

* Happenings

Minnesota Community Corrections Association

First Anniversary -- MCCA Industry Program

Under the leadership of Steve Hesse, Turning Point, Damascus Way and Freedom House have thriving work therapy programs.

Damascus Way recently started a furniture refinishing business and antique shop. Turning Point began a janitorial service this fall and Freedom House opened their restaurant on August 28, 1980.

Because of the success Hesse and the programs have had, MCCA would like to make Steve Hesse available to your program as a consultant to help you too begin a successful and rewarding work therapy program.

The concept of work therapy is certainly neither new nor unique. Far back in our penal system work was associated with punishment but in more recent years it has evolved into a largely accepted, effective rehabilitative tool.

Employment readiness and training efforts always have been and will continue to be prime areas of concern when considering rehabilitation for corrections and chemical dependency clients. Our self-dependence and survival rely almost entirely on our ability to work and contribute.

However, many persons in our correctional institutions have found alternative and non-acceptable means of surviving without working. These attitudes and lifestyles must be changed if these people are to become productive members of society.

Unlike many other states, an atmosphere exists in Minnesota

where employment opportunities are available for problem target groups.

However, one concern that is repeated by most every employer who hires someone from a potential problem group is that personal attitudes and motivation levels toward work are not conducive to productive employment. By having an effective, in-house work therapy program and a knowledgeable intermediary between the former or present client and his or her real-life employer, these concerns can be relieved and often eliminated.

"THE MAJOR PROBLEM ISN'T DISCRIMINATION AGAINST EX-CONS. IT'S THAT OUR CLIENT POPULATION HAS PROBLEMS WITH WORK BEHAVIOR IN GENERAL."
Director of a Minneapolis program with work therapy

Throughout the country these are many correction, chemical dependency and welfare programs that use work therapy as an integral component of their overall services.

Work therapy incorporates small, labor-intensive, profit-making businesses into community correctional facilities as part of their therapeutic and financial structure. The businesses are non-profit, tax-exempt organizations managed and operated by program staff and clients.

A major intent of work therapy programs is to create an actual work situation where employees work attitudes and skills can be observed and appropriate steps



A Damascus Way client learns the ropes of refinishing furniture.

"I AM VERY PLEASED AT THE POSITIVE EFFECT THE WORK THERAPY PROGRAM HAS HAD ON OUR CLIENTS AND STAFF ALIKE IN SUCH A SHORT TIME."
David Goodlow, Turning Point

can be taken to assist employers to upgrade these attitudes and

LETTERS

Thank You, MCCA

Dear MCCA members:

Thank you again for the contribution of \$7,500.00 to the opening of Freedom House's restaurant, Latham's Table.

Please note that the program used for the Grand Opening of the restaurant acknowledges the contribution of the Minnesota Community Corrections Association. Also, a brass plaque hangs in the restaurant acknowledging your assistance.

As observed from the overwhelming support of community leaders who participated in our celebration such as U.S. Senator Rudy Boschwitz, Mayor Fraser, Mrs. Gretchen Quie, Hennepin County Commissioner John Derus, etc., you and I can find comfort in knowing that we have assisted and completed a worthy project that will help numerous generations of needy people.

Thank you for caring.

Sincerely,
Helen I. Kelly
President, Board of Directors
FREEDOM HOUSE

Keep Up The Good Work

Dear Editor:

I am following closely the Happenings reports on the reorganization taking place in the MCCA. I want to congratulate the Board and all the MCCA members, as individuals and groups take on their respective responsibilities. That is what the MCCA is all about, and I am happy to see this phase of growth take place.

Here in the southern states, Minnesota and community corrections are mentioned often, and many good things are happening. So far, I have done work in Georgia, Texas and North Carolina. Every place I go, people are interested and want to know about Minnesota's experience and how ideas and information can be shared and implemented.

Associations like MCCA provide the grass roots unity and communication that is badly needed in our field.

Keep up the leadership, the hard work and the united effort.

Sincerely,
Tom Christian, Director,
Alternatives to Incarceration Project

*Happenings

The opinions expressed in the Happenings are those of the contributing writers. Readers are encouraged to respond to the contents of this newsletter and to write on topics of interest to its readers. The staff reserves the right to edit submitted articles. Copy deadline is the 25th of odd-numbered months.

Members of the newsletter committee are:
Gene Glass
Dale Fisher--publishing editor
Maggie Kaeter--editor, graphic artist

Karen Koch
Dale Morris
Mark Olson
Herb Perham
Ed Richter
Simeon Wagner
Karole Williams--Board of Directors liason

We've Moved

The MCCA offices have moved to 2344 Nicollet Avenue, Minneapolis 55404. The new phone numbers are: 871-9410 and 871-9411.

We plan to have an open-house soon to let all MCCA members and interested persons see our new facilities.

First though, we need a desk, two tables, two desk chairs and many bookcases for our library. If you could donate any of these items to our organization, we'd certainly appreciate it. Call Maggie or Myrle at 871-9410.

New Committee

The Minnesota Sentencing Guidelines have been in operation since May 1, 1980. The Guidelines Commission is charged with doing an on-going evaluation and/or modification of those guidelines as the need arises. In addition there is a good possibility that the next legislative session will also take a look at the guidelines since they will have been in operation for nearly one year.

In keeping with our goal of being a pro-active as opposed to a reactive organization, now is the time for us to put together timely feedback on how guidelines affect our programs and the criminal justice system in general.

With that goal in mind, we are pleased to announce the formation of the Minnesota Sentencing Guidelines Committee of the MCCA. This will be an ad hoc committee for the purpose of gathering feedback and information and ultimately having that information available to both the Guidelines Commission and the legislature.

Anyone wishing to participate, please contact Matt Smrekar, 348-4039, or Dan Cain at 338-0723.

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 2344 Nicollet Ave. Mpls., MN 55404.

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

Farris Bell - Secretary
WOMEN HELPING OFFENDERS
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FREEDOM HOUSE
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Karole Williams
OPERATION DENOVO
 321 South Third Street
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Dick Williams
REENTRY SERVICES
 532 Ashland
 St. Paul, MN 55102
 292-1466 (office)

We Want You To Know...

MCCA Offers Many Services

Attention:

We would like to invite your program to join the Minnesota Community Corrections Association. Our association is composed of professionals and programs whose common goal is alternatives to incarceration.

MCCA provides many services to programs. These services are beneficial to the everyday operation of programs.

Direct Services:

1. Administrate an insurance program that includes a choice of health coverage, a dental plan, and life insurance coverage. This coverage is provided at a low cost group rate which is based on the size of our group (includes 20 programs and we are adding four new programs).
2. Provide a technical consultant to develop and implement an industry component to the existing therapy program. This allows programs to move from a theoretically life situation to a realistic everyday living situation dealing with work attitudes and interpersonal behavior. We have found programs that have a successful industry component have a higher positive termination rate than previous to implementing the industry program.
3. Technical assistance is available to develop and implement an adult education component for programs -- residential or non-residential. Education is an important part of the recovery process and is often overlooked.
4. Screening for Hennepin County Counselors and programs who need clearance to visit cleints in Hennepin County Jail.
5. Mediation for programs and government offices when conflicts develop.
6. Public Education -- dissemination of information to community and speaking to community groups about issues and concerns of the community corrections field.
7. Provide training programs identified as needed by community corrections professionals. This training is provided at low cost and through scholarships and specific grants.
8. Technical assistance available in designing and writing newsletters and brochures. (A small fee for this service is charged to cover MCCA costs).

Indirect Services:

1. Registered lobbying official who represents the concerns and needs of community corrections programs.
2. Data collection system implemented to provide statistics to programs.

Continued on page 4

**Remember... We're at 2344 Nicollet
 Mpls. MN 55404**

871-9410

871-9411

Letter cont.

- 3. Develop, print and have available a state guide to community-based correctional services.
- 4. Develop a uniform evaluation system. Information is available if you are interested in further explanation.
- 5. Communications network accomplished with 1) newsletter which includes information on legislative activities on a federal and local level; 2) committees which are active and work cooperatively with programs and government agencies, providing input before and not after decisions are made that affect community corrections programs.
- 6. Information service for federal, state, county and private agencies.
- 7. Community corrections library that members have access to.

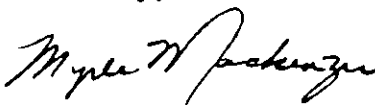
MCCA is very vital to the community corrections field. We hope you and your program will take an active role in MCCA. We have a membership-elected Board of Directors, current committees on legislation, standards, newsletter, training, by-laws, fund-raising, and sentencing guidelines.

MCCA is an important organization for your program and staff to join. This will bring direct benefits to your program and staff.

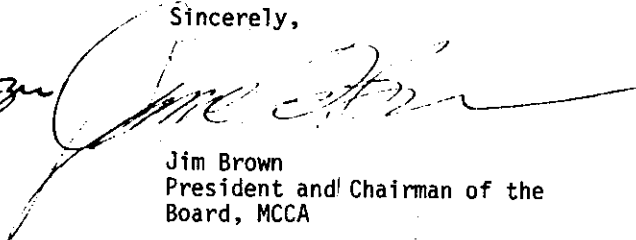
We would like to thank you for your participation as a program in providing services that offer alternatives to incarceration. We hope MCCA can work with your program in a cooperative and united effort to continue our common goal.

Sincerely,

Sincerely,



Myrle Mackenzie
Business Manager, MCCA



Jim Brown
President and Chairman of the Board, MCCA

Membership Application

MINNESOTA COMMUNITY CORRECTIONS ASSOCIATION
2344 Nicollet Avenue
Minneapolis, MN 55404

NAME: _____
 PROGRAM/AGENCY: _____
 WORK ROLE: _____
 WORK PHONE: _____
 ADDRESS: _____ ZIP: _____
 ADDRESS SHOWN IS: HOME WORK

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

Make checks payable to MCCA

Industry cont.

skills, where necessary. Those individuals involved in our criminal justice system have been historically exposed to a set of ideals which include work as a part of the punishment itself. Success and status for persons in our corrections systems are generally measured by ability to minimize personal efforts toward work and ability to manipulate.

Also, there is a large number who have little or no work experience as well as inconsistent and unproductive work habits and attitudes. Under these circumstances it would be extremely hard for any individual to develop a healthy attitude towards work and the types of rewards it can produce.

The philosophy of work is a major area of concern when considering successful rehabilitation of criminals yet we have perpetuated a situation where a typical job setting for individuals under the supervision of the law is anything but normal.

"THE CONCEPT OF WORK IS AS OLD AS THE HUMAN RACE. OUR SELF-DEPEND AND SURVIVAL RELY ALMOST ENTIRELY ON OUR ABILITY TO WORK AND CONTRIBUTE."

When a work therapy program is instituted in a community correctional facility, along with the development of constructive work habits in clients, is an atmosphere where many personal psychological needs can be met. Psychological needs work therapy provides are personal satisfaction, reward and a sense of belonging.

Although the prime motive for starting a work therapy program is to ease the client's entry into the "real" world, many spin-off benefits also exist. In today's economy it is unrealistic to think that community corrections will not be a target for budget cuts and decreased programming and services. A work therapy program is a good way for programs to earn added money for their budgets and to win over the sentiments of the working public.

Also, as the cost of crime continues to rise, it becomes more apparent that something must be done to relieve the burden on taxpayers. A work therapy program can provide just such real and psychological support for the taxpayer.

Operating a business is not an easy task. Also, there is the built in possibility of employee theft and other illegal behavior as well as the problematic behavior associated with most of the residents in community corrections programs. It is these things that have inspired the theory of simplicity, tight management and tight controls.



The director of Turning Point sets up another job for their janitorial service.

If you feel your program could benefit from a work therapy project, call Steve Hesse at 871-9410.



Damascus Way's furniture refinishing business has much work to do.

BENEFITS OF A WORK THERAPY PROGRAM FOR THE PROGRAM

- * A higher retention rate. One Minneapolis program's retention rate increased from 33 to 44 percent after they started a work therapy program.
- * A better image in the community.
- * More self-sufficiency and less reliance on government monies.

BENEFITS FOR THE CLIENT

- * A better chance of "making it" because the client has learned necessary work attitudes.
- * It creates a therapeutic work situation where program personnel can observe the client's work behavior and attitudes in a "real" work situation and residents can discuss and work to solve problems.
- * A better self-image for the client.
- * Some psychologists feel that therapy is more effective when clients are responsible to pay for their treatment.

Work therapy programs can be started with very little money or a great deal. But, the thing to keep in mind is that the work should be easy to learn and the business should be labor intensive.

EXAMPLES OF BUSINESSES THAT HAVE OR WOULD MAKE GOOD WORK THERAPY PROGRAMS

- * Furniture restoration
- * Contract maintenance cleaning
- * Light manufacturing
- * Apartment painting
- * Light moving
- * A restaurant
- * Windowcleaning



A Freedom House client washes dishes in the restaurant.

It's a Dream Come True: Latham's Table

By Maggie Kaeter

It started as a dream. A dream to learn the value of work, to be self-sufficient.

Now, that somewhat hazy dream of seven years ago has been transformed into sparkling reality...

On August 28, 1980, Latham's Table opened for business.

Latham's Table is a small, 50-seat restaurant at 3008 Lyndale in South Minneapolis. Currently its hours are 11 a.m. to 10:30 p.m., Monday through Thursday and 11 a.m. to 2:30 a.m., Friday and Saturday.

Much like its name suggests, the decor is reminiscent of eat-in with the family and farmhands on a summer day decades ago. The walls are lined with century-old barnwood and decorations are old lanterns, wagon wheels and other miscellanea from days gone by. The menu, like the decor, is a tad old-fashioned with seldom-seen homemade soups and sandwiches -- no hamburgers.

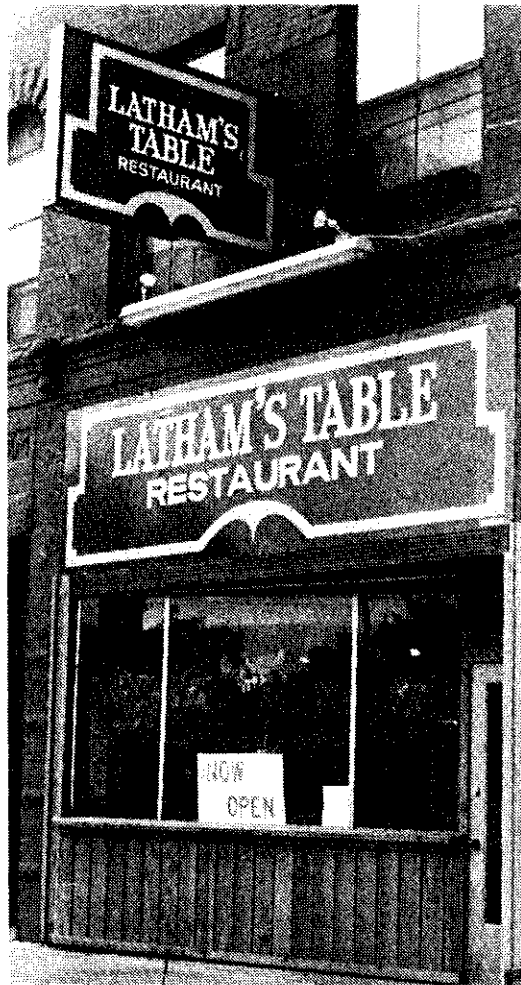
But it isn't the decor or the menu that makes this "dream come true" unique among restaurants. Although Latham's Table is a private, non-profit corporation, it is owned by Freedom House, a long-term residential therapeutic community for chemically-dependent persons and ex-offenders.

"Since our beginning (in 1973), owning a business has been a gleam in our eye," said Gail Johnson, Freedom House's administrator.

And for good reason. "A lot of programs deal with treatment and not survival in the real world. We feel both are very important," said Frank Cison, executive director of Freedom House. "Work is necessary for survival in the real world and this is a chance for our residents to experience a working situation when they can still receive counseling and therapy if it's needed."

For the first few months, clients in the Freedom House program will only be in treatment. After that time, working in the restaurant probably will be mandatory for at least 20 hours a week, Johnson said.

Although some of the residents will eventually learn skills such as waiting on tables and cooking, that isn't the goal of this work therapy program. "We want this to be more environment and attitude training than skill training," Johnson said. "Most of these people have never worked. This will help them learn work habits and problem solving skills in a work-



The outside of the restaurant.

ing situation."

Working in the restaurant also gives the residents a chance to learn to deal effectively with conflicts, something many of these people had trouble with in the past, said Neil Pepin, program director for Freedom House. "We'll run into a lot of personal conflicts but I guess that's what I want," he said. "They have to learn how to take a direct order and how to handle it when someone is mad at them."

And how do these people, many of whom have never held a steady job, feel about working? "It's great. I'm really looking forward to it," said one Freedom House resident. "All these years people have been telling me I'm not fit to do this or that, that I'm dangerous to society. This is a chance to prove them wrong, to prove to them that I'm responsible."

And the workers will indeed be made responsible for their work. "This is like a regular job. We'll do a regular evaluation of their

work performance so we can write an honest reference," Johnson said. "We want to give them something to put on their resume."

Although work therapy is an important reason behind their venturing into the business world, money is as important to the staff at Freedom House. "It has always been our dream to be self-sufficient," Johnson said. "When you rely on government funding you're caught in a bind of wondering if you'll be around tomorrow." When you're funded by the government, you're owned by everyone; everyone is your boss."

Although the restaurant seems a natural way for Freedom House to meet their ambitious goals, the idea didn't just spring up one day. Diversified Industries Inc. in Minneapolis, did a study of the area about three years ago and suggested what sorts of businesses would be good to get into. Armed with this and their short-term experiences in car cleaning and printing work therapy programs, Freedom House staff looked for something that was right for them and their clients. "We looked very carefully this time," Cison said. "Some jobs were too menial and others were too skilled to easily learn. This seemed about right."

And they didn't simply strike out on their own. They had a model. "We went to Delancey Street in San Francisco and looked at their program," Johnson explained. They also have a restaurant.

But having a model and knowing what you want to do doesn't mean the next events flow easily. Permits had to be gotten and electricity, plumbing and carpentry work had to be done and redone to turn this former grocery cooperative into a nice-looking restaurant. "It's been one monster but I'd do it all over again," Cison said. "We know how to beat the lumps now."

Experienced people also meant much to the restaurant's successful completion. "We have a very business-oriented board now. They have the knowledge and the contacts to get things done for us," Johnson said. Also, Cison's father, a retired restaurant owner and manager for nearly 50 years, has offered his services as manager of Latham's Table.

Still, the biggest credit for Latham's Table lays in the work and perseverance of the staff and clients themselves. From the beginning, Freedom House residents

Opened on August 28 Amid Celebration



People enjoy the atmosphere in Latham's Table.

were busy fundraising by sponsoring ice fishing contests and selling the Italian beef sandwich that is the featured item on Latham's Table's menu, at various community events. "We always knew we wanted to do something and everyone worked hard to get anything started," Johnson said.

But it was the barn that really set things rolling. About three years ago, a barn was donated to Freedom House for the cost of the bulldozer to plow in the hole. Six Freedom House residents and Pepin went out, pitched tents and for two weeks, tore down every inch of the two-story building.

The barnwood gave them needed materials for decorating the restaurant as well as the needed impetus to push the project onward, but it also eventually gave way to the name for the restaurant, Johnson said. Since the decor was old, the board of director's wanted an old name.

And old it is... Augustus B. Latham, a real-estate dealer, originally built the building housing the restaurant after buying the country estate from farmer and entrepreneur, Colonel William S. King in 1868. "We sort of thought the name fit with everything -- the barnwood and the old implements," Johnson said.

So, armed with a large pile of barnwood worth thousands of dollars and a very defined idea of what they wanted to do, Freedom House staff and residents then set out to get the money and materials to turn their dream into a workable restaurant, complete with tables,

kitchen and everything else. The original fundraising was used to secure the building but about two years ago, Freedom House's board of directors got into the fundraising act. A brochure was printed, the Minnesota Community Corrections Association donated \$7,500, and they were on their way to meet a long sought after goal.

And, if donations are any measure of meeting a goal, Freedom House more than succeeded. NCR Comten donated a new electric cash register, Whirlpool donated an ice machine, Economics Laboratories gave a dishwasher and Naegle provided chairs, booths, plates and pans. Community Design contributed plans for the interior design of Latham's Table and financial contributions came from Cray Research, First Bank Minneapolis, General Mills, Honeywell and the Minnesota Bar Association. Many other places offered financial assistance as well as donated time and free advice.

"We met all our fundraising goals," Johnson said. "We couldn't have done it without all the donations."

But the donations provided the residents with more than just necessary work and materials. "Knowing people were willing to give us things really helped the guys," said one resident. "It makes us think there really are people out there who care."

Pepin agreed. "All those donations were a sign that the community is really supporting us. They don't look at us like ex-

cons," he said. "It gives us a really warm feeling."

Freedom House's staff knew the restaurant would have many benefits to their program but during the seven years of working to turn their dream into more than a fervent wish, they realized many other good things were happening. "It's definitely brought the family closer together," Pepin said. "Usually the residents could care less what the program is doing but they're really enthusiastic about this. They're volunteering to do work and they feel they belong to an organization."

At least one resident agrees. "I feel like I'm a part of something. I actually own a restaurant. I don't know any other 19-year-olds who can say that."

And that feeling will always be around if the program's administrators realize yet another goal they've set for their restaurant. "We want it to be a social place for our graduates and for other therapeutic groups," Johnson said. "We want them to always be able to come back and feel a part of the place."

And for most residents, feeling they're a part of Latham's Table won't be difficult. Nearly everyone who has gone through Freedom House's therapy has played an integral part in the formation of the restaurant. "It's taken three different families to reach this goal," Cison said. "One to hustle the money, the second to tear down the barn and the third to put it all together. Without each of those families we wouldn't have the restaurant."

For that reason, the staff takes very little credit for the successful completion of Latham's Table. "The whole family was in on all the decisions and many individuals did important work," Johnson said.

Now that the hard part is all over, the staff is looking forward to relaxing for a little while and watching everything operate. But, they aren't about to become too complacent. "This is only the first," Johnson said. "We realize that self-sufficiency won't happen with just one business so we want more."

Of course, they all agree that it's time to catch their breath and watch a dream in action before they start turning more dreams into realities.

Violence and Chemical Dependency Workshop

By Karole Williams

On July 9 of this year I was in attendance at a conference presented by Freemont Connection, entitled, "Violence and Chemical Dependency."

The people in attendance at this conference were drawn from many areas. Present were those persons who worked in social service agencies that deal mainly with referrals to other service providers and also a large number of people who work in the agencies who do provide direct and specific services.

While the background and expertise of the participants were as varied as their opinions, on the whole, the day was very productive in the exchange of ideas and information. The fact that there was not nearly enough time to look at this issue of, "Violence and Chemical Dependency," and given the many and varied approaches to dealing with the problems individually, I feel this is an area that will most effectively be dealt with

by following the example of the July 9 meeting, in bringing together persons from all of the agencies and programs who deal with these issues.

I felt it was a good approach to combine the two issues that quite often go hand in hand but are often dealt with individually. The time frame for sharing information and discussing the various and sometimes conflicting approaches, would have to be greatly expanded due to the scope of the problems.

Perhaps a several-day or a week-long conference would be in order.

I congratulate Freemont Connection for putting together and sponsoring this meeting, and invite any of those present that day to give their feedback and ideas on whether they feel this is an area to be expanded on and how we can work together.

In an effort to take a closer look at this issue, we will in the following months be looking at the programs that are presently dealing with Violence and Chemical Dependency and presenting to you their ideas and methods along with a list of services they provide.

Training Happenings

Women and Violence Workshops

Suicide and the Self-Destructive Person. Location: Earle Brown Center for Continuing Education, U of M, St. Paul. Contact: Melinda Lockhard, Program Director, Continuing Nursing Education, U of M, 3313 Fowell Hall, Mpls., MN 55455

Nov. 1 Corrections: A Conference on Women and Violent Relationships. Location: Westminster Presbyterian Church, Mpls. Cost: \$2.50, includes lunch and child care. Contact: 612/227-6690.

Nov. 8 Sexual, Physical Abuse and Neglect Workshop, sponsored by the Minnesota Bar Association. Location: Minneapolis. Contact: Marilyn Michales 612/870-6327.

Nov. 12 - 14 Addressing Woman Abuse: Visions and Actions, sponsored by Chicago N.O.W. and Chicago N.O.W. Institute. Location: George Willia

DATE UNDETERMINED Sexual Harassment Seminar, featuring presenters from the Working Women's Institute, New York. Location: Minneapolis. Contact: They Chrysalis Center for Women, Program Sponsor, 612/871-2603.

ETC Workshops

The Education and Training Consortium, 1645 Hennepin Avenue South, Suite 222, Minneapolis, Minnesota, 55403, (612) 375-0410, offers these workshops for continuing education credits in the field of chemical dependency. Call or write about specific information.

Nov. 13 - 14 Perceptive Management, Anita Makar, Executive Director, ETC. Through the use of a measurement instrument, the, "How Others See Me," matrix, each participant learns the effect of his or her behavior on others; a practical direct application to "real world" situations that occur daily.

Nov. 14 - 15 Group Counseling, Clayton Moschetti-Houff, Waseca Area Memorial Hospital. Designed to help improve the skills of counselors working in therapeutic and interpersonal settings; a practical, "hands-on" skill development course.

Nov. 15 Unlocking from Family, Client, Personal Systems, R. Jeffrey Lupient, St. Mary's Hospital. Learning to eliminate immobilizing barriers so behavior, and ultimately, relationships can change.

Dec. 2 Treatment Talk Can't Cure Chemistry, John Matthews-Larson, Chrysalis Center for Women. Examination of bio-chemical basis of alcoholism; hypoglycemia as an underlying factor in 80 - 95 percent of all alcoholism.

Continued on page 9

Incest Offender Treatment

The Incest Offender Treatment Program, a project funded through the Crime Control Planning Board, has negotiated a number of contracts with various agencies to provide for the treatment of incest offenders and their family members. The target population of the program includes those incest offenders who have been adjudicated in the legal justice system and their families, including the victims, other children, and spouse. Funds will be allocated to pay the total cost or partial cost of treatment for the families when other payment options are insufficient or lacking. For further information and application forms, contact Michael O'Brien, Director of the Incest Offender Treatment Program, 430 Metro Square Building, St. Paul, Minnesota. Telephone 612/296-1054.

Program Happenings

Newsletter

The Sexual Assault Services has developed their own newsletter, the "MN Exchange." If you would like to be added to their mailing list, drop your name and address to: Sexual Assault Services
430 Metro Square Bldg.
7th and Robert Streets
St. Paul, MN 55101

New Address

The Minnesota Correctional Facility -- Oak Park Heights' new address is Box 10, Stillwater, MN 55082.

Sound/Slide Show Available Now

A new 15-minute sound/slide show which describes the operation of the Minnesota Department of Corrections is now available free on an on-loan basis from the Department's public information office. The show briefly describes each of the Department's four divisions: Institutions, Management, Policy and Planning, and Community Services. It was produced for a wide range of audiences including schools, corrections professionals, and community groups. For more information or to schedule the show, contact the public information office at 296-5693 or 296-2827.

Epilepsy Information Available

By Connie David

The Minnesota Epilepsy League is a voluntary health agency that serves the needs of people with epilepsy, their families and concerned individuals.

Epilepsy is a non-contagious disorder of the central nervous system characterized by recurring seizures caused by abnormal electrical discharges in the brain.

Epilepsy can happen to anyone at any time during his or her life. The cause of epilepsy is unknown in about half of the cases.

Partial seizures are often characterized by pointless activity. The person may have a glassy stare, give no response or an inappropriate response when addressed, move about aimlessly, make lip-smacking or chewing motions and fidget with clothing. People experiencing partial seizures often are mistaken for being drunk, drugged or even psychotic.

During a partial seizure, do not try to stop or restrain the person unless absolutely necessary for his or her safety. Speak softly and calmly to the person. After the seizure, stay nearby until the person is fully alert.

If you have any further questions or concerns, please call the Minnesota Epilepsy League at

646-8785.

If you feel that the staff members in your facility could benefit from an inservice on epilepsy, call Connie David at 646-8785.

CD/CJ Workshops Are Successful

MCCA sponsored Chemical Dependency/Criminal Justice three-day workshops in St. Cloud in September and in Anoka in early October. Both had good turn-outs and received excellent reviews from the participants.

Samenow To Present Workshop In November

Stanton Samenow will present a two-day seminar on, "Understanding and Treating the Criminal Personality," on November 17 and 18, 1980, in Mankato, Minnesota.

The cost of pre-registration is \$40. You may register the day of the seminar but the cost will then be \$50. Also, credit can be arranged.

For more information, write or call Ken Meehling, Seminar Coordinator, B.E. County Community Corrections, 410 S. 5th St., Mankato, MN 56001, (507) 625-3031.

See the article on page 8 for more information about Dr. Samenow and his seminars.

FTC cont.

Dec. 8 - 12 **Burnout**, Dennis Olson, M.B.A. Ways of identifying abuse of work; the caring of oneself so that work is done more effectively and with more satisfaction.

Dec. 13 **Food Addiction**, Vicky Holbert, Minneapolis Community College. How food addiction is like chemical dependency; strategies to address the problems.

Samenow Has New Approach to Criminals

By Dale Fisher

The chronic offender displays a consistent, almost predictable thought pattern that stays with him throughout his life. His behavior is a product of this thinking, and he can be treated as accountable and responsible.

This is the basis of the "phenomenological" approach to treatment of serious offenders developed by Dr. Stanton Samenow in collaboration with Dr. Samuel Yokelson at St. Elizabeth's Hospital for the criminally insane in Washington D.C. Samenow and the late Dr. Yokelson have published the two-volume, *The Criminal Personality*, describing their theory and its application. On April 30 and September 22 and 23, Dr. Samenow presented his approach to staff of Hennepin County Court Services and other community corrections workers.

Dr. Samenow rejects the concepts of sociological, psychological and genetic cause of crime, finding consistent thought patterns in offenders of all backgrounds.

We all develop patterns of thinking at an early age and those of the chronic criminal are not unique. They are, however, more extreme on a spectrum. Like the patterns of the alcoholic, they remain a part of the person's personality.

It is this suggestion that has led a number of observers to misinterpret the theory as supporting the idea that, "once a criminal, always a criminal." Samenow, however, believes that, like alcoholic behavior, criminal behavior can be changed by becoming aware of the patterns of thinking and making different decisions through a traditional gathering of the "facts": The alternatives for action and the potential consequences.

There are several thought patterns, or "thinking errors," common among chronic offenders. (Samenow emphasizes that these may not apply to the one-time offender who is deterred from further illegal behavior.)

Power and control: How one tries to get and use it is significant, Samenow says. The criminal sees the world as a chess board in which he moves others to his advantage. "What I want is mine," the criminal says. The burglar believes, "It's mine for the taking." His actions are for the thrill and the conquest.

Uniqueness: The criminal believes he is special, invincible, and immune to constraints and sanctions.

Perfectionism: Success means being the best; anything less is



Stanton Samenow

failure. The criminal thinks in concrete extremes, Samenow says.

Fragmentation: The varied aspects of life may not be linked for the criminal. His mind changes rapidly. Failure to do as promised may not mean he lied, but that something more exciting came up.

Loner/lack of interdependence: He or she will build himself up by tearing others down. There is no sharing, real loyalty or friendship.

Fear: Fear is equated with weakness in the criminal's mind, Samenow says. The criminal responds with anger and aggressions, but can cut off his or her fear to commit an offense. His greatest fear is of being put down. His self-esteem is fragile as he vacillates between the extremes of over-valuing and totally devaluing himself. In the "zero-state," he sees himself as a "nothing;" his depressions is global. He tries to protect himself from that message from others with aggression (power control).

Conscience: The criminal may have sentimentality, such as for religion or for her mother, but can shut it off to commit an offense.

Decision making is irresponsible: "I think therefore it is." The criminal fails to consider the facts, the alternatives and consequences.

View of self as a good person: Most chronic offenders see themselves as good but feel, "Right is what I want to do at the time."

In his work with criminals, Samenow takes an assertive stance, making statements about the offender for him to respond to. He cautions against open-ended questions that can lead to digression. He teaches the offender to report his thoughts objectively. One technique is to ask, "If we put a tape recorder in your head, what would we hear?"

Samenow believes the most effective way to establish rapport with the client is to be direct. The change agent is not a prosecutor nor a benevolent friend. (The "help" we say we offer will be interpreted as help to get what the offender wants -- out of this jam.)

Legal leverage is necessary. We must work within the reality of the situation. The primary deterrents of further crime are (1) getting caught, (2) Reasoning (thinking through all consequences), (3) Recognizing the cues that begin the pattern of irresponsible behavior, (4) pre-empting the problem by redirecting thinking into another direction, and (5) examining the consequences by thinking about past outcomes.

In treatment of the chronic offender we can tolerate no small slip, accept no excuse, Samenow says. Even an irresponsible thought must be treated as serious. "The seed of today is the tree of tomorrow," Samenow says.

Samenow's approach calls for finding the weakness, the sentimentality and avoiding the classical "ego support." Although confrontation and degradation are unproductive and will put the client on the defensive, we must work with the clients' personal dissatisfaction as a motivator for change, Samenow says. Continued criminal behavior depends on the offender's maintenance of this inflated self-concept and sense of invincibility. If we see our task as bolstering his low self-esteem we are "aiding the crime," Samenow says.

Editor's note:

The two volumes by Samuel Yokelson and Stanton Samenow, can be purchased directly from the publisher by sending a check in the sum of \$72.25 to Aronson Publishers, 111 Eighth Avenue, New York, NY 10011.

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Alex Schauss, Director, the Institute for Biological Research, "Corrections: A Science of
the Future," and Anthony Bouza, Minneapolis Police Chief, "The Mutual Challenge to
Tradition in Law Enforcement and Corrections."

COST

- Pre-Registration Fees -- by Friday, Oct. 17, 1980
- \$38 -- includes registration fee, two luncheons and \$10 MCA membership dues.
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the blaisdell place

The Blaisdell Place is just what its name implies, a place -- a health and dining club primarily for women. It also is a membership organization that provides women the opportunity to establish a network of associates to assist them in their professional and personal development. Finally, The Blaisdell Place is the largest publicly held, women-owned corporation in this country.

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MCCA Receives \$10 for each membership Blaisdell Place receives through the MCCA newsletter.

NEWSLETTER

Fall seems to be a traditional time for renewing efforts and gearing up for the coming year. This issue of the Happenings highlights several of the projects among our member programs as well as some possibilities for redirecting our therapeutic thinking.

I am pleased that we are offering ideas for professional consideration. We would like to maintain a balance with information about what is happening among our programs and people. Please continue to send these to us. The programs may consider having a residents prepare a "release." If your program would like the notice, please blow your horn.

I am sorry that the Happenings will be losing the services of Barbara Redpath, who is leaving Nexus to seek warmer climes. Barb has been an energetic and creative spark to our committee this past year. We could use more members to prepare the Happenings. This is a great way for members of programs to support the work of the MCCA. I hope more of our programs will encourage more staff to get involved and learn more about the corrections community by becoming involved. Please give me a call.

LEGISLATIVE

The Legislative Committee's next meeting will be October 21 at 430 Metro Square Building in St. Paul.

Committee Happenings

FUNDRAISING

The Fundraising Committee has developed a plan that includes short-term and long-term goals.

The short-term goals include: 1981 general operations and costs, the Industry program, training and a communication network.

MCCA's long-term goal is to become financially stable by sponsoring activities that bring a monetary return to the association.

MEMBERSHIP CAMPAIGN

We have been very successful and are well on the way to reaching our goal of 500 individual members. Please encourage your colleagues to use the application in this newsletter and become acting members.

CONFERENCES

MCCA will have exhibits at the following conferences: Oct. 12 - 15, National Association on Volunteers in Criminal Justice; Oct. 20 - 22, Minnesota Chemical Dependency Association; Nov. 5 - 7, Minnesota Corrections Association. If you plan to attend any of these conferences, please stop by our booth.

Plans also are being made to exhibit at other conferences.

BY-LAWS

The next meeting of the By-laws Committee is scheduled for Oct. 20 at Eden House, 1025 Portland Ave., Mpls.

STANDARDS AND EVALUATION

A Copy of the report written by Diane Harrington under the direction of Barbara Chester, is available from the MCCA office for a small cost. The report outlines the data collection services of several metropolitan community corrections programs.

DIRECTORY

A report of the MCCA Corrections Directory was written by Tom Schmid and submitted to the Board.

Minnesota Community Corrections Association
2344 Nicollet Avenue
Minneapolis, Minnesota 55404

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