee Picnic



American Cheese Month

AIDS Awareness Month

October is...

Emotional Wellness Month

Country Music Month

Financial Planning Month

National Pizza Month

National Pasta Month

Healthy Lung Month

National Apple Month

National Book Month

National Chili Month

National Cookie Month

Family History Month

**2022 5th Annual Minnesota Alliance of
Rural Addiction Treatment Programs (MARATP) Summer Conference.**



Gina Evans (Minnesota Adult and Teen Challenge), Mark Groves (MCA), Jamie Rigling (United States Probation Office - USPO), and Marlin Meszaros (FreedomWorks), conducted a presentation at the MARATP Summer Conference in Willmar, Minnesota on August 2, 2022.

Our topic: The "Reentry" Process and the Roles of Professionals Involved. Our presentation focused on the individuals exiting prison needs, and what is currently being done before and after their release to address those needs. We explored best practices, and evidence-based initiatives to address what is needed for them to succeed in conventional society.

Mark and Jamie included a brief summary of the Minnesota Department of Corrections, the United States Probation Office. Gina and Marlin provided their personal stories about their own reentry process.

Allan Godfrey and Randy Tenge also provided a presentation: Probation – A Shared Vision on Client Success.

A good time was had by all who attended the conference. MCA certainly appreciates our collaboration with MARATP. We are looking forward to a continued successful relationship.

**Minnesota Alliance of Rural Addiction
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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

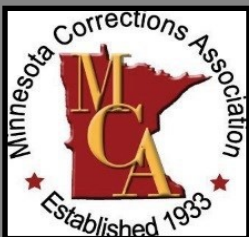
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OF INDIVIDUALS WORKING IN ALL
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AND TO PROMOTE ETHICAL AND JUST
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To contact MCA, join a committee, sponsor us or to get involved, please contact:

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www.mn-ca.org



GET IN TOUCH!

Contact Us

For more information, please contact us!

MCA Office

PO Box 261
Wyoming, MN 55092

(651) 462-8320

mca-mn@hotmail.com

Visit the MCA website: www.mn-ca.org

MCA Board of Directors

Executive Board

President: Jane Schmid
President-Elect: Mark Groves
Vice President: Laura Anderson
Secretary: Latonya Reeves
Treasurer: Robyn Wood
Past President/Awards: Mark Bliven
Administrative Manager: Debbie Beltz

MCA Committees and Co-Chairs:

Adult Justice/Legislative: Mary Cardinal
Annual Training Institute: Shannon Fette,
Amy Moeckel & Dan Raden
Awards: Mark Bliven
Communications: Matt Zehoski
Community Supports: Ron Solheid
Education & Training: Cheri Humphrey & Pat Gerbozy
Juvenile Justice: Kari Boser
Legislative Liaison: Calvin Saari
MCA Liaison: Mark Groves
Membership: Contact Mark Groves
Nominating: Roman George
Safety: Wayne Niles
Sponsorship: JoAnn Brown
Spring Workshop: Contact Mark Groves
Student Services/Research: Melissa McCann
Technology: Contact Mark Groves
Silver Line Support: Lori Quist &
Landyn Prescott-Miles