

**Navigator Network Workgroup of the
CJCC Early Intervention & Prevention Committee
March 8, 2022 at 2:00 p.m. via Zoom**

Present: Rachel Stoll, Kalene Engel, Marissa Gerke, Amy Sixty, Bill Moe, Shannon Sullivan, Amanda Rodriguez, Zoey Lewis, Loice Odoul, Rebecca Lundeen, Chris Meyer, Katie Schild, Carin Hyter

Minutes by: Kalene Engel

Introductions: Persons present introduced themselves and their role.

Presentation on Treatment Court of Winona County (TCWC): Carin Hyter, Treatment Court Coordinator for TCWC, provided an overview of the program, as follows:

- TCWC was established in 2012 and will be celebrating its 10 year anniversary in October. It is one of 68 treatment courts in Minnesota. Carin has been the coordinator for five years.
- Watch this video for a good overview of treatment courts: https://youtu.be/3Y_qv_ba3dQ
- The mission of TCWC is to enhance public safety and reduce costs to the community and criminal justice system by providing resources and structure that allow offenders to become alcohol and drug free.
- To be eligible for TCWC, a person must be an adult, Winona County resident convicted of a felony level offense with high risk and needs (per an LSCMI) and moderate to severe substance use disorder.
- Participants also undergo a mental health assessment, but a mental health diagnosis is not an eligibility requirement of treatment court.
- The program is administered by a multidisciplinary team; there is currently an opening for a mental health provider. Carin is the only paid staff person. All others volunteer.
- Based upon a recent evaluation, the average amount of time that a participant spends in treatment court is about 1.5 years. Thirteen months is the minimum amount of time that a participant would need to be in the program to complete its four phases.
- The program is voluntary, but for most persons who are eligible, the alternative is prison. Carin works with eligible individuals to explain the program and commitment before they are sentenced into treatment court. Once they are sentenced into treatment court, most participants enter treatment (usually inpatient) for 30 days. Following inpatient, most participants step down to a medium intensity treatment option for 30-90 days and then return to the community.
- Motivational interviewing and cultivating internal motivation is a big part of the program. It typically takes the participants about 3-4 months to understand and appreciate how and why TCWC will work for them.
- To illustrate the success of TCWC, Carin provided the following facts:
 - TWCS has had 41 successful graduates and enjoys a 59% graduation rate (compared to the national average of 56%).

- Of the graduates, less than 15% have re-offended (recidivism).
- The average cost per inmate per year in a Minnesota prison is \$41,366, yet the entire yearly budget for TCWC is only \$87,000.
- Treatment court benefits include reduced arrest rates, lower cost to society, reunited families, lowered ACES scores, increased tax paying citizens, mentorship, decline in drug overdoses and ER/urgent care visits, safer neighborhoods and licensed drivers
- Answers to some FAQs about Treatment Court are as follows:
 - The most frequently abused substance is meth, followed by alcohol and then marijuana.
 - Even when people graduate from TCWC, many still remain on probation.
 - About 90% of treatment court participants also have a mental health diagnoses.
- TCWC will be celebrating a graduation on April 7th. Upcoming dates for TCWC were shared. Carin encouraged everyone to attend a TCWC session or graduation.

Google Drive: Visit the Navigator Network Google Drive to view documents or update the speakers list or membership roster:

[https://drive.google.com/drive/folders/1sgL5G1BnSmz01jnrpjTGAf9dpF XuSZxT?usp=sharing.](https://drive.google.com/drive/folders/1sgL5G1BnSmz01jnrpjTGAf9dpF XuSZxT?usp=sharing)

Access to Health & Human Services Survey: Although the survey end date was February 28th, responses will still be accepted if completed immediately. Results will be compiled and shared with the members. Carin expressed thanks for the survey as being an outlet to share struggles and offer solutions.

Organization Announcements:

- **Winona Community HUB:** Rachel is now the Community Wellbeing Coordinator and HUB Manager. Rebecca is the new Community Connector at Hiawatha Valley Mental Health Center.
- **WRAP+:** Kalene shared the upcoming schedule of WRAP+ trainings, as follows:
 - **March:** Cultural Humility Training on March 22nd from 9-11 am by Kathy Sublett
 - **April:**
 - MNSURE Applications by Loice Odoul and Completing the Combined Application Form by Naomi Morris on April 12, 2022 from 9-11 am
 - Community Resource Panel featuring representatives from Treatment Court, Catholic Charities, SEMCIL, ASAP and others on April 19th from 9-11 am
 - **May:** Neurobiology of Addiction on May 24th and May 31st from 9 to noon by Carol Ackley (content is original for both sessions)
 - **June:** Circles of Security Training on June 21st at 9am
 - **July:** Social Security 101 by Tom Krause of SMRLS on July 13th and July 20th from 9am to 10:30 am
 - **August:** Guardianship/Conservatorship 101 by Robert McLeod on Monday August 8th and Friday August 19 both at 9 a.m.

- **September:** Disability Benefits (MNChoices, SMRT, Waivers, etc) from representatives from Disability 101
- **October:** Motivational Interviewing by Deb Murray of Viterbo
- **November:** Employment Panel: Vocational Rehabilitation, Manpower, etc
- **December:** Mental Health for Non-Mental Health Providers by Christy Ferrington

Speakers: Several people have signed up to be speakers at future meetings. In April, Katie will be talking about the WRAP+ Program.

Leadership Rachel reminded everyone that she is completely fine with having some else step forward to lead the group. By consensus, everyone agreed that Rachel is doing a great job and should continue to lead the group and that this issue need not be brought up again. 😊

Other: Kalene reminded people to contribute “Tutorials” to the Google Drive, which already contains a couple of tutorials contributed by Carin Hyter. Basically, these tutorials are descriptions of specific tasks that a navigator has done to access a service. Recording this information and providing it to others will eliminate the need to “reinvent the wheel.”

Next Meetings: The next meeting of the workgroup will be on April 12th at 2:00 p.m. Rachel would like to schedule an upcoming meeting as an in person meeting.

Adjournment: Meeting adjourned at 2:48 p.m.