

# CORRECTIONS

## INSIGHT

**Wisconsin  
Correctional Association**



Todd Timm, President

### **WCA Summer Activities**

By Todd Timm, President

On June 19<sup>th</sup>, the Wisconsin Correctional Association hosted our first annual summer golf outing. 15 teams participated from all over Wisconsin on a beautiful day at the Waushara Country Club in Wautoma, WI.

After 18 holes of golf, everyone gathered for a cold beverage, a meal and raffle prize drawings. Team WCA Orange took the team championship with a score of 10 under par, 62. Congratulations to Steve Haberkorn, Tim Lundquist, Tim Timm and Todd Timm on their victory. The big winner of the 50/50 raffle was Pat Heun, Taycheedah Correctional Institution.

Many other wonderful prizes were donated for the raffle and I also want to thank our hole sponsors:

- CenturyLink
- Union Supply Company
- Marian University
- Cal Ray, Inc.
- Thelen Consulting
- Ripon Food and Sport
- State Farm Insurance – Derek Elwood Agency
- GTL

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## Corrections Insight



### MAILING

*Corrections Insight is published four times a year.*

- *March 2015—articles due February 13, 2015*
- *May 2015—articles due April 10, 2015*
- *August 2015—articles due July 3, 2015*
- *December 2015—articles due November 1, 2015*

### ADVERTISING:

Deadlines for submission of copy and camera-ready advertising is the first of the month preceding publication.

### ARTICLES

Articles may be submitted at any time to

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P.O. Box 8671  
Madison, WI 53708-8671

If you have any questions, please contact Kalen Ruck at (920) 566-3226 or e-mail [kalen.ruck@wisconsin.gov](mailto:kalen.ruck@wisconsin.gov)

### EXECUTIVE EDITOR:

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Statements of fact and opinion within Corrections Insight are the responsibility of the authors and do not imply any opinion of the officers or members of WCA or ACA. We welcome your comments and contributions.

WCA invites you to share information through our newsletter. Please send articles on upcoming events such as: conferences, workshops, job openings, self-help, and other items that may be of interest to the membership. Please include your name, phone number and where this information came from in order to credit the author. This is your newsletter, please help us make the next one a success. The articles will be reviewed by the newsletter advisor and executive editor prior to printing in the next newsletter.

# WCA BOARD MEMBERS 2014-2015

## WCA BOARD MEMBERS 2014 - 2015

### **President**

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11/2013



Front Row-Left to Right: Susan Ross, Vickie Bortz, Kathy Murawski,  
Kalen Ruck, Valorie Manninen-Nelson  
Back Row-Left to Right: Trina Kroening-Skime, Todd Timm, Rory Thelen,  
Mike Felton, Sandy Huff, Jim Brace

# SAFELY MANAGING PRISONS



Rory Thelen

## Safely Managing Our Prison Population

How do we safely and effectively manage our prison population and maintain a productive climate ensuring the safety of everyone inside the fences/walls? We begin by understanding the needs of the prison population, the staff and the people in the positions who dictate the specific strategies, policies and protocols that are put into effect.

As our resources and funding remain challenging, we are tasked to do more with less. We need well trained, enthusiastic staff to facilitate keeping our prisons safe and secure. Flexibility can be a key component. Having a fluid review and revision mindset to deal with the ever changing prison environment will maximize our chances for success.

What are productive aspects in mastering the skill of controlling our prison climates?

### 1. Providing a professional administrative staff presence.

- Conducting daily rounds to talk with staff and inmates.
- Answer relative questions that otherwise are ignored.
- Diffuse potential problems.
- Administrative staff conducting rounds increases understanding of how the facility operates which in turn assists them decision making.
- Facilitates networking between uniform and non-uniform staff.
- Ensures a top down buy in to our collective goals.
- Exemplifies that Administrative staff want to make a difference.
- Represents a pro-active change in forward thinking which enhances a positive work environment.
- Helps maintain consistency and uniformity of operations across all departments.

### 2. Effective communication universally.

- Having an understanding that talking to inmates and staff can be very productive.
- Understanding how important active listening skills are.
- Knowing how important voice, tone and body language are when talking to and giving direction to others.
- Displaying a professional face at work and leaving the personal face at the gate.
- Ensure staff receive ongoing training in professional communication skills, active listening skills and dealing with difficult people.

The benefits of being able to effectively talk to people in a professional manner are endless. When we treat people with dignity and show respect it can make our job less stressful, easier and safer.

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# SAFELY MANAGING PRISONS

It can increase our effectiveness when performing our job duties. It can reduce liability, enhance our professional relationships, decrease inmate complaints and in most cases it can increase our job satisfaction. Feeling better about yourself and your job performance, increases your confidence and reduces interpersonal conflict with those in our charge. This is a direct link to climate control.

### **3. Producing a consistent product from all staff.**

- Encourage and train staff to remain fair, firm, consistent and objective when dealing with inmates.
- Set expectations and goals with staff and then adhere to them.
- Hold all people accountable for their actions consistently.
- Treat all people with dignity and respect.
- Ask them to do things, don't tell them.
- Tell them why you are asking them to do what you want.
- Present them with options rather than threats.
- When appropriate, give them a second chance to correct inappropriate behaviors.

The points of emphasis listed below play an important role in maintaining and controlling the institutions climate.

- Understanding mental health care issues and how to utilize resources available.
- Utilizing unit management concepts.
- Utilizing multi disciplinary group concepts.
- Respond in a timely manner to inmate complaints.
- Maintain operational consistency with inmate property, mail, visits, food, canteen and legal issues.
- Provide a safe and secure environment at all times.
- Utilizing technology as it changes.
- Identifying the role of the correctional officer and non-uniform employees.
- Continued review and revision of policies, procedures, rules and training.
- Concentrate on positive outcomes which enhance staff success and emotional well being.

Our department's mission statement identifies that we will protect the public through constructive management of offenders placed in our charge. It includes ensuring all staff and inmates are kept safe in the performance of their duties 24/7. When incorporating the strategies discussed to maintain a positive prison climate and safe environment for staff and inmates, the propensity remains high in ensuring our mission will be accomplished.



# WCA CONFERENCE TIME



## ETA Two Months!!!

**W**e are now less than two months away from this year's WCA Conference. We can't stress enough how excited we are about this year's conference.

### ***You will not be disappointed!***

**W**e appreciate your continued support as being a member of the Wisconsin Correctional

Association. As being a member, it opens many doors for you in your profession. This will allow you to network, explore educational opportunities, and most of all enjoy your fellow members company.

As always we will have many vendors at this year's conference. Please take the opportunity to visit with them and check out their products they may offer or their educational services they may offer. As far as presentations go, here is where we are at: We will start with are very own Patty Beyer-Robinson whom was one of last year's co-chairs. She will have the Assembly Address. We will then have Andre Norman as our Keynote Speaker to set pace for this year's conference. Andre will also be doing a full Tuesday morning session for our only presentation that day. It will run all morning. After Andre gets things rolling Monday we will break out to topics such as—Heroin, Gangs in WI, Identifying Sexually Abused Children through their Art, Children of Incarcerated Parents, Prevention and Intervention: Combating Human Trafficking through the Trucking Industry, Wisconsin Deferred Compensation Program Review, Chasing the Heroin High, Sex Offender Ordinances, Carey Guides—BITS Overview, The Life of Explosive Detection Dog, Pharmaceutical Opioids, Locked Up and Can't Get High and DOC Secretary Ed Wall will be holding an open forum. As I have stated in previous articles we will be running several of these presentations twice, which is something we are trying new this year.

Other things we are offering this year is the **Sunday Golf outing** starting at 11 so were done in time for the Packer game at 3:30 that day as they are in San Francisco. After that we will have the **President's Reception** on Sunday. We will be having the famous **Casino Night** Monday Night for entertainment along with a **DJ**. There are many, many more things that we may not offer but the **Beautiful city of Lake Geneva** may offer and the **Grand Geneva** may offer. Please check out local visitor guides to see what is out there in case you want to come a day or two early. Grand Geneva does have a **Water Park** attached to their facility just as you are entering the resort. And just before you enter the resort, you will also see there are **Haunted Hay Rides** that are offered. From last years' experience, I highly recommend it. As you can see, not only does the Conference have a lot to offer, but the surrounding area does also.

As we close, we **Thank You** for the continued support to the **Wisconsin Correctional Association** and also to the **Lake Geneva area**. See you in the beginning of October.

WCA Co-Chairs

Toby Formiller and Holly Rick

# WCA ELECTIONS



## WCA Board Elections

WCA has upcoming elections for five Board positions: Private Representative; County Representative; Juvenile Representative; Education Representative and Recording Secretary. We strongly encourage all members take a few minutes to review the candidate biographies and return the completed ballot in this issue of the newsletter no later than September 28, 2015.

Biographies on each of the candidates and a ballot will also be posted on our website at [www.wcatoday.com](http://www.wcatoday.com) and you will also find them in this issue of the newsletter.

Once you have selected your favorite candidate, simply put the ballot in an envelope and mail it back to Trina Kroening-Skime at the address provided on the ballot. All ballots must be received no later than September 28, 2015.

Elected Board Members will be sworn in for a two year term at the WCA fall conference Luncheon on Tuesday October 6th. Please exercise your right as a WCA member and help us elect these important Wisconsin Correctional Association Board positions for the next two years.



# WCA ELECTION BALLET

## 2015-2016 Wisconsin Correctional Association Election Ballot

### Private Representative

\_\_\_\_\_ Kathy Murawski  
\_\_\_\_\_ (Write in Candidate)

### Juvenile Representative

\_\_\_\_\_ Valerie Manninen-Nelson  
\_\_\_\_\_ (Write in Candidate)

### Education Representative

\_\_\_\_\_ Jim Brace  
\_\_\_\_\_ (Write in Candidate)

### Recording Secretary

\_\_\_\_\_ Sandy Huff  
\_\_\_\_\_ Linda Fait  
\_\_\_\_\_ (Write in Candidate)

### County Representative

No individual for county representative was nominated at time ballot was produced.

\_\_\_\_\_ (Write in Candidate)

Send ballot via U.S. Mail to:

Trina Kroening-Skime, Past President  
Wisconsin Correctional Association  
1205 S. Waucota Avenue  
Prairie du Chien, WI 53821



# WCA BOARD BIOGRAPHIES



## **Private Representative**

### ***Kathy Murawski :***

Kathy has been an Independent Clinical Supervisor since 1998. She is a Certified Alcohol and Drug Counselor with over 30 years of experience. She has also completed the nursing program at MATC, and practiced as an LPN. She enjoys working with all populations, especially the elderly where she has 15 years experience with this population, including elderly clients with severe physical problems associated with substance abuse

Kathy also specializes in women's programs addressing gender specific issues, recovery topics, living skills, relationship issues and family issues. She is very familiar with community resources and has established solid relationships with Human Services agencies in the South-eastern part of the state. She has participated in multiple county programs, including Wiser Choice, Wraparound, Children's Court, Tanf and others. Since 2000 she has worked closely with the Department of Corrections to facilitate AODA Services throughout the state.

As of 2006 Kathy had been part of the Senior Management Team at Aro Behavioral Healthcare. Some of her main responsibilities were overseeing the daily operations of the Outpatient Clinics, assuring quality clinical services were provided and strategic planning in the growth of the company. Kathy was the Executive Director of Matt Talbot Recovery Services which provided residential services to AODA clients in the community. She also supervised their Transitional Living Program state wide. Recently Kathy was the Service Coordinator for New Vision. The service provided medical stabilization for patients going through alcohol and drug withdrawal at Columbia St Mary's in Milwaukee and Mequon. Currently Kathy is working for Alarus Healthcare as their Director of Community Relations/Community Outreach along with providing clinical supervision. Alarus is located in Grafton and recently opened a clinic in West Bend.

Kathy has been an active member of WCA since 2000. She served on the conference committee for 6 years before being elected to the board as the private sector representative. As a board member Kathy has enjoyed meeting new people. The community services projects have been extremely rewarding. Kathy has gained a greater respect for the day to day commitment for all who work for the Department of Corrections and the Community Service Committee members who freely give of themselves and their time.

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# WCA BOARD BIOGRAPHIES



## **Juvenile Representative**

***Valerie Manninen-Nelson:***

Hello, my name is Valerie Manninen-Nelson and I am running for the Juvenile position on the WCA Board again. I have been honoured to serve on the board and would like to continue in this capacity as I feel it is a very important organization. It has been a great experience with a great group of representatives from all divisions of corrections.

I would like to tell you a bit about myself. I have worked for Lincoln Hills/Copper Lake School for 23 years. I started out as a Youth Counselor and now a Youth Counselor Advance. Being a YCA is just one of the many things I am fortunate enough to do be at LHS/CLS. I currently Chair the committee on Health and Safety, Employee Wellness, Co-Chair the Employee Services

Program, WCA Board Juvenile Representative, Peer support, mentor and help train new hires. To say the least I am very invested in Juvenile corrections and happy to help in any way I can. Because I am involved in so many areas of our institution I can say I continue to strive to always give 100% to any task assigned to me.

On a personal level I have been married to my husband Rick since 1987 and we are very blessed to have 3 wonderful Children-Scott, Ashley and Erika! We have 5 grandchildren and another one on the way so very excited to see our family grow. I feel that my life is very blessed.

I am a cancer survivor and have been participating in the ACS-Relay for Life since 1996! I am the Tomahawk Relay for Life Chair and event coordinator, relay team captain of Hooray for Hollywood too. I am very passionate about making a difference in people's lives that have been touched by cancer in any way. I have also been able to work with ACS by bringing the Relay Recess to our youth at LHS/CLS youth with the support of our administration here. It is always amazing to see the impact these events have on everyone who gets involved.

I can say that since accepting this honour to the board that the members have become more than co-workers but became friends. I had a tough year with some personal tragedy and the members checked in on me, texted, sent cards and provided continued support. My hope is to continue to represent Juvenile corrections and continue to work on the issues that face Wisconsin Corrections with the WCA board as an active and invested member.

Well I hope you were able to find out a little about me and I look forward to meeting you. I hope to see more of the WCA members at this year's WCA Fall Conference. Take care and have a wonderful day!

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# WCA BOARD BIOGRAPHIES



## **Education Representative**

### ***Jim Brace:***

Jim Brace started his career with the Dodge County Sheriff's Department in 1993, where he was assigned to the Detention Facility. He remained with the sheriff's department until August of 2008 and then took a position as a Criminal Justice- Corrections instructor with Moraine Park Technical College. Effective June 1<sup>st</sup> 2013, Jim accepted the position of Associate Dean of Human Services with the college. In this position, he oversees the Corrections, AODA, EMS, Paramedic, Fire and Traffic Safety Programs.

Jim has his Bachelor's Degree in Administration of Justice and a Masters Degree in Criminal Justice. He is a certified jail instructor through the Department of Justice Training and Standards Bureau and he oversees the

jailer certification program.

Jim has been an active member of the Wisconsin Correctional Association since 2003. He has been the County Representative for the past 10 years and he oversees the WCA Scholarship Committee. He thanks the members for their support and looks forward to serving the members for another two years.

In his free time, he enjoys cutting firewood, working in his yard and working in his woodworking shop.

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# WCA BOARD BIOGRAPHIES



## Recording Secretary

### *Sandy Huff:*

Sandy Huff began her career with Department of Corrections in 2001. She has worked in the probation/parole offices in Black River Falls, Eau Claire, Whitehall, Alma, Durand, Neillsville. She has been involved with Evidence Based Practices with staff and stakeholders through regular meetings to enhance local services and offender needs and support staff. Prior to her career with DOC, she worked with the Jackson County Sheriff's Department.

She became a member of WCA in 2005. She attended her first conference in 2005 as a moderator. From there she spent a few years working with the WCA committee. Sandy was elected as the WCA board secretary in 2013.

She would be honored by the opportunity to continue to serve the WCA members as the WCA Board Recording Secretary. Thanks for your support.

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# WCA BOARD BIOGRAPHIES



## **Recording Secretary**

***Linda Fait:***

I started my career with the Department of Corrections in 1994 at Columbia Correctional Institution (CCI) in the Word Processing Department. I also worked for a little over a year in Clinical Services as a Program Assistant. In 1996 I transferred to a position with the Bureau of Offender Classification and Movement (BOCM) and have been with the Bureau ever since. In April 2000 I promoted to Offender Classification Specialist. From 2000-2004 I worked with the Out-of-State Monitoring Unit in DOC Central Office, and from 2004-2007 I worked at New Lisbon Correctional Institution. Since 2007 I have been the Offender Classification Specialist at CCI. I've conducted classification hearings at all custody levels as well as served on a number of committees and workgroups, including a Workplace Enhancement Committee, a multidisciplinary Gang Task Force, a mission statement focus group, an inmate handbook workgroup, and others. I have had an opportunity to work with many talented and dedicated correctional staff during my twenty-one years with the department.

Prior to working in corrections I worked in the private sector for six years, including real estate & auction services as well as retail cheese packaging. I have been a member of a number of volunteer service organizations for over twenty years and have seven years' experience serving on a convention planning board for conventions averaging 600-700 attendees annually.

I was married for twenty-nine years, until I lost my husband to cancer. During his career he served as a Police Officer for five different communities. Together we raised two wonderful daughters; one works as a Probation and Parole Agent and the other works as an Economic Support Specialist. I am blessed with five beautiful grandchildren, four granddaughters and a grandson, ranging in age from four to thirteen. I enjoy being outdoors. My hobbies include reading, gardening, cooking, kayaking, and – more recently – fishing with my grandson. I love to spend as much time as I possibly can with my family.

I have been a member of WCA since 1998. I believe the workshops, training, and networking experiences WCA provides are valuable opportunities. I welcome the opportunity to help this worthwhile professional organization grow.



# WCA CONFERENCE AGENDA

## ***“SUCCESS IS A JOURNEY RATHER THAN A DESTINATION”***

Program Schedule for 2015 WCA Fall Conference

### **Sunday, October 4th**

- |                   |   |
|-------------------|---|
| 10:30 am - 2:30pm | Golf Outing – Estates Golf Course<br>Registration starts at 10:30am. Tee-off is 11:00am.<br>(attendees and vendors) |
| 4:00 - 5:30pm     | Registration<br><b><i>Forum Coat Check</i></b>  |
| 5:30 - 6:30pm     | WCA Board and Conference Committee meeting  |
| 6:30 - 8:30pm     | President’s Welcome Reception with WCA Board of Directors<br>and Vendors  |

### **Monday October 5th**

- |                   |   |
|-------------------|---|
| 7:00 - 9:45am     | Registration<br><b><i>Forum Coat Check</i></b>  |
| 7:45 - 8:15am     | Opening Ceremony - Welcome to local and state dignitaries<br>Assembly Address – Patty Beyer-Robinson<br><b><i>Forum Convention Center-A,B,C</i></b> |
| 8:15 - 9:00am     | Breakfast with the Vendors<br><b><i>Forum Convention Center-A,B,C</i></b>   |
| 9:00 – 9:45am     | Keynote Speaker – Main Assembly – Andre Norman<br><b><i>Forum Convention Center – A,B,C</i></b>   |
| 10:00 – 11:00am   | Breakout Session #1   |
| 11:15am – 12:15pm | Breakout Session #2   |
| 12:15 – 12:45pm   | Time with the vendors<br><b><i>Forum Convention Center-A,B,C</i></b>  |
| 12:45 – 2:00pm    | Awards Luncheon<br><b><i>Forum Convention Center-A,B,C</i></b>  |
| 2:00 - 2:45pm     | Dessert with the Vendors<br><b><i>Forum Convention Center-A,B,C</i></b>   |
| 2:45 - 3:45pm     | Break Session # 3   |

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# WCA CONFERENCE AGENDA

|                  |  |
|------------------|--|
| 4:00 – 5:30pm    | General Address – Main Assembly – Dr. Melissa Caldwell<br><i>Forum Convention Center – A,B,C</i> |
| 5:30 – 6:30pm    | Social Hour with Vendors<br><i>Forum Convention Center-A,B,C</i>                                 |
| 6:30 – 7:30pm    | Dinner & Scholarships<br><i>Forum Convention Center-A,B,C</i>                                    |
| 7:30pm – 12:00am | Entertainment<br><i>Forum Convention Center-A,B,C</i>  |

## **Tuesday, October 6th**

|                   |  |
|-------------------|--|
| 8:00am            | Breakfast<br><i>Forum Convention Center-A,B,C</i>  |
| 8:15 - 10:00am    | General Address – Main Assembly – Andre Norman<br><i>Forum Convention Center-A,B,C</i>             |
| 10:00 – 10:30am   | Break and Check-out  |
| 10:30 – 11:45am   | General Address – Main Assembly – Andre Norman<br><i>Forum Convention Center-A,B,C</i>             |
| 11:45am – 12:00pm | Break  |
| 12:00 - 1:00pm    | Lunch, raffle drawing and swearing-in of new Board members<br><i>Forum Convention Center-A,B,C</i> |

# WCA REGISTRATION FORM



[www.aca.org](http://www.aca.org) and [www.wcatoday.com](http://www.wcatoday.com)

**34<sup>th</sup> Annual WCA Fall Conference**  
**October 4, 5, & 6 2015**  
**The Grand Geneva Resort, Lake Geneva**

**Registration: Sunday from 4:00 – 5:30 PM and Monday from 7:00 – 9:45 AM**  
**President's Welcome Reception: Sunday from 5:30 – 8:30 PM**  
**Charity Golf Outing: Sunday 12:00 – 3:00PM**

Each registrant must be 18 or over to complete a registration form. New WCA policy: *No minors are allowed at any formal conference functions, to include sessions, meals, entertainment or other meetings.*  
 Please print or type. Contact information may be given to exhibitors.

|  |            |      |                                 |
|--|------------|------|---------------------------------|
| First Name   | MI         | Last | Official Title (classification) |
| Mailing Address (where do you want ACA / WCA materials sent) |            |      | Agency / Organization           |
| City   | State      | ZIP  | Work Location / Address         |
| Home Phone   | Work Phone |      | City State ZIP                  |

|                        |  |
|------------------------|--|
| ACA / WCA Membership # | Expiration Date of Membership:   |
| Email address:         | Please check here <input type="checkbox"/> if you wish to have a vegetarian meal. You will be issued a different color meal ticket at registration. Please remind your server that you have a vegetarian meal. |

**If you are not a member or if you need to renew your membership please go to [www.aca.org](http://www.aca.org) to renew or join. Attach a copy of your receipt to this form. No registration refunds will be given after September 11<sup>th</sup>.**

## Registration Information – Check One:

**Early Bird Registration** (postmarked before 08/24/15)

☐ **\$110** Member of ACA / WCA ☐ **\$145** Non-Member ACA/WCA (includes membership dues)

**Regular Registration** (postmarked after 08/24/15)

☐ **\$120** Member of ACA / WCA ☐ **\$155** Non-Member ACA/WCA (includes membership dues)

☐ **\$60** Student Chapter Member

**Spouse Registration** (does not include ACA / WCA membership)

☐ **\$80** Name \_\_\_\_\_

☐ Check box if you **WILL NOT** be attending the Monday evening banquet.

**Fees include all conference activities including luncheons and banquet. Badges will be issued with conference packets permitting attendance to all functions. Badges must be worn to all functions.**

| Conference registration may be paid by: |  |
|---|--|
| <input type="checkbox"/> Check          | Please make check payable to: Wisconsin Correctional Association   |
| <input type="checkbox"/> Credit Card    | <input type="checkbox"/> Mastercard <input type="checkbox"/> Visa Account #: _____ Expiration Date: _____<br>Name _____<br>(please print name if Cardholder is different from conference registrant)<br><br>Signature of Credit Card Holder _____ Date _____ Total Payment Due _____ |

Mail form and payment to:  
 Wisconsin Correctional Association Registration  
 Attn: Susan Ross  
 PO Box 128  
 Winnebago WI 54985-0128

Make hotel reservations directly with The Grand Geneva at 855-833-5345. Mention WCA or Group #75B3GF to qualify for the reduced conference rate (Single room is \$70 + resort fee & taxes). All reservations must be made with a credit card or with a first night room deposit. Reservation deadline is September 19th for the reduced conference rate. To book online use the following link: <https://bookings.ihotelier.com/bookings.jsp?groupID=1212418&hotelID=73001>. The Grand Geneva has also indicated that they will honor the above lodging rate for two nights following the conference as well. You will need to mention this at the time of the reservation.

# WCA CHARITY GOLF OUTING

## ***4<sup>th</sup> Annual Wisconsin Correctional Association Charity Golf Outing***

**Sunday October 4, 2015**

**11:00 – 3:00pm**

**Country Club Estates Golf Course**

**Fontana, WI**

**Cost: \$35/person – this includes 9 holes of golf with a cart and a burger/brat buffet prior to golf**

**We have room for 9 or more, 4 person teams in a scramble format**

**If interested in participating, please email Todd Timm at**

**[Todd.timm@wi.gov](mailto:Todd.timm@wi.gov)**

**No carry-on beverages allowed on the course and each player is required to have their own set of clubs.**

**All proceeds generated from the golf outing will go to a designated organization.**



# COMMUNITY SERVICES



Kathy Murawski

## Community Service

### Project 2015

**Where has the year gone??? It's hard to believe that I'm writing about our community service project for the fall conference.**

**This year we will be working with open arms free clinic in Elkhorn.**

**Open Arms Free Clinic is an independent, community based, not for profit 501c3 charitable organization created in December 2011. The mission is to better understand and serve the health and wellness of the uninsured, low income and under—served residents of Walworth County with compassion and understanding. Open arms provides free, non-emergent health care, with respect and dignity for individuals who do not have health insurance, who live or work in Walworth County with a household income at or below 200% of the federal poverty level. The mission is delivered by volunteer staff of medical and non-medical community minded people governed by a volunteer board of directors. The first patient was enrolled on November 7, 2012 and treated on December 6, 2012. With over 1,100 patients enrolled to date, Open Arms treats approximately 100 patient visits per month. Current services include primary medical care for chronic disease, laboratory testing [including ultrasound and echocardiogram] medicine dispensary, and dental behavioral health, referrals to vision and specialty services and advocacy. Community support helps keep operation expenses low so that every donated dollar can go directly to patient care.**

**Some of the items they are looking for are as follows:**

- copy paper**
- black pens and pencils**
- gas cards**
- phone cards**
- toilet paper**
- adult tooth brushes, tooth paste and dental floss**

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# COMMUNITY SERVICES

**--monetary donations**

**As the conference gets closer the liaisons will post these items again and any other items the clinic may be able to use.**

**We are also going to do a food drive in the Lake Geneva area. Once again the liaisons in your area will provide more information as we get closer to conference date.**

**Enjoy the rest of your summer and see you in October at the conference!!!!**

**Kathy**

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## **WCA Summer Activities**

By Todd Timm, President  
Continued From Page 1

Due to everyone's generosity including our players, prize donors, committee members and event volunteers, WCA was able to donate approximately \$900 to the Make a Smile Project. Overall, the entire event was a success and Jason Sharping and the staff at the golf course did a great job assisting us. We look forward to returning to Waushara Country Club again next year.

We have also started planning our 4<sup>th</sup> annual fall golf outing on Sunday October 4<sup>th</sup>, at the Country Club Estates Golf Course near Lake Geneva, WI. This is a 9 hole event, which is held in conjunction with our fall conference. As all you are aware, the fall conference will be held from October 4-6, 2015 at the Grand Geneva Resort in Lake Geneva, WI. Golf and Conference registration materials are posted on our website, as well as in this newsletter. We hope to see everyone this year in Lake Geneva.



## Psychology Today

By Mike Felton

**T**wenty years ago, I jumped into a psychology major as my chosen route to enter into a criminal justice career. My main reason being I wanted to learn about all others around me, to understand how thought occurs, and what makes someone become a criminal. However, all of the coursework focused upon what made someone sick or mentally ill- namely focusing on what was “wrong” with people in general. The field of psychology is known to have that tendency: to focus upon what similar people do wrong, how mental illness blossoms, and to respond by developing diagnoses and treatments to address psychological abnormalities.

Mike Felton, State Representative

At that point in time, there was no coursework focus on “positive psychology,” or what has more often been described as the study of what mentally healthy people do well to thrive and live a good life. Such a balancing is now necessary for students of psychology to grasp a full picture of the brain chemistry, cognitive functions, and mental processes of the whole of humanity, not just those that are mentally ill.

In a similar vein, as life-long students and professionals in the Corrections field, we all are able to easily focus upon criminal tendencies, what makes someone a risk to recidivate, and how to keep our efforts narrowed on those most likely to continue their criminal behaviors that impact the safety of our communities. However, what if the equation was looked at another way? What if, like in the field of psychology, we instead looked at those individuals who entered the system and though looked like they could keep coming back through a revolving door, yet suddenly, they didn’t?

In other words, instead of focusing on those 60% of highest risk clients that will commit a new crime, what if there was attention paid to those 40% of highest risk clients that never commit another crime? What if we could figure out what made an client leave a criminal lifestyle and not come back? Turns out, we are in luck over the past decade, there has been more research into theories surrounding “crime desistance.”

Crime desistance is thought of as the research into the how and why people stop offending and engaging in antisocial behavior. I am certain many of you have had a similar experience where you have worked with an client over the years and for reasons surprising to all, he or she seemingly simply matures, starts to “get it,” and leaves the criminal justice system. As though a light bulb turned on and he/she was done with their criminal career.

I still recall the first time a client told me he was done with drugs and his constant thefts because he had a child on the way. In my office, he all of the sudden explained that he was going to be a father, and a huge part of him understood deeply that being a father meant not being on probation or going back to jail constantly. In fact, this reemphasized right there the bonds, connections, and new identities one develops could push a former offender into being a “father” or “better husband.”

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# PSYCHOLOGY TODAY

That life changing event was enough to lead this client to dramatically alter his life ahead in a way that I as his Probation Agent had struggled and failed in impacting or supporting any change in that direction over that last year. From a desistance perspective, it was this new role and the full belief that his current anti-social behaviors couldn't support it, and the fact that he had a whole network of family encouraging him to do better that lead to him leaving the criminal lifestyle.

If each and every similar story that you or I had were shared, many other professionals could come up with their best reason as to why that person stopped their criminal behavior, and such guesses could run the gamut from: punishment worked, they got too old for this, they settled down/had a kid/started a family, they grew up, they simply aged out, they were tired of going through the system, etc. Yet there is so much behind the scenes of what may cause someone to leave a criminal pathway that all those best guesses and more may be behind why any one client leaves all criminal behavior behind for good. In fact, I am certain that in my example above, it went well beyond fatherhood for that client, but that was something he could concretely grasp and state as his sole reason for wanting to be a better person and leave criminal behaviors behind.

Consider the desistance research touches on:

- Being realistic about the complexity and challenge of the change process
- Offering hope and support that an individual can become someone better
- Building support networks and positive relationships that encourage progress
- Recognizing and building on client's strengths
- Personalizing the change process and understanding how identities change over the lifetime
- Support for rebuilding bridges that have been burned over the years

Current implications for the range of desistance research points to these practical areas of further application (IRISS, April 2012):

1. Relationships: not simply effective professional rapport with corrections professionals, but encouragement of relationships that matter to the client
2. Strengths: encouragement of resources (existing and possible) to help the client succeed
3. Self-determination: development of idea that change is possible and that client can become someone different, and that self-efficacy is possible, and new roles/identities can fit
4. Stigma: focus away from identification with the behaviors we want them to leave behind, and instead use language that recognizes the potential of positive development (instead of the label "offenders" using clients).

A wonderful resource to explore this desistance further is highlighted recently by the National Institute of Corrections of a Scottish prison reentry study and documentary titled "The Road from Crime" (with English subtitles in case the Scottish accent is a wee bit too heavy for you). This link also provides the research mentioned above for the IRISS 2012 research titled "How and Why People Stop Offending: Discovering Desistance"; IRISS, 2015."

<http://nicic.gov/library/029964>

# FATIGUE



Sandy Huff, Recording Secretary

## *Fatigue*

By Sandy Huff

Fatigue is an overpowering sense of exhaustion and lack of energy that makes your body feel weak. Fatigue may be brought on by extreme stress, poor nutrition, tough work, lack of sleep or physical exertion. Typically, fatigue will go away with good nutrition, reduction of stress, rest and sufficient sleep. When these do not help, you need to seek help from your doctor.

### **Causes**

- Symptoms of these disorders may include a depressed mood, feelings of apprehension, eating or sleeping disturbances, or not being able to enjoy life.
- Fatigue is common up to one month after a viral illness. People often return to their lifestyles after symptoms go away and do not realize their body is still recuperating.
- Fatigue can be an early symptom of many types of serious illness, but not always. Illnesses include cancer, diabetes and other metabolic problems, anemia, hepatitis, heart disease, obesity, hypoglycemia, hypothyroidism, mononucleosis, sleep disorders, rheumatoid arthritis and other autoimmune diseases, alcoholism and urinary tract infections. It is important to discuss with your doctor.
- Over-the-counter medications (i.e. pain relievers, cough and cold medicines, antihistamines and allergy medicines, sleeping pills and motion sickness pills) can reduce your energy. Prescriptions (i.e. tranquilizers, muscle relaxants, sedatives, birth control pills and blood pressure reducers) can cause fatigue.

### **Chronic Fatigue Syndrome**

A pattern of extreme fatigue not relieved with rest that lasts for six or more months can be a sign of a disabling condition known as chronic fatigue syndrome (CFS). This condition affects more women than men. The onset of CFS often follows a viral illness, but the cause of CFS is unknown.

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# FATIGUE

## Symptoms of CFS

In addition to fatigue, these are possible symptoms of CFS:

- Loss of short-term memory or concentration
- Sore throat
- Tender lymph nodes in the neck and armpits
- Unexplained muscle pain
- Pain in multiple joints without swelling or redness
- Headaches of a new type, pattern or severity
- Sleep problems
- Extreme exhaustion lasting more than 24 hours after normal exercise or activity

CFS can be difficult to diagnose because it has the same symptoms as many other diseases. Discuss your symptoms with your doctor.

## Self-Care Steps for Fatigue

- **Organize your time.** Get up a few minutes earlier. Learn to delegate and say no when you have enough responsibilities and activities in your life.
- **Be physically active.** Try to get at least 30 minutes of activity most days of the week.
- **Get the right amount of sleep.** Most people need six to eight hours of sleep each night.
- **Take a nap during the day, if possible.** This may be especially helpful for teenagers who have hectic schedules and older adults who tend to sleep less soundly.
- **Quit smoking.** Smoking steals some of your body's oxygen supply. Nicotine is a stimulant, and going through the withdrawal symptoms that follow smoking can cause temporary tiredness.
- **Drink less caffeine and alcohol.** Alcohol is a depressant and will make you feel tired. Caffeine will give you a temporary boost of energy, but when the effect wears off, your energy level will drop.
- **Find your lunch style.** Some people function best after eating a lighter lunch, whereas others need to eat their largest meal of the day at lunch. In either case, avoid high-fat foods.
- **Take breaks.** Interrupt your workday with occasional breaks. If you haven't gone on a vacation in a while, take a trip or unplug the phone and refresh yourself at home.
- **Watch less television.**
- **Find ways to calm yourself.** Listen to music or relaxation tapes. Say a word, phrase, or prayer that gives you a sense of peace.

If you have continuing fatigue without obvious cause, please consult with a doctor your doctor.

# WCA MERCHANDISE

Ordering your WCA merchandise is easy! Let me know what product you'd like to order, then select color and size. I'll ship it directly to you or you can pick it up at the Conference in October! That way you are sure to get the color and size you want. Below I've attached the merchandise list and prices.

Cash, Checks and Credit Cards are accepted!

| Item Description – Clothing is S-3XL (most can be specially ordered) | Purchase Price |
|--|----------------|
| Nike Sweatshirt (Gray, Navy, Black)                                  | \$50.00        |
| Pullover Hooded Sweatshirt (Navy, Black)                             | \$30.00        |
| Full Zip Hooded Sweatshirt (Gray, Black)                             | \$40.00        |
| Long Sleeve Tee (White, Navy, Gray)                                  | \$20.00        |
| Short Sleeve Tee (Blue, Red, Black)                                  | \$15.00        |
| Nike Polo (Green, Red, Blue, Orange)                                 | \$30.00        |
| Dri Fit Tee (Navy, Black, Gray)                                      | \$15.00        |
|  |                |
| Flex Fit Hat (Khaki, Black, Maroon, Navy, Orange)                    | \$15.00        |
| Adjustable Hat (Khaki, Black, Red, Navy, Camo)                       | \$12.00        |
| Cinch Sak (Teel, Blue, Red)  | \$12.00        |
| Clear Bags (Blue, Black)   | \$15.00        |
| Can Koozies (Blue, Black, Red)                                       | \$5.00         |
| Travel Coffee Mug (Blue, Black)                                      | \$10.00        |
| Plastic Drinking Cup (Purple, Green, Blue)                           | \$10.00        |
| Carabiner (Black, Navy, Silver)                                      | \$6.00         |
|  |                |
| Miscellaneous:   |                |
| Canvas Tote (Red)  | \$10.00        |
| Blanket (Navy)   | \$15.00        |
| Classic Arch Calculator  | \$5.00         |



To Order or ask questions:

Contact Emily Bortz, Federal Representative:

[ebortz@bop.gov](mailto:ebortz@bop.gov) or 608-697-7098

# LIAISON CONTACTS

## Wisconsin Correctional Association



Wisconsin Correctional Association ♦ P.O. Box 8671 ♦ Madison, WI 53708-8671

### WCA Membership Liaison Contact

#### Division of Adult Institutions

Chippewa Valley Correctional TX Fac:

Cindy Puetz

Columbia Correctional: Christina Karnitz

Dodge Correctional: Karen Larson,

Duwane Marwitz

Fox Lake Correctional: Don Cupery III,  
Jeff Devries,

Green Bay Correctional: Cynthia Schumerth

Jackson Correctional: Tammy Maassen

Kettle Moraine Correctional: Shane Hendrix

Milw. Secure Detention: Judy Beeschke

New Lisbon Correctional: Terry Schultz

Oakhill Correctional: Michelle Priegel

Oregon Correctional: Rebecca Rasmussen  
Ron Malone

Oshkosh Correctional: Tracy Burdick;  
Shannon Tilleman

Prairie du Chien Correctional:

Monica Horner, Richard Skime

Racine Correctional: **Teresa Wiegand**

Racine Youthful Offender: Chris Doss

Redgranite Correctional: Jeffrey Johnson

Stanley Correctional: Reed Stuve

Sturtevant Transitional Fac: \_\_\_\_\_

Taycheedah Correctional: Scott Weber

Waupun Correctional: Laura Bonis

Wis. Correctional Center System:

Ann M. Krueger

Wis. Sec. Program Facility:

Cathie Broadbent

#### Student Chapters

Moraine Park: Jessica Parsons

Indianhead Tech: Mike Burch

#### Federal Correctional Institution

Oxford: Emily Bortz

#### Division of Juvenile Institutions

Lincoln Hills School: Valorie Manninen-  
Nelson

#### Division of Community Corrections

Region 1: Ashley Shain

Region 2: Renee Daggett

Region 3: Lynn Corona

Region 4: Todd Timm

Region 5: Mike Felton

Region 6: Marissa Garro

Region 7: Holly Rick

Region 8: Patricia Grabow

#### DOC Central Office

David Rutter

#### DOC Training Center-Madison

Tracie Ruether

#### Div of Health & Family Services

WRC: Suzanne DeHaan

Sandridge: Steve Schneider

#### WCA Membership Committee

Chairperson: Patti Beyer-Robinson

Board Member Liaison: Sandy Huff

04-08-15