



UPAN Newsletter Volume 6 Number 2 | **FEBRUARY 2019**

“Empowerment and Growth Through Knowledge and Unity”

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**Day of Empathy – New BOPP Appointees
S O Legislation Update – UPrep Reinstatement?**

NEXT UPAN MEETING: MONDAY, MARCH 11, 2019 6:30 – 8:30 p.m.

Kafeneio Coffee House 258 West 3300 South, Salt Lake City

TOPIC: TBA or Family Meeting

All UPAN Meetings are free and open to the public.

**3rd ANNUAL DAY OF EMPATHY, Tuesday, March 5, 2019 Utah State Capitol,
East Senate Building, 1st Floor, **COPPER ROOM 6:30 – 8:30 p.m.****

Next FOCUS MEETING: May 2019 Date, Subject and Location: TBA

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**Disclaimer: Formulate your own opinions about the information presented.
This information is presented for the reader’s enlightenment and evaluation.**

February is a month dedicated to Love. We thought quotes about love in general are appropriate for this month.

“The base of all things is love and respect.” Vicki Downey, Tewa / Tesuque Pueblo

“After the verb “to Love”, “to Help” is the most beautiful verb in the world.” Bertha von Suttner

Utah's Day of Empathy: Tuesday, March 5, 2019

compiled by Molly Prince, and information from <https://www.dayofempathy.org/>

Utah's 3rd Annual Day of Empathy will be held on Tuesday, March 5, 2019 from 6:30 – 8:30 p.m. at the Utah State Capitol, East Senate Building, First Floor in the Copper Room, sponsored by UPAN and hosted by Britnee Webb. It includes speakers from the ACLU, formerly incarcerated, their children, those who work with them after release, and more. Day of Empathy is a national day of action generating empathy on a massive scale for millions of Americans impacted by the criminal justice system, on both federal and state levels.

In order to reform our criminal justice system, we must first humanize and empathize with those who are impacted by it.

This includes crime survivors and those who have committed crimes. The Day of Empathy highlights the need for #JusticeReformNOW and shares the perspectives of Americans impacted by the current justice system – from survivors of violent crime to those who are addicted to opioids or other drugs and those who are mentally ill to incarcerated individuals working to transform themselves, people who have a criminal record, desperately seeking a second chance, and community members impacted by crime, public safety, and violence.

Without empathy, we cannot achieve meaningful policy changes that keep our communities safe, our families whole, and our economy strong.

Day of Empathy shines a light on people impacted by the criminal justice system to uplift their voices and win hearts and minds of our lawmakers and the general public towards the ideas that transformation is possible.

This is UPAN's 3rd year involved in Day of Empathy

“Understanding is the very foundation of love, and looking deeply is the basis of practice”. Thich Nhat Hanh

Life is Relationship and Relationship is Life

Molly Prince, LCSW

February is the month we celebrate Valentine's Day. We focus on Love. Mostly romantic love. But there are so many other forms of love that we can experience and cultivate within ourselves as we are reminded about love and relationships this month.

Early in my career as a mental / behavioral health therapist, I ran across this thought by Jiddu Krishnamurti, (a philosopher, public speaker, and writer on psychological, sociological, and spiritual subjects) in his book, *You are the World*. “Relationship is Life.” It reminded me that everything in our lives is based on and in our relationships. Relationship to others, to ourselves, to our environment.

Taking it further I remembered the basic science that teaches that it is the relationship of atoms to each other

UPAN's first Day Of Empathy was held March 1, 2017 at the Kafeneio Coffee House and was heavily attended with many speakers sharing their stories from various perspectives, family impact, former inmates, and a former Board of Pardons member. It was held again in 2018 in coordination with other local advocacy groups at the Utah State Capitol with a variety of speakers.

Importance of Empathy

Throughout the country, the Day of Empathy highlights the needs and shares the perspectives of Americans impacted by the current justice system. This can include survivors of violent crime, those who are addicted or mentally ill, incarcerated individuals working to transform themselves, people with a criminal record desperately seeking a second chance, families of incarcerated loved ones struggling to maintain their families and keep moving forward while supporting their loved one in a dysfunctional system, and all community members impacted by crime, public safety, and violence.

The Day of Empathy events across the country will feature events that might include storytelling, digital media, and virtual reality content to humanize formerly incarcerated people, survivors of violent crime, and millions of others. The Day of Empathy is intended to accelerate the bipartisan drive to create a more effective, efficient, and humane criminal justice system.

Goal is to reduce incarceration by 50%

The Day of Empathy is sponsored by #Cut50, an initiative of The Dream Corps. It is a national bipartisan initiative to safely and smartly reduce our incarcerated population by 50 percent over the next decade.

that determines the form something takes in the physical world. Atoms are made up of subatomic particles: protons, neutrons and electrons. How they are charged – positively or negatively - determines how they move in relationship to one another. Who we are physically and how we manifest in the world of living beings is totally dependent upon the relationship of atoms and genes which make up segments of DNA in our genetic code. The major function of DNA is to encode the sequence of amino acid residues in proteins, using the genetic code. To put it simply, it is the sequencing which determines the relationship of our various strands of DNA to each other which determines our various physical traits. It also determines if we will be human or something else. So, All Life is Relationship.

If we look at relationship as being life, then we also see how our thoughts, feelings, and behavior all manifest in relation to each other. A thought or belief about something generates a feeling or emotion, which then influences how we choose to act. This has to do with our relationship to ourselves, our belief systems, our goals, and desires.

How we are in relationship to other living beings also defines our lives. Are we able to recognize how our attitudes, words, and actions may affect other people in our world? And how it impacts them will ultimately affect us in return? The connection between how we think, feel and act determines our relationship with others on many different levels and is vital in our lives.

***“The greatest thing, you’ll ever learn, is just to love, and be loved, in return.” Lyric by Eden Ahbez
From the song *Nature Boy*, sung by Nat “King” Cole, 1948 (Number One song for 8 weeks.)***

New Appointees for the Utah Board of Pardons & Parole

by Molly Prince

As discussed in the past two months of UPAN newsletters, 2019 brings changes in the make-up of the Utah Board of Pardons and Parole (BOPP).

On January 16, 2019 Governor Herbert appointed Greg Johnson as a new fulltime member of the Board. He also selected Judge Stephen L. Roth and attorney Kristine Merrell Rogers as Pro-Tempore members of the BOPP. All three appeared before the Senate Law Enforcement & Criminal Justice Confirmation Committee on January 24, 2019. An audio of the minutes of this meeting in which each presented their experience and what they bring to the Board is available:

<https://le.utah.gov/av/committeeArchive.jsp?mtgID=16078&timelinelD=125513>

Greg Johnson to become a full-time board member.

Greg Johnson will replace Chyleen Arbon Richey as a full-time member of the Utah BOPP for the remaining portion of her five year term to expire on February 28, 2022. Mr. Johnson has been the Director of Administrative Services for the Board of Pardons & Parole for the past several years. Prior to that, he was involved with the courts for many years and was Chief Probation Officer for the courts. His experience exposed him to issues related to offenders, families of offenders, victims, and their families. His role with the Board has been instrumental during the past several years of major change since the release of the 2016 Legislative Audit of the BOPP.

A community outreach committee was formed under Mr. Johnson’s direction, and the concerns and issues of Utah’s inmates and their families are well represented by UPAN on that committee. The committee’s purpose is to share with the Board a variety of diverse perspectives and input from various organizations on a

The focus on “Love” this month is something that we can use to encourage us to look at how we interact with ourselves and others in our lives. This is something to think about.

This is particularly valid for individuals living their prison journey. I will leave you with Krishnamurti’s quote:

“How one conducts one’s life, what one does in daily life – not at a moment of great crisis, but actually every day – is of the highest importance. Relationship is life. This Relationship is a constant movement, a constant change... In relationship alone can one observe oneself; there all the reactions, all the conditionings are exposed. So, in relationship one becomes aware of the actual state of oneself.”

wide variety of issues. Over the past year, the committee has been working on creating a handbook for inmates about the Board, its processes, and how to prepare for a hearing. We have also worked on sharing input about structured decision making, compassionate release, and parole success, among other issues. The organizations with representatives in regular attendance at these meetings include ACLU, Disability Law Center, UPAN, Fresh Start, Journey of Hope, Human Justice Foundation, and a representation of former inmates.

The UPAN community believes that Greg Johnson will be a significant asset to the Board as a fulltime member. We hope his successor as the Director of Administrative Services will be as welcoming to input and discussion from community organizations and stakeholders as Greg has been.

Current Board and members

Mr. Johnson will be joining Clark Harms (former prosecutor), Angela Miklos (former prosecutor), Denise Porter (former defense attorney), and Carrie Cochran (former Adult Probation & Parole Supervisor) serving as full Board Members. Ms. Cochran is now the Chairperson of the BOPP.

Pro-tempore Board Members

Two Pro-Tempore Board Members are being replaced at this time. Pro-Tem members serve 10 hours a week and cover for full time Board Members who are unable to make decisions on cases, either because they need to recuse themselves for a conflict of interest, or when unable to attend due to time off or are otherwise unable to work on a case.

Judge Stephen L. Roth has been appointed to replace Camille Anthony for the remaining portion of her term which will expire in February, 2020. Judge Roth was a district judge and has spent the last eight years on the

Utah Court of Appeals. According to his testimony to the Confirmation Committee, he believes in the worth of all individuals, he holds them accountable for their actions while also believing that all offenders are worthy of trying to save and believes in the capacity for people to change while taking full responsibility for their choices and lives.

Kristine Merrell Rogers has been appointed to replace Jennifer Bartell as a Pro-Tempore member with her term to be the full 5 years, expiring on February 28, 2024. Ms. Merrell started her career in the criminal justice system as a Justice of the Peace in 1986 in

Grand County. She went on to work in the Salt Lake Legal Defenders Office for five years, then went into private practice in 1999. She has worked in family law, juvenile justice, criminal law, and has done appeals work. She has also represented victims and their families, and more recently become involved in mediation. She appears to have a broad experience in the criminal justice system over the past 32 years and should be an asset in her position on the board.

While it is not yet updated, more information about the make-up of the Board of Pardons and Parole can be found at <https://bop.utah.gov>

“I wanted to marry my Dreams. So I cheated on Fear and broke up with my Doubt.” Unknown

2019 Proposed Sex Offender Legislation

by Faye Jenkins & Molly Prince

HB 0298 OFFENDER REGISTRY AMENDMENTS

This bill is sponsored by Rep. Jim Dunnigan, HB 0298, that focuses on some sex offender legislation that became public the first week of February. Interested families have been encouraged to contact their legislators in support of the bill. Link to the bill: <https://le.utah.gov/~2019/bills/static/HB0298.html>

In HB 0298 there is an enhancement for producing child pornography to a 1st degree felony. The enhancement is narrowed to the act of filming a young child in the act of being raped or abused. It is an appropriate enhancement and will help separate production from viewing or possessing child pornography for which there is hope to reclassify as a 10-year registry offense. This is a much better enhancement than HB 141 which was introduced by Rep. Ray on February 6th.

The rest of the bill reduces restriction or cleans up or clarifies current statutes. There are also some provisions related to the registry. Here are the highlights of the bill along with some reasons for making the changes.

Sex offense amendments:

76-5b-201 Sexual Exploitation of a Minor: Producers of original child pornography depicting children in the act of being sexually abused is elevated to a first-degree felony. This creates a distinction between the child pornography producers, who are directly engaged at the time of the sexual abuse, from second hand receivers.

76-10-1206 Dealing in Materials Harmful to a Minor: Lowers the offense from a 3rd degree felony to a Class A misdemeanor when an adult distributing pornographic materials to a 16 or 17-year-old is less than 7 years older than the minor.

77-22-2.5 Court orders for electronic communications: Adds aggravated sexual extortion of a child (76-5b-204) to the list of “Sexual offense against a minor.”

Registry amendments:

- Added sexual abuse of a minor (76-5-401.1) to the list of offenses that, under certain circumstances, can be petitioned at 5 years for early removal from the registry. The offense that includes the full sexual act with a minor is already on the 5-year list. The lesser offense of touching was overlooked and is being added at this time.
- Allows low-risk individuals on the 10-year registry to petition to have their name removed from the registry after 10 years in the community when certain conditions apply. The federal Adam Walsh Act allows 15-year registrants to petition removal from the registry after 10 years in the community. This change aligns Utah closer to the federal law in allowing low-risk offenders to petition after completing 10 years in the community. To qualify, you have to:
 1. complete 10 years in the community,
 2. not been convicted of another offense that is a class A misdemeanor or felony,
 3. successfully complete all required treatment,
 4. pay all restitution, and
 5. comply with all registry requirements the entire time you are on the registry.

The prosecutor and victim will have the opportunity to respond to the petition. The opportunity to petition for early removal from the registry encourages compliance and reinforces pro-social behavior in the community. Recidivism studies show those who do not re-offend for 10 years are the same risk for offending as the general population. Removing low-risk individuals from the registry allows resources to focus on and track those who are higher risk.

- Individuals convicted of only possessing or viewing child pornography are moved to the 10-year registry. They must petition the court to determine if they are eligible for the 10-year registry based on the elements of their offense. This revision aligns

with federal registry laws which classify possessing child pornography as a Tier I offense.

- Allows individuals to legally change their name while on the registry if doing so is not contrary to public safety and certain requirements are met.

- Removes the yearly driver's license renewal requirement. One must still update their license in person within 30 days of moving to a new residence. It also requires the offender to go in person to renew their driver's license with proof of residence.

Withholding Medication as Punishment in Utah State Prison

by Deb Stone, Ph.D.

For those who have been around for a while, you are well aware of persistent medication problems in the prison. For the "newbies," just take a deep breath and don't get your blood pressure up. The problems with medications are complicated and are desperately in need of overhauling and a new way of thinking. I almost believe that it is an undertaking that is so complicated that the prison would rather give up on it and leave it the same rather than tackle it. Let me explain.

Depriving inmates of prescribed medication as punishment is not new.

Inmates in Draper have reported that medications are withheld, sometimes for a month, if an inmate is found to "cheek" his pills, or otherwise not take them. This has been reported to have happened in CUCF as well. It has been reported by more than one inmate that this includes psychotropic medications needed for mood stabilization, depression, and other psychological issues. This issue is not new, and UPAN directors have been in touch with different corrections officials as well as the Director of Medical Services and Mental Health about it on various occasions related to various inmates for the past five years. It does not seem to change.

Sudden discontinuation of certain medications is NOT recommended by the medical community.

Medication being withheld is deemed as punishment. Some of us are aware that sudden stoppage of these types of medication can wreak havoc on the brain and can cause other side effects on the body's systems as well. Some symptoms of discontinuation syndrome can range from uncomfortable to painful and can cause irritability and low frustration tolerance. This can result in behaviors that are less than effective in management of anger, thus creating an environment that is unsafe to both the patient and those around him / her. These are well-documented, scientific, evidence-based warnings. As mental health and medical professionals, we take an oath of "doing no harm" to patients. The practice of depriving a patient of necessary medication, if the doctor has knowledge of it, violates this ethical guideline. Harm comes in many forms, not just physical, but psychological as well. In addition, the patient develops a lack of trust for mental health providers and thus will not seek mental health treatment when needed because of this mistrust. Now here comes the complicated part.

A variety of reasons that inmates might "cheek" medications.

Inmates report that pill line in Draper falls between 2-4 pm. Each section of the prison has its own schedule so this is a roughly two-hour window that covers all of the sections as reported by inmates in the various sections including Wasatch, Oquirrh, and Uintas.

Drowsiness as a side effect. Some of the psychotropic medications cause excessive drowsiness and inmates report that they can't stay awake to eat dinner, and some go to sleep until the next morning. They do not like feeling like this or being "knocked out" by medication. Therefore, to deal with this, they cheek the meds that have this effect and take them later in the evening after dinner. Can't blame them for that, but evidently this side effect is not an important issue to the prison folks in charge, and the pill line times have not been revised to accommodate this problem.

Stockpiling to get high. The next reason is that some medications can be a good "high" and so inmates cheek them to use later on to get high by snorting or other inventive ways.

Some medications are a hot commodity in prison.

Lastly, inmates report that indigent inmates who have no job, might decide to cheek them and sell them to others (who want them to get high) so they can obtain coffee, snacks, hygiene, envelopes, or other commissary items. It is a complex problem.

The prison provides jobs for inmates who qualify so they can earn their meager pay and buy better quality soap, snacks, stamps, and occasionally a new shirt or shoes that don't fall apart. Women need additional hygiene items that men do not require. Both men and women are reported to even send tithes to churches with their meager income. It is a myth that the prison supplies all of an inmate's needs. It supplies a few basics to indigent inmates, as well as basic meals. It does not, however supply any over-the-counter remedies for headaches or colds that can be purchased on commissary. It does not supply quality shoes, thermals that will get an inmate through the winter, or clothing that endures the harsh laundry. Can we blame an indigent inmate for finding a way to obtain items they need or that will make their lives more bearable over the years - who may not have any family or support system out here in Freedom-land to help out? Sad.

Loss of jobs in our state prisons

compound the problem.

Here is another curveball to complicate things. Some prisoner jobs have been taken away by USP to “save money.” Inmates report some jobs have simply been eliminated. For instance, where there were a couple of “cleaners” on a block, now there is one. Library services are voluntary positions now instead of paid positions. This makes jobs for indigent inmates hard to come by.

As you can see, there are a lot of complex issues that need to be resolved by the DOC in order for medications to be administered and taken properly.

UPAN advocates for conditions conducive to rehabilitation.

We have to remember, our loved ones behind the walls are there not because they were the most honest citizens and once inside the walls, they learn new and inventive ways to survive that we can hardly imagine out here. We strive for rehabilitation inside the walls, but when they are backed into a corner, it is hard to see how the current structure promotes honesty and rehabilitation, particularly for individuals who already have some challenges with their psychological health.

UPAN families, volunteers, and directors believe that depriving prisoners of their prescribed medication as a method of punishment is just plain wrong and inhumane on all levels.

What solutions can be implemented to remedy these situations?

A good start would be providing more opportunities for inmates in all housing units and facilities to work and earn money to support themselves. This would likely reduce the number who turn to trading medications for commissary items.

Better scheduling of multiple pill line times through the day and night.

Another recommendation is for prison administration to begin to pay attention to pill call scheduling to accommodate inmates who take medications that cause sedation until later in the evening. In USP, the last stand up count is right before lockdown for the night. It would make sense to have a final pill call for those types of medications around 8:30 p.m. We are aware that this is a practice in other prisons in other states. Some prisons have multiple med lines throughout the day: a morning pill call between 6 and 8 a.m., a mid-day pill call right before or after lunch, an evening pill call around dinner time, and a night pill call before the last lockdown.

Crushing medications that are likely to be cheeked.

Another solution we could adopt from other state prisons to directly reduce the cheeking of medications involves a little more work and individual attention on the part of med techs and nursing staff dispensing medications. The dispensing staff crushes the medication in the pill cup, and either dispenses the crushed pill dry chased by water or mixes in some water, gives to the patient and watches the inmate drink and swallow. The patient is still expected to open his mouth and lift his tongue to verify it all has been swallowed. This requires medical staff to take a bit more time with each individual beyond just dispensing a pill, watching the inmate swallow and open mouth. While it may not be the recommended way to administer a particular pill, it is preferable to completely depriving an inmate of medication that is necessary to maintain their mental and emotional stability, while eliminating the possibility that it is going to be cheeked and used or misused later.

End KOP for psychotropics and other controlled medications.

We are aware that in some prisons, there is no KOP (Keep on Person) for psychotropic meds or other controlled substances. In those prisons, dispensing at pill line is the only method of dispensing for all psychotropic and controlled medications as well as other prescription medications that could be sold as a prison hustle.

Common goals of UPAN and UDC.

UPAN believes that we all have the same goal in mind, which is creating a healthy and safe environment for all folks in the care and custody of the Utah Department of Corrections. Stopping the abuse of power that results in using the withholding of necessary prescribed medication as a form of punishment is a step toward pursuit of that goal.

Perhaps prison administrators and physicians would be interested in meeting with UPAN representatives to discuss solutions that would be reasonable for all.

Families can stay calm and encourage loved ones.

In the meantime, as families and friends of inmates, let's not get our feathers fluffed up and attack prison employees who are simply following the rules that they are given by their superiors. We can also encourage our loved ones to follow the rules, no matter how much it rubs them wrong. As the old saying goes,

“We catch more flies with honey than with vinegar.”

Funny but not so funny – seen on a tombstone, “I told you I was sick!”

“People, even more than things, have to be restored, renewed, revived, reclaimed and redeemed. Never throw out anyone.” Audrey Hepburn

One person caring about another represents life's greatest value. Jim Rohn

UPAN Strives to Seek Solutions for Inmate Concerns

by Deb Stone

I understand that some inmates are not fond of being called “inmates” and some would rather be referred to as “convicts” or “prisoners.” Many of us on the other side of the walls feel that the term “inmate” sounds a whole lot “softer” than the term “convict.” It also is descriptive of people with that label, as prisoners are inmates. Over the past several years, Corrections has shifted to referring to inmates as “offenders.” Maybe that is because they can use that term over the course of the individual’s involvement with the criminal justice system, from sentencing to incarceration, to parole and after.

Life is hard for people who have loved ones behind bars, so please indulge us when we refer to you as our inmates. We would rather just refer to you as our sons, husbands, daughters, boy and girlfriends, but face it - there you are inside, and here we are outside.

UPAN receives a lot of letters from inmates complaining about problems with officers, property, commissary, meds, conditions of confinement, and many other issues much too extensive to list. For the past 5 years, UPAN has strived as advocates, to build good strong ties with administration in order to address issues that may go unnoticed, while at the same time gain the trust and open dialog needed for us with inmates in order to help make a difference. This can sometimes be a challenge because individuals in various administrative positions in the UDC change positions regularly and we are constantly attempting to build and re-build working relationships in order to address various issues.

In the January newsletter, I addressed the proper protocol inmates need to use as they deal with their problems and concerns before reporting them to UPAN. Therefore, I won’t repeat those in this article. Please refer back to January’s issue to clarify any questions about reporting problems to UPAN.

I would like to address the issue of honesty and trust. I believe, as do many of us who have loved ones behind bars, that inmates are not always untruthful. Yes, we have heard (too many times) people say that an inmate’s word cannot be trusted and they lie. That is very frustrating to families with incarcerated loved ones. But saying “all inmates lie” is like saying all people from the south eat fried chicken! We know you are all individuals, each with your own set of strengths, hopes, dreams, crimes, and lifestyles. We know that you are not all liars. We want you to know that we are also not naïve out here and most of us are savvy to manipulative behavior. We also know that just the fact that you are incarcerated and surrounded by a lot of negativity and “not very positive people” that your perspective on issues can be tainted with a negative and cynical shadow that may influence your perceptions.

For the past several years, I and the directors of UPAN, have worked to build working relationships with UDC administration. Through these efforts, there are some inmates, and even some people in administration who know me and know that I tell it like I see it and they appreciate my honesty. I would suggest that if anyone takes offense at my words or if my words hit a sore spot, step back and take a good honest look at why those feelings emerge. Could it be because they are true, but yet are denied because of pride, ego, and unresolved issues?

Sometimes the issues that inmates have with officers are perceived by inmates as unfair, retaliatory, hateful or targeted. I won’t say that these perceptions are not true, but at the same time I also recommend looking at the filter that the perceptions are coming through. When I hear about these instances, I immediately agree that the instances reported are unfathomable and need reporting. At the same time, there is a whole other side that needs to be considered. We, as advocates, are not looking to start wars with administration. We are looking to identify and find solutions to help resolve issues that need attention.

Sometimes, the frustration of an inmate can result in that individual trying to manipulate things in order to try to get the issue addressed. There have been numerous times over the years that I and the UPAN directors have reported issues to administration that we have been made aware of only to find out that little bits of information were left out of the report by the inmate.

We realize that as humans, we want to put our spin on our stories that are causing us fear or frustration, but when that happens, it also can result in a lack of accountability on the part of the inmate for their part in the situation. When those little details are left out, the report is no longer totally factual and turns into fiction. When this happens, it diminishes the advocates’ credibility with Corrections administration. It also stacks against the inmate and feeds the myth that inmates are not honest, are looking for drama, and that they can’t be believed. This results in the standard knee-jerk reaction by Corrections that inmates are always to blame for every problem. The outcome is that it makes it more difficult for prison officials to believe the problems presented by advocates as truly being valid concerns.

One of the biggest issues and complaints we hear out here that makes our skin crawl and ignites serious concern is about the challenges to the health and wellbeing of everyone housed in prison. We would very much like to get to the truth of this matter. As I wrote in the January newsletter, some of the most serious problems we are made aware of concern medications and medical staff.

We know that inmates are afraid of being retaliated against by officers if they report against an officer. We also know that the prison administration tells us that it does not condone retaliation and assures us that they will not tolerate retaliation. We know this is hard for inmates and family members to believe, but we have again been reassured that administration will deal with these issues accordingly when a complete and accurate report of retaliation occurs, if and only if, it is reported as I stated in the January newsletter.

We are looking for solutions and we expect that when an inmate reports a concern to us, (any one of us) that they are also looking for a solution, not a battle. If all someone wants to do is keep reporting problems to us and is not willing to report accurately and be involved in helping us find resolution, then what is the point of reporting? Inmates who do not share what they perceive as unfairness, are not helping get the problems resolved. There has to be communication and a willingness to participate in solutions. I am all for

building trust between inmates and prison personnel and getting to the bottom of some of the recurring problems that UPAN has been made aware of. However, the handful of us who are trying to build these bridges, report the problems and seek solutions that are appropriate for all involved, cannot do it alone. All I can say is that if you are not looking for a fair solution or resolution, then don't complain. Simple. If you do want change to happen, you must start by trusting someone.

I have been volunteering for several years, and I believe I have built a reputation of fighting for what is right for everyone involved. In addition to myself, there are others involved with UPAN who have earned the respect and trust of inmates over the years. Honesty, communication, and willingness to admit to and recognize your own accountability in problems that occur, and then participate in solutions, is the place to start. I welcome your letters with your questions and concerns and, if you are willing to trust me, then get on board so we can build positive resolutions.

A smile is the light in your window telling others there is a caring, sharing person inside. Denis Waitley

***People who care about each other enjoy doing things for one another.
They don't consider it servitude. Ann Landers***

CONTACT INFORMATION FOR THE DLC AND ACLU

UPAN receives a lot of letters regarding issues related to disabilities or legal matters. When it is related to a disability, UPAN either contacts the prison medical service or forwards the information to the Disability Law Center of Utah, or both. While UPAN welcomes the information about these problems and gathers that information to discuss with Corrections, we also recommend that if you have problems receiving medical care or ADA services, please also write to the Disability Law Center at 205 N 400 W, Salt Lake City, UT 84103.

UPAN does not have attorneys to give us legal advice. Therefore, when you send us information about legal issues or lawsuits or ask advice about how to handle a situation related to convictions or other legal matters, we cannot do anything to assist you. Also, the ACLU has attorneys that pay attention to prison issues. If you go through grievance processes required by the prison and do not get a resolution, then you can contact the ACLU with those documents to see if they can help you. ACLU of Utah 355 N 300 W, Salt Lake City, UT 84103.

When people care for you and cry for you, they can straighten out your soul. Langston Hughes

About UPrep at CUCF

Excerpts from a letter to UPAN by Parley Dutson, CUCF Rec'd. Mid-January 2019

In a letter to UPAN, received by the UPAN Newsletter editor, the following comments have been extracted for publication. Note the boost in morale and inmate benefits experienced from the UPrep courses. Ed.

Dutson: I was happy to read in UPAN's November 2018 issue that you are aware of the struggles of UPrep. Before it was shut down a few weeks ago, it had been the place I spent my hours on nights and weekends. It was very rewarding. It helped me believe in myself, boosted my self-esteem and inspired me to prepare for release even though I don't see the board

for 14 years. It was a place for all types of inmates to productively spend their time because it was 100% a voluntary program. Everyone involved was positive and happy to be there, which is a rare thing in prison.

Because of UPrep, I have a lot to show for the past 4 years of my prison stay: I received five certificates of completion from the National Restaurants Association for completing their Restaurant Management courses; I received college credits from Weber State, SLCC and Snow College for various courses I took through them; also, I completed numerous non-accredited courses in

math, English, History, Spanish, Business, and Computer Fundamentals.

So, to put it simply, I was devastated when they cut the program for security reasons. One course survived – Code Camp – which is a good class for those blessed with computer programming skills and learnability. UPrep used to have something for everyone and there are a lot of us who are much less productive and very disappointed because of its suspension. I hope you will continue to fight for us and hopefully help us get UPrep up and going to its full potential.

“Let penitentiaries be turned into seminaries of learning. Rigor and seclusion never do as much to reform the propensities of men as [would] reason and friendship.” Joseph Smith

MORE VOLUNTEERS NEEDED TO MAIL OUT INMATE NEWSLETTERS

Deon Corkins and Molly Prince

UPAN is sending out a call for more volunteers to printout and mail monthly newsletters to inmates!

UPAN currently has 59 volunteers who are dedicated to print and mail out monthly newsletters to over 404 incarcerated individuals who don't have family or friends in the community to do so. We have a waiting list of inmates who have no one to mail to them, with more requests coming in daily.

UPAN directors as well as the inmates that receive the newsletters DEEPLY APPRECIATE the volunteers who currently print and mail out newsletters each month to the individuals they are assigned.

Here is an example of appreciation from an inmate who has no family to send it to him, so a UPAN director does. He then shares his newsletter with others in his section. He writes, *“Some of the quotes hit the nail right on the head, especially the one of it taking a small group of people to make a change. It reminds me of what UPAN is doing right now. There's a group of guys...we always have in depth conversations about our newsletter and we always say, 'we have a voice*

Editor's note: as of mid-February, progress is reportedly being made on finding the security sources necessary to restart UPrep. After Department of Corrections Director Michael Hadden and Director of Programming Victor Kersey met a couple of weeks ago, the scuttlebutt goes that Director Hadden is putting considerable pressure on re-staffing and manpower assignments to meet the security requirements currently in place. Maybe changes in security requirements would help relieve some of the problem. Ed.

now.' It is nice to have that voice. Thank you. And thank you for sending me the newsletter.”

What is involved. If you are interested in becoming a newsletter mailing volunteer, please email us at utahprisoneradvocate@gmail.com and let us know of your interest and how many newsletters you would be able to mail out each month.

Once the newsletter is complete, we email you a copy as an attachment, which you can then print. The newsletter is generally 10 pages long, so if you print it front and back, you end up with 5 printed pages, which then fits into a standard #10 envelope which can be mailed for 1 Forever stamp. Anything more than that is more than one ounce and would require additional postage. When considering how many inmates you would be able to mail to, please consider the cost of paper, printing ink, envelopes, and postage.

We have inmates wanting the newsletter who are located in both Draper and Gunnison prisons as well as on Inmate Placement Program in county jails throughout the state. Thank you in advance for your generosity!

Never be so busy as not to think of others. Mother Teresa

UPAN February Meeting Summary

Shauna Denos chaired the meeting. Audrae Rogers read names of volunteers who received thank you letters from inmates thanking the volunteers for the Christmas cards received. Warren Rosenbaum shared several deeply felt thankyou notes directed at UPAN volunteers from inmates and one from a mom whose son is an inmate. Holiday card volunteer Annie shared a particularly poignant letter from an inmate for the holiday card received when he was feeling especially hopeless.

Britnee Webb spoke on the Day of Empathy (see page 2). Lots of speakers as well as snacks/food are

scheduled. All legislators have been invited. She also reported on Meek Mill and Jay-Z forming a new organization at the national level to reform probation and parole called Justice Reform Org, REFORM Alliance. She said Van Jones, co-founder of #cut50, would be the new CEO of REFORM Alliance, the goal being to release one million inmates (Federal and State) from supervision thru changes in antiquated and proven poor laws. More info: www.reformalliance.com

Faye Jenkins updated on SO Legislation in Utah with the latest info (see pages 4-5).

Molly Prince shared progress the BOPP is making with the Community Outreach Committee on Compassionate Release policy revisions. She shared info about the new members of the Board (see pages 3-4). Molly also covered an update relevant to prison families and parolees in the lower income brackets regarding Utah Medicaid expansion and the importance of anyone who

qualifies to apply for Medicaid during the first half of March so they can receive health care starting April 1st. With this current bill, Gov. Herbert observed that about 70,000 Utahns who do not currently have health care coverage will be eligible for it by April 1st. It takes 2 weeks for Medicaid applications to process so it is important folks start applying beginning March 1st.

A Couple of Smiles and Maybe a Laugh

I got a cute dog and decided to call him Threemiles. It sounds great when I say I walk Threemiles twice a day.

At a huge musical benefit, Frank Sinatra was backstage and crossed paths with nationally known Blue Grass Icon, Bill Monroe. Sinatra congratulated him as the King of Blue Grass music and praised him and his music as a National Treasure. Monroe thanked him for his praise and then asked, "And who might you be?"

Sometimes the darnedest things happen at serious moments like the time, attending a funeral at the cemetery, the backhoe fell in the grave.

Wisdom from people whose names start with "S." From Shakespeare, "To be or not to be..." From Socrates, "To be is to do..." From Sartre, "To do is to be..." From Sinatra, "Dooby, dooby, doo." (And that made him more money than all the others combined. Ed.)

Second Notice: Sharpen Your Pencils and Your Brain – NEW Writing Opportunity for Inmates

To encourage more inmates to participate in a UPAN sponsored event, inmates are encouraged to write (in English) a story, article, etc. The categories for judging are: fiction, non-fiction, memoir (your personal experience), rhyming poem, and free verse poem (non-rhyming). **Or a special category called CJS-Prison-Jail Complaints.*** Limit three submissions total per inmate. Select one or a mix of the categories. Write the category at top-right of page 1 of your entry.

Article writing (fiction, non-fiction, memoir) limited to about 1,500 words (5 or 6 handwritten sheets – you don't have to count every word), poems (both rhyming and free verse) limited to 100 lines each. Mail in one or subsequent envelopes when you wish to submit.

Submission/Postmark Deadline: Mon. July 1, 2019 Certificates awarded in October 2019 in each category. Judging will be based on best story, subject matter, and writing presentation (grammar and spelling **NOT** a serious consideration in judging – judges will cut you a lot of slack here). No judging or certificate for CJS-

Prison-Jail Complaints category, also **no word count limit** in this category, however book-length complaints are frowned upon. (Save some for next year.)

Best submissions are NOT guaranteed to be published in the UPAN Newsletter. We don't have enough space; however, we may publish a booklet with the winners' submissions upon their approval. Let us know of your approval with the submission, okay? Writer's names will definitely be confidential in the CJS-Prison-Jail Complaints category (**Guaranteed!!**). More encouragement in the March 2019 UPAN Newsletter. Thanks for your participation and best wishes toward building your confidence, venting some frustrations, and having a little fun. Ed.

Submit to: UPAN Writing Exercise, P.O. Box 1018, Pleasant Grove, UT 84062. (Do **NOT** send to UPAN's Draper P.O. Box address. That would complicate and delay things. Thanx, you do good! Ed.)

*If you're a newbie, CJS is Criminal Justice System. Ed.

Empathy, caring for one another, and half-way thru winter, anticipating warmth – that's cool! Ed.

Utah Prisoner Advocate Network

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Website: UtahPrisonerAdvocate.org
Email: Utahprisoneradvocate@gmail.com
Facebook: Facebook.com/UtahPrisoner
(go here to view recent UPAN meetings)
President: Shauna Denos
Past-President & Treasurer: Molly Prince

Vice-president: Unfilled
Secretary: Unfilled
Director of Communications: Shane Severson
Inmate Newsletter Volunteer Coord: Deon Corkins
Director of Sex Offender Policy Issues: Faye Jenkins
Volunteer Coordinator: An Bradshaw
Newsletter Editor: Warren Rosenbaum

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Mead