



UPAN Newsletter Volume 7 Number 4 | APRIL 2020

“Empowerment and Growth Through Knowledge and Unity”

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Prevention, Containment of COVID-19 – Inmate Self-Protection

NEXT UPAN MEETING: Monday, April 13th, 2020 *** CANCELLED***

The April monthly meeting is cancelled due to need for social distancing to reduce COVID-19

UPAN May Meeting: May 11th, Uncertain – TBA depends on COVID situation.

UDC FOCUS Meeting: Cancelled Until Further Notice

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

COVID-19 Prevention, Containment, & Intervention in Utah Prisons –

UPAN Directors Met with Director Mike Haddon

by Molly Prince

On Friday, April 3, 2020, UPAN directors Molly Prince, Shane Severson, Britnee Webb, Faye Jenkins, and An Bradshaw met with UDC Executive Director Mike Haddon via video conference to discuss COVID-19 and learn more about what UDC has in place to protect inmates and staff from exposure to the virus. **Director Haddon** is part of a group of Department of Corrections directors from around the entire country. He is on a group text chat with correctional system directors from every state and they are in regular communication, sharing ideas and learning as much as they can about what is being done, and what might work to combat the

spread of the virus in prisons. He indicated that he heard some good ideas from other states and feels Utah has some pro-active protocols in place should the virus be detected in Utah’s prisons.

Haddon was with the UDC during the H1N1 outbreak in 2009 and feels he learned from that experience. While this particular coronavirus is not the same as H1N1, the involvement he had in dealing with an epidemic during 2009 gave him experience that is translating to working to get ahead of COVID-19.

UDC is also part of the Utah Governor's Task Force on the Coronavirus. Haddon said he is following the Governor's leadership in addition to gleaning information and ideas from his colleagues around the country on prevention and containment within the prisons. Under Haddon's direction, UDC created its own COVID-19 task force of Corrections' leadership in early March to specifically address how to protect the prison residents and staff and to effectively handle the threat of the emerging pandemic. Utah's prisons hold large populations. Draper is like a small town and CUCF is like a village. Haddon is dedicated to protecting the residents and staff of both institutions and state halfway houses. He is also looking at what is happening in county jails that house Inmate Placement Program inmates.

UDC leadership has daily morning video meetings on COVID-19 to review their processes. They decide what to adjust, what needs changing and there are adjustments on a daily basis based on new information or developments related to the virus and how it impacts prison operations. Most of these meetings last up to 1½ hours. They are taking things seriously and sharing information from all areas and levels of Utah's correctional system.

As of April 3, 2020, there are no confirmed cases of COVID-19 in USP or CUCF. Dir. Haddon stated there have been two state prisoners tested and both tested negative. The Draper infirmary has tests in its possession. There has been one positive test in a halfway house in Salt Lake City.

New protocols put into place in the past month include the UDC Coronavirus (COVID-19) Updates page on the corrections website at www.corrections.utah.gov. This has been invaluable for families to check on for virus related updates for the prisons.

Suspensions of programs and activities that are related to the public:

A variety of programs and activities that brought the public into Utah's prisons have been suspended until further notice. These include visiting, volunteering, public tours and public awareness panels. Serving Time Cafe is closed for business until further notice. These closures and suspensions will be reviewed periodically throughout the COVID-19 threat for the health of inmates and staff.

As of March 16, UDC began allowing ten free 15-minute phone calls for each inmate per week in lieu of visiting. Inmates and families are grateful for this since neither USP nor CUCF have an option for video visiting. Currently the phone vendors are providing this service but if the pandemic extends indefinitely and the inmate phone service providers can no longer provide it, UDC is prepared to continue offering some free phone calls.

UDC is trying to reduce and limit the number of movements within and between the prisons and jails. While there are necessary movements of inmates from facility to facility for a variety of reasons, such as medical reasons, Haddon discussed that administration is seeking ways to minimize the number of inmates moved back and forth between prisons and jails and within a facility. There was limited time in this meeting and we did not attempt to discuss the criteria that warrants movement between prisons and IPP jails.

New intakes to Draper have decreased and those who do enter are screened for possible exposure or infection. There is a set of questions that all people being processed into USP are asked and temperatures are being taken. Consideration will also be given to if the person is coming from a county jail and if there have been any COVID positive cases in that jail. That has not yet happened but could change in the coming days and weeks. These situations are reviewed on a case by case basis. Also, the incoming inmates are quarantined for 14 days in the Uintas before eligible to move into general population. This seems to work out well, as it coincides with the normal intake and orientation process for new intakes into USP.

Increased cleaning protocols. It was shared that the prison has increased the availability of cleaning supplies for prisoners to use and inmate cleaning crews are in place that are regularly cleaning hard surfaces and door handles. We asked about the availability of hand soap since there are no alcohol based antibacterial hand sanitizers allowed in the facilities. UPAN had been told that the indigent inmates were only getting two tiny (motel or sample size) soaps per week. Director Haddon assured us he will check with Division of Institutional Operations to make sure there is increased availability of soap in the prisons.

Early releases have begun. Dir. Haddon discussed steps UDC is taking to try to reduce the number of inmates in USP and CUCF which seems to be moving forward. The highest number of individuals in the custody of the State of Utah in the past year was 6,820 in September 2019. As of April 3rd the number of state inmates in both prisons and on IPP in county jails is 6,370. They are working to further reduce the numbers in the facilities.

Possibility of increased compassionate releases. UPAN directors asked about the possibility of compassionate release recommendations in addition to early release of people who already have release dates. Haddon responded that Medical Services has identified 40 of the most medically compromised people to be submitted for a special attention hearing for possible early release. He said this does not mean that someone who has not served a reasonable time of the length of sentence will necessarily be recommended for release, and if they are, it is not likely that they would be approved for release by the Board.

Director Haddon discussed the goal of also attempting to move all individuals in the custody of UDC that are medically vulnerable, immunocompromised, and over age 80 into Draper's Oquirrh 5 and attempt to concentrate all medically vulnerable inmates. Oquirrh 5 could be a housing area that limits the number of individuals in that unit that leave to go jobs in other parts of the prison. This can include moving individuals from Gunnison that are elderly into Oquirrh 5 in Draper. It could include moving elderly that are younger than 80 as well, depending on the individual. The plans are subject to revision as time goes on. This approach reduces the chance of exposure to the virus for elderly and medically vulnerable inmates. The goal is for these at-risk persons to be housed in a unit in which they would be more protected from exposure than in other parts of the prison.

Difference between quarantine and isolation. Haddon discussed the prison has developed protocols to both quarantine and isolate inmates if necessary. Isolation and quarantine can help protect the prison's general population by preventing exposure to people who have the virus or may have been exposed to it.

Basically, **isolation** separates sick people with a contagious disease from people who are not sick. **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Draper has two housing areas that will be used to house those in isolation and those in quarantine. In the main part of USP for the men, one is Wasatch B North and the other is Wasatch Charlie block. Both of these are now empty, and both are close to the infirmary. There is more of a challenge in Timpanogos to isolate or quarantine where the women are housed due to limited space to begin with.

If an inmate has symptoms that are deemed compatible with COVID-19, then they will be tested and isolated. If the inmate tests positive, the CDC guidelines require that the facility assume that everyone in the housing unit the inmate was living in has also been exposed and requires a quarantine of that unit. The infected person can be put into a negative pressure cell in the isolation block. Haddon says there are additional protective protocols in place for how to effectively and hygienically deal with cleaning, laundry, meals, and other activities of daily living for individuals who test positive.

An example of how quarantine and isolation could be used if an inmate tests positive. The inmate is removed from the housing unit and is isolated in the dedicated isolation block in Wasatch. The rest of the dorm, block, or pod would be quarantined in either their housing unit or the quarantine block for 14 days and screened regularly to assure no one else develops symptoms. No new inmates would be introduced into the group who are in quarantine. If there is someone who develops symptoms during that 14 days, then they would be

removed from the quarantined unit and moved to the isolation unit.

We were told that in a situation such as that, everyone would be provided with a mask.

Staff is being screened. Haddon informed us that all UDC staff including himself are screened upon entry to the UDC facilities. Corrections has ordered 75 infra-red thermometers to be used on staff to detect fevers. Wikipedia says infrared thermometers gather temperature from a portion of the thermal radiation (sometimes called black-body radiation) emitted by the person being tested. It is preferred because there is no need to touch a person's skin to measure their temperature. While not 100% accurate, the science behind it says that by knowing the amount of infrared energy emitted by the person, their temperature can be determined within a certain range of their actual temperature. Infrared thermometers are a subset of devices known as "thermal radiation thermometers," and for the lay person, "touchless thermometers."

If any staff member answers "yes" to even one of the screening questions they are sent home and told to contact the Hotline or their medical provider. They then must be cleared through a medical provider to return to work. This level of staff screening started March 23rd.

UCI Embroidery Shop is making gowns and masks to be used by prison staff as well as donated to the Gunnison hospital and other facilities. N95 masks, shields, gloves, and gowns are getting very difficult to find and purchase, so this shift of UCI to making masks and gowns will at least help the prison staff and local hospitals. We asked if the federal government is supplying anything and were told that with the worldwide demand for supplies, they are extremely limited.

UCI has also acquired 400 gallons of alcohol based hand sanitizer which will be bottled for use by correctional staff. It will not be available to the inmates due to being 60% alcohol. Being used by staff is encouraging because it will further reduce the potential exposure to inmates through staff. It is too late to purchase touchless foam hand sanitizer dispensers to be installed in the prison, they are impossible to get.

Testing. Haddon confirmed that UDC infirmaries have a limited number of tests on hand.

Toilet paper. This is important! The prison currently has an adequate supply of T P. Unlike the community.

This was a very informative and helpful meeting. The UPAN directors are greatly appreciative that Dir. Haddon was willing to take time to share information about what is happening to prevent, contain, and mitigate the threat of COVID-19 in Utah's prisons at a deeper level than previously shared with the public.

COVID-19 and What the Incarcerated Can do to Protect Themselves

by Molly Prince

Information in this article is gleaned from the COVID-19 Utah Task Force, The Utah Department of Health and the Centers for Disease Control (CDC).

What is COVID-19? The “Coronavirus” in general is simply any of a group of RNA viruses that cause a variety of diseases in humans and other animals, including the common cold virus. According to the COVID-19 Utah Task Force, approximately, 75-80% of patients with COVID-19 either have no symptoms or have minor symptoms. Current estimates are risk of death in the US will be approximately 1% of the total population. Estimates are that 50-70% of the US population will eventually get this infection. It is expected that those having had this infection will gain some protective immunity from future infection and/or severe consequences in the future.

The two main ways the virus spreads are either through inhaling the droplets of someone else's sneeze/cough or touching your eyes, nose or mouth with the virus on your hands.

Treatment: Currently, there are two complementary approaches to treatment.

1. There are several medications with evidence suggesting they are effective treatments against the COVID-19 virus itself. These are not likely to be available in prison, as they are not available in all hospitals across the country.
2. There are also other medications that help improve your symptoms such as breathing problems.
3. Sometimes in severe cases, people require additional oxygen or respirators.

A lot of research is underway throughout the world to improve the care of patients with COVID-19. Some studies are evaluating whether the medications are truly effective to help fight the virus. Other studies are seeking to identify the best ways to help relieve symptoms. A vaccine against the virus is not expected for many months. Research is just beginning based on antibodies developed in survivors of the virus.

Ideas on how incarcerated people can protect themselves and those around them.

- Always cover your mouth when coughing or sneezing. This can be done by coughing down the neck of your shirt, into your elbow or into a tissue.
- If you cough or sneeze into a tissue make sure you discard it into the trash and then wash your hands thoroughly with soap before touching any surfaces or shaking hands with anyone.
- Always properly dispose of used tissues rather than leaving them laying on bunks or hard surfaces to prevent the spread of germs.
- When washing hands, take at least 20 seconds to lather up well with soap and wash your palms, the

top of each hand, between the fingers, the thumb, and the wrists. Lather up well and rinse thoroughly.

- Don't touch your eyes, nose or mouth with unwashed hands.
- Wash your hands both before AND after you touch your eyes, nose or mouth.
- Avoid contact with people who are sick with respiratory symptoms.
- Stay home (in your cell or dorm) when you are sick. This includes if you have minor symptoms such as, cough, sniffles, sneezing.
- Keep objects and surfaces clean (use soap and water or any kind of disinfectant cleaner you have access to).
- Get enough sleep, eating healthy foods (avoiding junk food), drink fluids to stay hydrated and be physically active.
- Try to create adequate ventilation.
- Clean and disinfect surfaces and shared equipment, such as phones. You should be cleaning and wiping down the entire phone including headset / receiver, buttons, and casing before and after you use it.

Social Distancing is important - Avoid walking near or through a “cloud” of someone's recent sneeze or cough. The virus is contracted by inhaling it. It is spread mainly by traveling on moisture droplets in the coughs, sneezes or spittle of an infected person. It is recommended that people stay at least three to six feet apart to prevent spread of the germs. This may be difficult in the close quarters of the prisons and jails of Utah. If someone is sick with any form of cold, flu, or upper respiratory illness they should avoid being close to others and cover their mouth when speaking and interacting with others.

With spring in the air, people with allergies are likely to have runny noses and sneeze. Since it will be impossible to know if these are allergy symptoms or symptoms of a cold, flu, or COVID-19, protect others by staying away from them and protect yourself by staying away from them. The COVID-19 Utah Task Force writes that symptoms may appear anywhere between 2 and 21 days after being exposed.

The CDC suggests that people may be infected with the virus for 1 to 14 days before actually developing symptoms. Some will never develop symptoms. Initially, the symptoms were thought to be limited to a fever, cough, and shortness of breath. More recent information from the CDC and other sources based on reports from recovered patients also can include headaches and body aches. The most common symptoms of COVID-19 are fever, tiredness, and dry

cough, with shortness of breath in more severe cases. Most people (about 80%) recover from the disease without needing special treatment. All persons should

take steps to protect themselves and others from COVID-19.

WHY REGULAR SOAP IS SO EFFECTIVE AT STOPPING SPREAD OF CORONAVIRUS

Adapted by Molly Prince from a 3/9/2020 Newsweek.com article by Kashmira Gander

Pali Thordarson, a chemistry professor at the University of New South Wales explains why a regular, humble bar of soap wipes out viruses including SARS-CoV-2, the pathogen which causes the disease COVID-19 (not to be confused with the SARS virus). Soap is able to dissolve the virus' fat membrane.

Thordarson said that dissolving the fatty outer membrane of the virus causes the virus to fall apart "like a house of cards" and become inactive (but not die, as they aren't technically alive). He said that water alone isn't enough, because it does not dissolve the strong 'glue-like' interactions between the skin and virus.

Soapy water is totally different than plain water. According to Thordarson, "Soap contains fat-like substances knowns as amphiphiles, some structurally very similar to the lipids (fats) in the virus membrane. The soap molecules 'compete' with the lipids in the virus membrane."

Because our hands are rough and have creases and wrinkles, we need to rub and soak them to make sure the soap reaches every part of the skin.

Soap works better to deactivate viruses than other products. Disinfectants, or liquids, wipes, gels and creams containing alcohol (and soap) have a similar effect but are not as good as normal soap. Apart from the alcohol and soap, the "antibacterial agents" in these products don't affect the virus structure much according to Thordarson.

"Consequently, many antibacterial products are basically just an expensive version of soap in terms of how they act on viruses. Soap is the best but alcohol wipes are good when soap and water is not practical or handy," he said.

"When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where the power is." Unknown.

New Release Day Procedures During Coronavirus Outbreak

The Corrections website states that Tuesday and Thursday are the new release days for the next four weeks. Families will now pick up their loved one at Fred House Training Academy. Pick up times of releasing individuals will be 8:30 a.m.

When the family arrives at Fred House Training Academy, a non-sick person from the car will need to come up to the front door and give officers one shirt, and one pant for their loved one to change into. They will

Donald Schaffner, distinguished professor at Rutgers University and an expert in topics including handwashing, told Newsweek soaps also work to remove viruses from the hands as they wash them down the drain, while hand sanitizers simply inactivate virus already on the hands. "For an added 'one-two' punch you can use both," he said.

Contrary to some recommendations that hot water must be used when handwashing, Schaffner said the level of heat doesn't matter and people should simply use a comfortable temperature.

"People should practice washing all the areas of their hands, and perhaps give special attention to places where microbes may get trapped in dirt such as under the fingernails," he said.

The advice is in line with the World Health Organization, which last month urged the public to "never underestimate the power of the humble bar of soap!"

"Washing your hands regularly—either with alcohol-based rub or ordinary soap and water—is one of the most effective ways to protect yourself and others from COVID-19 and many other diseases."

After you've washed your hands, don't forget to moisturize, advises Dr. Sara Hogan, a dermatologist at UCLA Medical Center. That's because the practice can disturb the outer layer of skin which is made up of dead cells and protects our skin from dirt and microbes, and locks in moisture.

Dr. Evan Rieder, a dermatologist at NYU Langone recommends "really greasy" moisturizers and emollients are best, and next best are creams and lotions which contain more water and are therefore less hydrating.

also need to sign a sheet identifying who they are picking up.

Families must stay inside their vehicles and are not permitted to wander around the parking lot, or Fred House Training Academy facility. A large number of people are being released, so wait times are not predictable, and patience is appreciated.

<https://corrections.utah.gov/index.php/family-friends/release-day-information> (includes a video).

Early Releases Become a Reality Due to COVID-19: Blessings and Challenges

by Molly Prince

As of March 26, 2020 the Corrections website announced that "*In collaboration with the Utah Board of Pardons and Parole, and support from the Utah Governor's Office, the Utah Department of Corrections is initiating some early releases to create capacity within correctional facilities as confirmed cases of COVID-19 increase throughout the state.*

At this time there are no confirmed cases within the UDC facilities among either staff or inmates. The Utah Department of Corrections (UDC) is making referrals to the Utah Board of Pardons and Parole (BOPP) for release of incarcerated individuals, who are already within 90 days of their scheduled release date and have an approved address."

Please note this cannot apply to individuals who are scheduled to parole to a community correctional center (halfway house) as there are only a limited number of beds in CCC's so those releases have already been delayed the past several months due to not having enough open beds to accommodate new people into the facilities. Learn more at

<https://corrections.utah.gov/index.php/home/alerts-2/1239-utah-identifies-early-releases-to-create-additional-capacity-within-correctional-facilities>

Blessings & Challenges. In anticipation of the potential early release of a significant number of individuals there are some considerations that families, friends, and community agencies should be mindful of.

It is truly a blessing to have a loved one release early and come home sooner than anticipated. It is a gift to be part of the reintegration of a loved one back into society. It is a privilege to participate in supporting the person in their journey to rebuild their life.

It is truly a blessing for the released person to have the ability to experience the beauty of spring in the big wide world, where you can go outside and see the starry night and witness the blue skies from a yard or a parking lot without concrete, steel and wire blocking your view. To sleep in your own bed, to make all the little choices each day that you had made for you in prison. It is truly a blessing to get to leave the prison world and return to begin to rebuild your life in the community. For those who receive this gift, this silver lining of the coronavirus, appreciate it and do not ever forget how good it felt to find out you are leaving prison earlier than expected!

Every individual who releases needs to have a solid release plan that is long term rather than short term. Paroling to the community during this coronavirus pandemic is much different than releasing from prison normally is. It is always hard for someone who has been away from society to adjust to the changes that have occurred in their absence. In addition, it is normally

challenging for people with felony records to find employment. Today, with the record numbers of people who have already been laid off or lost their jobs permanently due to the closure of non-essential services and establishments, the competition for jobs is high. However, some labor jobs, warehouse, and assembly line jobs which hire felons continue to run during COVID-19.

If someone is paroled to a community correctional center and then released from the CCC to a residence in the community, their option to return to the halfway house if something goes wrong in their new home is significantly reduced, if not out of the question. This could leave the individual homeless. The shelters are full – not a promising way to begin a new life.

I would like to stress the importance of having as much family and community support in place for anyone who is releasing earlier than planned. (See February 2020 article on Ways to Help Your Loved One be Successful After Prison). There are four very important basic needs that contribute to the formerly incarcerated person's success. Without any one of these four things, stress can develop causing poor choices and a potential to relapse to prior, maladaptive coping behaviors including alcohol or drug or other unacceptable addictions. This increases the chance of committing another crime. These four things are 1) employment, 2) safe place to live, 3) family and friend support, 4) counseling and peer group support.

In my work with people who have paroled from prison recently, I have found the adjustment is even more psychologically challenging than it normally is for most formerly incarcerated to cope with the unreal quality of life amid the COVID-19 pandemic. Restaurants are closed and the only place to get prepared food is via a drive-through or curbside service. This means the dream many incarcerated people have of a nice big meal in a restaurant is not going to happen any time soon. There are no movies, malls are closed.

Social distancing requires everyone stay at least 6 feet apart. Currently, more people are donning masks and disposable gloves when going into public to reduce chance of spread of any virus in case someone has it that is not symptomatic. It is strange, to go into a grocery store and avoid getting closer than six feet from people and going down a different aisle because there is not room to distance 6 feet apart. There is a surreal feeling driving down a street totally empty of people or vehicles. It feels as if we are living in the twilight zone.

I have talked to recently released people who are struggling with their worth and identity because there are fewer jobs to find, and the ones that could be approved by their parole agent may be few and far between.

Options to get into college are not possible right now, as the colleges are closed for on-campus classes and for someone who has been away from computers and technology for a while, trying to navigate it online can be not only challenging but frustrating, resulting in not feeling prepared to be in the world. These folks need the support and understanding of a support system wrapped around them to help them navigate their mixed feelings.

Due to social distancing, stay-at-home orders, and the need for older citizens to work from home, many therapists for people coming out of prison are working via telehealth and not face to face. This can be awkward and strange when trying to build a therapeutic relationship. Be patient with the process, give it time to develop.

While early releases are wonderful, please be prepared

“Don’t give up when dark times come. The more storms you face in life, the stronger you’ll be. Hold on. Your greater is coming.” — Germany Kent

Correction & Clarification Regarding Untouchable Film Review Article in March 2020 Newsletter

by Faye Jenkins and Molly Prince

This is a correction and clarification to paragraph 1 of Untouchable Film Review on page 6 of March 2020 Revised newsletter. The editing and revising process of UPAN newsletters goes through several stages with at least two directors reviewing articles.

During the editing process of the March newsletter, information was added to this article that was not reviewed or approved by the author, Faye Jenkins. The insertion states that current ineffective regulations and restrictions on people who have offended sexually damage former offenders (referring to the impact of being on the sex offender registry). It also states these individuals offer “less risk than the general population.” This statement may be true for a small specific subset of past offenders who are assessed as very low risk to offend but cannot be generalized to the overall population of all individuals convicted for sexual abuse.

The key to reducing recidivism in individuals who have offended sexually include giving the appropriate type and dosage of intervention / treatment and successful completion of that intervention / treatment. The complexities related to recidivism for individuals who have committed sexual crimes requires a very lengthy scholarly article discussing the topic (that may come in a future edition of UPAN news). Simply speaking, research does show that successfully treated sex offenders have low recidivism rates, (much lower than the standard recidivism rate of other types of offenses).

Current research from The Office of Justice Programs, SMART initiative indicates that:

- Research establishes that registered sex offenders are

as a formerly incarcerated person to be willing to reach out to your family or other support system, your therapist, your parole officer. Be willing to talk about not only the practical problems you may be experiencing, but also the emotional ones that come along with the altered world you are paroling to, in addition to the normal adjustments of living on parole with restrictions and stipulations you likely did not have prior to entering prison.

As a family or friend of the person who has released, be prepared to be there for them when they need reassurance that things will be ok, that they will eventually get a job, that they can use everything they learned in prison to help them move forward and that you are there for them. This is where the proverbial rubber hits the road.

“Don’t give up when dark times come. The more storms you face in life, the stronger you’ll be. Hold on. Your greater is coming.” — Germany Kent

a small percentage of those who have committed some form of sexual abuse;

- Observed recidivism rates of individuals who have offended sexually are underestimates of actual reoffending (based on the fact most sexual abuse is not reported);
- Measurement variations across studies often produce widely differing findings;
- Sexual recidivism rates range from 5 percent after three years to 24 percent after 15 years (studies also show the risk of reoffending decreases with the more years past offenders live in the community without commit a new sexual crime);
- The rates of recidivism for general crime are higher than those for sex crimes;
- Different types of sex offenders have different rates of recidivism.

The overall message Faye wished to share in her review “Untouchable” is sexual abuse is preventable with the right combination of awareness, education, and community intervention (not solely focusing on registered past offenders). Putting too much focus on past offenders inadvertently creates blind spots in the prevention of future abuse. Additionally, it hinders a person’s ability to move beyond their past mistakes into a stable and productive life.

More information about preventing sexual abuse can be found at these websites:

- <https://www.nsopw.gov/en/SafetyAndEducation>
- <https://www.cdc.gov/violenceprevention/sexualviolence/prevention.html>
- <https://www.stopitnow.org/>

REMINDER ABOUT MAIL POLICY

by Molly Prince

UPAN has received questions and concerns about people receiving returned mail stamped "REFUSED" and unopened from the prison. In early March, I spoke with Mrs. Carlson in Mail / Property in Draper about this concern. Based on the updated mail policy implemented last fall, any piece of mail that comes in that is deemed out of compliance with the policy will be returned, unopened and stamped "refused." This does not mean your inmate refused it. It means that it violated the mail policy in some manner that was observable without opening it, such as being a greeting card or on card stock, in a colored envelope, being on colored stationery, or having stickers or glitter or another banned substance in or on it.

Due to the lack of visiting, the mail going into both prisons will grow significantly. This increases the volume that the mail room staff has to screen and direct to the correct housing area. The following is taken from the corrections website www.corrections.utah.gov under the Friends and Family tab, in the "How do I" section.

Please be aware of and remember the mail room policies that include:

***At some point you have to let go of what you think should be happening
and live fully in what is happening. Unknown***

Updated Property Pick Up for Draper USP During COVID-19 Pandemic

adapted from UDC Website

On March 24th, Draper Prison access to pick up inmate property was revised.

Due to the COVID-19 pandemic, public access to pick up at the Draper Prison is now **9 a.m. to 1 p.m. Monday – Friday**. The property office is located at 13870 Pony Express Road, Draper, UT 84020. You can call ahead at 801-576-7951 to make sure the property is available for you to pick up. Alternatively, inmates can pay for postage to mail their property to you if this is more convenient.

Do not pick up property if feeling sick in any way. For the safety of correctional staff and inmates, if you are feeling sick or otherwise experience symptoms of COVID-19 (or any other illness) please do not come to pick up inmate property. Please wait to pick up inmate property until you can answer 'NO' to ALL of the following questions:

- Are you experiencing any of the following symptoms: fever, cough accompanied by shortness of breath and/or significant body aching?

I give praise to those who stuck with me, who nourished me intellectually, emotionally, and spiritually while I was trapped in a cell. I know it was not the circumstances I was thrust into that made me who I am but the people who cared enough to show me a better way and who had the patience to support me through my struggles..." Aaron Schultz

Only single layer white envelopes and single layer white paper or stationery are allowed. Ruled white paper or stationery (writing paper printed with lines as a guide for handwriting) is also allowed.

The following types of envelopes, paper or stationery, and cards are prohibited:

- Color envelopes (including manila and multi-layer envelopes)
- Color paper or stationery
- Greeting cards, card stock or other multi-layered paper or stationery

In addition, mail with paint, chalk, crayons, markers or highlighters used on the incoming envelope or its contents will be denied.

Photos: Inmates are allowed to have 25 photos in their possession; the photos cannot be larger than 8x10, may not be Polaroids and must not be pornographic in nature. Inmates may not have photos of or including themselves. Inmates may not receive packages except when authorized for medical reasons. For questions about mail issues only, call 801-576-7956.

- Have you been in close contact with anyone with a confirmed case or a person under investigation for COVID-19?
- Have you visited any country outside of the U.S. in the past 2 weeks?
- Have you been in close contact with any person(s) who has recently visited any country outside the U.S. in the last 2 weeks?

Social Distancing at the Pick Up Window.

- If you come to pick up property, please practice Social Distancing (keep 6 feet away from anyone).
- If someone is already in the property waiting area, please wait outside until they leave.
- Only one person allowed in the waiting area at a time.
- Please step back from the service window when a staff member approaches and follow their verbal directions to remain at least 6 feet away.
- Staff will ask for the inmate's name and offender number. you will need to have in your possession a current driver's license or state ID to pick up the property. (Property is only released to the person(s) the inmate has designated on the property slip). Thanks for cooperating during these difficult times.

A List of COVID-19 Related Suspensions and Procedure Changes to the Following Programs and Activities that are Related to the Public

compiled by Molly Prince

The changes in the operation of UDC as it pertains to visiting and volunteering are difficult for both families and prisoners. UPAN would like to recognize the foresight that prison administration has taken to be pro-active to protect our incarcerated loved ones from the virus by limiting possible spread from the community.

Suspensions:

- As of March 12, 2020, all tours, and public awareness panels were suspended.
- Serving Time Cafe was closed for business until further notice.
- All volunteering and visitation was suspended. The suspension for visiting and volunteering ban has been extended to April 26, when it will be reviewed again.

Free phone calls:

As of March 16, UDC began allowing ten free 15-minute phone calls for each inmate per week in lieu of visiting. Inmates and families are grateful for this since neither

USP nor CUCF have an option for video visiting. Currently the phone vendors are providing this service but if the pandemic extends indefinitely and the inmate phone service providers can no longer provide it, UDC is prepared to continue offering some free phone calls.

Release Day Changes:

Starting March 31, the weekly Release Day Fair and Orientation event temporarily changed its operations. See related article in this newsletter or visit <http://corrections.utah.gov/index.php/family-friends/release-day-information> for more information.

Property Pick-up in Draper:

Also, as of the beginning of April, the process for picking up inmate property has temporarily changed during the COVID-19 pandemic. Please see related article in this newsletter or visit https://corrections.utah.gov/images/COVID-19_Property_Pick-up.pdf

Changes in how the Board of Pardons & Parole Operates during Pandemic

<http://bop.utah.gov/index.php/home-top-public-menu/2-uncategorised/165-bopp-coronavirus-information>

The Utah Board of Pardons and Parole's website (<https://bop.utah.gov/>) has a page with information and updates regarding responses to the Novel Coronavirus (COVID-19) outbreak. The following is taken from various web pages on the BOPP website.

Utah Governor Gary R. Herbert has declared a public health emergency in the State of Utah and Utah Department of Public Health officials have recommended significant measures to try and reduce exposure to and transmission of Novel Coronavirus (COVID-19).

In response to those recommendations, the Utah Board of Pardons and Parole has collaborated with the Utah Department of Corrections to make the following efforts towards mitigating potential impacts of COVID-19 on offenders and staff, while maintaining public safety, civil liberties and public access to hearings.

Early Releases The Board of Pardons and Parole (BOPP) is approving releases for some incarcerated individuals who are already within 90 days of their scheduled release date and have an approved address.

"The Board shares the heightened concerns of advocates, loved ones and corrections professionals for the health and safety of incarcerated and community-based offenders during the current COVID-19 outbreak," said Dennis Moxon, director of the Utah Board of Pardons and Parole. "Board staff are working closely with UDC to identify incarcerated persons whose early release would not jeopardize their successful completion

of evidence-based programming or compromise public safety."

Regardless of the approach applied, decisions in all Board matters will continue to be made available through the Board's online hearing decisions search function at <https://bop.utah.gov/index.php/hearings-top-public-menu/search-hearings>. Notice of the Board's final decisions in these matters will also be issued as Board Disposition Orders, which will be forwarded to each offender through their UDC Case Manager.

At this time, approximately 80 referrals for these cases have been made to the BOPP by the UDC, and it's anticipated that more will be released over the next month. From there, UDC and BOPP will collaborate to evaluate the situation and whether the process needs to be continued.

Any individuals granted release through these reviews have already been granted release dates and would otherwise be released to the community within the next few weeks.

These releases began April 2, and in a continued effort to limit the size of gatherings, release days will now be held twice a week with COVID-19 prevention protocols in place.

If an offender has a scheduled release date, families can submit an address for approval at the following link: <https://corrections.utah.gov/index.php/offender-resources/address-verification-form>

To find out if an offender has a scheduled release date, please utilize the search decisions function on the BOPP website at <https://bop.utah.gov/>

Restricting Access to Prison Facilities and Board Hearings

The UDC has temporarily suspended visitation and volunteering at state prison Facilities in Draper (USP) and Gunnison (CUCF) and Utah Governor Gary Herbert issued an Executive Order temporarily suspending Utah Administrative Code R671-302 regarding public access to Board hearings. These restrictions mean that while the COVID-19 emergency continues, members of the media and general public, and family members and friends of offenders, will not be allowed to physically attend Board hearings. (Remote viewing of hearings will be possible and is explained below.)

Rescheduling or Cancelling Hearings if Possible

The Board is currently reviewing upcoming hearings to determine if some may appropriately be continued or have other action taken. Several hearings have been identified for continuance, release, rescission or waivers, and the Board is making decisions accordingly. Individuals qualifying for waivers will be notified, so no individual requests from offenders, well-wishers or family members will be necessary. At its discretion, the Board may continue this practice until the emergency is over. Please note that hearings determined essential by the Board will still be held.

Holding Virtual Hearings

At this time, Board hearings are taking place. However, the temporary restrictions at correctional facilities will limit physical attendance at Board hearings to individuals in the following categories: (1) Board hearing officials, (2) prison staff, (3) the offender, (4) the offender's attorney (parole violation hearings only), (5) victims of record, (6) a victim's representative as allowed, (7) up to two family members of each victim.

NOTE: Victims of record may contact the Board's Victim Coordinator at 801-261-6464 for specific information regarding victim attendance at hearings.

Media/Public Access

The Board has employed the use of available technology to allow remote participation by some parties, as well as observation by media members and the general public. We are constantly working with our partners at Division of Technology Services to improve the quality of audio and video access for participants and enhance live-streaming capabilities for public access.

To access live audio/video feeds of hearings, please click the links found on the BOPP website for this purpose.

Viewer Warning: Board hearings frequently include discussion topics that are sensitive, graphic, or sexual in nature, which may be troubling or even traumatizing to some individuals. Minors should always seek parental guidance prior to viewing or listening to hearings.

Ways to Access Hearings Remotely: There are links on the Board's website to view Board Hearings currently being held at Utah State Prison (USP) and Central Utah Correctional Facility (CUCF) – Gunnison.

For audio-only listening to hearings being held at Utah State Prison (USP) - Draper, please call +1 443-585-0237 PIN: 154 083#

For audio-only listening to hearings being held at Central Utah Correctional Facility (CUCF) - Gunnison, please call +1 413-489-4309 PIN: 441 790#

For a schedule of a particular day's hearings, please use the website and access the Board Hearing Search function. Find the "search by date" function. Click the button for "Upcoming Hearings".

Ensure that today's date is entered in both the "From date" and "To date" boxes. Click the "search" button.

A Couple of Smiles and Maybe a Laugh

I couldn't figure why the baseball kept getting bigger. Then it hit me. ~~ How does NASA organize a party? They planet.
What happens to a frog's car when it breaks down? It gets toad away. ~~ Enough already!!

Last month to stay warm. In May we'll go for being cool again. How about "staying warm" is "being cool." Agreed? Ed.

Utah Prisoner Advocate Network

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Inmate Newsletter Volunteer Coord: Deon Corkins

Director of Sex Offender Policy Issues: Faye Jenkins

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(Note: go there to view recent UPAN meetings)

***"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***