

Letter from President Mary Davidson

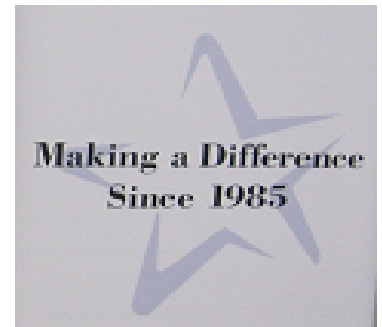
As the June Solstice rolled by marking the beginning of a new season, MJPS made its own annual transformation. New Executive Board members were elected at our last Spring Conference, and on June 12, 2018 we got together, along with our District Representatives, and had our first board meeting. One of the main things we accomplished was assigning new positions for everyone. I'd like to welcome newly elected members Noelle Flesher (Wright County), who is taking the reins of the Secretary/Historian role, and Kelsey Knops (Dakota County) who has boldly become our new Publications Officer. Both of you are going to make a great addition to the MJPS team!

I'd like to thank the out-going board members MJPS President Shanna Krebsbach (Meeker County), Vice President Durand Ackman (Olmsted County) and Past President Kim Neuman (McLeod County) for their outstanding commitment and service to MJPS. Lots of wisdom right there folks! I've learned a lot from them. A special thank you goes out to Janet Adams (Goodhue County) for acting as the Interim Past President while Shanna was out on medical leave. Shanna is back but will be unable to fulfill the role of Past President as she has taken on a new job in Meeker County. Janet will serve At Large for one more year in her absence. Thank you, Janet, for always stepping up!

Looking forward, Denise Eichten (Washington County) did such a great job on the 2017 Spring Conference, she's taking charge as Resource Coordinator and is hard at work, as we speak, putting together our Fall Conference which will be October 3, 2018 hosted by Dakota County.

Roger Edwardson (Kandiyohi County) has taken up the helm as Training Coordinator and will be planning a spectacular Spring Conference for you in 2019. We received great feedback from the last conference evaluations and Roger will be putting together a little something for everyone. Roger magically makes things happen.

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Dustin Naumann (Mille Lacs County) is throwing the MJPS notebook to the side and taking on a big challenge as your new Vice President. The Minnesota Sheriffs' Association has a new leadership website called, Institute for Credible Leadership, or ICLD for short. Our goal at MJPS is to have everything and anything related to programs on that site as a resource for all programmers in the State to utilize. The hardest part to anything worthwhile is getting started. I urge the District Representatives to encourage their members to submit items for the site to Dustin. Maybe you have a great religious policy or a super-duper volunteer handbook. What do you want to see? Share it! Why reinvent the wheel?

Speaking of sharing, we have the greatest people in our membership doing amazing work, and we are always looking to recognize our members for their accomplishments. This is no time to be humble or shy! Please pass on newspaper articles, thank a volunteer and share what they are doing for your facility, or nominate a fellow programmer for an award. Toot your own horn if you have to! Contact your District Rep or send it straight to Kelsey so she can share it in the newsletter.

What else? Oh, yeah. I'm your new MJPS President and honored to serve you in this capacity for the next year. One last little thing; Remember, the two things in life you are in total control over are your attitude and your effort. May you always strive to do your very best!

Respectfully,
Mary Davidson



Winner, Winner, Chicken Dinner!

Jordan Robinson, Polk County

Free 2019 Conference Registration

Congrats!



MJPS Spring Conference "Dedicated to Possibilities" April 24-26, 2018



kick
off
event



Above: Douglas County Sheriff Honor Guard.

Below: MSA Executive Director Bill Hutton and MSA Representative Tom Wells.



The MJPS Executive Board would like to thank everyone for a job well done at our spring conference at Arrowwood Resort in Alexandria.

A special 'Thank You' to the Minnesota Sheriff's Association for their continued commitment to MJPS.

The event kicked-off with the Douglas County Sheriff Honor Guard and a welcome by Douglas County Chief Deputy Brad Lake.



The effects of working in a correctional facility can be devastating; suicide, trauma, stress, etc.

Speaker Rick Peterson presented "Emotional Survival". Something we often forget to do is take care of ourselves physically, spiritually, and emotionally.



Above: Douglas County Chief Deputy Brad lake.

Below: Speaker Rick Peterson.



Keynote Speaker: The LEADERSHIP Connection

Erik Therwanger

Justice

Judgment

Dependability

Initiative

Decisiveness

Tact

Integrity

Enthusiasm

Bearing

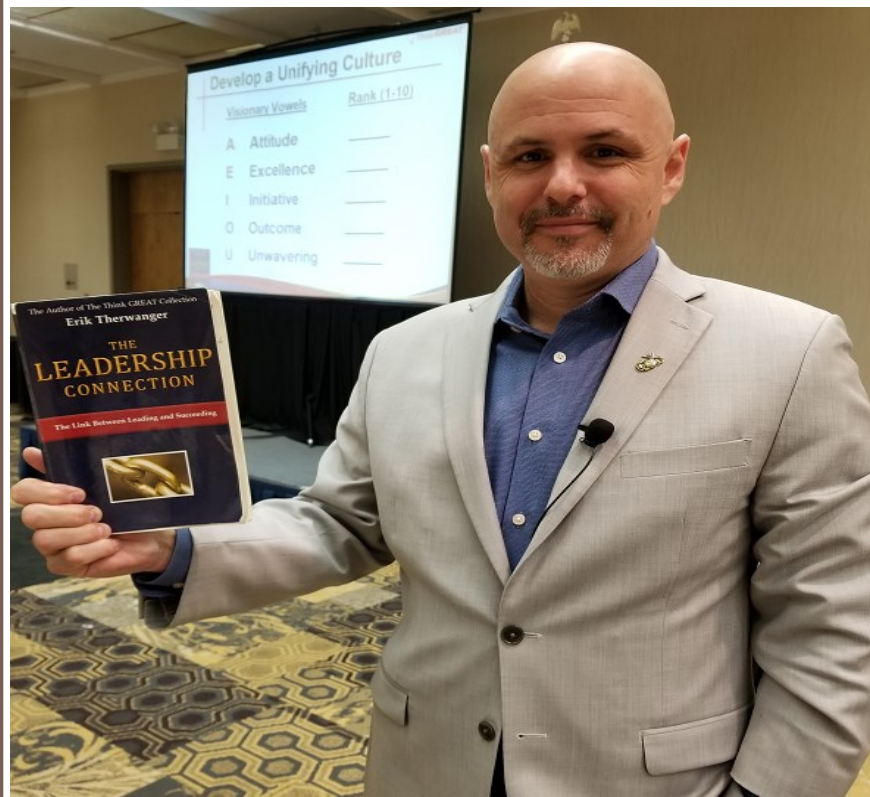
Unselfishness

Courage

Knowledge

Loyalty

Endurance



Erik Therwanger is the founder of Think GREAT and draws from his experiences as a U.S. Marine, executive business leader, sales professional, and entrepreneur to help organizations achieve new levels of success. He uniquely combines leadership development, team building, sales training, and goal-setting into strategies and techniques that empower employees, sales teams, leaders, and business owners to exceed expectations.

Www.ThinkGREAT90.com

Advanced Correctional Healthcare

Alkermes

Community Compliance Monitoring Services

Guardian RFID

Keystone Interpreting Solutions

Midwest Monitoring and Surveillance

Minnesota Adult & Teen Challenge

Minnesota Monitoring

Precision Kiosk Technologies

Reliance Telephone

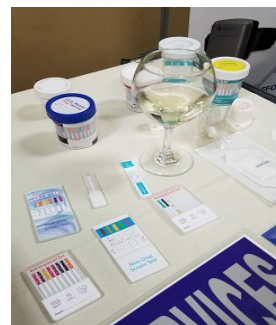
Restoration Counseling & Community Services

Stellar Services LLC

The Blue Pages

Turnkey Corrections

Thank You, Vendors!



Thank you to our very own for providing us with *sick* DJ tunes.

Michael Timm
Wabasha County

"Captain Jack Entertainment"

Thank you to Janet Adams, Goodhue County, for your leadership with the MJPS board while our President, Shanna Krebsbach was out on medical leave.



Dakota County



2018 Kay Siebrass Program of the Year Award “Integrated Amrita Meditation”

Kelsey Knops

Program Facilitators:

Arun Hejmadi

Patricia Lyall

In the summer of 2017, the Dakota County Jail implemented a new program for inmates. Understanding that the jail is a high-stress environment we wanted to implement a program that would teach inmates skills to manage their stress. Integrated Amrita Meditation (IAM) is facilitated every Friday afternoon by our two, dedicated volunteers, Arun Hejmadi and Patricia Lyall. This program instructs inmates on how to manage their stress response and reduce the levels of adrenaline and cortisol in their body through the combination of yoga, pranayama, and meditation. The instructors spend about an hour explaining and demonstrating the technique followed by twenty minutes of practice. The goal of the program is to help participants learn how to activate the left pre-frontal cortex and quiet the right pre-frontal cortex, leading to a more relaxed state and positive mood.

After several months of implementation, we are currently planning an internal evaluation, with support from psychology students at St. Catherine University, of the impact of IAM on our participants. Qualitatively, participants have reported benefits in concentration and sleep after practicing. Some participants even claim their basketball skills were sharper immediately after practicing the meditation techniques. We look forward to our continued partnership with our volunteers, and appreciate them giving us the opportunity to bring these skills to our population at no cost to us.