

MCA FORUM

Volume 45 No. 5

Fall / Winter 2022



SEASON OF CHANGE

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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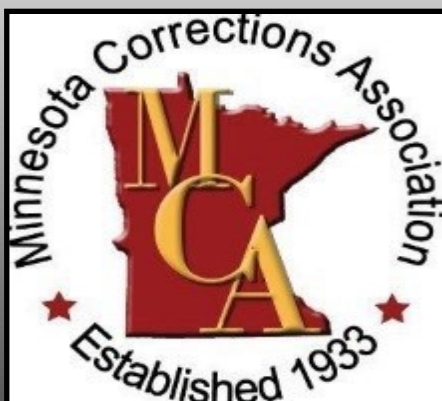
Fall Training Pictures

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More!



GET IN TOUCH!



Join MCA Today



President's Message

Jane Schmid, 2022 MCA President

Greetings MCA members! 2022 has been a busy year of gradual transition back from the height of COVID 19 pandemic. As we are seeing, this pandemic has carried with it what appears to be lasting changes as to how we conduct business. While most of our court hearings and organizational meetings remain via remote appearance, we are seeing our clients back in the field and in the office. And, despite the lack of movement in our legislature, MCA continues to move forward.

MCA held its annual Capital Day on January 27th, followed by the Annual Spring Workshop held on March 24th, and our Training and Education Committee has worked hard to offer free monthly workshops for all MCA members. We have a couple more months left in 2022 of free monthly trainings, please check out our website [Click Here](#) for more information.

A new sub-committee to the Legislative Committee, titled Full Circle Advisory Group is being developed and should be open for applicants before the end of the year. This group was born out of Dan Cain's Lifer's Group with the plan to promote positive change through engaging and empowering people who have been through the criminal justice system. By hearing the voices of those who have successfully come through the justice system, we can create effective change in correctional programming, policies, and legislation with the goals of creating culture change within the system, and impacting successful reintegration for a safer Minnesota. The full proposal and description of the committee can be found on the MCA website at [Full Circle Advisory Group](#). If you have questions or know of any good candidates for this sub-committee, please reach out to MCA's Legislative Committee Chair, Mary Cardinal marycardinalpeterson@gmail.com for more information.

Additionally, MCA's 89th Annual Fall Training Institute-"Taking it All in Stride" was a grand success! A special thank you to the Fall Institute Training Committee for all your fantastic work in making this event a memorable and positive experience! Additionally, a special thank you to all of our vendors, sponsors, and presenters! We truly enjoyed meeting the new vendors, reconnecting with our sponsors, and learning from our amazing presenters! I received such positive feedback from attendees and witnessed so many smiles and laughs throughout this event.

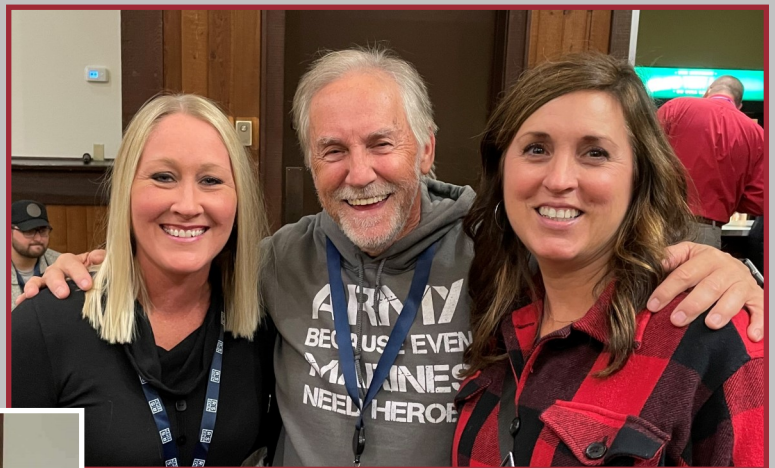
President's Message Continued

We cannot forget about our MCA award winners, who are true examples of the exemplary work being done in the field of corrections! Congratulations to each of you and thank you for all you do!

As we wind down 2022, I remind all of you MCA is its members. MCA is truly an organization designed for positive change, whether that be for supporting people working in Corrections through education and support or improving needed system changes for those who enter. Collaboration with others is a key factor in helping our system be most effective and we get the opportunity to collaborate when we get involved. MCA Committee membership is an excellent way to get involved. Getting involved in something greater than my day-to-day job, has actually been one of the best experiences. While we tend to fear the unknown, when we surround ourselves with good people, like those in MCA, anything is doable, and with great support, the best is doable! Please check out our MCA committees [Click Here](#) and consider getting involved

While there is more work to be done, I thank you for the opportunity to serve as your President in 2022!

Jane Schmid
MCA President 2022



Thank You Jane!



RELAX.

WE GOT THIS.

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- ▶ Prevented over 160,000 start up attempts last year from drunk drivers who were legally intoxicated.
- ▶ Knowledgeable state specific compliance professionals.
- ▶ Real-time reporting & photo verification.
- ▶ Intoxalock® Log Reporter.
- ▶ Advanced technology.

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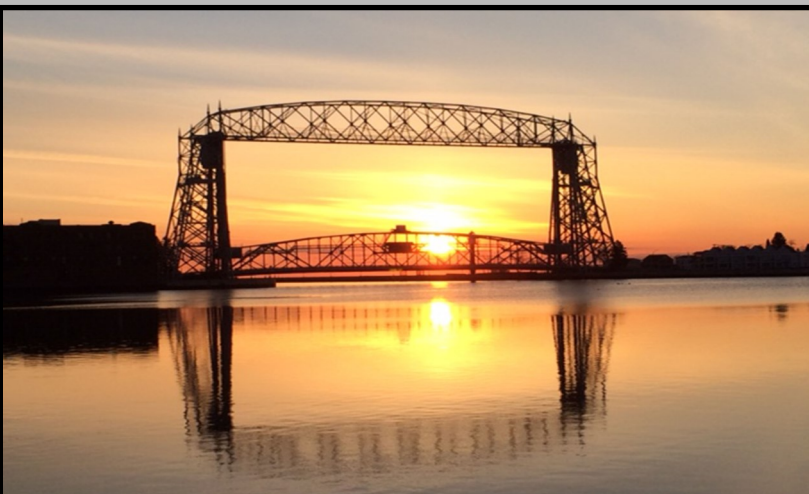


**Thank you to those who attended the
89th Annual MCA Training Institute this year
at Grand View Lodge in Nisswa, MN!**

We enjoyed great training sessions,
a fabulous Resource Fair and reconnecting with
old friends and making some new ones!

Be sure to mark your calendar for the
2023 Conference in Duluth
**MCA will be celebrating their
90th Anniversary!**

October 24th will be the kick-off event with the
Awards Ceremony in the evening and the
training sessions will take place October 25th-27th.



**See you in Duluth
October 2023**

2022 MCA Fall Institute Sponsors & Vendors

Thank You!

This event would not be possible without the support we get from our various sponsors and vendors in the resource fair.

Your time and commitment to corrections and MCA membership is phenomenal and we appreciate all you do!

2022 MCA Award Recipients

Corrections Person of the Year

Trish Hansen, District Supervisor
Minnesota Department of Corrections

Corrections Officer of the Year

John Deveny-Leggitt, Corrections Officer 2
MCF-Stillwater

Professional Achievement Award—Correctional Facility

Healing Streets Project
Ramsey County

Professional Achievement Award—Field Services

Lisa Rindal, Work Release Center Director
The Duluth Bethel

Technology Award

Jason R. Mereness, Supervisor
Ramsey County Community Corrections

President's Award

Assistant Tribal Probation Officer Initiative
A collaboration between the White Earth Tribal Nation
and Minnesota Department of Corrections

Board of Director's Award

Opportunities for Change (O4C)
High-Risk Recidivism Reduction Program

Awards Ceremony



Congrats!



Congrats!



Awards Ceremony



Awards Ceremony

Congrats!





Keynote Speaker Wednesday

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.



Hospitality Night

Justice point
Northwestern MN Justice Center
BI Incorporated
Bob Barker
A.W. Enterprises
Attenti
Nationwide Interlock
Al'Maa'uun



Thank You!



Thank You!

Hospitality Night



Hospitality Night

Thank You!



Hospitality Night



Hospitality Night



Thank You!





Hospitality Night

Hospitality Night

Thank You!

Thank You!

Keynote Speaker

Thursday

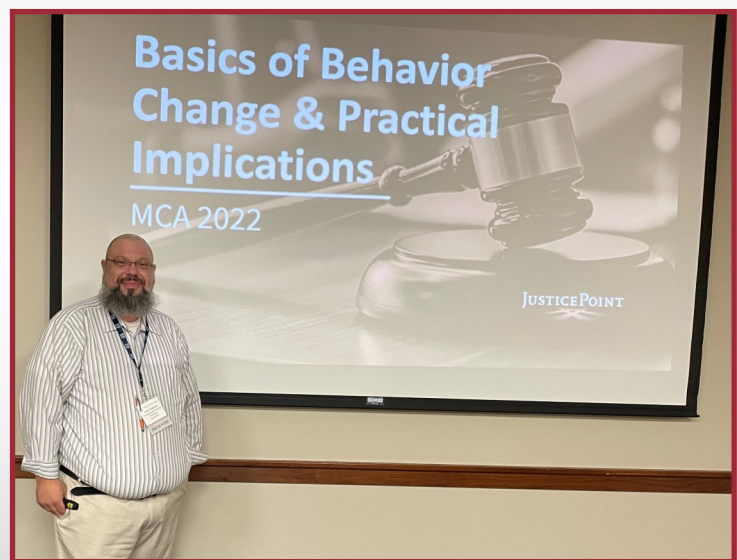
Nicole Phillips – Kindness is Courageous

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!





Thursday Training





Thank you to Intoxalock
for providing transportation!

Thank You!



Thursday Night Shenanigans!





RAIN of North America (RAIN) has offered healthy holistic solutions since 2008 in faith grounded housing that includes a home ownership pathway for adult men & women in recovery or exiting the justice system. Based in the Twin Cities, RAIN continues to serve citizens throughout Minnesota and the Upper Midwest who have demonstrated a commitment to personal growth as part of their rehabilitation. In a peer model, career training is utilized with life-coaches as significant element of our reentry strategy, and we have seen successful reintegration into the community when safe and sober homes are combined with employment therapy containing a navigator continuum that embraces faith-based life coaching.

The RAIN homes network has witnessed aftercare success when residents learn new life skills and participate in local collaborations of employers, churches, landlords, as well as with volunteers and community agencies that assist citizens readjusting to their local neighborhoods, maturing spiritual awareness, assuming personal responsibility for their past actions, and become industrious members of the community. Using this aftercare approach, RAIN has experienced reduced incidents of relapse and recidivism.

Whenever possible, RAIN participates in collaborative efforts and attributes many of our accomplishments to these local networks – so we support them whenever possible. Therefore, as part of our mission, RAIN – a faith-based housing nonprofit also helps create networks of welcoming churches, sustainable wage employers, and felon friendly landlords in six US states and soon, Oaxaca, Mexico. Our vision is to see citizens set free through the application of Biblical principles as they return and become an active, valued community partner.

In His service,

John Henderson

Founder

612.889.9610

john@rainhomes.org

|



ReEntry
ReEntry

"He brought me up
out of the pit of destruction,
out of the mud;
And He set my feet on a rock,
making my footsteps firm."
Psalms 40:2 (NASB)

Assistance to the

Incarcerated of

North America

**A faith-based 501(c)(3) that helps create networks
of welcoming churches, employers & landlords in
six US states and soon Oaxaca, Mexico for
individuals in recovery.**

- ❖ **Recovery homes (over 40 in MN)**
- ❖ **Transition resource referrals**
- ❖ **Mentoring and Navigator support**
- ❖ **Community awareness education**

RAIN of North America is not affiliated with an
outside organization, church, or specific recovery group
and is governed only by its own board of directors.

MCA Scholarship Recipients



(Picture is from R to L Mikayla Rahman, Robyn Wood, Julie Duff and Ivy Kukuk)



MCA offers student scholarships each year for attendance at the Fall Institute. This scholarship includes both conference attendance and lodging. This year student interns for DFO Community Corrections Mikayla Rahman and Ivy Kukuk were recipients of these scholarships. They provided the following feedback in a joint statement regarding their experience at the Fall Institute:

“As interns with DFO Community Corrections, we were given the opportunity to attend the Minnesota Corrections Association conference through a scholarship. The MCA conference offered us an unforgettable educational experience. Networking was our biggest takeaway as we were able to build connections with professionals within the field of our interest. We believe that as students, this opportunity opens doors for our future endeavors.” *Mikayla Rahman & Ivy Kukuk*



Do not forget to wash your hands!




Need a timer?
Sing the ABC song!




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



MERIDIAN BEHAVIORAL HEALTH

**NOW ACCEPTING
DIRECT ACCESS &
PERFORMING A
COMPREHENSIVE
ASSESSMENT UPON
ADMITTANCE.**



Please call 877-367-1715 to contact our Access Team or email directly to CARC@meridianprograms.com for any Admission questions.

Residential Treatment Facilities

Cedar Ridge Men's Program – Stillwater	Oakridge Men's Program – Rochester, MN
*Twin Town Men's Program – St Paul	Lake Shore Men's Program – Mahtomedi, MN
Douglas Place Men's Program E. Grand Forks	Douglas Place Woman's Program – E. Grand Forks
New Beginnings Men's Program – Waverly	New Beginnings Woman's Program – Waverly
Tapestry Women's Program – St Paul	Meadow Creek Women's Program – Pine City
Latitudes LGBTQ Program – St Paul	Bridge Recovery Men's Program – Sauk Rapids
Beauterre Recovery Institute – Owatonna	New Beginnings of MN IOP Program – 8 locations

7 Men's Programs, 4 Women's Programs, 1 LGBTQ Program, 1 Professional's Program

ABOUT MERIDIAN BEHAVIORAL HEALTH

Based in the Minneapolis-St. Paul Twin Cities area, Meridian Behavioral Health is one of the fastest growing, leading behavioral healthcare platforms in the country. Meridian provides mental health and substance use treatment services across a broad continuum of care, which includes in-patient, residential, out-patient and medication-assisted treatment. Today, Meridian has 3 brands with over 19 locations throughout Minnesota. For more than 27 years, Meridian has developed and refined an innovative, evidence-based, "addictive disease" care model. And this innovative care model, treatment center network and corporate infrastructure have allowed it to rapidly expand, positioning the company and our communities well to continue to reach those in need.

** Twin Town accepts level 3 predatory offenders on a case-by-case basis at the discretion of the director. Population served policy states we only accept up to Level 2 yet the director can approve beyond that if clinically warranted.*

PERSONALIZED CARE FOR HEALTH AND HOPE

Every day, we dedicate ourselves to people, creating treatment plans that help them grasp meaningful, lasting change—the kind of change that can turn lives around. Our network is uniquely designed for those who may be struggling with alcohol or chemical dependency, mental or behavioral health concerns. Our team works across job titles and experience, disciplines, and expertise, applying proven therapeutic approaches to treatments that are as compassion-based as they are evidence-based. We share the same hearts, minds and ambitions, and an unwavering belief that we are truly at our best when those we treat are at theirs. Addictions are often as unique as the person who has them. At Meridian Behavioral Health, we take the time to get to know the patient's situation so we can understand how we can help. Working one-on-one with patients in a judgment-free environment, we develop a level of trust which can overcome even the most challenging circumstances. We then create a custom care plan for each patient, considering their individual needs and long-term goals.

EVIDENCE-BASED APPROACHES

Even as we develop a treatment plan appropriate for an individual situation, we apply the lessons learned helping others reach their goal to find long-term recovery. Clinical practices are scientifically based upon the evidence established by the effective treatment of previous patients. Our evidence-based approach to drug and alcohol treatment also considers the specific social conditions contributing to addiction. Experience has taught us that this can bring healing not only to the afflicted individual, but to their family and the broader community as well.

FULL CONTINUUM CARE

The scope of Meridian's network of affiliates provides a variety of disciplines and types of expertise to ensure patients get care appropriate to their needs. Our comprehensive array of services and specialties reach all levels and intensity of care, from residential inpatient to outpatient, from medically assisted treatment to group-based counseling. Our mental illness/ chemical dependency (MICD) care model is versatile enough to adapt along with our patients throughout their recovery.

INTEGRATING MIND, BODY, AND SPIRIT FOR SUSTAINED HEALING

At Meridian Behavioral Health, we utilize a holistic approach to recovery, as drug and alcohol addiction affects both mental and physical health. We believe all are born with an innate state of mental health and wisdom that once lost, can be accessed, and reclaimed. By embracing this concept of innate well-being, we pull upon the power of inner strength and re-establish a sense of self-pride and self-worth. The result is positive thinking which leads to healthy choices and, therefore, positive behavior. We listen, we respect, we understand, and above all, we help make a lasting change. Our staff whole-heartedly believes in the power of personal touch and their passion helps transform lives every day.

Please visit us at <https://www.meridianprograms.com/>

**Please call 877-367-1715 to contact our Access Team or
email directly to CARC@meridianprograms.com**

Resources for Native American Heritage Month November 2022

This information can be found on the website for the Minnesota Association for children's mental health. macmh.org

[Native American Heritage Resources - MACMH | MACMH](#)

Happy Native American Heritage Month! The following resources celebrate native stories, lift up indigenous cultures and voices, and explore the history of the land that we live on.

We hope these support you in caring for the young people in your life this month and year round.

Resources:

- + [8 Ways to Decolonize & Honor Native Peoples on Thanksgiving](#)
- + [Lessons of Our Land: Curriculum for PreK - 12th Grade](#)
- + [American Indians in Children's Literature: Recommended Book List](#)
- + [For Families & Healthcare Providers: Supporting Native Transgender & Two-Spirit Youth](#)
- + [Native Land: Learn About the History of the Land You Live On](#)
- + [Indiginews: Indigenous Podcasts to Follow](#)

Native-Led Organizations Supporting Children & Families:

- + [Minnesota Indian Women's Resource Center](#)
- + [We R Native: For Native Youth, By Native Youth](#)
- + [National Indian Education Association](#)
- + [American Indian Family Center: Serving St. Paul & the East Metro](#)
- + [Ninijjaanis One of Ones: Early Childhood Equity for Kids Birth to 6 -](#)

Native-Led News Outlets to Follow

- + [Indian Country Today](#)
- + [Native America Calling](#)
- + [Native News Online](#)

Online Trainings

Supporting Indigenous Children and Families: Understanding Risk and Resilience

Recording Available Through Dec. 30

2 Hours | Recording

This workshop provides a broad overview of the Indigenous population in the U.S. with a focus on the historical, cultural and community factors that shape young children's development.

Susan Beaulieu, Independent Consultant – NDN Collective
[Learn More](#) | [Explore Our Fall Training Series](#)



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.



Serve **1,222** people through supportive re-entry services



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

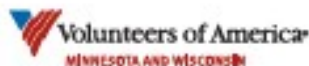


Support **45** women as they transition from prison to community



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

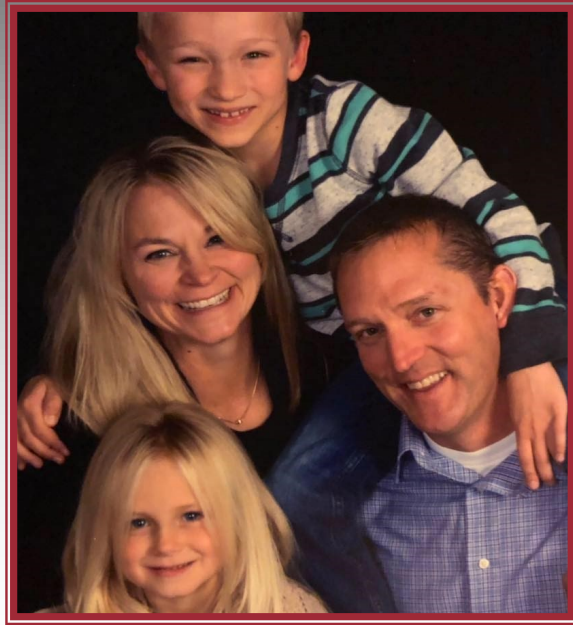
voamnwi.org/amicus



Carter Diers

President - Elect 2024

Congratulations!



Carter Diers has been employed as a probation officer since 1996 and currently a District Supervisor for the Minnesota Department of Corrections. He has worked with juveniles and adults; and every level of supervision from group to intensive. He received his B.S. in Corrections from Minnesota State University, Mankato and his M.A. in Organizational Leadership from Concordia University, St. Paul. He spent 10 years in the National Guard ending his career as a staff sergeant/section chief. He has started and sold a business, started a nonprofit organization devoted to fighting racism and has been involved in several others such as the Minnesota Association of County Probation Officers. He is the current chair of the Minnesota EBP Advisory Committee and a trainer for MI, Case Planning, YLS-CMI, COG, and others. Carter is also active in his community serving as President of his lake association and is the current President of his church council.



Current 2022 President: Jane Schmid

2023 President-Elect: Mark Groves



Call Today. Begin Today.

- Substance Use Disorder Treatment
- Intensive Outpatient Treatment
- Outpatient Treatment
- Chemical Health Assessments
- Mental Health Services
- Medication Assisted Treatment (MAT)
- Sponsored Housing
- Peer Recovery Support
- Risk Need Responsivity Programming
- Moral Recognition Therapy (MRT)
- Criminogenic Needs Treatment
- Alumni Group



Telehealth Option Available for all programming including SUD group!

Partners offers individuals with substance or alcohol use a convenient way to access treatment services. With the addition of telehealth programming, we are expanding our reach and helping rural populations overcome shortages of specialized behavioral healthcare and resources. It is a convenient solution for individuals with transportation limitations or a lack of childcare.

SPECIALIZED PROGRAMMING FOR JUSTICE-INVOLVED INDIVIDUALS

Partners Behavioral Healthcare offers cognitive behavioral interventions in conjunction with substance use treatment. 80% of programming is evidence-based and includes Decision Points, Trauma, Illness Management & Recovery (IMR) and Moral Reconciliation Therapy (MRT). Decision Points curriculum meets corrections requirements, which is what individuals often need to complete upon release. In addition, licensed instructors clinically train counsellors through Decision Points authors, LLC.

MENTAL HEALTH SERVICES

Evidence-based care for trauma, anxiety, depression and other presenting needs. Co-occurring disorders are diagnosed at Partners Behavioral Healthcare in conjunction with other health professionals.

MEDICATION ASSISTED TREATMENT

Partners Behavioral Healthcare offers Medication Assisted Treatment (MAT) in our goal to provide a "whole patient" approach to the treatment of substance use disorders. MAT bridges the biological and behavioral components of addiction. Research indicates a combination of medication and behavioral therapies can successfully treat substance use disorders and help sustain recovery. MAT has been shown to assist patients in recovery by improving quality of life, level of functioning, and the ability to handle stressors. MAT is evidence-based and is a recommended course of treatment for opioid addiction.

INTENSIVE OUTPATIENT TREATMENT

Intensive outpatient treatment is a primary treatment program that can be recommended by a clinical comprehensive assessment. Clients participate in group and individual therapy, while working on an individualized treatment plan. Treatment is supported by a multi-disciplinary team including LADC's, Mental Health Therapists (if needed), Peer Recovery Specialists and Case Workers. Intensive outpatient programs occur in non-residential settings and consists of more treatment hours per week than traditional programming.

OUTPATIENT TREATMENT

Outpatient treatment offers more flexibility than intensive treatment and allows participants to maintain work, family, and personal commitments. Participants can attend sessions in the mornings or evenings and are able to pursue their personal recovery goals without explanation of a prolonged absence. Length of time in treatment depends on a variety of circumstances that are unique to the participant, however most clients remain in programming for 12 to 24 weeks. Once in our program, our clinical professionals will perform ongoing assessments and provide referrals for additional service as needed.

PEER RECOVERY

We provide every participant with a Peer Recovery Support Specialist who has experienced addiction and are experiencing recovery. Peer Recovery Specialists offer mentoring, assist with housing, transportation, employment, and guidance in navigating community support systems.



It's a challenge...

Faith-based residential treatment and recovery program that provides licensed treatment and co-occurring mental health services along with special tracks for:

- pregnant women
- mothers involved with CPS

...but you're worth it.

GET HELP NOW:

612-FREEDOM (373-3366)

mntc.org



Freedom from addiction starts [here](#).



Join Today

A Minnesota Corrections Association Membership gives you access to...

Awards—Trainings—Employment—Policy—Networking

- Individual member \$35
- Retiree \$50 lifetime
- Student membership \$10.

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



Join MCA!



Legislative Affairs

Calvin Saari, MCA Legislative Liaison

MCA LEGISLATIVE LIAISON LEGISLATIVE UPDATE—NOVEMBER 10, 2022

TWO DAYS NOW AND COUNTING WITHOUT ANY POLICIAL ADS!! THE 2022 ELECTIONS ARE NOW COMPLETE, SUBJECT TO A FEW OBVIOUS AND POTENTIAL RECOUNTS BECAUSE OF THE CLOSE VOTE TOTALS. MOST OF THE ELECTIONS WERE CLOSER THAN ANTICIPATED BY THE EXPERTS, AND THE RESULTS WERE SOMEWHAT SURPRISING TO MOST, INCLUDING BOTH MAJOR POLITICAL PARTIES.

THE "RED WAVE" (REPUBLICAN TREND) DIDN'T HAPPEN, IN FACT THE STATEWIDE RESULTS GAVE THE DFL TOTAL CONTROL OF THE 2023 LEGISLATURE BY WINNING THE GOVERNORSHIP AND MAJORITY IN BOTH THE SENATE AND THE HOUSE. THIS TRIFECTA (TOTAL CONTROL OF THE LEGISLATURE) HAS NOT HAPPENED SINCE 2014. THE DFL CONTROLS THE HOUSE 70 - 64 AND THE SENATE 34 - 33.

WHAT HAPPENS NEXT IS THE MAJOR PARTIES WILL HOLD PRIVATE SESSIONS WITHIN A FEW WEEKS TO DETERMINE LEADERSHIP POSITIONS AND DEFINE THE COMMITTEE STRUCTURE.

THE REPUBLICANS SET THE COMMITTEE STRUCTURE IN THE SENATE THESE PAST TWO YEARS, AND THAT STRUCTURE MAY BE RE-DESIGNED NOW BY THE DFL, THE SAME WILL TAKE PLACE IN THE HOUSE ALTHOUGH THAT HAS BEEN UNDER DFL CONTROL.

THERE ARE FORTY-SEVEN NEW FACES IN THE LEGISLATURE, A MAJOPRITY OF WHICH ARE NEW TO THE LEGISLATIVE PROCESS. NEW MAJORITY LEADERS WILL BE ELECTED BY THE DFL AS A FIRST STEP. WE CAN ASSUME THAT REP. MELISSA HORTMAN WOULD BE IN LINE TO AGAIN BE THE HOUSE MAJORITY LEADER, BUT IT IS UNKNOWN IF SHE WILL FACE OPPOSITION FOR THAT LEADERSHIP ROLE. THERE WILL ALSO BE A NEW PRESIDENT OF THE SENATE. NAMES I'M HEARING NOW INCLUDE SENATORS ERIN MURPHY, NICK FRENTZ, MARY KUNESH AND KARI DZIEDZIC. WE SHOULD KNOW MORE IN EARLY DECEMBER.

ONCE THE LEADERSHIP IS DETERMINED, THEY WIIL DEFINE THE COMMITTEE STRUCTURE IN BOTH CHAMBERS AND LEGISLATORS WILL BE GIVEN COMITTEE ASSIGNMENTS, AND ON JANUARY 3, 2023

WE'LL START THE FIRST YEAR OF THE NEW BIENNIUM.

A LOT OF THINGS WILL HAPPEN THESE NEXT SIX WEEKS SO CHECK THE MCA WEBSITE FROM TIME TO TIME AS I'LL BE POSTING LEGISLATIVE UPDATES AS THINGS PROGRESS.

IT'S TIME TO GET THINGS DONE, SO MY ENTHUSIASM AND ENERGY IS READY TO GET GOING AND SEE WHAT WE CAN ACCOMPLISH WITH THE NEW LEGISLATURE.

CAL SAARI, MCA LEGISLATIVE LIAISON

sisuwithsaari@aol.com

218-969-0151



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



Minnesota Department of Health | health.mn.gov | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975
651-201-5000 | Contact health.communications@state.mn.us to request an alternate format.

5/2/2022

Lung Cancer Awareness Month

Native American Heritage Month

November is...
Adopt a Turkey Month
Family Stories Month
National Diabetes Month
No-Shave November
National Gratitude Month
National Adoption Month
National Healthy Skin Month
National Pepper Month

Military Family Month



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. 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. Midwest offers multiple systems and virtually unlimited flexibility to Law enforcement, Drug Courts, Health & Human Services, and County corrections A “true alternative”; Midwest provides a very high level of practical experience, know-how, and technological integration to provide for low cost, effective and efficient methods of monitoring, and holding offenders

accountable. Midwest works with our customers to create the services that will fit customer needs. Midwest monitoring provides a 24/7 call center and will do client installs 7 days a week. Midwest Monitoring works with the counties helping to maintain public safety. For more information you can contact

Char Wilson
612-590-9839

Char.wilson@midwestmonitoring.com

Or visit our web site <http://www.midwestmonitoring.com/>



rseden.org
651-287-1600

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.



rsilaboratories.org
612-287-1654

2022 MCA Monthly Trainings

FREE FOR
MEMBERS!

December 16

**Residential Programming
for Serious and Chronic Youth**

Sponsor Spotlight: Meridian Programs

January 20

Lifer Panel

Sponsor Spotlight: 180 Degrees

Mark your calendars for the third Friday of the month for these, too!

February: Boundaries and Ethics

March: Restorative Justice Overview

April: EMPLOY

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nuway.org



National Volunteers Month

Universal Human Rights Month

December is...

Safe Toys & Gifts Month

Spiritual Literacy Month

National Tie Month

Month of Giving

Gift of Sight Month

World AIDS Day 12-1-22

National Write a Business Plan Month

Rosa Parks Day 12-1-22

Worldwide Food Service Safety Month

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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

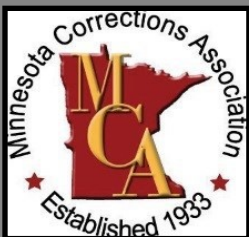
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**TO PROMOTE THE PROFESSIONAL DEVELOPMENT
OF INDIVIDUALS WORKING IN ALL
ASPECTS OF THE CORRECTIONS FIELD
AND TO PROMOTE ETHICAL AND JUST
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To contact MCA, join a committee, sponsor us or to get involved, please contact:

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