

*Happenings

MCCA

Minnesota Community Corrections Association

MCCA Reorganizes

by MAGGIE KAETER

The MCCA is changing. Like a child growing to adulthood, many of the changes will be radical, some will be painful and others will be for the best. But, like a growing child, the MCCA also will remain viable, merely altering its young form.

The Minnesota Community Corrections Association began about five years ago in response to a mushrooming number of community corrections programs in the state. While the programs had knowledge of the criminal justice system, they realized they could only impact the system through a common ground. As a result, MCCA was born.

During these first five years, under the leadership of Tom Christian, the organization accomplished a great deal. It created some uniform data collection and evaluation instruments, provided training sessions, developed group insurance for its members and created a bimonthly

newsletter. The organization became and remains a viable force in community corrections. Now, like many other non-profit organizations, the MCCA has had to face and adjust to economic reality.

"This was a grass roots organization that was so active in doing things that it never had time to plan how to do things in the future," said Elizabeth Buckley, the most recent director of MCCA.

This became apparent when the MCCA Board decided to review long-range planning and funding early this year. This review was to consider:

- The structure of the Board;
- Direct-service provisions;
- Adequate long-range funding sources.

The Board also determined the following constraints:

- That the MCCA could not, in good conscience, apply for money that could go to its member programs;
- That funds to cover MCCA administrative costs were not adequate from direct-service programs and memberships.

As a result of the Board's deliberation, the following decisions were made in April:

- To eliminate the executive director's position as of May 28, 1980;
- To transfer the existing direct-service projects to other locations and to not begin new direct-service programming;
- To move the MCCA offices to Eden House.

"Other than getting out of direct services, we plan to continue operating as we have in the past," said James Brown, chair of the MCCA Board. "All the current direct-service projects (adult



JIM BROWN

education, the directory, Industry, Chemical Dependency/Criminal Justice interface) will be completed successfully. We will continue to sponsor training, the newsletter and the insurance program.

"These were very difficult decisions to come to but they were based strictly on economics," Brown stressed. "It's not unique for a non-profit organization to have financial problems but the test comes in how they deal with it. After examining and considering where we are and looking at other organizations, we feel that the way we have handled this change has been very responsible."

The director's duties now will be carried out by various Board liaisons (found in the box on page 2) "We have a very dedicated, hard-working Board that has and will put forth every effort to insure the continuance of the organization," Brown said. "We feel we've taken a responsible approach to see that the MCCA remains a viable organization."

Future critical issues the MCCA



ELIZABETH BUCKLEY

MCCA continued

plans to address include the impact of the sentencing guidelines, the impact and evaluation of the Community Corrections Act and the economic situation as it relates to community-based programs.

"Community corrections is here to stay but the direction it takes given these things, will be critical," Brown said. "We had better be addressing them."

But for the next few months, the Board plans to settle down and "get the feel" of the reorganization. During this time, the by-laws will be examined as well as long-range financing.

"MCCA has a definite role to play in community corrections and I think we'll be prepared to play that role effectively," Brown said. "We've been influential in the past and we'll definitely continue to be a viable force in the future."



The MCCA Board of Directors. From left to right standing: Gail Johnson, Farris Bell, Matt Smrekar, Dick Williams, Harry Kramer, sitting: Karole Williams, Jim Brown, Tom Lawson, Dan Cain, Julie Shaw.

"CORRECTIONS IS FACING AN ERA OF FINANCIAL CONSTRAINTS. THE TIME OF THE TOOTH FAIRY IS OVER. MORE PLANNING AND EVALUATION WILL BE NEEDED."

Commissioner Jack Young
MCA Conference 5/6/80

Changes!

The MCCA offices have moved to Eden House. The new address is: 1025 Portland Avenue South. The new phone number is: 375-9788.

Steve Hesse, Industry Program consultant, has moved to Freedom House. His new phone number is: 823-6610.

Mia Olsen, the adult education teacher for Portland House, Genesis II and Freedom House, has moved her office to Genesis II. Her new phone number is: 348-2762.

ALPHA HOUSE HAS A NEW PHONE NUMBER
872-8218

Liasons

Chemical Dependency/Criminal Justice interface:
Dan Cain

Industry:
Tom Lawson

Training:
Julie Shaw

Newsletter:
Karole Williams

Standards and Evaluation:
Harry Kramer

Adult Education:
Julie Shaw

Insurance:
Dick Williams

Legislative committee:
Gail Johnson

Chairperson:
James Brown

Vice-chairperson:
Gail Johnson

Secretary:
Farris Bell

Treasurer:
Matt Smrekar

NCJRS Directory Available

Information about national and statewide crime prevention programs has been compiled by the staff of the National Criminal Justice Reference Service and published in a directory for use by police departments, community organizations, and all who are concerned with community crime prevention.

The data was collected in a 1978 survey. It describes the goals, services, resources, and publications of approximately 60 agencies.

In addition to the information about national and statewide programs, the directory includes an introductory essay about the

concept of community crime prevention, a listing of LEAA community crime prevention programs and grants, resource agencies, and an annotated bibliography of selected crime prevention materials in the NCJRS data base. A glossary of terms commonly used in describing community crime prevention programs is presented as an appendix.

A limited number of the directories are being distributed by NCJRS without charge. To obtain a single copy, write: NCJRS, Department F, Box 6000, Rockville, MD 20850.

Portland House Diet Relieves Stress, Anxiety

by NORB GERNES

For the last year and a half, Portland House has been following a diet of no white sugar, no caffeine, and whole grain cereals and bread. Fructose is used as a sweetener.

The purpose of this diet is to reduce internal stress. Daniel Palm of St. Olaf College in Northfield, Minnesota, worked with Portland House in establishing the diet.

Urine testing to measure the presence of adrenaline is possible, but Portland House has not initiated this type of testing. Observation by staff and reports from clients indicate that many feel much less anxiety and stress.

The theory behind the diet is that sucrose, carbohydrates and starch all convert to glucose in the blood. The human body needs insulin to utilize the glucose in the blood.

Women's Needs To Be Analyzed

Recently a group of concerned citizens and various groups met to discuss the plight of the woman offender in the Minnesota correctional system. A special look was taken at the needs of minority women

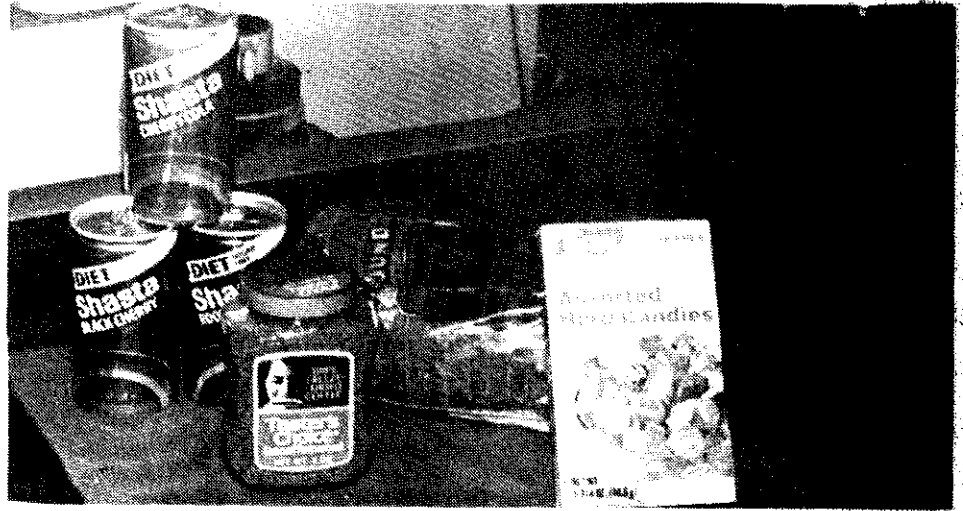
As a result of this meeting, the "Ad Hoc Consortium On Women Offender Needs," was formed.

It is important to note that this consortium will look at the needs of all women offenders and will not single the minority woman out to study alone, even though there is a special concern with minority needs.

The "Ad Hoc Consortium On Women Offender Needs" is composed of groups and individuals who have a special concern with this target group.

Mrs. Helen McMickle-Bassett is voted as spokesperson for the consortium. Mrs. McMickle-Bassett is a member of the Advisory Board on the woman offender for the State Department of Corrections.

For more information contact Mrs. Helen McMickle-Bassett at 377-1916 or 824-6520.



Many chemically dependent people tend to over-stimulate the production of insulin (hypoglycemia) which results in sugar levels in their blood dropping very low.

That low sugar level, in turn, stimulates the production of adrenaline. The adrenaline causes physical activity which raises the glucose level in the blood.

That, in turn, calls for more insulin and the cycle repeats itself with more and more adrenaline being pumped into the system.

It is the adrenaline which causes the stress, tension and even pain that often drives individuals to use chemicals for relief.

Fructose is a simpler sugar and

can be used by the body without the aid of insulin. Hence it does not stimulate the production of insulin and can be used without the bad effects one experiences from sucrose.

Whole grains and foods that are not overcooked, digest more slowly and do not cause the high levels of glucose in the blood which stimulate the large dumps of insulin.

Shasta soft drinks made with fructose corn sweetener, are now available at some supermarkets in the area.

This diet seems to have made a significant difference in the stress level of a number of the Portland House clients.

Nexus Gives Special Education

by DEAN WEIGEL

For the third summer in a row, Nexus will be utilizing the services of the Hopkins School District in operating their S.L.B.P. Summer School Program.

The program addresses the academic needs of those residents who are eligible for special education services from the local school district.

Other curriculum includes G.E.D. preparation, resume writing, budgeting, and other basic living skills.

One of the advantages of the program is that it combines the educational classroom work with the rest of the Nexus program. Didactic material is oftentimes presented in groups by the S.L.B.P. teacher so that the interchange between education and program is consistent.

Case conferences regarding client progress in the program include input

from the educational as well as programmatic staff. Many of the treatment issues regarding resident behavior are addressed in the classroom and many of the educational behavior issues are addressed in "group" setting.

The summer school program has been an extension of the regular school-year program that Nexus has operated for the past two years. Residents who are diagnosed as learning disabled (about 65 percent of the Nexus population) spend their mornings five days a week in the classroom and oftentimes afternoon "groups" or outside functions involve work with the S.L.B.P. teacher.

Many of the learning disabled symptoms addressed in the classroom also are addressed in the counseling aspects of the program.

The cooperation of the Hopkins School District in providing full-time S.L.B.P. teachers has been a tremendous asset to the educational, as well as the programmatic needs of the Nexus residents.

1800 Chicago Offers Variety Of Services

By DALE FISHER

It's an impressive building! And what goes on inside is equally impressive!

1800 Chicago Avenue -- Hennepin County Chemical Dependency Treatment Center -- offers a variety of services to Hennepin County residents in all walks of life who have difficulty with chemical dependency. The programs are supported by the Hennepin County Community Services Department.

Except where noted, the programs can be called at 347-6161.

THE RESIDENTIAL TREATMENT PROGRAM (formerly Pioneer House) is a 21-day program that helps the client understand the long-term "character defects" associated with his or her chemical abuse through rational self-analysis.

The clients learn to challenge the once-destructive thoughts and feelings and learn to become more responsible for their behavior and enjoy a drug-free life.

THE EVENING PRIMARY TREATMENT PROGRAM offers group therapy and individual counseling from 5:30 to 9:15 p.m. for three weeks. The non-threatening outpatient approach teaches clients to identify and alter negative feelings and to prac-



tice newly-learned alternatives in normal daily experiences.

Wendell Patrick, program director, pointed out that a vital factor in the success of the program is an intact social network supporting the client. For this reason, supporters of the client are urged to participate in the Interchange Program.

INTERCHANGE is a three-week counseling and support program for people who are concerned for a client in another program at 1800. Individual, group and joint counseling provide ways to look at one's own feelings, self-esteem, and self-determination.

THE ABC PROGRAM is a 15-day outpatient program which meets from 9:00 a.m. to 3:30 p.m., plus ten aftercare sessions. Its positive, non-threatening approach uses "positive self-talk" to help the client learn constructive ways of dealing with adversities,

to be assertive without aggression and to practice feeling good about himself.

THE CHEMICAL PROBLEMS COUNSELING PROGRAM was established to help adults with mild chemical abuse problems who are at risk of intensified abuse. The six group sessions provide information about the dangers of chemical abuse and helpful alternatives, including personalized goals through which the client can practice the new behavior.

PASSAGE addresses the needs of families with youth who have drug-related problems. The 14-week out-patient program views the problem as involving the whole family and works with the family to gain more satisfying and productive relationships.

ACCESS (formerly AID) provides assessment and planning for persons with chemical abuse problems. Their number, including a 24-hour answering service, is 347-6161.

ALCOHOL RECEIVING CENTER (Detox) provides immediate care, evaluation and referral services on a 24-hour basis. Their number is 347-6161.

METHADONE PROGRAM serves adults addicted to opiate drugs. It offers methadone maintenance and detoxification to help the client reach a productive life style. Their number is 347-6053.

ANTABUSE PROGRAM provides the drug Disulfiram on a regular basis along with counseling to persons who have been unable to achieve sobriety in other ways.

CHALK TALKS are a series of six one-hour lectures to inform the participant of the effects and dangers of alcohol abuse and how to minimize the potential risks.

Alpha House has a full time opening for a counselor. Experience is necessary in family therapy and working with adult male felons. For more information contact Tim O'Brien at 823-5218.

Wanted, one full time or two part time reliable adult male(s) to work at a community corrections facility for adult male felons. Responsibilities include making hourly bed checks on residents of the program and supervising the premises. Studying or reading during the shift is permissible and a free breakfast is provided.

Hours are 11:59 p.m. to 8:30 a.m. Wednesday through Sunday. Pay is \$3.65/hour to start. Contact Tim O'Brien at 872-8218.

EMPLOYMENT HAPPENINGS

Job position available as a women's advocate. Experience in working with Native American women is necessary. Deadline for application is June 13, 1980. For more information call 827-6105.

Counselor/case manager position available with a small social service agency serving women offenders and pre-school children. Minimum two years experience in family counseling. MSW or related degree preferred.

Submit resume to Genesis II, 1035 East Franklin, Mpls. 55404.

BOARD OF DIRECTORS

James Brown - Chairperson
BREMER HOUSE
855 West 7th Street
St. Paul, MN
222-4472 (office)

Farris Bell - Secretary
WOMEN HELPING OFFENDERS
1622 West Lake Street
Suite 204
Minneapolis, MN 55408
824-0741 (office)

Dan Cain
EDEN HOUSE
1025 Portland Avenue
Minneapolis, MN 55404
338-0723 (office)

Gail Johnson - Vice-Chair
FREEDOM HOUSE
3020 Lyndale Avenue
Minneapolis, MN 55408
823-6610 (office)

Harty Kramer
RAMSEY CTY. COMM. CORR.
945 Courthouse
St. Paul, MN 55102
298-4791 (office)

Tom Lawson
DEPARTMENT OF Corrections
430 Metro Square Building
St. Paul, MN
296-7019 (office)

Julie Shaw
GENESIS II
1035 East Franklin Avenue
Minneapolis, MN 55404
348-2762 (office)

Matt Smeekar - Treasurer
HENN. CTY. PAROLE SERVICES
1800 Chicago Avenue
Minneapolis, MN 55404
348-4039 (office)

Karole Williams
OPERATION DENOVO
321 South Third Street
Minneapolis, MN 55415
336-1731 (office)

Dick Williams
REENTRY SERVICES
532 Ashland
St. Paul, MN 55102
292-1466 (office)

From the Director's Chair

Dear Community Corrections Colleague:

As you will read in other portions of this issue of HAPPENINGS, the MCCA is taking on new directions. As that occurs, I will be leaving "the director's chair."

I do so not with regret, but with pride in the practical and responsible way the MCCA has designed its new directions. The 80's are going to be a difficult time for all of us. The recession which has hit each of us personally, is about to begin to hit us professionally (and in the case of the MCCA, it already has!). Funding resources are not as plentiful as they once were, and, for that very reason, it is a time for practical approaches, creative thinking and realistic self-assessment.

In many ways, the MCCA's approach to its new directions had all the qualities of zero-based budgeting -- we went back to the beginning, looking at what the MCCA was all about, and then attempted to structure how we could support those goals.

The Board will continue to reassess all parts of the organization; and to do that well, it will need input from every member. Your contributions, your ideas, and your memberships will be critically important if the organization is to be valuable to you.

There are some major decisions on the horizon -- the state's evaluation of the Community Corrections Act will be presented next January, the impact of the sentencing guidelines on populations of community programs, the licensing of adult residential facilities. Each one of these areas has the potential of making major changes in the operation of our community corrections network -- and each one will be made better if all community programs can unify, through their own organization, to participate in these decisions and these changes.

I have enjoyed much of my time with the MCCA. It has been a growing and a changing experience -- for me, as much as it has been for the organization. My next professional step will be outside the corrections field, but I will be interested in keeping abreast of it, and wish each of you, and the organization, the very best for the future.

Sincerely,



Elizabeth A. Buckley
former director, MCCA

Remember...

**We're at 1025 Portland Ave. S.
375-9788**

Project Remand Offers Petit Theft Therapy Group

by KAREN KOTCH (Dave Conde)

Project Remand has begun a new Petit Theft therapy group. Since there have been very few services available for Petit Theft offenders in Ramsey County, an attempt has been made to provide a resource that serves part of this population.

In Hennepin County, an ongoing Petit Theft group has been in existence for the past nine years. Of the 500 individuals who have participated in this group, only 12 offenders have returned to court on the same charge.

Through the cooperation of the facilitators of the Hennepin County group, John Hagen (Hennepin County Probation Office), and therapist Gail Baker, (The Baker Foundation), Pat Hughes (Project Remand) and Pat Kiland (Ramsey County Community Corrections), were able to participate in one of their groups in an effort to learn how

to conduct such a group in Ramsey County. Some of the techniques of the Hennepin County group are now being used in Ramsey County because of this.

Project Remand is a Ramsey County pretrial service agency. The primary area of service is in pre-trial diversion, jail screening with conditional release and a chemical dependency treatment alternative to street crimes, program.

The Ramsey County Petit Theft group is a joint effort of Project Remand and the Ramsey County Probation Office. The goal of the group is to reduce recidivism in Ramsey County by providing a group where members will be expected to explore their behavior and hopefully learn positive ways to handle their anger and avoid further self-destructive behavior that results in arrests and prosecution. Through exploring their behav-

ior, Ms. Kiland and Ms. Hughes, co-facilitators of the group, feel that each group member can be helped to develop standards and values that are more positive, effective and more socially acceptable.

Through group counseling, opportunities can be provided for critical and constructive self-evaluation and the chance to deal acceptably with an environment with which all of our clients must learn how to cope or fail again and again.

It is hoped that clients would be referred to the group as a condition of the regular sentencing process. Criteria for group membership is that they be non-psychotic, first or second-time offenders only, motivated to participate, and have a strong desire to make some improvements in their lives.

Referrals will be handled by Probation and Project Remand court representatives.

All cases must be screened by Ms. Kiland (298-4791) or Ms. Hughes (298-4932). The first group began in March and is going very well.

Group size is limited to six to eight participants per group. Members are required to attend six consecutive one and one-half hour sessions.

ADAPT Gains Popularity

ADAPT (Alcohol and Drug Abuse Prevention and Treatment) in the Clinical Services Division of Ramsey County Community Human Services Department, received a record number of 98 requests for juvenile chemical dependency evaluations in April, 1980.

Within recent months, ADAPT

has begun to receive requests for evaluations from the personnel of the Ramsey County Family Court.

ADAPT continues to provide chemical dependency assessments and recommendations for parents charged with abuse or neglect by the Juvenile Court.

Use YMCA

YMCA memberships are available to group homes!

Six annual membership cards will be issued for \$243. To use the cards, a minimum of one staff member is required to accompany any residents using the facility. Information for the Southdale Branch of the YMCA can be obtained by calling Randy Bolsinger at 893-3722.

We Want You!

MEMBERSHIP APPLICATION
MINNESOTA COMMUNITY CORRECTIONS ASSOCIATION
1025 Portland Avenue South
Minneapolis, Minnesota 55404

NAME: _____
PROGRAM/AGENCY: _____
WORK ROLE: _____
HOME PHONE: _____ WORK PHONE: _____
ADDRESS: _____

ADDRESS SHOWN IS: _____ HOME _____ WORK _____ ZIP: _____

INDIVIDUAL MEMBERSHIP: _____ \$10
INDIVIDUAL SUSTAINING MEMBERSHIP: _____ \$25
INDIVIDUAL PATRON MEMBERSHIP: _____ \$50
PROGRAM MEMBERSHIP: _____ \$100
PROGRAM SPONSORING MEMBERSHIP: _____ \$300

It's Here... MCCA Directory

The all-new MCCA State Guide to Community-Based Correctional Services will be available by the end of June.

If you'd like a copy of the directory, call the MCCA offices at 375-9788. There is no charge!

Women's Issues...

Training available for persons interested in volunteering or gaining more knowledge in battered women's issues. Training session to start in July. For more information, contact Diana Kastor at 827-6105.

Training Happenings

Social Work Training Available

The Department of Continuing Education in Social Work will offer its summer seminar program again this June. All seminars will be held at Nolte Center on the University of Minnesota Minneapolis campus.

June 23 - 27	1:30 - 3:30 p.m.	Domestic Violence and Interventive Techniques
June 23 - 27	4 - 6 p.m.	Breaking the Loser Cycle: Treatment and Control Strategies

Registration fee is \$30 for a one-day seminar and \$60 for a two-day seminar or a five-day seminar. Those attending two or more seminars will be offered a \$5 discount. For more information, call 373-5831.

ETC Training Offered

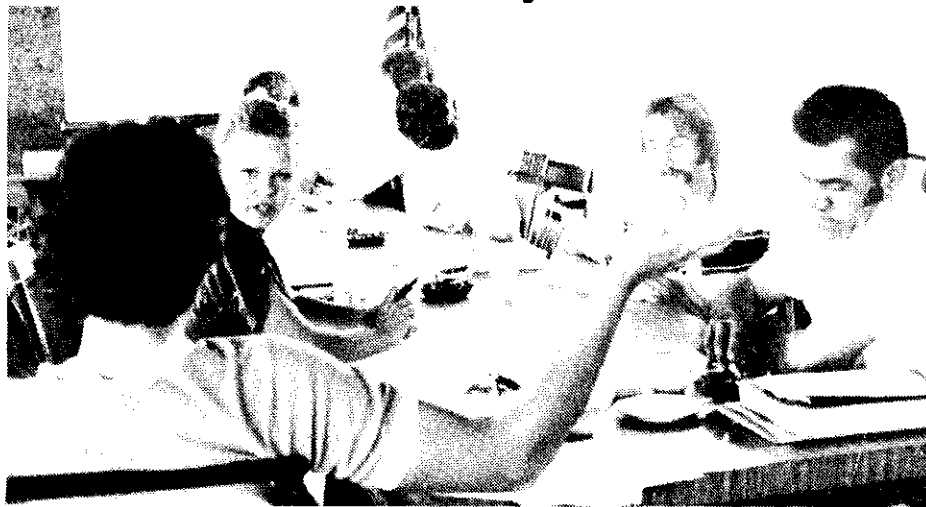
"Do Something Nice For Yourself" or "How to Take Care of Yourself When You Just Don't Have the Time."

WHEN: Wednesday, June 25 (if rain, June 26)
4:00 to 9:00 p.m.

WHERE: Education and Training Consortium
1645 Hennepin, Room 324

PRESENTOR: Pam O'Shea, Consultant-Trainer
FEE: \$20, includes a light supper
PHONE: 375-0410

Interface Workshop Goes Well



Participants at the three-day workshop discussed issues with the trainers and among themselves.

About 10 people attended the minimal Dependency/ Criminal Justice interface training workshop in the Veterans Resource Center on May 27 through 29.

This was the first presentation of the workshop since it was re-

written to be more Minnesota-specific.

"For the first presentation since the rewrite, I think it went extremely well," said Dan Cain, one of the trainers.

"It was a very informative course," said one of the trainees. "It made me realize how little I know."

Fall Conference Workshops...

The Minnesota Corrections Association Fall Conference is scheduled to be held on November 5 - 7 at the Holiday Inn in downtown Minneapolis.

The conference planning committee is inviting individuals and groups interested in conducting a workshop at the conference to make applications soon.

Contact Tai Shigaki, 430 Metro Square, St. Paul, MN 55101.

Damascus Way Begins Industry



A Damascus Way client checks out a new piece of donated furniture.

Damascus Way began their Industry program in May. They are taking donations of old furniture to be fixed up for sale and they also will repair any furniture for a small charge.

HELP US OUT!

The MCCA is interested in having better communications with and about activities of Community Corrections Act counties, specifically those related to planning, training, research and funding.

If you are an MCCA member -- or intend to become one -- and you have information about the activities of the CAB in your area, we would be interested in hearing from you on a regular basis.

Please send your comments to: Maggie Kaeter, MCCA, 1025 Portland Ave. So., 55404.

NEWSLETTER COMMITTEE
Dale Fisher (348-4293)

The MCCA is going through several changes. But there remains much stability. Our Board of Directors, our programs, our enthusiastic membership, and, certainly, the Happenings, will continue as in the past.

I will miss Betsy's lively personality but I'm grateful for the continued efforts of Maggie Kaeter and the rest of our crew.

We are interested in the reactions of our readers to our publication. We've received many compliments -- they're great for the ego! But we're also open to suggestions for change (otherwise known as constructive criticism.)

We would like your input: Do you know some exciting events coming soon? Are you proud of your staff accomplishments? Do you have some innovative ideas you'd like to share? Let us know by July 24, the deadline for the next issue.

Members of the newsletter committee are:

Dale Fisher--editor
Maggie Kaeter--intern
Karen Koch
Dale Morris
Mark Olson
Herb Parham
Barb Redpath
Ed Richter
Simeon Wagner
Karole Williams--Board of Directors liaison

Committee Happenings

LEGISLATIVE COMMITTEE Norb Gernes (331-1087)

The legislative committee has determined the following issues to be looked at:

- Juvenile justice
- Family violence
- Court reorganization
- Probation sentencing guidelines
- Impact of Sentencing Guidelines on Community Corrections
- Community Corrections Act evaluation
- Community Corrections Act funding
- Social work licensing
- Community Social Services Act -- Block grant legislation
- Data privacy
- Women offenders
- Minneapolis Planning Commission Halfway House Policy review

Also, the committee is reorganizing. If anyone is interested in serving on it, call Gail Johnson at 823-6610.

STANDARDS AND EVALUATION COMMITTEE Barb Chester (255-4101)

Diane Harrington, a Spring intern with the MCCA, recently completed a report entitled, "Data Collection and Evaluation Systems Within Six Adult Programs."

The report was done as part of her work with the Standards and Evaluation committee and looks at how Freedom House, 180^o, Nexus, Genesis II, Portland House and Alpha House, collect and maintain information on their clients.

TRAINING COMMITTEE Tom Schmid (724-6718)

Training for line-staff is being provided this month by Don Perry, the volunteer coordinator with Anoka County Court Services.

The committee is looking at alternative formats for training functions. They are open to all suggestions.

ADULT EDUCATION COMMITTEE Julie Shaw (348-2762)

Mia Olsen, the adult education teacher for Freedom House, Portland House and Genesis II, has moved her office to Genesis II.

Also, ReEntry Services has recently added an adult education teacher from the St. Paul school system.

Minnesota Community Corrections Association
1025 Portland Avenue South
Minneapolis, Minnesota 55404



NON-PROFIT ORG.
U.S. POSTAGE
MPLS., MN
PERMIT NO. 1994

*Dale Fisher
THE BAKERY
2603 Bloomington Ave. So.
Minneapolis, MN 55407