

**Carlton County  
Coordinator/HR Office**

301 Walnut Avenue, Rm. 214  
PO Box 510  
Carlton, MN 55718  
Phone: (218) 384-9141  
Fax: (218) 384-9196  
[www.co.carlton.mn.us](http://www.co.carlton.mn.us)

# Carlton County

County-wide newsletter brought to you by the County Coordinator's Office

Issue 04 October / November / December 2016

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## **The Minnesota 6th Judicial District Awarded \$975,000 Grant**

*Submitted by MN 6th Judicial District Treatment Court Coordinator Jared Hendler*

The Minnesota 6th Judicial District recently applied for and was awarded a \$975,000 federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) that will be used over the course of three years. It is important to note that these grants are extremely competitive between treatment courts from around the country and will benefit participants in the Carlton County Drug Court as well as the Range Hybrid (Drug / DWI) Court, Duluth Drug Court, Duluth Mental Health Court, and the Duluth DWI Court.

Specifically, the grant will allow the addition of two full-time Mental Health Case Managers that will focus primarily on participants diagnosed with an opioid use disorder and severe and persistent mental illnesses (SPMI). Also, the grant will allow for a first-of-its-kind in Minnesota ten bed residential opioid stabilization unit. The area treatment courts are renting one bed for the entire year prioritized for participants in need of sometimes life saving withdrawal management services. A number of opioid users report withdrawal symptoms as a barrier to seeking treatment or abstinence and this unit would assist with that transition. Many jails, hospitals, and treatment programs do not offer the

types of services and medications necessary to properly manage an opioid withdrawal.

Additionally, the treatment courts, in partnership with the Rural Aids Action Network (RAAN), will provide care fairs twice a year. These care fairs will assist participants by detecting and connecting them to the proper treatment facilities to treat their medical conditions uniquely and commonly found with intravenous drug use and other high-risk behaviors. These additional services will be critical for many of our participants who need these services that are generally not available in Carlton County.

With the aid of this grant, the Minnesota 6th Judicial District Treatment Courts expect to see an increase in treatment and mental health service attendance, alliance, and retention. We also expect to see an increase in participants seeking services for medical conditions that may be related to IV drug use or other high-risk behavior. Ultimately these changes will lead to our participants being more successful in the program and in their recovery, an increase in public safety, and a decrease in the use of the local jail and other services thereby reducing the overall cost to the County.

## **Emergency Preparedness**

*Submitted by Emergency Management Coordinator Peter Neumann*

### **The need to prepare is real**

Disasters disrupt hundreds of thousands of lives every year. Each disaster has lasting effects, both to people and property. If a disaster occurs in your community, local government and disaster-relief organizations will try to help you, but you need to be ready as well. Local responders may not be able to reach you immediately, or they may need to focus their efforts elsewhere. You should know how to respond to severe weather or any kind of disaster that could occur in your area - tornadoes, flooding, blizzards, wind or fire, hazardous accidents or even terrorism. You should also be ready to be self-sufficient for at least three days. This may mean providing for your own shelter, first aid, food, water, and sanitation.

### **There are real benefits to being prepared**

Being prepared can reduce fear, anxiety, and losses that accompany disasters. Communities, families, and individuals should know what to do in the event of a fire and where to seek shelter during a tornado. They should be ready to evacuate their homes and take refuge in public shelters and know how to care for their basic medical needs. People also can reduce the impact of disasters (flood proofing, elevating a home or moving a home out of harm's way, and securing items that could shake loose in an earthquake) and sometimes avoid the danger completely.

**Make a kit. Make a plan. Be informed. Get involved.**

Visit the [HSEM Emergency Preparedness Information Section](http://HSEM.org) or [Ready.gov](http://Ready.gov).

## Employee Service Awards



**Mary Jo Hill**  
(PH&HS)  
10 Years

**Terry Sweeney**  
(PH&HS)  
10 Years

**Mike Boese**  
(Attorney's Office)  
10 Years

**Annie Napoli**  
(PH&HS)  
20 Years

**Brian Belich**  
(Sheriff's Office)  
25 Years

## Welcome New MN GreenCorps



*George Knutson*

Hello! My name is George Knutson and I'm the new MN GreenCorps member in Carlton County. The MN GreenCorps is a subset of AmeriCorps; it's a statewide program that aims to preserve Minnesota's environment and enhance human

health. Here are five things I like: disc golf, hiking, anime, naps, and burritos. I just graduated from the University of Minnesota Duluth in the spring. I studied Environment and Sustainability as well as GIS—Geographic Information Science. People always ask me what GIS is, and simply put, it's a powerful system that allows us to analyze all kinds of data in amazing ways. After graduation, I was a little lost; I didn't

know what I wanted to do. I ended up interning in the City of Duluth Planning Office for the summer. During my time there, I came across the MN GreenCorps program and decided to apply. And if you didn't know already, I got accepted.

I got stationed here—Carlton County's Zoning & Environmental Services Office—and my main project for this service year is the Green Schools Project, Carlton County's school recycling and waste reduction grant program. The program was started last year and was a great success. Eight schools participated in the program; which resulted in 3.5 tons of additional materials being diverted from the landfill. As the program moves into its second year, it's my job to work out the kinks and improve it for the better. So far, I've been able to work with five schools: Barnum Elementary, Barnum High School, Washington Elementary, Queen of Peace, and Moose Lake K-12. If you have any questions on the Green Schools Project, please contact me. My email is [George.Knutson@co.carlton.mn.us](mailto:George.Knutson@co.carlton.mn.us) and my phone number is 218-384-9592.

## Annual Treecycling Locations



Carlton County and area partners have kicked off the annual Treecycling program. Residents are encouraged to recycle their fresh-cut Christmas trees during Treecycling, a free program with drop-off locations throughout the region.

"Christmas trees, like yard waste, are banned from landfills in Minnesota. Dispose of your trees properly by bringing them to a conveniently located Treecycling site," says Karola Dalen, Carlton County Resource and Recycling Coordinator. Collected trees can be re-used as fuel or mulch.

Please remove all ornaments, lights, tree stands and tree bags before bringing trees to a Treecycling location. Bring your tree to one of these locations during the specified times and dates:

SAPPI Fine Paper  
(Gatehouse Entrance)  
East End Ave. B, Cloquet  
Dec. 26 - Jan. 15

WLSSD Materials Recovery Center  
4587 Ridgeview Road, Duluth  
Tues–Sat: 9 AM – 4 PM  
Dec. 22 - Jan. 31

Moose Lake Compost Site  
(Across from City garage)  
Moose Lake  
Dec. 26 - Jan. 15

WLSSD Yard Waste Compost Site  
2626 Courtland Street, Duluth  
Daily 7 AM – 5 PM  
Dec. 22 - Jan. 31

Thanks to the City of Moose Lake, Cloquet Sanitary Service, SAPPI Fine Paper and WLSSD. Area residents with questions about the program may call Karola Dalen, Carlton County Resource and Recycling Coordinator at 218-384-9178 or [karola.dalen@co.carlton.mn.us](mailto:karola.dalen@co.carlton.mn.us). For more locations within the City of Duluth, visit [www.wlssd.com](http://www.wlssd.com).

# Jail Needs Assessment

*Submitted by Carlton County Jail Administrator Paul Coughlin*

The Carlton County Jail was constructed in 1979, and designed to hold 24 inmates. The inmate bed capacity was expanded to 48 in 1981; however, the supporting functions, such as the kitchen, laundry, and booking room, were not expanded to accommodate the increase in inmate population. Approximately 15 years ago, Carlton County began boarding inmates in other counties due to overcrowding. In 2016, boarding costs were approximately \$130,000. These costs vary widely year to year, and have run from a low of \$33,175 to a high of \$352,000 in the past ten years. The ten-year average is approximately \$153,000 per year.

This fall the Carlton County Justice Partners (CCJP) drafted and released a two-part Request for Proposal (RFP) to provide direction on the Carlton County Jail's, including a resources-focused jail needs assessment. Two companies responded and were interviewed by members of the CCJP on November 14, 2016.

The interview process resulted in a CCJP recommendation to accept only part one of the RFP responses, which addressed the assessment. Wold Architects and Engineering was selected. They proposed to bring in a national consultant, Dr. Allen Beck from Justice Concepts, Inc., of Kansas City, Missouri.

At the November 28 County Board meeting, Carlton County Sheriff Kelly Lake presented a recommendation to hire Wold, and a request for funding for the assessment at a cost of \$67,475. The Board adopted Sheriff Lake's recommendation and authorized the funding request, understanding that the assessment report will be completed on or about April of 2017. The assessment report will provide information on how to proceed with conceptual drawings, as well as what type and size of facility, remodel, and/or addition, would best serve the needs of Carlton County and our inmate population now and into the future.

People think of the Jail as a place used only to house inmates. However, it is also a place where services are provided. The courts, attorneys, public health, human services, law enforcement, probation, and the public all have times when they need to access or utilize the Carlton County Jail, or need to interact with inmates held there.

The project will study the needs that are present in the inmate population, as well as what services will best provide Carlton County with the ability to limit the recidivism rates of inmates once they leave the Jail. The assessment will map out what services Carlton County currently provides, and what will give us the best possible return on investment as we move forward.

Why are we spending over \$67,000 on a jail needs assessment? Because it is absolutely necessary in the effort to make sound, fiscally prudent jail related decisions going forward. Because of the costs involved in running a Jail, as well as the services needed to deal with inmate issues, elimination of waste and duplication of services is a money-saving venture. The better we plan our steps as we move forward, the less likely we are to face unforeseen issues that would cost much more to address at the back-end of this process. Worse yet would be to miss issues, and add unplanned additional costs.

A kick-off meeting of system participants and CCJP membership was held on December 20, 2016. Dr. Allen Beck attended the two-hour meeting, and met individually with a number of the stakeholders in our local criminal justice system. Several issues were addressed at the meeting, and the following plan was laid out:

## Project understanding and development

- o What are the current and future needs of the criminal justice system?

## Work plan discussion

- o Establishing goals and objectives
- o Develop understandings of key problems and challenges
- o Development of options and costs
- o Development of strategies for improvements

## Current system discussion

- o What problems are present
- o What have we tried in the past, did it work?
- o What other options should be considered?

## Final report and analysis of collected data with recommendations

Staff members from a wide range of service providers within county government, as well as service providers we partner with, will be asked to be involved in this process. At the end of the assessment, we will understand system issues, be able to take ownership of the needed changes, and work to make them happen. Our goal is to provide the best services we can, by using affordable and available services, to address the needs and issues of the inmates in our custody.

**2017 Carlton County Board of Commissioners**



Dick Brenner  
Member  
218.879.5572

District 1  
[Dick.Brenner@co.carlton.mn.us](mailto:Dick.Brenner@co.carlton.mn.us)



Marv Bodie  
Member  
218.879.2085

District 2  
[Marv.Bodie@co.carlton.mn.us](mailto:Marv.Bodie@co.carlton.mn.us)



Thomas Proulx  
Member  
218.348.4288

District 3  
[Thomas.Proulx@co.carlton.mn.us](mailto:Thomas.Proulx@co.carlton.mn.us)



Susan Zmyslony  
Vice Chairperson  
218.380.2170

District 4  
[Susan.Zmyslony@co.carlton.mn.us](mailto:Susan.Zmyslony@co.carlton.mn.us)



Gary Peterson  
Chairperson  
218.380.4949

District 5  
[Gary.Peterson@co.carlton.mn.us](mailto:Gary.Peterson@co.carlton.mn.us)

\*Board meetings are held at the Transportation Building on the 2nd Tuesday of every month at 8:30 a.m. and the 4th Monday of every month at 4:00 p.m.

## Wrenshall Industrial Arts Class Builds New Blackhoof Recycling Center



Carlton County's Unstaffed Recycling Centers have been in use for over 20 years. The Recycling Centers are a place where Carlton County residents can easily bring their recyclable materials, which is very helpful for those who choose to skip the bill of curbside garbage service and haul their own.

This fall, the Blackhoof Unstaffed Recycling Center was given a much needed upgrade. Blackhoof had two old, worn down, and undersized recycling centers; a 10' by 14' shed and a 12' by 20' shed. These are being replaced by a single 20' by 26' garage with good lighting, a 42-inch service door for patrons, and a nice overhead door for the recycling contractor to utilize. This project was accomplished through collaboration between Carlton County, Blackhoof Township, and Wrenshall's Industrial Arts class—taught by Chris Gustafson. The County provided the necessary materials and equipment, Blackhoof Township provided the concrete slab, and Wrenshall's Industrial Arts class provided the builders. It was a win-win situation; the County got builders, Blackhoof—which is home to over 1,000 residents—got a new recycling center, and Wrenshall's Industrial Arts class got to work on a real building project.

Karola Dalen, Carlton County Resource & Recycling Coordinator, came to Gustafson with the project and he couldn't pass it up. Gustafson said, "You can only do so many things in the classroom, so being able to work on a real building project, like this one, is such a great experience for these students."

Charles Eckdahl, Christian Skutevik, David Zinter, and Kadin Kotiranta are the students who were tasked with building this recycling shed. These students are also apart of Wrenshall's YES! (Youth Energy Summit) team, which is also run by Chris Gustafson. YES! is an awesome program that has students working on a variety of projects related to the environment, energy opportunities and issues in rural Minnesota. This recycling center project is one such project. It started in September when the concrete slab was put in. After that was complete, Chris and his students went to work. Their last day was November 21st. The goal for the group was

to complete the bulk of the shed and have county maintenance work on whatever wasn't complete.

Wrenshall is also participating in the Green Schools Project, Carlton County's school recycling and waste reduction grant program. The Green Schools Project, which was created in 2015, is focused on increasing school recycling rates and decreasing the amount of waste that schools produce. Each school who applies can get up to \$2,000 in funding. This money comes from SCORE (Select Committee On Recycling and the Environment) funds. SCORE is funded through taxes on our waste.

Carlton County received additional SCORE funds in 2014. Heather Cunningham, Carlton County Zoning and Environmental Services Administrator, comments on how they are being spent: "Starting in 2014, additional SCORE funds were allocated annually to every county to improve recycling rates throughout the state. In Carlton County, these additional funds are used for three programs. The funds are used to increase the annual operating grant to each of the five staffed recycling centers. This resulted in an increase in the hours each of the sheds are open for recycling. The additional funds are also allocated to the new Green Schools Project. The program was developed and implemented by Minnesota GreenCorps members. Lastly, the additional funds are being used to replace aging and undersized unstaffed recycling sheds located in the county."

During the first year of the Green Schools Project, Wrenshall used the grant to purchase 37 recycling bin kits for each classroom in order to create a more consistent recycling program. Each bin kit is clearly labeled for paper, plastic, and trash. However, before Wrenshall participated in the Green Schools Project, they worked with Dalen to change some of their waste management and collection practices. The result of their work was an increase of 60% in recyclable material collected.

The staff and students at Wrenshall are doing a great job tackling a variety of environmental issues in the community. Participating in the Green Schools Project, funded through SCORE, has increased Wrenshall's recycling numbers, and their knowledge on recycling and waste reduction in the school. Their YES! team is also doing great things in the environmental realm. Whether it's building a recycling center for the town or designing an electric car, they are working hard and having fun helping the school, town, and environment.

Carlton County Zoning would like to thank the Carlton County Commissioners, County Maintenance, Blackhoof Township, and Wrenshall School for making this project possible. The office can be reached at 218-384-9176 or visit [carltoncounty.com](http://carltoncounty.com) for more information.

## Carlton County Receives Three Minnesota Awards With Partners for Providing Innovative Services

Carlton County Public Health and Human Services has collaborated with community organizations and agencies, and schools around the region to establish innovative solutions for residents and families seeking services for their mental health and well-being. Carlton County and the region are taking steps to more progressively deliver mental health services throughout communities in order to meet the needs of residents.



L-R: Savannah Thompson (Arrowhead Health Alliance), Ric Schaefer (Arrowhead Health Alliance), Dick Brenner (Carlton County Commissioner), Susan Zmyslony (Carlton County Commissioner), Marv Bodie (Carlton County Commissioner), Devin Adee (Koochiching County Commissioner), Gary Peterson (Carlton County Commissioner), Jan Sivertson (Cook County Commissioner), Dave Lee (Carlton County Public Health & Human Services Director), Dennis Genereau (Carlton County Coordinator), AMC President Gary Hendrickx (Swift County Commissioner)



L-R: Roger Root (MNITs, Office of Telepresence), Savannah Thompson (Arrowhead Health Alliance), Ric Schaefer (Arrowhead Health Alliance), Dave Lee (Carlton County Public Health & Human Services Director)

The Arrowhead Telepresence Coalition (ATC) was created by the Arrowhead Health Alliance which is a joint powers entity representing the Minnesota counties of Carlton, Cook, Lake, Koochiching, and St. Louis. The ATC is a virtual collaborative, working to develop an integrated behavioral health network utilizing telepresence connectivity to link community behavioral health providers with schools, jails, rural hospitals, law enforcement, tribal providers and others to improve access to services and improve outcomes in northeastern Minnesota. This coalition was the top awardee in the county category for the 2016 Local Government Innovation Awards from the University of Minnesota's Humphrey School of Public Affairs. The Local Government Innovation Awards recognizes the creative ways counties, cities, townships and schools are making Minnesota better and doing things differently. More information, including a video about the Arrowhead Region's Telehealth Initiative can be found [here](#).

The ATC also received a 2016 County Achievement Award from the Association of Minnesota Counties, which recognizes

valuable innovations and improvements in county government. More information can be found [here](#).

Another effort Carlton County has been a part of, in meeting needs of families in our community is through School Linked Mental Health which connects or locates effective mental health services with schools and students. Fond du Lac Band of Lake Superior Chippewa Human Services Division and Carlton County Public Health and Human Services formed a unique partnership to provide school linked mental health therapy services for American Indian and Carlton County children. Their work was recently awarded through the Department of Human Services 2016 Commissioner's Circle of Excellence Awards. More information, including a video, can be found [here](#).



L-R: Karen Milbrath (Carlton County), Julia "Bunny" Jaakola (Fond du Lac Behavioral Health Services), Shelia Miller (Fond du Lac Behavioral Health Services), Lindsey Saukko (Fond du Lac Behavioral Health Services), Emily Piper (Commissioner of the MN Department of Human Services)

# Security and Personal Safety Tips with Joe

Volume 4 - Personal Safety and Well-being



The New Year is just around the corner, and spring will come soon after that. Before the year ends, we should all take a moment to reflect on all that we have done for our own safety, and the safety of our loved ones, and plot a course to do even better in 2017.

Many of us will make New Year's resolutions and most of us will not follow through on our goals. Nevertheless, let's make 2017 the year we focus more on our personal safety and well-being. The most popular New Year's resolution is to get fit and be in shape. Our physical, as well as mental, conditioning is crucial to our ability to provide for our own personal safety. If we are mentally prepared, we are in a better position to defend ourselves when things do not go as planned.

Being in prime physical condition is one aspect, but think about whether you have a mental plan, and the mental fitness, to be prepared when situations take an unexpected turn. Our physical as well as mental fitness work in concert to equip us with a top notch personal survival package. We must have both a mental plan, and the physical acumen to execute that plan, in order to have the highest chance at success.

So, what can we all do to focus on our mental and physical conditioning? For your physical well-being, experts recommend at least 20 minutes of vigorous exercise each day, three days per week.

Mental preparedness is more complicated.

While I definitely do not recommend that we sit around and contemplate doomsday scenarios, we should at least spend time being aware of our surroundings and continue to ask ourselves: "What would I do if [insert difficult event] were to happen right now?" Preparedness is key, and these mental exercises are just as important as the physical exercises. Remember, your body will not go where your mind has never ventured. So, be prepared by doing a few "what if" exercises each and every day. Be creative, but also realistic.

We all have plenty of opportunities to ask ourselves how we might handle a variety of scenarios. So take some time to consider many of them. For example: "What will I do when someone is posturing for a fight?" "What would I do if someone was attempting to rob a bank?" Performing these mental exercises, and maintaining your physical wellbeing so that you are able to resist and assist in an encounter, will greatly improve your chances of victory and safety in any situation.

Most predators looking for a victim will prey on those who do not seem prepared or who appear meek. We can best protect ourselves, and our communities, by being physically and mentally strong. So, keep your head up, your mind sharp, and your body in shape – in this instance, preferably not pear-shaped! Here's to a safe, happy, and healthy 2017.

*(Joe Mattinen serves as Carlton County Deputy Sheriff/Court Security and is officed in the Carlton County Courthouse.)*

## Greetings from the Diversity Committee

The Diversity Committee is a group of Carlton County staff that meet monthly to learn more about how we can create an environment of respect and decency. Our goal is to make our work place welcoming and respectful for our co-workers and the public we serve. The strategies we use will include information sharing, presentations and workshops.

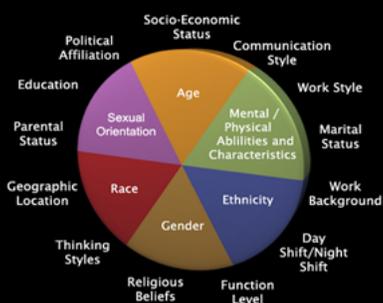
An important foundation of diversity is that even though we share some similarities, we are all UNIQUE and different from each other. Historically, the things that make us different have been used to separate and divide us. We want to understand and value those differences so we can work together better. There will still be differences that may create misunderstanding, but hopefully we will be able to collaborate and work through those situations with

compassion and civility to find common ground. And it is always good to remember that even though we are UNIQUE and DIFFERENT from each other we do have one thing in common: we are all human beings.

If you have any questions or comments for the Diversity Committee, please direct them to 218-879-4511 or Mama at 218-384-3511. The Diversity Committee is in the process of some minor restructuring, so if you have an interest in joining the Committee please contact any of the folks listed below:

Dan Plinski  
Dennis Legarde  
Duane Buytaert  
Heather Giancola  
John Wakefield  
Karley Abrahamson  
Mama Butler-Fasteland

### Dimensions of Diversity



# Carlton County Staff Become ACE's Certified

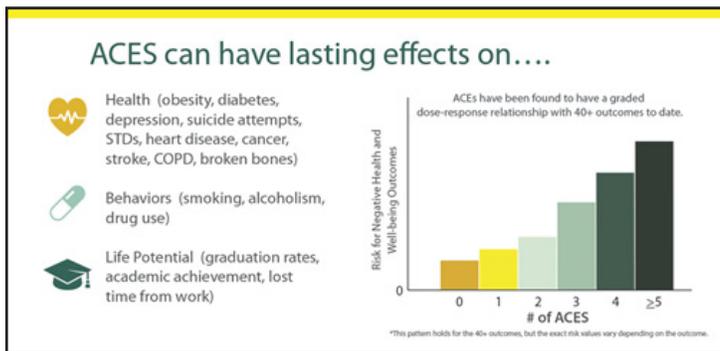
Collaborative and Restorative Justice staff Donna Lekander, Teresa Walker and Paul Mickelson all participated in ACE's (Adverse Childhood Experiences) training offered by the Fond du Lac Band. ACE's is a study about trauma and how toxic trauma negatively impact youth. The training has been given to several different organizations and will be made available to others upon request.

## About Adverse Childhood Experiences

Childhood experiences, both positive and negative, have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. As such, early experiences are an important public health issue. Much of the foundational research in this area has been referred to as Adverse Childhood Experiences.

Adverse Childhood Experiences have been linked to:

- risky health behaviors
- chronic health conditions
- low life potential
- early death



As the number of ACEs increases, so does the risk for these outcomes. The wide-ranging health and social consequences of ACEs underscore the importance of preventing them before they happen. As a response to this need, the Centers for Disease Control is promoting lifelong health and well being through the Essentials for Childhood Framework,

which proposes strategies communities can consider to promote relationships and environments that help children grow up to be healthy and productive citizens so that they, in turn, can build stronger and safer families and communities for their children. Assuring safe, stable, nurturing relationships and environments for all children Essentials for Childhood can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential.

## Association Between ACEs and Negative Outcome

### What *can* Be Done About ACEs?

These wide-ranging health and social consequences underscore the importance of preventing ACEs before they happen. **Safe, stable, and nurturing relationships and environments (SSNREs)** can have a positive impact on a broad range of health problems and on the development of skills that will help children reach their full potential. Strategies that address the needs of children and their families include:

Voluntary home visiting programs can help families by strengthening maternal parenting practices, the quality of the child's home environment, and children's development. *Example: Nurse Family Partnership*

- Home visiting to pregnant women and families with newborns
- Parenting training programs
- Intimate partner violence prevention
- Social support for parents
- Parent support programs for teens and teen pregnancy prevention programs
- Mental illness and substance abuse treatment
- High quality child care
- Sufficient income support for lower income families

## Carlton County Committee's

### Building Committee -

2nd Tuesday of the month immediately following the County Board meeting (Transportation Building -TB)

### Committee of the Whole -

1st Tuesday of the month at 4:00 p.m. (TB)

### Diversity Committee -

3rd Thursday of the month at 8:30 a.m. (PH&HS)

### Finance Committee -

1st Tuesday of the month at 2:30 p.m. (TB)

### Policy Committee -

3rd Monday of the month at 2:00 p.m. (Law Enforcement Center - LEC)

### Management Team -

1st Tuesday of the month at 8:30 a.m. (TB)

### Supervisors Committee -

3rd Thursday of the month at 2:00 p.m. (Varies)

### Wellness Committee -

1st Wednesday of the month at 8:30 a.m. (PH&HS)

For a more detailed Carlton County Committee list [click here](#).

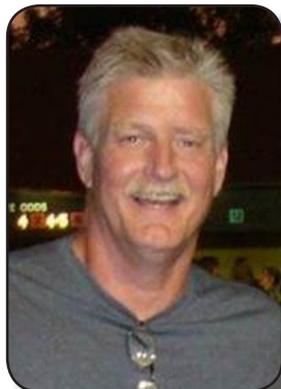


Are you interested in submitting an article in the next Carlton County Newsletter? Email, mail or fax your articles and pictures by the March 24, 2017 deadline to:

Shanny Hurst  
Carlton County Coordinator's Office  
301 Walnut Avenue, PO Box 510  
Carlton, MN 55718  
Fax: (218) 384-9190  
[shanelle.hurst@co.carlton.mn.us](mailto:shanelle.hurst@co.carlton.mn.us)

\*Please note that all submissions are subject to editing, as needed.

## "Let's Get Acquainted" with Carlton County Restorative Justice Coordinator



Paul Mickelson

Carlton County Restorative Justice Coordinator Paul Mickelson shares a little about himself.

### What role do you play at Carlton County?

I'm one of two Carlton County Restorative Justice Coordinators. We divert youth (pre-court) from the typical criminal justice system. Restorative Justice allows the community, victim and offender to decide what needs to be done to repair the harm that has been caused. Our program also works with our local school districts to address behaviors in the school setting. Youth who find themselves in suspension and detention are far more likely to have contact with the criminal justice system. Our work with the schools is considered a proactive approach to positively impact community safety.

### What work experiences and education led you to a career at Carlton County?

I attended the University of Minnesota, Duluth from 1979-1983, working on a Sociology Degree, with a concentration in criminology. I returned to finish in 1995 while working for the Department of Corrections.

In 1983, I was hired by the Federal Bureau of Prisons (BOP), working at the Federal Correctional Facility in Sandstone MN. I left the BOP in 1990 and began work with the Department of Corrections, Willow River/Moose Lake. I opened the CIP (Challenge Incarceration Program), Medium Security Sex Offender Program and retired in 2013 as the Discipline Unit Supervisor. Working in prisons for 30 years showed me how destructive prison can be to our society. I also came to realize that under the right circumstances they are an absolute necessity. I want all our kids in this community to be given every possible chance to avoid getting caught-up in that system. People are not born bad, they learn bad things.

### What are the things you like most about your work?

Seeing a child, parent, and/or family find peace. To witness people turning things around, finding a better way to be with one another and the community they live in is amazing. I really like working with a team of staff who support one another and are passionate about the work they do. I've worked in a number of settings and can say this is one of the best!

### Tell us three things most people might not know about you.

1. I'm tall.
2. I'm really shy.
3. I'm a Blue Jacket. Is it Hibbing or Cambridge?

## Monthly Wellness Classes To Be Offered

Throughout 2017, the Wellness Committee will offer one wellness class on the third Wednesday of each month. The classes will be based on employee feedback received from the wellness survey. The first class will begin in January.

- Class Topic:** Behavior Change
- Who:** Amy LaRue, Carlton County Public Health Educator
- When:** Wednesday, January 18th at 4:15pm
- Where:** Tamarack/St. Louis River Rooms
- Description:** The new year is upon us and there are so many aspects to consider in setting ourselves up for success. Changing behavior is not always easy, but if we can better understand how to set ourselves up to succeed and truly understand what is at the root of our behavior, it is more likely that we will be successful in creating the change that we are seeking. Join us for an informational session on Wednesday, January 18th to learn more about how to make this year the one where your healthy resolution finally sticks! Door prizes are available for attendees. To sign up contact Amy LaRue at [Amy.LaRue@co.carlton.mn.us](mailto:Amy.LaRue@co.carlton.mn.us) or 218-878-2858.

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