



UPAN Newsletter Volume 8 Number 8 | AUGUST 2021

"Empowerment and Growth Through Knowledge and Unity"

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Holiday Card Contest – COVID Update – Visiting – Access to Legal – UPEP Resuming On-Site Classes – Intro to BOPP, Part 2 Avary Kids Support – Flourish Bakery Tour (Heartwarming)

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Next Meetings: August 9, 2021 & September 13, 2021 6:30 p.m. **Topic:** Family meeting. Free/open to public.

Meeting Location: Virtual Zoom Meeting – link <https://bit.ly/2UJ2RA3>

Zoom Registration link <https://zoom.us/meeting/register/tJlocOurrjgtGNA3koOUi21CaBonvIx-1q00>

***UPAN continues virtual meetings at this time. Also available, as usual, on our Facebook page afterwards.
All UPAN Meetings and those posted on this page are free and open to the public.***

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

Christmas/Holiday Card Design Contest – For Inmates – UPAN 2021

Note: Please mail submissions no later than, Friday, October 15, 2021

Incarcerated artists are encouraged to join UPAN in celebrating the 2021 Holiday Season. Share your talents in designing a Holiday Card in any of the following four categories: Religious, Traditional, Contemporary, or Humorous. (Or one in each category if you want – maximum of four submissions per inmate).

Winners in each category will be posted on the UPAN website and notified individually. People will be able to download, print, and mail the cards as holiday greetings to inmates and friends. Entries will not be returned. They will be retained and preserved with appreciation, respect, and care. On display for viewing and enjoyment at in-person UPAN Meetings.

Important Notice For Artists: Choose the size of the card to fit your design, 5½ x 8½ inches or 3 2/3 x 8½ inches (a ½ fold or a 1/3 fold of an 8½ x 11 inch paper). The original artwork can be any size (like 8½ x 11 paper or larger) and we will resize it to the size you specify. **Please sign your entry on the bottom right of your design.** Mail entries to: **UPAN Holiday Card Design Contest, P.O. Box 1018, Pleasant Grove, UT 84062** **NOTE:** this is **NOT** the UPAN Draper P O Box address shown on page 10 under "Our Contact Information." Remember, mail on or before Friday, October 15th.

"Kind words can be short and easy to speak, but their echoes are truly endless." Mother Teresa

COVID-19 Update, August 2, 2021

By Wendy Parmley, RN

Just as things are quieting down on the COVID-19 front, we are hearing about the Delta variant that is contributing to a huge increase in cases throughout the state and nation. The good news is that the vaccines are quite effective against this variant. While there are a few breakthrough cases, only 0.29% of fully vaccinated persons have had a breakthrough case, with most of those being mild or even asymptomatic. This is compared to more than 19 percent of 15-24-year-olds, 17 percent of 25-44-year-olds, and 15 percent (1 in 7 individuals) of 45-64-year-olds in our state. And those who are in prison are at much greater risk of catching COVID-19—four times greater in one study. Vaccines continue to be our greatest tool to combat COVID-19.

We are grateful for the past and ongoing efforts to vaccinate our incarcerated loved ones. We reported in June that as of May 20, 2021, 58% had received a vaccine. UDC has not updated those numbers since that time, but we are aware from the news that NOMI is continuing those vaccination efforts, focusing on the most vulnerable populations in their outreach efforts, including those in our prisons. All new admissions are being offered the Johnson and Johnson vaccine through

NOMI's efforts and they have given about 1,000 immunizations thus far. For inmates who declined vaccination but want one, you can request vaccination by completing an Inmate Care Request (ICR) form.

There have been a total of 34 outbreaks (up 3 from June 14) with 4070 individuals (up 75 from 6/14/21) who have tested positive in Utah's jails and prisons, and 102 hospitalizations (up 3 from 6/14/21).

<https://coronavirus.utah.gov/case-counts/>

As of 7/12/2021 (the latest UDC info), reports 17 active cases of COVID at Draper and CUCF. There are no active cases in the Community Correctional Centers. There have been a total of 421 confirmed staff cases (up 19) with 8 staff positive for COVID-19 on 7/12/21.

<https://corrections.utah.gov/index.php/home/alerts-2/1237-udc-coronavirus-updates>

We are grateful that the worst of COVID in our jails and prisons seems to be behind us and acknowledge the efforts of those who have worked so hard to contain outbreaks and vaccinate our most vulnerable.

In-Person Visiting & Video Visit Increases beginning August 1, 2021

Beginning August 1, in-person visiting will now be Friday through Sunday from 8 a.m. to 8 p.m. Each visit will be approximately 1.5 hours. Visiting frequency will be based on the inmate's privilege level.

Video visiting will occur Monday through Thursday from 8 am to 8 pm. Each visit will be about 30 minutes.

Both video and in-person visits will still need to be scheduled. Please continue to review and schedule visits here: <https://corrections.utah.gov/index.php/2014-10-30-20-13-24/14-visiting-information/1267-video-visiting-schedules>

UDC is excited to announce that with these changes, they have been able to increase the amount of in-person and video visits available each month based on privilege level. You can learn more here:

<https://corrections.utah.gov/index.php/2014-10-30-20-13-24/14-visiting-information/1057-visiting-privilege-levels>

As UDC continues to adapt to the COVID-19 pandemic, they continue to make changes, and have truly appreciated the feedback from the community regarding the initial rollout of in-person visiting in June.

To facilitate a safe visiting process, up to two (2) visitors at a time will be allowed. The following requirements will also need to be met by all visitors:

- Will need to be 18 and above
- Live in the same household (must be verified)
- Not have been out of the country in the last 30 days
- Not exposed to anyone with COVID for last 14 days
- A temperature less than 100 degrees on arrival
- Must wear a mask
- No physical contact of inmates and visitors allowed

Visitors will need to fill out a form for COVID screening when checking-in for their visit. Form available online:

<https://corrections.utah.gov/index.php/home/alerts-2/1285-visiting-updates-go-into-effect-august-1>

UPEP Resuming On-Site Classes in Draper & Option for Credit Classes Coming

By Molly Prince with information from UPEP Website

In a June 2021 post on Utah Prisoner Advocate's Facebook UPAN Family Support Group page, UPEP (Utah Prison Education Project) reports that "at this time we are engaging on-site classes." UPEP is providing college courses and programming in the following Draper facilities at this time: Promontory, Oquirrh,

Olympus, and Timpanogos. UPEP also works with folks post-release on accessing higher education in Utah and beyond. Currently there are no UPEP classes in CUCF, but they are working with Snow College to bring education to that facility. UPEP also helps "a handful of

children of (prison) students assisting them to navigate to higher education.”

For students who are not housed in the above facilities, UPEP has a “Totes” program. It drops off totes three times per year. These totes include books, academic supplies, and related items. If you qualify to receive these items and are not in a housing unit that UPEP brings classes to, you can have your loved ones email upeg@utah.edu with your name and # and what you are interested in. You could also write to UPEP

c/o Dr. Erin L. Castro
1721 Campus Center Drive, SAEC 2220
Salt Lake City, UT 84112

UPEP’s Mission Through a commitment to social transformation, UPEP advances educational equity through on-site higher education, empirical research, and advocacy.

History of UPEP In 2016-2017, the University of Utah Honors College sponsored a yearlong Praxis Lab course [**praxis**: practice, as distinguished from theory, of an art, science, etc. Ed.] titled, Education, Incarceration, and Justice. The undergraduate course was designed to examine university affiliated college-in-prison programs throughout the country, prison-university partnerships, and best practices in the field.

The Praxis Lab course attendees studied mission statements and philosophies, funding structures, organizational charts, admissions procedures, memoranda of understandings between prisons and universities, and much more. They consulted with the Utah Dept. of Corrections (UDC) and various administrative leaders at the University of Utah. They attended the 6th Annual Higher Education-in-Prison Conference in Nashville TN and met with directors of some of the most well-respected college-in-prison programs throughout the country.

The final project of the Praxis Lab was the development and launch of UPEP in spring 2017. Dr. Castro and the students in the Praxis Lab are Co-Founders of UPEP. We (prisoners, families, and the community) are indebted to the Honors College at the University of Utah for its early and ongoing support.

UPEP is made up of volunteers The University of Utah Prison Education Project (UPEP) is a volunteer-based project. Eighty volunteers have given over 1,200 hours to the project. Volunteers work both inside and outside the prison, devoting their time to teaching, tutoring, organizing fundraisers, reading applications, lecturing, and advocacy work among other projects.

On-Site Programming With the exception of a suspension due to COVID the past year, UPEP has run yearlong and courses are offered on a two-semester schedule: Fall and Spring. Each semester is 16 weeks

long and classes meet one day a week for 2.5 hours from 5:10-7:45 pm. At minimum, one course per semester is offered. Summer semester is an option for coursework and non-credit activities, such as book clubs, film series, and related academic engagements to enhance for-credit courses.

Teaching & Learning Lab Each week, students attend a 2.5-hour session geared toward tutoring, writing support, and general academic enrichment. It is imperative that students have adequate time to process and intellectually engage with one another and UPEP tutors outside of the classroom, as well as secure time for writing and reflection.

UPEP Book Club UPEP sponsors a book club in the Lone Peak facility. The goal of this reading group is to facilitate critical thought and discussion while building community.* Each 8-week long session is organized around a theme, such as "Classic Models, Contemporary Novels," "Rereading the Past," and "Political Science Fiction." All books are provided to participants free of charge. [*Definition: Community: a group of people forming a smaller social unit within a larger one, sharing common interests, Ed.]

UPEP Creative Writing Workshop UPEP offers a 6-week creative writing workshop, designed to help students create their own creative writing projects, or continue working on something they've already begun. These workshops include learning techniques from great authors, allowing in-class time to work on writing projects, and setting writing goals for the upcoming week. Genres [pronounced zhanrahs, the a's sounding like the word “yawn.” Ed.] range from novels and short stories, to poems, essays, autobiographies, family histories, and everything in between. Objectives are to learn specific techniques in student's chosen genre for creative writing success, and to produce a final project that energizes the students' creative selves and makes them proud.

Summitting New Heights Lecture Series The UPEP Lectures Series at the prison is an opportunity for all UPEP staff and volunteers, UDC Staff, and UPEP and SLCC students to intellectually engage and learn from a researcher at the University of Utah. UPEP will offer additional engagement activities in the future.

New in 2021 – UPEP is partnering with BYU to provide credit bearing courses in USP Draper. Since its inception, UPEP has been a non-credit program. It actively fundraises to cover costs associated with enrollment. Incarcerated students are not asked to financially pay for participation in UPEP. All costs associated with attendance have been covered by the Project. However UPEP has recently announced that it will be partnering with BYU to offer courses for credit beginning the fall of 2021 in Draper.

UPEP partnered with the U of U SJ Quinney College of Law in a Justice Lab this spring semester. The result is an excellent research project conducted by law students who authored a report entitled “Locked Out, the Unmet Legal Needs of People in Prison.” The team has met with UDC administrators about the findings. A summary of this report is below.

UPEP is funded by donations Charitable donations allow UPEP to offer quality higher education at no costs

Locked Out By Landon Troester

In May of this year, several students and I at the Univ. of Utah S.J. Quinney College of Law formed a team and worked in partnership with the Utah Prison Education Project (UPEP) to answer a question that UPEP had been hearing from some of its students: “What types of resources can people in prison use to help resolve legal problems while they are incarcerated?”

The team (Kim Koeven, Lesley Ramey, and I) spent several months researching, conducting interviews, and meeting with stakeholders to learn more about the types of legal issues that people face while in prison, what resources are currently available for those legal issues, and what new resources may be the most helpful. Thanks to UPEP and other groups who help people in prison, our team was able to connect with people who are or who had been incarcerated in Utah and learn about their experiences with legal problems while in prison. These conversations helped us better understand the existing challenges that people in prison face while trying to address legal issues.

Civil Legal Needs and Prison-Related Legal Needs

Through our work, we identified two main types of legal issues that people in prison face: “Civil Legal Needs” and “Prison-Related Legal Needs.” Civil Legal Needs are issues that people face that are *not* directly connected to a person’s conviction and incarceration. Common civil issues include divorce, child custody, debt, landlord/tenant or housing issues, insurance, and immigration. Prison-Related Legal Needs are issues that are connected to a person’s incarceration. They can include legal issues related to a person’s conviction, or be issues raised because the person is incarcerated but has legal concerns about the conditions at the prison like inadequate medical care, or the excessive use of force.

Our report finds that while there are some tools available for people in prison to handle civil and prison-related legal needs, many of the most common tools that a person in Utah could normally use are not accessible to inmates. Importantly, many effective resources are accessed by phone, internet, and email, all are hard or impossible for an inmate to use. In addition, while the Utah Department of Corrections does provide a “contract attorney” system for certain types of prison-related legal

to students. Donations are used to supplement the costs of instruction including the purchase of supplies for courses and materials for our Computer Literacy and Digital Media Labs. UPEP has a wish list on Amazon which can be found via a button to a link at:

<https://prisoneducationproject.utah.edu/donate/>

If you donate materials via Amazon, please list the “send to” address as: UU Prison Education Project, 1721 Campus Center Drive, Salt Lake City, UT 84112

needs, we identified some concerns about the limits of contract attorneys and suggest that supplementing the contract attorney system with independent, self-help resources would help to improve it.

Our report concludes that these existing tools can and should be supplemented in order to make the system more accessible, to address gaps in existing resources, and to make sure that people in prison are able to resolve important legal needs while still incarcerated.

We suggest that the system can be more effective by taking some or all of these steps:

- Removing printing fees for legal research requests from the Utah State Law Library, which charges \$0.25 per page for printing cases or statutes.
- Providing in-prison resources like legal research materials and pre-created legal forms and process guides. Many of these already exist for the public and could be adapted for prison use.
- Using technology to connect prisons with information that is already freely available to the public, such as the Utah Courts self-help website and a website-based version of the Utah Code.
- Researching the potential value of purchasing a subscription to a legal research database system.
- Creating or distributing training resources (electronic or in-person) on legal research, the civil justice system, and self-representation in court.
- Providing law librarians or research clerks who could answer questions and help people access these resources. As an additional option, some prison systems train people who are incarcerated to work as research assistants or clerks as a prison job.
- Organizing limited legal help clinics which could connect people in prison with private attorneys for brief, free legal advising sessions.

Substantial challenges and needs. These legal issues are substantial and can severely disrupt any person’s life. Our report suggests that the existing challenges with solving a legal issue are only magnified when the complexities of incarceration are added to the mix. By providing additional resources and helping incarcerated people address these needs *while in prison*, we believe that we can help simplify the complex re-entry process for people returning from prison and ensure that people

are able to access the justice system to get help. Our team has been interviewed by KUER and KSL News about this report, and we hope that this work will start conversations between the Department of Corrections, public interest attorneys, and other groups to help find ways to improve people's access to legal information and legal research while incarcerated.

I Need Help with a Civil Legal Issue – What Help is There? One of our report's findings is that many of the resources that Utahns can use to help handle these types of issues are not easily accessed while in prison. Some of the most useful resources are primarily accessed online, which means that they are not accessible to someone in prison.

However, there are resources that people in prison can access. One option is the Utah State Court's Self-Help Center. They are not able to provide legal advice but can help by providing legal information and connecting people in prison with printed copies of court forms and process guides. The Self-Help Center can be contacted by phone, text, or email as well as by mail. They often have a long wait time by phone, and their number is toll-free and cannot be dialed by someone in prison. You can mail inquiries to 450 S. State Street, W-13, P.O. Box 140220, Salt Lake City, Utah 84114-0220. People outside of prison can access the information on their website and can call or text the center to ask questions.

The Legal Aid Society of Salt Lake is a private, non-profit legal aid organization which can help with certain family law issues such as divorce, child custody, and guardianship. They can only help with cases in Salt Lake County. They have an application process and qualification criteria, which can be requested by contacting them at 801-328-8849 or by mail at 205 N 400 W, Salt Lake City, Utah 84103. Please be aware: in

order to be able to help with an issue, Legal Aid Society may require a variety of documentation which you may not be able to gather while incarcerated – help from someone on the outside might be necessary to gather all of the required information.

I Need Help with a Prison-Related Legal Issue – What Help is There? The Utah Dept. of Corrections has a contract with attorneys in Utah to provide help with some prison related legal issues. You can contact them by following the process set out by UDC.

If you would like to do your own legal research for a prison-related issue, the Utah State Law Library can print copies of cases and statutes and mail them to you. It is not free – there is a \$0.25 per page print fee for a copy of a case or statute, and there is a mailing fee if you are anywhere outside of the Draper or Gunnison prison facility. You can contact the Utah State Law Library by mail at 450 S. State Street, W-13, P.O. Box 140220, Salt Lake City, Utah 84114-0220.

There are also some organizations that may help with certain types of issues. ACLU Utah is focused on issues surrounding constitutional issues such as access to mail; religious freedom; and excessive use of force. The Disability Law Center is Utah's Protection and Advocacy Agency for people with disabilities. Both agencies have limited resources and cannot take every case for full legal representation. That said, these two agencies do provide information about the grievance process and general information to people in prison who ask for help.

UPAN note: After UPAN's Molly Prince shared the full Locked Out report with UDC's Eric Barker, he is currently working to add legal resources to the existing tablet program. While this is not a complete solution, it is a quick first step to addressing this problem.

Sometimes, in the winds of change, we find our true direction. Anonymous

Introduction to the Utah Board of Pardons & Parole – Part 2 – TYPES OF HEARINGS

Adapted by Molly Prince from an unpublished document created by the Community Outreach Committee for the Board of Pardons and Parole & information directly from the BOPP website www.bop.utah.gov

UPAN has been an original member of the Outreach Committee for the Utah Board of Pardons & Parole (BOPP) which was formed by former Administrative Director Greg Johnson after the Legislative Audit of the BOPP was released in February 2016. Other orgs who have consistently been involved in this committee, designed to address issues related to Utah's BOPP, include the ACLU of Utah and the Disability Law Center. Involvement in the Outreach Committee and contributions to this document over the years have also included Journey of Hope and Fresh Start Ventures.

Original Hearings In an Original Hearing, you have the option to personally attend (a personal appearance hearing). The Board examines your record for the first time. No one is granted an opportunity to speak at these hearings, except for you and any victim—or a designated representative of the victim—who wishes to be heard. Your attorney may be present at the hearing but is not allowed to speak for you or on your behalf.

In certain circumstances the Board may determine that you're not able to represent yourself effectively. See R671-308. In those cases, the Board will appoint a representative or provide another type of assistance the Board determines necessary to conduct an orderly hearing. As examples, a representative may be an interpreter, a Corrections staff member assisting an individual with a physical infirmity, or a representative from National Alliance on Mental Illness (NAMI) assisting an individual who suffers from mental illness.

All others having info that they wish to have considered must submit their comments in writing two weeks or more prior to the hearing. This includes letters from family or friends writing in support, letters from prospective employers or potential treatment providers. When sending letters of support for any type of hearing, family and friends must add their address and email address.

Rehearing A Rehearing is a personal appearance hearing scheduled because the Board has determined to see you again before making a decision for release. A rehearing is often given for the following reasons: 1) the Board requires more information or evaluation on your

situation, 2) you need to demonstrate commitment to or involvement in specific programming such as substance abuse treatment, sex offender treatment, high school diploma, etc., 3) you need to demonstrate responsible behavior in the institution, or 4) the nature of the offense and length of sentence make it not practical to set a date at the first hearing.

No one is allowed to speak at these hearings except for yourself and any victim—or a designated representative of the victim—who wishes to be heard. This limitation includes all legal representatives. However, your attorney may be present at the hearing. As with Original Hearings, all others having information that they wish to have considered must submit their comments in writing two weeks prior to the hearing. They must include their return address or email address.

Recision Hearing Recision means to cancel, take away, or change. A Recision Hearing is conducted to consider information that generally has a negative impact on a decision previously given/determined by the Board. Recision hearings may be conducted as a result of poor conduct in the prison, a new conviction not previously known by the Board, or any other new and significant information that can affect the individual's readiness for release. This is a personal appearance hearing in which you would be present to discuss the new information.

As in other hearings, the only ones who can speak at these hearings are yourself and any victim—or a designated representative of the victim—who wishes to be heard. This limitation includes all legal representatives. However, your attorney may be present at the hearing.

All others having information that they wish to have considered must submit their comments in writing two weeks prior to the hearing. This includes letters from family or friends writing in support, letters from prospective employers, or potential treatment providers.

Parole Violation Hearing/Revocation Hearing This is a personal appearance hearing, also known as a revocation hearing, given if you were returned to prison on violations of parole. This hearing is usually

conducted within 30 days of return to the institution unless you have returned for new criminal conduct. If you have new criminal charges, delays may occur while the case is being decided through the courts. The Sentencing Commission publishes guidelines about how long an individual should spend in prison due to a parole violation. The Board may exceed these guidelines if the Board finds a specific exception as described in the guidelines.

Attorneys are only allowed to speak at two specific types of hearings before the Board.

1) An attorney may speak on behalf of an individual at a **parole violation** hearing where there are no new criminal convictions. In this instance, the alleged parole violator may hire a private attorney, or an attorney may be assigned at the State's expense.

2) An attorney may also speak on behalf of an individual at a **pardon and commutation** hearing. If an individual wants an attorney at his or her pardon or commutation hearing, they must hire a private attorney – attorney at State's expense not allowed.

Evidentiary Hearing If you were to plead not guilty to violations of parole at the Parole Violation Hearing, you may be scheduled for an Evidentiary Hearing. This hearing is like a trial and you would be afforded an opportunity to confront the state's witnesses and present evidence on your behalf which challenges the allegations. You would be afforded all due process rights, including the benefit of an attorney.

Sometimes the alleged violation of parole is related to or includes new criminal conduct allegations. The new criminal allegations are handled by the court, whereas the Board only has jurisdiction over parole violations.

However, sometimes the parole violation hearing must be postponed until the court determines what will happen with the new criminal charges. Your attorney will advise you on how to proceed.
<https://justice.utah.gov/Sentencing>

Commutation Hearing A Commutation is the substitution of a lesser penalty in place of a greater penalty. In rare and unique circumstances, you may petition the Board for commutation of your sentence. The Utah Constitution also vests the Board with the sole commutation or clemency authority over death sentences imposed in the courts of this state.

New Hearing – No Approved Address The BOPP has to complete a new hearing if you have been given a release date but not released within 90 days due to not having an approved address and/or a lack of space at the Community Corrections Centers (CCC). Sometimes this hearing is called a Bed Space Recision.

Other Types of Case Reviews The Board has several ways a decision can be reviewed once an initial decision has been entered. These additional reviews are

primarily “paper reviews” and do not involve a personal appearance. In other words, reports and other documentation are submitted and routed to the Board for reconsideration of its previous decision.

Special Attention Hearing Special Attention requests should come through the caseworker or the assigned parole agent. These requests provide the Board with additional information regarding any new and extraordinary circumstances which may have an impact on a previous decision of the Board.

While in prison, all information to be considered should be submitted through the caseworker for review and verification. There is no inherent right to have a Special Attention Review. This is a matter for the institution to review and decide on the merits of the issues involved.

In the case of a parolee, Special Attention requests may deal with minor violations of parole, now known as “Response and Incentive Matrix”, or to consider some modification of the parole agreement. In rare instances, the Board may wish to have a hearing with all parties present to discuss the issues at hand.

Special Attention hearings can also be petitioned for by an attorney once someone is already on parole.

Redetermination Hearing According to Board rules, you may request a review of a previously entered decision. See R671-316-1. Such reviews may be requested at 5- or 10-year intervals from the date of the last review. If the decision to be reviewed is an expire-life decision or the setting of an original hearing for a homicide offense, then the individual may apply after 10 years. For other decisions the interval is 5 years. Contact your caseworker about how the rules apply in your case.

Project Avary Program Offers Online Support to Children of Incarcerated

By Molly Prince based on Information received from Outreach Coordinator Danielle at Project Avary

UPAN recently received information about an online support program for children of incarcerated parents (CIP). Molly Prince has looked into this and it appears to be a positive program. There are currently spaces available for the online support groups this Fall for these children. Youth can benefit from joining these fun, supportive, and free groups. Refer to the website below to learn more. A short application can be found there in order to apply. www.projectavary.org/onlineprogram

Key Points About the Program Because of the stigma surrounding incarceration, there may be some hesitancy to apply. We recommend that you direct any questions or concerns to Project Avary directly. Here are a few key points that might alleviate some of your concerns:

Project Avary has, for over 20 years, provided fun programming for children of incarcerated parents. Everyone in this program, including the adult counselors, have personal experience with incarceration in their family.

A redetermination request may be submitted through your case manager or directly to the Board. The 5- or 10-year time period must be met and there should be no pending disciplinarys or new convictions. The request may be in the form of a letter but should include a clear statement of the reasons a redetermination should be considered and any new information or progress. The Board may request a recommendation from the Department of Corrections if the Department has not already provided one. The Board may make a redetermination with or without a hearing.

Where People Can Send Letters of Support Family, friends, potential employers, and others may submit comments and letters through the Board website, by mail, or dropped off at the Board office.

<https://bop.utah.gov/index.php/for-offenders-families/information-for-family/84-bop-victims-category/131-offender-family-form>

Termination Requests If you have been on parole and are doing well, the parole officer may submit a request to the Board to consider termination. This request must be processed through the parole office and must include info about compliance and adjustment and positive transition and behavior in the community. You may submit your own materials for consideration, but the request will be referred to the agent for comment and recommendation. This review is a “paper review” only. There are Supervision Guidelines set out by the Sentencing Commission as part of the Utah Commission on Criminal & Juvenile Justice (CCJJ). These Supervision Guidelines give basic standards that people on parole must meet prior to being considered for an early termination of their parole.

The program is sponsored; free, no cost to attend and it is a FUN online community of support (it is not like therapy groups or online groups for school). Sharing is optional, they never force anyone to share if they don't want to share about their situation.

The program consists of 6 weekly community groups, which last about 60-75 minutes. Sessions will be held online using the Zoom video conferencing platform. Groups will include 6-10 youth participants, ages 10-15, two experienced adult facilitators and a teenage junior counselor, all who have personal experience with parental incarceration. After completing the 6-week program, youth may apply to return for subsequent sessions, or apply for the teen leadership program, which supports youth to become leaders and counselors within the Avary online community.

Days and times will vary group to group. The most common schedule is on weekdays (Tues, Wed, or Thurs) from late afternoon or early evening (depending

on time zone). It is based in CA, which is one hour earlier than UT.

Group Curriculum The curriculum has carefully evolved out of decades of working directly with CIP and their families. It is evidence-based, and the program objectives are externally evaluated. The curriculum's focus is to respond to three central challenges facing CIP: grief and loss during parental separation, anxiety and stress relating to adverse childhood experiences (ACE's), and feelings of shame and stigma related to societal stigmatization. The Project addresses these challenges by providing a continuous community of support to CIP - one filled with positive peer-to-peer and youth-adult relationships, fun activities that reduce stress and build a sense of community and belonging, and safe and judgment-free zones to talk about personal experience with incarceration.

Participant Criteria Applicants must have a parent who

is or was incarcerated and be between ages of 10-15 (slightly younger or older youth are encouraged to apply if there is a strong desire to participate). Be willing and able to commit to attending all 6 initial group meetings, be aware of their parents incarceration, have internet access & a device to use during sessions.

How to Enroll Your Child If you are in the community, you may go to the website and fill out the online form.

If you are incarcerated, fill out and mail in application. If you refer your child into this program, please inform their caregiver (person child lives with) prior to mailing the form back to Avary Project. They would like to avoid surprising the family when they contact them. If you would like to refer multiple children, please fill out one form per child, if possible.

Inmates, please write a letter containing ALL the information and mail to: Project Avary, Attn. Online Program PO Box 150088 San Rafael, CA 94915-0088

"Courage does not always roar. Sometimes it is a quiet voice at the end of the day saying... 'I will try again tomorrow.' " ***Mary Ann Radmacher***

Letters for Change

submitted by Letters for Change

Can writing a letter to an incarcerated person really make that big of a difference? We say, "YES!" Letters for Change is a nonprofit with the mission to promote friendship, understanding, and community through providing a letter service for inmates in prison. Inmates are referred to or sign up for the program. Volunteers on the "other side of the fence" become their pen pals.

The service sounds simple, but the impact has been incredible. Some inmates haven't received any contact from outside the prison in years. One shared, "I think Letters for Change is awesome...it is great to talk and write to someone besides another inmate. It means so much." Another said, "Thank you very much for providing this wonderful way to communicate with someone new. All of the guys that I know have expressed similar statements. So thank you very much."

Currently, almost 200 inmates have asked to be written to, many of whom have been abandoned by family members and former friends. At this time, the organiz-

ation has a need for both additional inmate pen pals and community volunteers. Learn more and sign up for a pen pal at: <https://www.letters4support.org/contact>

If you are an inmate and would like to sign up for Letters for Change, please contact Letters for Change with your name, inmate number, and a short paragraph introducing yourself to your pen pal: Letters for Change, P.O. Box 1656, Bentonville, AR 72712. Multiple inmates can include a note in the same envelope.

Please note, inmates and volunteers must be 18+ to participate. The service is for friendship, not romantic relationships. Personal identifying information is not permitted within the letter itself, only first names! Outside pen pals, see our FAQs for additional guidelines: <https://www.letters4support.org/faq>

Letters for Change is an independent 501(c)(3) charitable organization and is not affiliated with nor facilitated by UPAN.

"True life is lived when tiny changes occur." ***Leo Tolstoy***

Now, saving the best for last, the following article can be of interest to all who are incarcerated. Ed.

Timely Timpanogos Topics -- UPAN Tours Flourish Bakery, A Begin-Again Opportunity

By Molly Prince

On July 21, 2021, UPAN Directors Gayle Dawes, Deon Corkins, and Molly Prince had the opportunity to tour Flourish Bakery, which is located in historic downtown Midvale. The overarching mission of Flourish Bakery is

to build better people through the opportunity to begin again. The Flourish Bakery Intern Program is a comprehensive, 15-month classic paid apprenticeship, which fosters hope, healing, and accountability while

simultaneously teaching the art and skills of artisan pastry and baking to those recovering from addiction with a history of incarceration.

Three in five US families are impacted by addiction.

On average, between 40%-60% of people trying to overcome substance abuse disorder will relapse at some point during their journey. Sometimes multiple times. One in three adults are justice involved, which limits access to jobs, education, and housing. Finding employment at a living wage is very difficult for people who have been incarcerated and/or are on probation or parole.

Flourish is a 501(c)(3) nonprofit organization.

Its Instagram and Facebook pages state “The Flourish community teaches the art and skills of professional baking to individuals in recovery from addiction and/or incarceration.” Flourish Bakery is a supportive community that fosters hope and healing. Flourish Bakery employs individuals in recovery from substance use disorders as well as those working to reintegrate their lives post-incarceration. This employment opportunity assists individuals in the healing process and works to reduce the persistent cycle of relapse and recidivism through life and job skills training. Flourish provides a community of support, mentorship & friendship, and is a space of life-long transformation, one pie at a time.

While Flourish does not provide sober living residences, we learned that it does coordinate with housing agencies to help secure sober living arrangements for those in the program.

Our tour began by meeting Shauna Wiest, Flourish’s Development & Grants Manager. We then met Rachel, an intern employed by Flourish, who shared her struggle with substance use and addiction, and her first rehab experience beginning at the age of 13, culminating in becoming involved with the criminal justice system. Rachel has now been clean and sober for one year. She completed the House of Hope program in Provo, and learned of Flourish Bakery through a newspaper article in the Salt Lake Tribune. She moved into sober living, and applied for and was accepted to begin her 15-month paid internship with Flourish in December 2020. Rachel was our Bakery tour guide and Shauna filled in the blanks from the administrative side.

Rachel shared her appreciation and passion for all the Flourish program provides for her as she showed us the commercial ovens, the cooler, freezer, and work areas. She stopped in the middle of the tour to help three other bakers understand a recipe they were working on. She discussed how outside of Flourish she has never found a job that understands the challenges of maintaining sobriety after going through a residential rehab program. Flourish helps those in the program learn how to manage the stress of building and maintaining a drug-free lifestyle while embracing life-long recovery.

Recovery is baked into this program. Although cooking is the focus, long-term recovery is “baked” into all aspects of the 15-month program. The interns participate in Daily Reflection each day, where they sit around a large kitchen table lovingly referred to as “the healing table” and write in journals and talk about their hopes, dreams, fears, and challenges. There is time for meditation and a support group. They can pull other staff members aside when they are struggling. They offer support and understanding to each other on a constant basis. Flourish has its own herb and vegetable garden and freshly picked herbs go into many of their baked creations each day. Rachel stated that there is “something about working with your hands that is so healing.”

The program incorporates a holistic approach to living and working. Program participants are encouraged to attend to all aspects of their being – mental, physical, emotional, spiritual, and social. They enjoy a warm family meal together daily. They go to the gym together, which is included in their work day. They enjoy paid vacation days. Rachel explained that the interns receive a living wage, which is difficult for people who have a spotty work history or have been involved in the criminal justice system. All elements of the program are provided free of charge to participants. Additionally, all interns perform a 3-month externship at a local business where individuals further their professional skills before graduation. Upon graduation and fulltime job placement, interns return as “Flourish Ambassadors” to positively mentor new interns.

We then met Sean, who has been with Flourish since it opened in Midvale. Other interns were intently focused on their pastry creations and allowed us to take photos and ask questions of them.

The Story of A. We met “A”, who has been with Flourish since May 2021 after release from yet another stint in prison. He shared his history of run-ins with the law and his use of alcohol and drugs, starting in elementary school. He described his journey of going in and out of prison multiple times for crimes associated with drug use and addiction. When asked what is different this time, A stated the importance of making an individual, internal decision: the deep desire to get clean and change his life by doing the hard work needed to remain sober.

A completed the substance abuse treatment program at the Draper prison (Conquest). That was not his first time in a substance use recovery program. He said that this time he realized that he was becoming tired and really wanted to make the changes within himself to become a different person and become successful this time getting out. He does not want to return to prison. After completing Conquest, A was able to join a Culinary Arts program offered by Davis Area Technical College (DATC). This enabled A to remain in the Conquest housing rather than returning to general population

where his sobriety might be challenged. While with DATC, A discovered he really enjoyed baking and cooking – and he was good at it. A learned of the Flourish program through DATC’s Mike Serassio, who goes above and beyond, all on his own time, to seek placements for graduates of the DATC Prison Culinary Program. Thus, A applied and was accepted into the Flourish program.

Being accepted as an intern into the Flourish Bakery program is no small feat. There are 12 positions available. The internships last 15 months. Applicants become part of a community. Rachel and A describe it like a wonderful family. Flourish is conscious of the type of energy necessary to have harmony between everyone working and healing in the program. Only those who are committed to their long-term recovery and sobriety are accepted.

Positivity permeates the bakery. The atmosphere and positive energy of everyone present during our tour was palpable. While it was warm in the bakery, those of us on tour almost did not want to leave. It was inspiring and enjoyable to be in the company of these amazing men and women who are recognizing their value, changing their lives, and contributing to the greater good.

When Rachel smiles at her coworkers, the glow comes from within. It comes through her eyes. While Rachel has experienced much trauma from which she is healing, it is evident that she is truly happy being part of the Flourish community. About her Flourish family, she states as she looks at them, “I now know what a good friend looks like.” And the support and connection is reciprocal. It appears to me that each of the Flourish

interns are finally able to let their inner light shine through. This positivity and joy is positively manifested in the deliciousness of their baked goods.

Flourish has 100% success rate. In terms of learning how to become artisan bakers, there is formal instruction, on the job training, and specific modules of baking education. This is indeed an unusual and remarkable program. For the last three years, 100% of Flourish interns graduated into fulltime employment without relapse or recidivism. For context, Utah’s current relapse rate is 76%.

Delicious baked goods. Gayle, Deon and I each purchased and tried some delicious baked goods from their retail bakery located onsite. The choices included Rosemary Focaccia bread (which is only made on Thursday and Friday and Saturday) to peanut butter & jelly cookies, kitchen sink cookies, fruit cutie pies, carrot cake, chocolate Nutella mascarpone cutie pies, meat pot pies, and much more. They also gave us a goodie bag. Everything I tasted was above and beyond delicious!

The bakery is open to the public for purchases Wednesday – Saturday 8AM to 4PM. The Bakery is located at 752 W Center Street, Suite B in Midvale, UT (behind Cricket Wireless). There is plenty of parking and you can order ahead for specific items.

We appreciate the time and hospitality the Flourish folks gave us. We encourage everyone to support Flourish Bakery by purchasing from them or donating to the cause. More information and how to apply can be found at <https://www.flourishslc.org/>

Couple of Smiles and Maybe a Laugh

I heard a rumor that longtime, well-known actor, Kevin Spacey, wanted to be a rocket scientist but he wondered if his last name would help him or hurt him. ~~ An administrative assistant felt she would easily be hired by an environmental group since her last name was Green! ~~ If you suck at playing the trumpet, that’s probably why ~~ What do you call a herd of lambs tumbling down a hill? A lambslide ~~ Have you noticed that “the” and “IRS” spells “theirs?”

I suspect that many of you are a gift to those around you. Great going. What could be more cool??!! 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