



UPAN Newsletter Volume 4 Number 12 | DECEMBER 2017

“Empowerment and Growth Through Knowledge and Unity”

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Return Home Help – Inmate Death Report – Contest Winners’ Pics

NEXT UPAN MEETING: MONDAY, JANUARY 8, 2018 6:30 – 8:30 p.m.

Kafeneio Coffee House 258 West 3300 South, Salt Lake City

TOPIC: Sex Offender Parole by Molly Prince. Free and open to the public.

CYBER LOBBY TRAINING: Tuesday, January 9, 2018 at 6 PM - 8 PM

ACLU Utah 355 N 300 W, Salt Lake City, Utah 84103 please RSVP

February UPAN Meeting: Monday, February 12, 2018 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: Date TBA in January UPAN Newsletter. 6:00 – 8:00 PM

LOCATION: Region 3 Adult Probation & Parole Office,

36 W. Fremont Ave (1100 South, just West of State St.) SLC 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.

As the holiday season passes, may a gentle feeling of peace bring joy to you and yours that will last through the new year.

Words of Appreciation from Inmates

(See also: pages 9 & 10 for UPAN's Mission and Goals, plus "Why UPAN? The Answer!")

Here are some examples of expression of appreciation sent to UPAN from inmates this past year. We did not have room in the November UPAN News for these, so we are including a few here as the year closes.

"To our 'voice.' I am one who has no one (family) out there to send me the UPAN newsletter. I appreciate and thank you kindly for sending me the newsletter. We like to thank you for being our voice. To all of UPAN Staff and Volunteers, we thank you for a terrific job in being our voice and keeping the newsletter coming." R.M.

"I would like to thank UPAN for all you do. Please add me to your newsletter mailing list. I do not have anyone who will print and send it to me, you see I have been down for 18 years and my family can't handle the prison life any longer. The articles I have read when borrowing from someone bring me hope that there can be change some day." J.B.

"Thank you for the cards ya'll send. Thank you for what you do. In case one of the volunteers wants to write me as a pen pal here is my name and number. If not, it is cool to get mail from ya'll so I appreciate it." J.Y. (*Note: UPAN does not have a pen pal program, nor anyone to screen and coordinate such a program.*)

"I want to give everyone a big and grateful Thank You! for sending me a newsletter every month. I am very appreciative and delighted to have others looking into the way things are run in the prison system. We finally have a place who will listen to our concerns and try to address the problems to the higher officials. Thank you for being devoted and compassionate to a lot of us inmates." G.H.

"I know it takes a lot of voices to make things change around here. I want to thank every person in UPAN that has done something to help those of us who cannot do a lot to help make the system change. I know sometimes it is hard for our families out there to take a stand, and sometimes they can't bring themselves to do it for many reasons. One of which is fear of us being retaliated against if the prison finds out who is doing the talking to reporters and politicians. I know you guys all do this in your spare time and on your own dime. Here are a couple of envelopes to help out in answering someone's letter. I hope you can tell everyone who has talked to their legislators, talked to their neighbors, or had the guts to stand up for what is right in public, that there are many of us in here who will forever be indebted to you for making a difference. That is what I am thankful for when it comes to UPAN." M.S.

Upcoming Mentor Training for Inmates Releasing from Timpanogos

Mentor Training for those who wish to become mentors for the women in Timpanogos as they prepare to leave prison will be held on:

Saturday, January 20, 2018 between 9 AM and 4 PM at the Good Shepherd Lutheran Church, 8575 South 700 East, Sandy, Utah.

Please contact Chaplain Vicki Neumann if you or someone you know has interest in learning more.

Email Address: rev.neumann@gmail.com

2017 LEGISLATION ESTABLISHING A CHILD ABUSE OFFENDER REGISTRY

<https://le.utah.gov/~2017/bills/static/HB0149.html>

Another "One Size Fits All" Registration

There is a bill signed into law in March, 2017 that established a Child Abuse Offender Registry to be administered by the Utah Department of Corrections.

The highlighted provisions of this bill:

- ▶ created the Child Abuse Offender Registry;
- ▶ requires persons convicted of felony child abuse and human trafficking to register;
- ▶ specifies requirements for registration;
- ▶ sets penalties for failure to register; and
- ▶ places the registry within the Dept. of Corrections.

It requires that a person who is a convicted of child abuse (non-sexual) comply with the same type of registration requirements that a sex offender against children is required to do each year.

This includes having a valid state identification card or driver's license that is renewed each year in conjunction with the registry. This includes youth offenders convicted of child abuse.

If anyone would like to research this and provide more information for UPAN on it, it would be greatly appreciated.

* * * * *

**CRIMINAL PENALTY ENHANCEMENTS FOR SEXUAL OFFENSES
INVOLVING HIV, AIDS, HEP B OR HEP C**

There was a bill that was enacted in the 2017 General Legislative Session sponsored by Justin L. Fawson and Todd Weiler that enhanced the criminal penalty for sexual offenses without the consent of the victim when the offender is infected with Human Immunodeficiency Virus (HIV), Acquired Immunodeficiency Virus (AIDS), hepatitis B, or hepatitis C. It enacts 76-3-203.12, Utah Code Annotated 1953.

This bill enacted provisions to enhance the classification of a sexual offense if the perpetrator was infected with HIV, AIDS, Hep B or Hep C. It reads "A person convicted of a sexual offense described in Chapter 5,

Part 4, Sexual Offenses, is subject to an enhanced penalty if at the time of the sexual offense the person was infected with Human Immunodeficiency Virus, Acquired Immunodeficiency Virus, hepatitis B, or hepatitis C and the person knew of the infection. Except as provided in Subsection (2)(b), the enhancement of a penalty described in Subsection (1) shall be an enhancement of one classification higher than the root offense for which the person was convicted. A felony of the first degree is not enhanced under this section."

**SENATOR TODD WEILER PLANS A BILL TO REQUIRE CORRECTIONAL FACILITIES TO FILE
ANNUAL REPORTS ON INMATE DEATHS**

This report is compiled from several news reports over the course of the past year
by Molly Prince

Deaths In Utah's County Jails Under Scrutiny

UPAN is pleased to learn that Utah Senate Judiciary Committee Chairman Todd Weiler, R-Woods Cross, has announced that he is working on a bill that would require Utah's county jails and the Utah Department of Corrections to submit annual reports on deaths in Utah's correctional facilities as well as, the handling of opioid drugs and lists of medications that jails refuse to administer. This is in response to the increasing publicity of deaths in Utah's Jails throughout the state in recent years.

Some Grim Statistics

According to the Ogden Standard Examiner, there were at least 24 deaths involving Utah's jails in 2016. And in the Salt Lake Tribune, Utah had the highest local jail mortality rate in 2014, with at least 19 inmates dying in jails according to an article by Taylor Anderson, October 29, 2017. The latest full year for which data are available is 2014 from the Bureau of Justice Statistics. At least 11 died in 2015.

According to Standard Examiner Visuals project about jail deaths, "Of the 50 jail deaths so far reported in Northern Utah since 2005, more than half were a result of suicide. The second largest cause of death fell under an umbrella of illnesses or natural causes. Those deaths could include: heart disease, cancer, liver disease, respiratory disease, or other, according to the Bureau of Justice Statistics. Weber and Davis counties are among the worst in the state, outstripping even more populous Salt Lake County in death rates. "

Death Information Not Freely Shared

Currently, Utah law does not require jails or prisons to report an in-custody death to the public. It is our understanding that they are required to report it to the State Medical Examiner. Sometimes correctional facilities

choose to send out press releases, but that is not the norm. In fact, it appears to be that while at least the Department of Corrections is becoming more transparent in some areas of operation, this is not information that is freely shared by either the DOC or the county jails. The Standard Examiner in Ogden has had an ongoing investigation into jail deaths over the past months and if someone wants to report a death of an inmate in one of Utah's jail, they can contact the Standard-Examiner at cityed@standard.net, (801) 625-4225 or Mark Shenefelt at mshenefelt@standard.net .

Some County Jails Use Contracted Medical Care

In July, the Salt Lake Tribune reported on the woefully inadequate medical care in county jails in Utah. It identified the small business of Kennon Tubbs, MD, a physician from Draper who worked at the Utah State Prison as the recipient of contracts for medical care awarded in six Utah counties (and four in Wyoming). He began collecting these contracts with the various counties while still employed by the state as a doctor at USP. According to the article, he is identified as the Medical Director of Kennon Tubbs, MD, LLC in the contracts. His small medical team is responsible for the care of hundreds of inmates in county jails across a "massive expanse" of land in Utah and Wyoming. This has turned into a business that generates hundreds of thousands of dollars for Tubbs. His company was on contract when Madison Jensen died because of dehydration, opioid withdrawal, and medical neglect in Duchesne County Jail a year ago.

In most of the jails on contract with Dr. Tubbs, inmates are seen by a nurse (if there are any on staff) and must wait for once-per-week visits by one of two physician's assistants working for Tubbs. If there is no nurse, the inmate must depend upon a correctional officer to take his or her complaints seriously enough to contact the

doctor, and then wait for one to show up. If it is bad weather that makes travel difficult, the wait could take days. If you do the math which involves calculating the number of miles Tubbs' contracts cover between Utah and Wyoming, it is virtually impossible to figure out how inmates in the contracted jails could possibly receive adequate and timely medical care in any sort of an acute or emergency situation. See Taylor Anderson's article of July 31, 2017 at:

<http://www.sltrib.com/news/politics/2017/07/31/in-many-utah-jails-theres-no-doctor-in-the-house-and-sometimes-no-nurse/>

Anderson's July 31 article goes on to report that "A review of those contracts shows Tubbs has designed a system to fit the budgets and requirements for multiple county commissions." He explains that the counties each have a constitutional requirement to have a medical doctor oversee medical services in their jails. At the same time, they try to keep costs down to save the taxpayers money.

That article quotes Tubbs, "I would be willing to provide five days a week at a price. That's just the economics of the whole providing medical care in jails. The sheriff's department has to decide how much they want to invest in how often they want their patients seen."

Current Medical Care Contrary To Utah's Culture

While we know that budgets are always an issue in correctional facilities, it seems that skimping on medical care leads to poor health and in some cases, loss of life. In our Utah society where we claim to care about each other, it is unconscionable that all of our county jails do not have adequate medical care.

Some Corrective Actions Now Being Implemented

Utah's Juab county does not even have a nurse on staff. In Kane County, inmates who need medical treatment are taken to a nearby hospital and the county pays about \$60,000 per year for the service. Some jails have nurses on staff and a doctor on call. This includes Cache County. The nurses can address routine medical care and there is a local doctor who is on call and can reportedly get there quickly. Since public scrutiny has started on Utah's high rate of jail deaths, some jails have changed their method of addressing medical care.

Uintah County Jail no longer contracts with Tubbs and Anderson's July 31 article states that the new jail doctor is a local resident who visits the jail frequently, meaning at least daily. John Wood is the medical director for the jails in Davis and Weber counties; both have come to public attention for inadequate medical care and high death rates.

A Standard Examiner article by Mark Shenefelt and Cathy McKittrick on May 1, 2017 revealed that Davis County Jail had 17 deaths since 2005 and 24 deaths have occurred in the Weber County Jail since 2008.

Davis County is now changing some policies, trying to prevent more deaths in that jail. In a November 19, 2017 Standard Examiner article, Shenefelt reported that the Davis County jail is implementing changes that include "more elaborate specifications and requirements during the process of screening people upon arrival at the jail; additional training and procedural direction for nurses and jailers; and a policy section warning personnel against any "deliberate indifference" to the health and safety of inmates."

Davis County also is reporting that emergency medical technician training is being given to some jailers. This will result in first-line EMT service on hand during emergencies. Davis County stated that outside EMTs and ambulance crews dispatched to the jail during medical emergencies will be given quicker access through jail security, according to the article.

Ruptured Spleen Death Scene Spoiled And Four Suicidal Inmates Ignored

Investigators of the death of Heather Miller, 28, who died of a ruptured spleen suffered in the jail Dec. 21, 2016, reported numerous shortcomings in the response. The Utah Attorney General's Office conducted a criminal investigation but declined to file charges, saying any negligence "did not rise to the level of criminal conduct." A separate Weber County investigation determined the Davis jail spoiled the crime scene before detectives could see it. Also, reports on four Davis County Jail suicides in the summer showed both inmates and jail staff noticed unsettling behavior by some of the victims, but policies were not followed to inform supervisors of these developments. Time will tell if Davis County's new policies will effectively and consistently address this lack of attention to signs of problems before more deaths occur.

Staff Changes Made But Resolution Of Some Complaints UPAN Received Not Reported To Us

Davis County Sheriff Todd Richardson told reporter Shenefelt that there have been "a lot of adjustments made and named some new captains," including a new jail commander in January. UPAN hopes that this is a move in the direction of creating a culture of humane treatment of those incarcerated in Davis County Jail. UPAN has received complaints of inappropriate treatment toward state IPP inmates by Davis Jail staff, including harassment due to sexual orientation, in the past. UPAN has passed those concerns on to the Utah DOC IPP director. We were assured they looked into it, but UPAN has not been informed of specifics of the outcome of the investigations. We can only hope that those same indifferent officers and housing captains that allowed emotional abuse, lack of medical care, and harassment toward inmates are the ones being replaced.

This article has not touched on the serious lack of mental health care in our jails, nor the glaring lack of

training of staff for supervised opioid withdrawal in Utah's jails.

Those are other considerations that must be addressed as watchdog groups including UPAN, the ACLU, the Disability Law Center and (hopefully) others pay atten-

tion to what our prisons and various county commissions and sheriffs are going to do to bring inmate care into the 21st century. [Well said, Molly. Ed.]

New Technology Helps Utah Inmates Prepare for Their Return Home

Adapted from UDC press release and article on www.corrections.utah.gov

Community Reentry Program Being Studied

In November, Assistant Regional Administrator Eric Barker notified UPAN about the Focused Re-entry Program's implementation of a pilot program to assist former offenders in the transition from prison to the community as part of the tech-assisted Focused Reentry Program aimed at helping them successfully return to the community.

Pilot Program With Individual Pre-loaded Tablets

The week of November 13, 2017 the Utah Department of Corrections provided tablets to 22 inmates in a pilot program at Utah State Prison. The goal is to give people a head start on their release and reentry by providing targeted educational, rehabilitation and reentry plans. The tablets are pre-loaded with individualized educational materials, treatment plans, housing information employment options and educational libraries.

Personalized Plans For Successful Reintegration

Numerous studies have shown that providing education and treatment to incarcerated individuals is more cost-effective in the long run and reduces the risk that a person will commit new crimes after release. Utah's tablet pilot will equip the inmates with personalized plans to prepare them for reintegration. This pilot program is the first in the nation that will allow the individual to keep the tablet after release in an effort to maintain a smoother reentry.

Adult Probation and Parole Director Jim Hudspeth said, "Inmates will have access to resources that greatly improve their chances for success after release. Technology-based education and rehabilitation programs are proven to make facilities safer and increase the safety of the community by giving an inmate every opportunity to become a productive and crime-free citizen."

To see the tablets in operation and to learn more about focused reentry program, watch this video on YouTube. <https://www.youtube.com/watch?v=SKTbdwOVTyl&feature=youtu.be>

Cyber Lobbying 101 Workshop: Learning to Use Website le.Utah.gov

Tuesday, January 9, 2018 at 6 PM - 8 PM

ACLU Utah 355 N 300 W, Salt Lake City, Utah 84103

You Can Be Involved In The Legislative Process

Case Managers Involved Via Plans And Tablets

Each person's case manager will have access to their reentry and treatment plans to upload approved content and resources. It also enables them to check in with the offender and track progress. Case managers can provide action steps, appointment times and rehabilitation resources to the offender to support their success on parole.

The tablets operate on a secure, private, wireless network, which is engineered by network developers used by Homeland Security. Data is maintained and stored in a high-security data center. Inmates will have tightly controlled access to electronic communication and will not be able to reach any person or site that has not been pre-approved.

Utah Parolees First In Nation To Test This Program

The initial group of inmates piloting the tablets will be released in about 90 days and will merge from use inside the prison to using the tablets in the community under parole supervision. An app called "Pokket" allows AP&P agents to lay out action items, such as reporting dates and treatment appointments, in their supervision plan which will play an intricate part of the offenders' community supervision. This is the first program in the nation that allows the inmates to take the tablets with them as they release to the community.

The costs for the pilot program includes the tablets, establishing a secure network, and maintenance. The tablets are about \$500 each, which includes all content, network security, and military-grade casing to prevent tampering and ensure security.

UDC is contracting with American Prison Data Systems, which works in more than 40 correctional facilities across the United States.

The ACLU is responding to requests from the public who want to be involved in the Utah State Legislative session, advocating for important civil liberties issues.

They have also heard from many folks who aren't comfortable using Utah's very comprehensive - and very transparent - legislative website. You asked for help, and the ACLU wants to give it to you!

Attend – Learn – Take Action

Go to the ACLU of Utah office on Tuesday, January 9, from 6:00 p.m. to 7:30 p.m., for a workshop on how to use the le.Utah.gov website to support your community lobbying efforts. You will learn how to read the many helpful calendars (weekly and monthly) on the website, where to find live streaming audio of committee hearings (if you can't get away from work!), how to

contact your representatives (or even find out WHO represents you), how to translate the "reading calendars" for the House and Senate (and watch live video of the proceedings!), and much more.

RSVP Required: SPACE IS LIMITED

To secure your spot, please contact Mariadelmar Gonzalez at: mgonzalez@acluutah.org to secure your spot. If you have a laptop, bring it to practice on. If not, they will project the site on the big screen for everyone to follow along. You can take notes to keep next to your desktop computer at home!

Making Good Decisions

By Warren F. Rosenbaum (aka Ed.) (Author's short prayer for our inmate loved ones: "May God bless all of you! Amen.")

The bad decisions I have made,
Betrayed my sense of right and wrong;
I let my love for family fade,
Home with them is where I belong.

Ignoring the difference 'tween good and bad,
I let my feelings dictate my action;
Acceptance by peers made me glad,
Being a player was the main attraction.

Even without peer pressure I've failed,
Making decisions on my own;
My good judgment often curtailed,
By desire to sample the tempting unknown.

It takes only seconds to make a decision,
A decision I know is totally wrong;
Acting with an arrogant disposition,
I set aside conscience, I was headstrong.

Meditation showed this fault within me,
Maturing, I perceived the source of my strife.
The need for good choices and ethics I see,
I now control what screwed up my life.

The pull for acceptance can be an addiction,
Making demands that are hard to forego;
I've kicked that habit, cured the affliction;
I'll go with the flow that most people know.

Internal self-control now fills my soul,
A path to successful, deserved parole;
My actions now internally disciplined;
I've finally stopped running against the wind.*

* A 2017 Christmas thank you to singer/songwriter Bob Segar for the last four words, in that order, from his hit record of 1980 titled, "Against the Wind." WFR

Keeping the Christmas season on a jolly level, here are a few quick smiles:

An elf who sings is called a wrapper; And a kid who doesn't believe in Santa is a rebel without a Claus; Stretching it a bit, but still carrying a hint of Christmas, "What do you call a bunch of chess players bragging about their games in a hotel lobby?" Chess nuts boasting in an open foyer. *Enough already!!*

The following is for highly educated, elitist readers, and PhD candidates. Two things from real life: (Ed.)

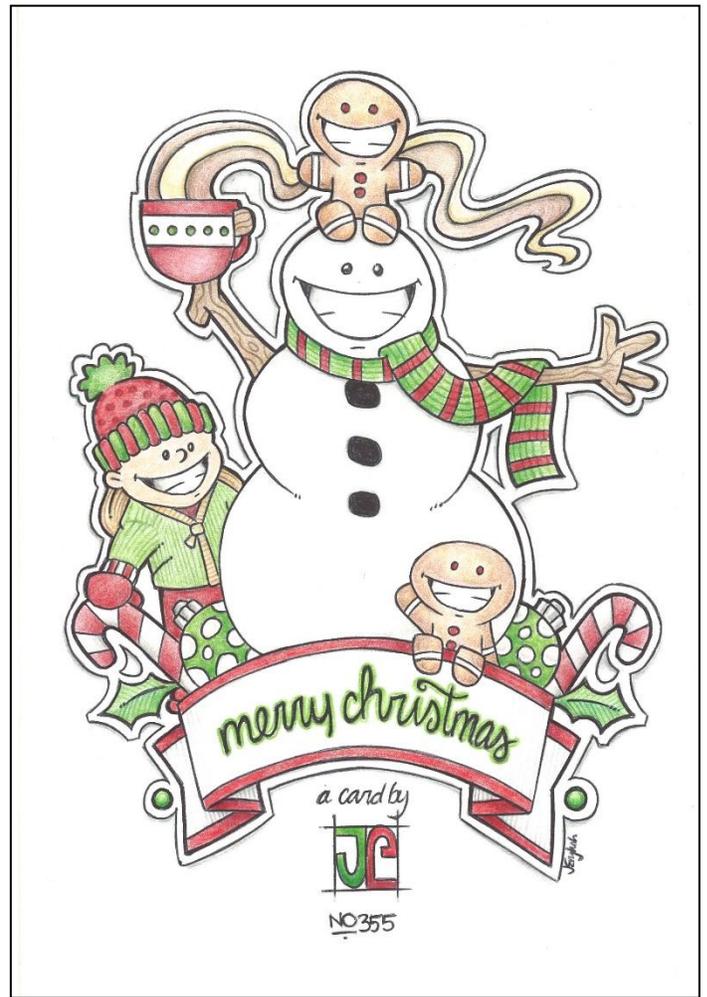
*Mrs. Claus is talking to Santa Claus saying, "As you're riding in that open sleigh behind those reindeer,
I sure hope it doesn't rain, dear. And...*

You can be as crazy as you want during the Holiday Season because there is no sanity clause.

On page 7 are reproductions of the UPAN 2017 Christmas Card Design Contest winners. The UPAN News November issue described them as 1) Child Hugging Teddy Bear, 2) Happy Child with Happy Snowman, and 3) Friendly Pet Dog with Halo Over His Head. Note the details: 1) on Xmas tree & manger scene on fireplace; 2) cap, scarf & second line around snowman & 3-D scroll; 3) dog's face, halo, torn-open package and displaced Xmas tree lights. Enjoy! Ed.



First Place Traditional Christmas
By Adam Smuin, at Draper



First Place Contemporary Christmas
By Jeremy English, at Gunnison

Below: Honorable Mention by Robert Wolf, at Draper





The following write-up has been reprinted here for inmates and others who don't have access to the internet. It is from the DOC website, slightly modified for currency. Ed.

Inmate Culinary Artists Put Talents on Display at Festival of Trees

The talented culinary artists at Timpanogos Women's facility brought their holiday magic back to the Festival of Trees fundraiser with another set of gingerbread masterpieces. This year the displays featured Disney movie favorites and a Salute to Veterans.

For the past 15 years, incarcerated women at the facility have volunteered their time to make intricate gingerbread houses to donate to the Festival of Trees fundraiser for Primary Children's Hospital. The incarcerated women look forward to designing and decorating the project as a way they can use their talents to support a worthy cause.

For the main 2017 Festival of Trees display, the women created a three-foot replica of a Disney castle, which is surrounded by all the princesses and other beloved characters. Another display features Moana, Maui and characters from the *Moana* movie along with a delicate

ocean wave crafted from hard candy. The final display pays respect to the Armed Forces and Veterans with patriotic signs and replicas of aircraft and American Flags.

The houses take months to design and create. Every part of the display is edible. The houses are made of a variety of materials including hardtack candy, homemade fondant, icing, edible paint, Rice Krispies treats and, of course, gingerbread. Lt. Rod Villiamil has supervised the gingerbread project since it started and says the houses are a labor of love for the women.

The houses were on display at the Festival of Trees at the South Towne Expo Center for four days beginning Wednesday, November 29th before going home with a lucky bidder at the fundraiser's silent auction.

- UDC Public Information Office, November 29, 2017

"We find the beauty of the soul deep within each person only when we make the decision to look." Molly

TO ALL OF UPAN'S HOLIDAY CARD VOLUNTEERS ! A DEEP THANK YOU!

UPAN directors and Holiday Card Program Coordinator Audrae Rogers want to send a heartfelt THANK YOU! on behalf of so many inmates who received holiday cards this year due to your generosity, time, and compassion.

At this publication date there were a total of 790 cards sent to those in the Utah Prison System, including IPP inmates, this season. There were 430 cards sent to 430 inmates by 28 UPAN holiday card volunteers. In addition, the 42 steadfast UPAN newsletter volunteers became holiday card volunteers. They also sent holiday cards to the 360 folks on their inmate mailing lists.

We want to share an example of the depth of what this can mean to someone locked away from society through the following story:

"Here I was in my cell sitting on my bunk on Christmas Eve, sad but hanging in there. My thoughts were on my

mom who passed away in 2004, and thinking 'man, this is my 24th Christmas behind bars.' Then at about 4 pm the officer gave me some mail. I was surprised because I don't get much mail. Being incarcerated for so long, friends and family have forgotten me or passed on. When I read the holiday card my heart skipped a beat and I started to cry.

Yes, this 46-year old hard-core convict was crying. The kind words of encouragement, blessing, and letting me know that I'm not forgotten from total strangers from far away shattered my emotions. Please let them all know that I love them all and will cherish their words in my heart. And yes, I will walk with my head up high and will share my story with no shame and will help others that find themselves in similar situations."

Sending the love of the season out to everyone from the UPAN directors & Holiday Card Program Coordinator.

Hope begins when you stand in the dark looking out at the light. CSI Television Show

UPAN's Periodic Restatement of Our Mission and Goals

The following is our periodic reprinting of Utah Prisoner Advocate Network's (UPAN) Mission and Goals for review and enlightenment of all the people affiliated with UPAN, including inmates, families, DOC administration, Utah legislators, and Executive Branch officials, Utah government officials, and the media as we work toward mutual cooperation and agreements for the ever-necessary improvements we all seek, of the Criminal Justice System.

Our Mission

To provide a safe and understanding place for families and friends of incarcerated individuals to connect and share their challenges and receive support and information to help them more effectively cope on their prison journey. When a friend or loved one ends up in prison, it's a grueling experience for all involved as the inmate and his or her supporters try to adjust to the rules, regulations and restrictions of a life separated by bars.

Our Goals

- 1) To create a network of prison family and friends who can contact each other for help and support when various issues come up. To guide each other on who to talk to when a serious problem arises so that we can all effectively learn how to navigate the prison system for the benefit of everyone involved.
- 2) To identify challenges and problems faced by inmates as they serve their sentences, and then work WITH prison officials and Utah Department of Corrections administration to resolve these problems. The mission of UDC and the prison policies and how they are carried out impact the quality of life for those living portions of their lives in prison. This in turn affects their families and support networks. Since the Dept. of Corrections has committed to collaborate with other agencies and organizations and systems to provide both community safety and rehabilitation of prisoners, UPAN has become one of those organizations that help to contribute to solution of problems and the rehabilitation of inmates.
- 3) We want to improve the level of understanding of what happens in prison and how things work for the families of inmates, as well as educate the public about the TRUTH and WHOLE picture of having a loved one in prison. To dispel the MYTHS that all inmates lay around getting special privileges and perks at the taxpayer's expense.

That's how we're going to win. Not fighting what we hate. Saving what we love."
-Rose's words to Finn in Star Wars, the Last Jedi

Why UPAN? Here's The Answer.

The following paragraphs are excerpts from the Salt Lake Tribune article by Brooke Adams, Aug.23, 2013. The entire article may still be available online. Google Salt Lake Tribune Archives. If you're successful, you're better than I am. Ed.

Many people with a newly incarcerated loved one or family member need more basic advice, such as how to set up a telephone account, advocate effectively so the inmate gets services he or she needs and want to share individual stories.

When a friend or loved one ends up in prison, it's a grueling experience for all involved as the inmate and his or her supporters try to adjust to the rules, regulations & restrictions of a life separated by bars.

The Utah Prisoner Advocate Network is a non-profit community organization helping to make that new life less complicated and lonely for inmates' supporters while also advocating for better conditions inside the prison.

Molly Prince and several others recently formed a new support group — the Utah Prisoner Advocate Network (UPAN), which meets monthly — to provide a forum for friends and family to speak more freely about individual cases and how to navigate the prison system. It has already drawn interest from more than 120 people.

High-priority issues include: improving daily living conditions and access to medical, dental and mental health services for inmates; visitation and telephone access issues; financial challenges associated with having an inmate in prison; policy issues, including possible relocation of the Utah State Prison; and sentencing. [End]

A Little More Christmas Fun:

Most writers like me know what you call Santa's helpers – subordinate clauses. Ed.

Why was Santa's little helper depressed? Because he had low elf esteem.

What nationality is Santa Claus? North Polish.

Santa Claus has the original eight reindeer plus a ninth one, Rudolph the Red Nosed Reindeer. How come you never hear anything about the 10th reindeer "Olive" ? Olive ? Yeah, you know, "Olive the other reindeer, used to laugh and call him names."

In Closing Out this issue:

With "cool" now in hibernation till spring, we're observing what's "hot." In this issue, "Making Good Decisions" is part of our "Hot Pot." (Even if I'm blowing my own horn.) More that's hot are "Words of Appreciation from Inmates," and the winners of UPAN's Christmas Card Design contest, the entries are on page 7; good for nostalgia, appreciation of artistic talent, and some pet dog humor. Lastly, UPAN's wish for a Merry Christmas and Happy Holidays to all. That's what we've got that's hot! Ed.

Utah Prisoner Advocate Network
P.O. Box 464, Draper, UT 84020
Website: UtahPrisonerAdvocate.org
Email: Utahprisoneradvocate@gmail.com
Facebook: Facebook.com/UtahPrisoner

President: Shauna Denos
Past-President & Treasurer: Molly Prince
Vice-president: Unfilled
Secretary: Unfilled
Director of Communications: Shane Severson
Newsletter Editor: Warren Rosenbaum

For 2018 – "This is the new year, the new you. You can pass through another year, coasting on cruise control. Or you can step out of your comfort zone, trying things you have never done before, & make 2018 as the year that you elevate from where you are & soar high. Make it happen!" Pablo

"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