



**UPAN Newsletter** Volume 4 Number 8 | **AUGUST 2017**

*“Empowerment and Growth Through Knowledge and Unity”*

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## Soc Sec Cards, JRI, Emotions, & Best Books

**NEXT UPAN MEETING: MONDAY, September 11, 2017 6:30 – 8:30 p.m.**

**Kafeneio Coffee House 258 West 3300 South, Salt Lake City**

**TOPIC: Screening of *Not for Rent!* Documentary Film. Free and open to the public.**

**OCTOBER UPAN MEETING: Monday, October 9, 2017 6:30 – 8:30 p.m.**

**Kafeneio Coffee House 258 West 3300 South, Salt Lake City**

**TOPIC: TBA Free and open to the public.**

**FOCUS MEETING: LOCATION: Region 3 Adult Probation & Parole Office, 36 W. Fremont Ave (Just West of State St.) SLC Date And Subject: 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.**

**No matter how educated, talented, wealthy or powerful you believe you are, how you treat people ultimately tells all. Integrity is everything. [lessonslearnedinlife.com](http://lessonslearnedinlife.com)**

**“Each of us is more than the worst thing we’ve ever done.” – Bryan Stevenson**

**“My strength did not come from lifting weights. It came from lifting myself up when I was knocked down.” Bob Moore**

**“Don’t give up because of one bad chapter in your life...even if it is a long chapter. Your story doesn’t end there”! Anonymous**

# **UPAN Monthly Meeting Summary – Monday, August 14, 2017**

By Warren Rosenbaum

## **People Contacting Legislators Causes Audit**

Monday night's meeting featured a presentation by the four-man audit team of the Office of the Legislative Auditor General who conducted the Sex Offender Treatment Program (SOTP) audit last year. Several audit findings and background details were shown via a Power Point Presentation narrated by Audit Supervisor August Lehman. Mr. Lehman stated that the audit began because of people like the UPAN meeting attendees, whose contacts with their legislators aroused considerable interest at that level, resulting in a high priority for funding the audit and scheduling it for quick completion. The objectives of the audit were to assess the efficiency and effectiveness of the prison's SOTP.

## **A Tip On Quickly Reading The Audit Report**

The audit report is printed and available online. Anyone interested in SOTP is encouraged to read the report. It has summarized observations and audit findings in wide margins on each page allowing a quick review of major points. The adjacent details amplify on the summarized points. The report is 43 pages in length (four chapters). DOC responses and intentional blank pages make up the full 60-page report. UPAN President Shauna Denos made it clear at the beginning of the presentation that the DOC has reportedly made considerable progress responding to the audit findings and this presentation does not address this progress. [See July UPAN newsletter for current progress]. Auditor Lehman stated that the auditors will conduct a follow up review after one year to evaluate the progress toward compliance with the audit. He stated that review auditors find 96% implementation on average.

## **Some Audit Findings Of Particular Interest**

A few points Lehman presented include: SO recidivism risk assessments have been outdated and inadequate; risk assessments need to be timely to be effective; the treatment backlog (bottleneck with only 240 inmates in treatment at any one time) has resulted in longer incarceration for offenders; eliminating inefficiencies can help reduce the backlog with the current resources; but more resources (funding and therapists) will reduce lengths of incarceration; some states do not require incarceration for low-risk offenders.

## **For SOs & Families, One Conclusion Worth Noting**

Audit Manager Brian Dean said there is evidence that that industry-wide best practices indicate that treating low-risk sex offenders intensively in prison is associated with worse outcomes than if their treatment was less intense and occurred outside of prison. [audit report, p. 44-45] He emphasized that the "one-size-fits-all" prison treatment does more harm to low-risk offenders, and treatment is more effective when it addresses individual offender needs. He added that multiple studies show

about 37% of Utah's incarcerated SOs are considered low-risk.

## **Coordination Needed Between BOPP & SOTP**

During the Q and A session auditors Christopher McClelland and Tyson Cabulagan helped with answers. The auditors stated that closer coordination between the Board of Pardons and Parole and SOTP managers is needed because treatment schedules and hearing dates are often out of sync, resulting in inefficient use of assets (doing the jobs more than once). The auditors were asked about the vast differences in sentences. Their response was that that part of the criminal justice system was not part of the SOTP audit, suggesting that people need to tell their legislators that more standardized sentencing needs to be established.

## **Some Information On Progress Since The Audit**

Miriam Greenland reported on the CUCF Saturday Forum of August 5<sup>th</sup>, attended by Ron Gordon, Executive Director of the Commission on Criminal and Juvenile Justice (CCJJ). Ten questions were submitted for discussion, further work, and answers. Subjects in the discussions were BOPP, SOTP, telephone costs, IPP movements/placements, but the inmates' question #5 was reproduced as a handout at our UPAN meeting.

## **Miriam's SOTP Question And Some Responses**

The question reads: "Audit on SOTP: Since the April 2017 audit on SOTP [public presentation to legislators and public at State Capitol in April, audit was during 2016] the backlog and waitlist to get into the program has become worse. What is the CCJJ's stance on this worsening problem and who if anyone will hold SOTP accountable for making this problem worse?" Mr. Gordon responded to the best of his ability but there are changes in the works to alleviate this.

Miriam has followed up with Programming Director Victor Kersey and has received the following information: One therapist can effectively handle 24 inmates; the program needs ten more therapists and funding for them is also needed. Both the Governor and Lt. Governor are aware of this funding need.

For a more effective therapy program, the DOC is instituting a 26-week pretreatment program. This may speed up the new SOTP, similar to San Juan County Jail, where SOTP is provided and average completion time is four months quicker than Sanpete County Jail or Draper Prison [p. 15].

## **SO Risk Assessments Almost Completed**

Miriam reported that Kersey stated all sex offender risk assessments will be completed by September 1, 2017. [Ed. Note: These assessments will begin mid August and will be completed using new assessment tools currently considered best practice in the sex offender treatment industry.]

## **OBTAINING REPLACEMENT SOCIAL SECURITY (SS) CARDS WHILE IN PRISON**

Updated 2017

### ***I. Question: How can prisoners get replacement social security cards while in prison?***

A. Obtain one document to prove identity. The document must be original or certified by custodian of the record with signature. SS will not accept prison issued ID.

1. Acceptable document: original or certified copy of medical record. Medical records are electronic so they should be considered a certified copy when the document is printed and stamped and signed by the record custodian.

a) To obtain a medical record, obtain a Department of Corrections GRAMA (Government Records Access and Management Act) form from case-worker.

b) Mail a fully completed GRAMA request form to medical records at the prison to obtain medical records summary. Clearly state you want a medical records summary in order to obtain a replacement social security card so medical records will not send you your entire set of medical records.

(1) Cost for records is 25 cents a page

(2) Medical records will be sent back to inmate.

2. Other acceptable documents: physician's statement, dental records, driver's license, state-issued non-driver identity card, passport, U.S. military identity card, (prison ID will not work).

3. The physician statement and dental records should be less than 2 years old, should be original or certified copy with signature, stamp or seal from medical office. The document should be from the medical chart or medical records and include the full name, medical procedure, and date of birth. Nicknames will not work in getting a replacement social security card.

The five Utah Social Security offices are as follows:

Social Security Office  
175 East 400 South Suite 500  
Salt Lake City, UT 84111

Social Security Office  
324 25th Street, Room 2403 FOB  
Ogden, UT 84401

Social Security Office  
485 North Freedom Blvd  
Provo, UT 84601

Social Security Office  
348 E Winchester St. Suite 100  
Murray, UT 84107

Social Security Office  
923 South River Road  
St. George, UT 84790

Other Social Security offices can be found at the [www.ssa.gov](http://www.ssa.gov) website.

### ***II. Within 7 to 14 days the new (or replacement) SS card will be mailed to the address provided by the inmate.***

A. US Postal Services will deliver a social security card to the Utah Department of Corrections, Records Department or to friends or family of the resident. Use c/o (in care of) even when sending social security cards back to the Utah Department of Corrections.

B. Complete the SS-5. The SS-5 is the Social Security Administration application for a social security card. The name (first and last name) on the SS-5 must be the same as the name on the medical records form. You should be able to get these forms from your case-worker.

C. Inmate mails completed and signed Form SS-5 and stamped and signed medical records to Social Security office. Original or certified copy of medical records must be sent to SS office. The office that serves the prison is 348 E. Winchester St., Suite 100, Murray, UT 84107. 866-690-1947. If you are having the SS-5 form sent to a family member or other person outside of the prison, please be sure to give that address on line 16 of SS-5 form by writing (example): Care of Jane Doe 111 Any Street, Anytown, State, 11111.

If you are having it sent to someone outside of Utah, please ask the person you are sending it to, to provide you with the address of the social security office in their town.

1. The printed medical record should be accompanied by a page that is signed, dated and stamped by the custodian of the record.

2. There is no specific person at Social Security to which applications from the prison should be mailed. It is best to request your Social Security card from the office that services the mailing address you are having them send your SS card to. Clearly state on the SS-5 form you want a REPLACEMENT social security card or they may think you want an original social security card and then they would need proof of birth.

B. It may be easier to mail your SS card to a trusted relative's home address. Get their permission before having the SS card mailed to their home. It should be mailed with the inmate's name c/o (in care of) the name or place to which it is mailed.

C. In the case of Road Home, if they have no record of a person staying there with the inmate's name, the card will be returned to Social Security and destroyed. You are only allowed a limited number of social security card replacements in a lifetime.

D. Using the phrase "in care of" or C/O is a very important step in getting a replacement social security

card. If the US Postal Services cannot verify you live at the address the social security card is being sent to, they will not leave the social security card. It will be returned to Social Security and destroyed. Always use c/o if you have not been living at the address and know someone who has been living and receiving mail at the stated address.

### PAROLE VIOLATION GUIDELINES

by Molly Prince based on statistics provided by Greg Johnson, Executive Dir of BOPP

Prior to October 2015, when a person was returned to prison for a parole violation, there was no formal information about how long the person would serve. The Board could order anything up to expiration of the sentence.

October 2015 marked the introduction of parole violation guidelines which are sometimes called the "PV caps." These guidelines are created by the Sentencing Commission. The guideline specifies the amount of time a person should serve for a parole violation. The Board should abide by the parole violation guidelines unless the Board finds an exception from a narrow list of reasons.

You can read more about the guidelines on pages 38-39 of the Sentencing Guidelines. [See the link below.](#)

Historically the Board has been limited in the amount of meaningful performance data it can provide due to its paper-based records system. This brief is the start of being able to provide meaningful data and the Board looks forward to providing more as it develops its electronic record system.

The current data available shows that in 75.5% of parole violations the Board followed the sentencing

guideline between October 1, 2015 and March 31, 2017. 11% of cases went over the guideline because new charges were pending in court and the Board has no control over the court process. A small percentage went over guideline because of other reasons such as the offender requested a continuance or a report required by law was needed. Examples of these are when there is a mental health assessment or an SOTP assessment required.

An important category is the public safety exception. 10.5% of parole violators were held beyond the guideline because the Board found the person's conduct posed a substantial threat to public safety.

The Board is following the parole violation guideline in most cases and if not, the Board is making a finding on the record about the exception.

An offender can write to the Board and ask for a written explanation about decisions anytime they are over guideline. It is UPAN's hope that as the electronic database is implemented, the rationales and explanations for decisions will be more specific and detailed for inmates to clearly understand why a decision was made that was outside of the guideline.

<https://justice.utah.gov/Sentencing/Guidelines/Adult/2016%20Adult%20Sentencing%20Guidelines.pdf>

### **PrisonEd Report 2017 Quarter 2, June 30, 2017**

Dear associates and friends of PrisonEd, With increasing demands of the program, I am now sending out quarterly reports rather than monthly reports. Requests for services continue to increase as do messages of appreciation from students involved. Sincere appreciation to all who contribute to this effort, particularly to the many volunteer tutors! - Don Wright

Email: [prisonedfoundation@gmail.com](mailto:prisonedfoundation@gmail.com); Address: P.O. Box 900693 Sandy, UT 84090

**NEW STUDENTS DURING QUARTER:** 55 (students lost at Daggett Co. Jail have been subtracted)

**STUDENTS ENROLLED** (Numbers in parentheses indicate difference from previous report)

	<u>Currently Enrolled</u>	<u>Previously Enrolled</u>		<u>Total Ever Enrolled</u>
DRAPER	194 (+36)	81		275
GUNNISON	8 (0)	47		54
JAILS	<u>150 (+19)</u>	<u>125</u>		<u>275</u>
TOTALS	352 (+55)	253		604

**NUMBER OF COURSE CERTIFICATES OF COMPLETION ISSUED:** 33 during quarter; 385 overall total

# Looking at Utah's Prison Reform 2 Years after Implementation

by Shane Severson

*This summary article is adapted from information published in an August 5, 2017 Deseret News Article  
By Eric Schulzke and McKenzie Romero [Internet links at end of this article. Recommended reading. Ed.]*

The Deseret News published an article on August 5<sup>th</sup> about the impact that Utah's Justice Reinvestment Initiative (JRI) has had on recidivism, prison populations, and crime rates. The conclusion of the article is that it's impact has been difficult to measure due to the lack of adequate reliable data – and JRI may have had limited effectiveness so far because of underfunded community resources.

Since the Governor signed **HB 348 Criminal Justice Programs and Amendments** into law on March 31<sup>st</sup> 2015, many cities and counties were left scrambling, trying to understand, to budget, and how to implement the new changes. The Utah Association of Counties (UAC) commissioned a study, paid to Sorenson Impact Center at the University of Utah David Eccles School of Business, to access the direct and indirect costs of making the bipartisan issue truly effective. It found most crimes are down statewide, and those that were climbing were trending upward before JRI went into effect. Here are the major points from the article:

**Ron Gordon of Utah's Commission on Criminal and Juvenile Justice (CCJJ)** says that reclassifying drug offenses and low-level felonies to misdemeanors has NOT negatively impacted public safety and has somewhat reduced the prison population. The ultimate goal was to reduce recidivism by not hardening low-level offenders in prison, but rather seeking rehabilitative treatment options in the community.

**Law enforcement officers** have voiced concerns that JRI may have brought chaos to the criminal justice system due to underfunded resources. Part of which is a result of the resistance within the government to fully expand Medicaid, and the uncertainty of the future of the Affordable Care Act. Some **prosecutors** have said that the "decriminalization\* of drug crimes" has put undue pressure on the courts, county jails, and communities, due to lack of treatment options. This includes lack of public funding for drug treatment for the indigent and uninsured. [\*Misstatement. They should have said "downward reclassification." Drug crimes have NOT been decriminalized. Ed.]

**Salt Lake County District Attorney Sim Gill** says they've seen a noticeable push into county jails and communities because sentences are softer, reducing prison population at the expense of county jails. He wants most resources dedicated to Salt Lake City, where the burden is the largest.

**Salt Lake County Mayor Ben McAdams'** opinion is that JRI was poorly implemented and now some communities are less safe. Mayor McAdams recently

posed as a homeless person for 3 days and 2 nights in the Rio Grande area on March 24<sup>th</sup> as part of a fact-finding mission before recommending a new homeless shelter location. He witnessed first-hand much of the desperate needs of the homeless – many of whom had been formerly incarcerated and are beginning to fall back into old patterns of criminal behavior.

**Daniel Hadley, Chief Data Scientist at Sorenson Impact Center** (lead study researcher) said the study's findings don't show signs that any escalation in crime can be attributed to JRI, but more studies are needed.

**Jeff Buhman, Utah County Attorney**, said the study lacks any sign that JRI is having a positive impact, but recognizes the need to replace incarceration with treatment for certain offenders. He also says some offenders are not breaking cycles of criminal behavior. Regarding positive impact, he later acknowledged that the prison population has seen a noticeable reduction.

Facts show that drug crimes are on the rise in the embattled Rio Grande District of downtown SLC. These types of crimes began ticking upward in 2012. The study also revealed a sharp increase in the number of fugitives from parole or probation starting in late 2014 resulting in an increase of warrants being issued. This may have been partially affected by Utah Department of Corrections' (UDC) and Board of Pardons and Parole's release and parole policies changes tied to JRI. The UDC has said it's because of a tighter rein on parolees resulting in more warrants issued for parole violations.

High profile incidents, such as when Officer Barney was killed in a shooting by an offender under AP&P supervision on January 17<sup>th</sup> 2016, have also fueled many policy and personnel changes, and subsequent crackdowns. However, crime has NOT spiked though the issuance of parole violation warrants has increased.

**Rep. Eric Hutchings** (R-Kearns), who was the chief sponsor of HB348 in the House, asked Corrections what they need, but only hears "more money, please" without much actionable data to support needs. Lack of data makes appropriating additional funds more difficult.

**Utah Association of Counties** persuaded the Legislature to appropriate \$2M to build software to modernize Utah crime and justice statistics. Helping to implement this new crime statistics effort is **Steve Cuthbert**, of the **Governor's Office of Management & Budget**. Cuthbert wants to track these key points: arrests, when charges are filed, pretrial handling, sentencing, post-conviction treatment plans, and re-entry pathways. He also wants to organize this data to improve sentencing

decisions or “triage points,” that help determine whether an offender “deepens” into the corrections system or is digging out. Cuthbert said those working on the software plan to have a prototype ready by September.

**Joe Kilpack, Bureau of Criminal Identification Field Services Supervisor** says data publishing is slow because law enforcement agencies use different software, and there’s no state mandate to collect and sift the data, leaving the task up to cities when they can find time. There is also a lack of all necessary data for data scientists to interpret the data correctly. UDC is one of the most understaffed agencies in the area of data analysis, leading to huge bottlenecks in the system; in contrast to police departments who are beefing up on data analysis and communications teams – emphasizing communicating with the public about their data.

Socrata, a Seattle-based tech company, offers an Open Data System to contract with over 1,200 local governments to provide this information in a digestible way using graphs, heat maps, and community blog. The State of Utah, Salt Lake County, and Salt Lake City are clients of Socrata. Wrong data can cause panic and confusion leading to bad policy; Socrata has a Q&A

system to push raw data for internal review to flag errors and duplicates before publishing it.

Stakeholders need to insist policy decisions going forward are driven by reliable data, not by emotion fueled by individual crimes or cases. The validated data needs to be current and available in real-time.

JRI is still in its infancy and needs to be appropriately funded and supported by Utah’s government. As a stakeholder, UPAN will continue to work with community leaders to ensure the perspectives of the inmates and their loved ones are being heard.

Reducing recidivism is a monumental task which requires a fundamental understanding of why people fall into certain behavioral patterns in the first place – stemming from the lack of educational, mental health and substance abuse resources, to affordable housing. We need to be solving the “why?” and not simply addressing the “what?” We encourage our leaders in government to seek the help and guidance of community outreach organizations such as the People Not Prisons Coalition, and Faith in Reform, both of which UPAN is a member. Only a multi-faceted approach with dedicated participation from all of the stakeholders will fix this problem – fortunately, we are confident that we are up to the task.

<http://www.deseretnews.com/article/865686173/Is-Utahs-prison-reform-working.html>

<http://www.deseretnews.com/article/865684089/Utahs-paroled-fugitive-count-increased-sharply-in-past-2-years.html>

**“When we replace a sense of service and gratitude with a sense of entitlement and expectation, we quickly see the demise of our relationships, society, and economy.”**  
**Steve Maraboli, Speaker, Author, & Behavioral Scientist**

## **THE TRAIN ANALOGY FOR DEALING WITH EMOTION**

Molly Prince, LCSW

### **An Emotional Rollercoaster**

Dealing with prison, whether you are an inmate or someone who loves and supports an inmate, or even correctional personnel, can be an emotional roller coaster. It can be challenging and draining.

For family members, in many cases, the feelings of frustration, fear, confusion, and anger can lead to wanting to disengage and not be involved with the prison system. The opposite is also true. Feeling helpless, fearful and frustrated with a system that is not designed to be fair can feel very cold and uncaring. This sometimes spurs family members to try to help their loved ones by lashing out at the people who work in it, resulting in an inability to effectively communicate and find solutions and ways to address the problems.

### **Emotions Bordering On Unmanageable Become More Harmful Than Helpful**

For many inmates, going to prison or being transferred around the state via IPP can be a dehumanizing

experience. The sense of overwhelming loss – losing everything that is their own (right down to their underwear) is a very common experience that sets up inmates to struggle with how they cope with incarceration. Add to that, being placed in environments that are unpredictable and dangerous and being treated as a number or a crime rather than a human being, the strong emotions including frustration, confusion, fear, pain, and anger can become so consuming as to become unmanageable. This has the potential to result in making choices to overcome, mask, or act out on those feelings in inappropriate or harmful ways.

### **Two Parts to Every Problem**

There are always two parts to a problem: the emotional part and the practical part.

Emotions are simply energy in motion. Emotion by itself is just a variety of mental and physical sensations (feelings) that we experience. Emotions can be wonderful feelings flowing through us or negative and

hurtful feelings washing over us. They can be uplifting and life affirming experiences. They can be destructive forces of energy that give us the illusion of power and control when in fact, all we are doing is reacting to something outside of ourselves.

### **Perception versus Reality**

The emotional part of the problem is how we perceive, interpret and react to whatever the situation or problem is. It is the knee jerk reaction, the place we go (often hurt or fear, or fear that automatically turns to anger) when we feel disrespected, misunderstood, discounted, ignored, criticized, ridiculed, or otherwise threatened. The threat can be real or imagined. Even if imagined, the resulting emotion will be the same as if it is real.

The practical part of the problem is the specific problem itself, without the emotional attachment we have to it. The practical part has a solution, if we can detach from our emotions long enough to gather information, look at the facts surrounding the problem, and identify possible options and solutions.

### **Emotions Complicate – Solutions Often Simple**

Solving the practical part of the problem is often relatively simple and straightforward. However, mucking through the emotional part of the problem can make the actual problem seem monumental and impossible, rendering us ineffective in coming to a resolution or solution.

### **Analogy Solution – Tunnels And Trains**

I would like to present an analogy about difficult emotions that may assist people involved in the prison system to more effectively deal with them. Imagine that the difficult feelings are tunnels, and we are trains traveling through them.

We must move all the way through the darkness of the tunnel to get to the calm, peaceful light at the end of the tunnel. Yes, it is a cliché, but it is very applicable to our process when we experience strong difficult emotion. It sounds simple, but it's much easier said than done. [So, grab your baggage and let's get on this train. Ed.]

The problem is that we often attempt to intercept or stop ourselves during our journey through an emotional tunnel. We don't want to feel the painful or difficult feelings. We think we can't stand it. Also, we don't want to watch people we care about experience these difficult emotions. So we try to stop them.

### **Don't Stop It, Let It Flow And It Will Go**

The result is, instead of simply allowing the emotion to flow through us, and then dissipate and leave us, we hang on to it. When we stuff or hang on to the unprocessed feelings, we set ourselves up to revisit the memory of the situation and the associated strong emotion over and over again.

If we can learn to experience all emotion WITHOUT HAVING TO DO ANYTHING ABOUT IT, as we experience but allow the storm of feelings to pass through us, we can release the power our emotions have over us. We can let the feelings go, detach emotionally from the situation. [In other words, "be cool." Ed.] This allows us to take the next steps of objectively gathering information, looking at options we have available to deal with, making a reasoned decision, and effectively solving the problem.

### **Take Time Out – Count To Ten, Bite Your Tongue, Take A Deep Breath...**

If we can come up with information about the problem and have some options or logical solutions, then we do not feel as helpless, hopeless, fearful or angry. Solving the problem won't work if we are still in the middle of the strong wave of feelings. We cannot be logical and reasonable when we're caught up in a wave of panic, frustration, hopelessness, or anger. That is why taking a time out, counting to 10 and other time-tested interventions to our irritability or anger, are so valuable. It allows time to emotionally separate ourselves from the situation that is triggering the strong emotions.

So often when we are struggling with a difficult feeling – sadness, anger, fear, embarrassment, loneliness, guilt – we try to logic ourselves or our loved ones out of it. OR we try to impose our will on others, trying to get them to do what we want them to do to make the situation change – which we believe will make us feel better. Either way, if we have not allowed ourselves to actually experience the feeling that we are having related to the situation or problem then let it go, we are simply denying ourselves to fully experience it and let it leave our being.

### **Cultural Recognition of Emotions**

Eastern medicine associates physical medical problems with stagnant and trapped emotion. The philosophy is that if we are feeling something, we need to allow it to run its course – without acting on it, but instead simply experiencing the feeling – until it dissipates and goes away, leaving us with a clear mind to deal with the actual practical part of the problem. For example, Eastern medicine associates liver problems with unresolved anger; kidney problems with unaddressed fears.

In modern Western psychiatric medicine, there is a term called alexithymia which means the inability to experience, process or express emotion. When I was in graduate school, I did an internship in the Mental Health Service at the VA Medical Center in the Post-Traumatic Stress Disorder (PTSD) clinic. During that time, the VA was conducting a study of the correlation between veterans with alexithymia and diabetes or heart disease. The results found a correlation in veterans with PTSD who tend to compartmentalize their emotions and who have difficulty allowing themselves to

experience and express emotion, with the development of both heart disease and diabetes.

### **A Conclusion On Handling Emotions**

All of this points to the importance of learning how to feel, experience, identify and tolerate the process of all types of emotions. It will reduce negative effects on physical health as well as contribute to healthier psychological well-being. In addition, it will improve one's ability to deal with the challenges and problems each of us is faced with in our lives.

### **Back On The Train, Going Through Tunnels. Or: "If You're Going Through Hell, Keep Going" – Churchill**

Back to the analogy: If emotions are tunnels and we are trains going through them, then we NEED to keep moving all the way through to the other side. What we often do, when facing our own emotional struggles, is attempt to get out of the tunnel early—banging on the sides, ignoring the cavernous echo, and wondering with confusion, why we can't see daylight yet.

Sometimes we squat in the darkness, close our eyes, and just pretend we're not in a tunnel at all. Everything is just fine, thank you very much.

Sometimes we do a whole host of other things—eat comfort or junk food, drink too much alcohol, use illicit substances, spend too much money, gamble, run marathons, binge-watch television, play games on our electronic devices and other destructive behaviors to distract ourselves from the fact that we're in a tunnel in the first place.

But none of those things gets us out of the tunnel, do they? Then, when we FINALLY let ourselves feel the pain, find a way to let it out that is not harmful or destructive or threatening to others, we feel so much better.

There is no way out of the emotional tunnel, except through it. That's not always comfortable, but it will be worth it in the end. Keep going!

### **Through The Tunnel, Solutions Ahead**

Once our mental processes and perceptions are no longer clouded by the emotional reaction to whatever the problem is, we can find our way clearly to the solution. We can calmly talk to people we trust about the possible options and solutions.

With that said, the next question is, how can we be supportive to each other when we are experiencing strong emotions?

### **Helping Each Other Through Emotional Bumps**

One thing this prison journey has taught me is that we can cultivate our ability to sit by our loved one's side as they bump their way through their emotional tunnel. Allow them to feel the wave of strong emotion, allow them to express it safely without us judging them, and watch it subside. Both inmates and family members can learn to do this for each other. We can do it in visits, on the phone, in cards and letters. We cannot ever move to solving the problem if we cannot allow ourselves and our loved ones to experience the emotions involved and let them go.

For years I have sat in visiting rooms and watched families go through the sharing of bad news, disagreements and strong emotions when everyone at the table is engulfed in their fears, their pain, their emotion about whatever problem seems insurmountable. I have seen loving outcomes and unhappy outcomes. I have done this with my own incarcerated loved one, and it feels wonderful to be able to be caring and supportive as they find their own way through their difficult feelings. I have also had times when I was the one that could not see through the darkness of my own emotional reaction, struggling to get to the light at the end of the tunnel. It has helped immensely when my loved one has been supportive and allowed my feelings to flow through and subside. Then together we experience the ability to work together to come up with options and solutions to whatever the problem is.

### **Don't Fix Or Admonish Emotions, Just Understand**

We all can strive to understand the emotions others are feeling. Not fix it, not tell them they shouldn't be feeling it. Just understand. All people just want to be understood, first and foremost. Next, each of us wants our feelings to be accepted, even if the other person doesn't feel the same way. Emotions just are. They are not to be judged, just experienced and let go.

It seems that if we can learn to do this for the people we care about, we surely will be able to get through the incredibly challenging and rough road of the prison journey much more smoothly. It doesn't matter if you are an inmate or a family / friend of an inmate. This applies to us all equally.

## **Recommended Books For Felons And Their Families Gathered From Various Resources**

Here is a list of books to help inmates and their families learn what to expect and how to improve their situations on the prison journey.

**Chicken Soup for the Prisoner's Soul:** 101 Stories to Open the Heart and Rekindle the Spirit of Hope, Healing and Forgiveness: Previously available only

through free distribution to prisons, this life-changing book is the result of charitable donations from sales of



Chicken Soup for the Christian Family Soul and gifts from thousands of individuals.

**Serving Productive Time: Stories, Poems, and Tips to Inspire Positive Change from Inmates, Prison Staff, and Volunteers**

Paperback – April 23, 2009 by Tom and Laura Lagana: Are you or have you ever been incarcerated? Do you have a loved one in jail or prison? Do you work or volunteer at a correctional facility? Have you ever been the victim of a crime? Do you understand that we all share the responsibility of helping others – no matter who they are, where they live, or what they have done? If so, you understand that incarceration affects everyone and that only through positive change can people begin to heal and grow.

In *Serving Productive Time*, you'll read about extraordinary people who are taking tangible steps to make positive changes in their own lives and who are reaching out to help others do the same. Some stories will help you gain a new perspective on those who are incarcerated. Some will help you understand the need to prepare inmates for release and to support them afterward. Others will help you appreciate your freedom and remind you that we all make mistakes. And still others will reaffirm the fact that, although many of us might be imprisoned in some way (either by a limiting belief, illness, or other situation), we all need a helping hand at some point in our lives to lift us up and show us the path to a new life.

**Earning Freedom - Conquering a 45 Year Prison Term**

by Michael Santos ASIN: B01FIZW9JG. On August 11, 1987, when he was 23 years old, DEA agents arrested him. He served the next 9,135 days in federal prisons of every security level. On August 13, 2012, authorities released him. *EARNING FREEDOM* shows readers how he began to transform his life from inside of a county jail. It shows the steps he took to develop values, skills, and resources that would empower him through a quarter century in confinement.

**Everyone Makes Mistakes - Living With My Daddy In Jail**

by Madison Strempek. Take a heartwarming journey with 10-year-old author as she candidly depicts her life experience of living with her father in jail. Through her eyes, you will live the heartbreak of her life changing news, discover how she survives with her embarrassing secret, and ultimately finds resolution and strength in understanding everyone makes mistakes. It's truly a story of perseverance, forgiveness, and love. ISBN-10: 0692559299

**Parental Incarceration and the Family: Psychological and Social Effects of Imprisonment on Children, Parents, and Caregivers**

Paperback – May 22, 2014 by Joyce A. Arditti (Author) Winner of the 2014 Outstanding Book Award presented by the Academy of Criminal Justice Sciences. Over 2% of U.S. children under the age of 18 – more than

1,700,000 children – have a parent in prison. These children experience very real disadvantages when compared to their peers: they tend to experience lower levels of educational success, social exclusion, and even a higher likelihood of their own future incarceration. Meanwhile, their new caregivers have to adjust to their new responsibilities as their lives change overnight, and the incarcerated parents are cut off from their children's development.

*Parental Incarceration and the Family* brings a family perspective to our understanding of what it means to have so many of our nation's parents in prison. Drawing from the field's most recent research and the author's own fieldwork, Joyce Arditti offers an in-depth look at how incarceration affects entire families: offender parents, children, and care-givers. Through the use of examples, anecdotes, and reflections, Joyce Arditti puts a human face on the mass of humanity behind bars, as well as those family members who are affected by a parent's imprisonment. In focusing on offenders as parents, a radically different social policy agenda emerges – one that calls for real reform and that responds to the collective vulnerabilities of the incarcerated and their kin.

**Prisoner Family Talks, Days, Stays & Vacations:**

Connecting Helps Healing. Paperback – May 18, 2017 by Reverend Mike Wanner (Author). This Book expands the importance of family to rehabilitation. The potential of prisoners to once again reclaim a bit of the joy that they may have missed. Prison may have suppressed the joy that once was and the separation can leave a person feeling hopeless but reversing the process may be key to healing. Restoring the family can bring a whole new dynamic to the motivation of a prisoner. This book is about furthering the healing in families to help all of them heal. ISBN-10: 1546745246.

**The Voice from Inside: Failure Brings New Knowledge:**

"The Voice from Inside" (Nov 18, 2015) is the first book by professional speaker John Wannamaker. The book is about finding yourself in the midst of heartache, turmoil, break-up and failure and then how to redefine yourself with new knowledge. This book is a collection of his best blogs and the blogs he refused to publish during his time in federal prison. He captures the transparency angle of prison and tells of how the prison system is a microcosm of our society (families, neighbor-hoods and cities). ISBN-10: 1519332432

**The Power of Broke: How Empty Pockets, a Tight Budget, and a Hunger for Success Can Become Your Greatest Competitive Advantage:**

Daymond John has been practicing the power of broke ever since he started selling his home-sewn t-shirts on the streets of Queens. With no funding and a \$40 budget, Daymond had to come up with out-of-the box ways to promote his products. Luckily, desperation breeds innovation, and so he hatched an idea for a creative

campaign that eventually launched the FUBU brand into a \$6 billion-dollar global phenomenon. But it might not have happened if he hadn't started out broke – with nothing but a heart full of hope and a ferocious drive to succeed by any means possible. ISBN-10: 1101903619

**Jails to Jobs - Seven Steps to Becoming Employed**

by Mark Drevno ISBN-10: 0991219708 A step-by-step approach written specifically for ex-offenders that will take you through the process of finding a job. It offers tips and techniques to help you be more effective and give you the encouragement you need to reach your final goal -- a job that is a good fit for you and the employer.

**Unlocked - Keys To Getting Out & Staying Out:**

Written by veteran prison officer Chance Johnmeyer of New Hampshire and Florida, with contributions from several former inmates. Unlocked is an honest guide for those re-entering society. Combining compassion, experience, and practical advice, Unlocked talks straight about the challenges facing released inmates as they try to reestablish life on the outside. Filled with exercises, real-life suggestions, and a resource guide for Florida inmates, Unlocked is your pocket guide to

embracing freedom and starting over – the right way. ISBN-10: 1523338539

**The Best 500+ Non Profit Orgs for Prisoners and Their Families:**

Fourth Edition Paperback – March 17, 2017 by Freebird Publishers (Author), Ago Per Karma Designs (Author), ISBN-10: 154476877X. America's only up to date & comprehensive print resource of nonprofit orgs specifically for prisoners. Over 500+ Listings. All new entries and sections, Registry of Motor Vehicles by state, Social Security by state, Internal Revenue Service by state and region, Immigration by state and U.S. Congress by state and district. Legal, Newsletters, Educational, Medical, Reentry & Jobs, Family & Children, Free Books, LGBTQ Resources, and more. New sections: SNAP by state, Salvation Army by territory, American Red Cross by state, Jobs for Felons by company. The book lists organizations with descriptions of what each one offers. The best part is the book is cross-indexed by states, names of orgs and subjects so you can find what you want fast. New Fourth Edition has hundreds of more contacts that have been added, way over 500+ listings. Organizations listed by state and services. Bonus: 100 Best Organizations en Española.

**A Few Words About The UPAN Newsletters – Especially For Our Wonderful Volunteer Mailers**

By the Editor

**Details On Copying And Mailing UPAN Newsletter**

The UPAN newsletters are meticulously formatted to fit on five sheets of 8½ x 11, 20-lb. bond paper. This is so a single Forever First Class U S Postal Service stamp will cover the one-ounce rate and still include a staple in the upper left corner and a No. 10 (business-sized envelope) with the newsletter folded and inserted. We produce ten pages that are to be printed back-to-back on five sheets of paper. I hope this information will be useful for new UPAN Newsletter mailing volunteers. If you decide to print on one side only, you will need a second-ounce stamp and you may have trouble folding and inserting ten sheets into a No. 10 envelope. Thank you for your volunteer service of time and costs.

**NOTE: To August UPAN Meeting Attendees**

If you attended the August UPAN meeting and received a July 2017 UPAN newsletter that was handed out there, you may have noticed it is missing page 9.

That page included the latter 2/3rds of Mike McAinsh's article about legislators favoring the SOTP audit and the first half of an anonymous inmate's article about bad choices and the consequences that have turned his outlook around. Please go online to our website listed below, find the July 2017 newsletter link, and copy page 9 to complete your copy of that issue. You'll be glad you did. Reading the completion of those two articles will surely be rewarding to you. ##

**A man can be better or worse than his reputation, but will never be better than his principles. Dan Cassidy  
[That applies to women also. Ed.]**

***This summer has been extra hot, but you're tough and it will end soon. You endure a lot of discomfort; this is just one more thing adding to emotional strain. Molly's Train Analogy on Emotions and some quotations in this issue may reduce that strain, take the train, and reduce the strain, while deep in your soul you're staying cool. "Way to go!" Ed.***

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**"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**