



UPAN Newsletter

Volume 9 Number 5 | MAY 2022

“Empowerment and Growth Through Knowledge and Unity”

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New Prison, New Name, Details – New Medical Release of Information Form UDC’s Response to Healthcare Audit – Comments on Tour of New Prison Women Imprisoned on Mother’s Day – Mother/Infant Rooms at New Prison

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Next Meeting: MAY 9, 2022 6:30 p.m. TOPIC: New Prison, New Medical Release, Family Meeting Q & A

Meeting Location: Virtual Zoom Meeting – link <https://bit.ly/3vqQjiA> Free and open to the public

Following Meeting: JUNE 13, 2022 Guest Speaker: Daniel Strong of Commission on Criminal and Juvenile Justice
NO MEETING HELD IN JULY.

UPAN continues virtual meetings. Also available on UPAN Facebook Live and on Facebook page afterwards. Use link above or visit UPAN website for link (p. 10), or Utah Prisoner Advocate Facebook Page for link to current monthly meeting. Free to 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.***

*“When everything goes to hell, the people who stand by you without flinching —
they are your family.” Jim Butcher, author*

*“At every moment, we always have a choice, even if it feels as if we don’t. Sometimes that choice
may simply be to think a more positive thought.” Tina Turner*

The New Utah State Correctional Facility in Salt Lake City

By Molly Prince, LCSW

UPAN is being contacted regularly by families and incarcerated folks alike about the upcoming move to the new prison, which is named the Utah State Correctional Facility. That is a mouthful compared to the old prison’s name, “USP” or “Utah State Prison.” I imagine it will

quickly be referred to as “USCF” by those who want to use its initials, the “Salt Lake Prison” by those who will refer to it based on its location, and simply as “The New Prison” by the rest of us who have had years of involvement with the old USP in Draper.

Anxiety and speculation continue about when the move of over 2,500 incarcerated people from the Draper site to the new SLC campus will take place.

UDC has been transferring inmates from Draper to county jails and CUCF in an effort to reduce the number of people they will be moving to the new prison, which has a capacity of 3,600. An April 15, 2022 announcement on the UDC website states, "The Utah Department of Corrections is just a few months away from moving the prison population at the Utah State Prison in Draper to the new Utah State Correctional Facility in Salt Lake City."

It seems the move date continues to be a bit of a moving target. On November 18, 2021, Katie McKellar, in a *Deseret News* article entitled *5 Things You Need to Know About the New Utah State Prison*, stated the move was planned for June 2022. As of now, it is unclear if it will really be ready to receive its residents by that time. According to some sources, it will be ready to be commissioned at the end of May, meaning making sure that everything works the way it is supposed to and making sure all staff are trained in the new direct supervision model. What we do think we know, is that the move will occur sometime this summer. But we could be surprised.

The new home to a potential 3,600 incarcerated persons is about 9 miles west of the Salt Lake International Airport, on the north side of I-80.

McKellar's article tells us that the entire prison campus is 1.3 million square feet, spanning about 170 acres, which includes both inside and outside the secure perimeter.

The prison campus consists of many buildings, designed based on varying levels of security. It contains areas that will be home to medical and mental health facilities. Housing units are close to chapels, classrooms, and programming spaces. Gyms and recreation yards are in place. There are areas for Native / First Nations spiritual services to be held. Housing for general population, structured housing, and maximum security are being readied for the inhabitants.

The building designed for women is separated from the men's by an outdoor perimeter. Other buildings on this campus include administration buildings, culinary, receiving and orientation, a specialized treatment facility, visitation, vocational programs, and warehouses to hold supplies for the campus that is the size of an entire town.

10 miles of razor wire tops the perimeter's chain-link fence.

New Medical Release of Information Form replaces Verbal Authorization Form

By Molly Prince, LCSW

The new *Medical Release of Information Form* is now available to incarcerated individuals to sign! This allows the UDC to discuss their medical status with the people specified in the release document. This new form replaces the Verbal Authorization for Medical Information Form which had to be renewed every 90 days. This is a big win for those of us who have been advocating for this change for several years!

The new Medical Release of Information Form is a PERMANENT form that is good for the incarcerated person's current stay in the prison system, unless the prisoner revokes permission in writing. If someone paroles and then is returned to prison, they would need to fill a new Release out again.

Deep Appreciation. Steve Gehrke, Director of Excellence for UDC, has been instrumental in pursuing and facilitating this important change since I first shared my concerns about limitations and challenges of the 90-day Verbal Authorization with him about a year ago. I, personally, have been pushing for several years to get the medical release shifted to a document that did not have to be renewed every 90 days. The Verbal Authorization form and the protocols for it were cumbersome on correctional staff and challenging for incarcerated folks to repeatedly obtain and fill out.

Director Gehrke recognized the challenges and performed the work over this past year which no one

else had been willing to do. He went through all the steps, consulting with legal and other channels, which resulted in the creation of this new document. It is approved through the Utah Attorney General's Office.

UPAN directors are sending deep appreciation to Dir. Gehrke for his ceaseless effort in advocating for this positive change, and acknowledgement to all those in UDC who have worked to bring this to fruition!

The Roll Out & Transition. Gehrke has informed UPAN that this new Medical Release Form will now be offered to each person entering Utah's prison system during intake. The old Verbal Authorization Forms currently in force are good until their 90-day expiration. At that point, incarcerated people should ask their caseworkers for the new permanent Medical Release Form. Then they need to fill it out and submit the form so that it is on file in their medical record so their loved ones can obtain updates about their medical status. This form should be in place even before a medical emergency occurs, when a patient may not have the time, energy, or wherewithal to get it done.

Over the past month, Director Gehrke has informed me of various methods he has used to make sure that all UDC staff understands the shift into this new form. He has worked with Clinical Services (Medical) to inform the team in Medical Records of the changes. This is the team who will be in charge of receiving and uploading

completed Medical Release of Information Forms into the electronic records system.

He also reported that as early as the first week of April, a message had been posted to UDC employees (all staff) about the change in process. This message included an explanation regarding the new form and why this action was needed.

Dir. Gehrke also stated that he worked with the Division of Programming to roll out targeted messages to their case managers about the Medical Release of Info form.

He worked with the Inmate Placement Program (IPP) leadership and messaged this information out to their staff so inmates in the county jails on state contract will have access to the new form through their case managers.

His email read, "We have reached out to case managers in a variety of different ways." Methods of sharing the information to UDC staff includes department-wide communication to all staff, caseworker specific communication through their chain of command in Programming and getting the training materials updated in their manual. Training materials for case managers are currently being updated to explain the new form and process. In addition, both the Inmate Handbook and Medical Handbook are being updated to provide information on the use of this new form.

Dir. Gehrke acknowledges that there are so many case managers spread so far across the prisons and state (in

the county jails housing state inmates) that he expects there will continue to be a learning curve to get everyone informed and on board. Information for families about this is located on the Corrections website at <https://corrections.utah.gov/healthcare/#tab-32266>

He stated that in an upcoming newsletter distributed by UDC to inmates, there should be some updated information about the form.

Gehrke shared via email, "I hope this roll out has and will effectively communicate all of the details on the medical release of information form/process. The form should now be in effect." He then reminded us that regardless of the efforts UDC puts forth on the front end, he anticipates that there will be a learning curve initially with a roll out like this. In such a huge system, there are bound to be gaps. We can let him know so he can continue to direct information and education through the avenues he has available.

Thank you to UDC for this upgrade. We cannot say it enough! UPAN directors and our prison families wish to say "thank you" to Steve Gehrke for being instrumental in realizing this change. We also extend our thanks to all the other administrative staff that saw the benefit and did the work to verify that this new form could be created and implemented in a way that satisfies all legal requirements. It will contribute to a more efficient and humane way to share medical information with those named on these releases who have deep concern for the wellbeing of their incarcerated loved ones!

UDC's Response to Recommendations of the Performance Audit of Healthcare in Utah's State Prisons

by Molly Prince, LCSW

This article summarizes the response and changes that have been implemented so far by the Utah Department of Corrections to the Legislative Audit entitled Performance Audit of Healthcare in Prisons, Report #2021-17, presented to the Utah Legislature in December 2021. Please refer to the Overview of the Audit articles in the January, February, March, and April 2022 UPAN Newsletters for background, introduction to the audit, and summary of Chapters 1, 2, 3, and 4 of the report.

It should be noted that in January, 2022, UPAN's Director of Medical & Mental Health Issues, Wendy Parmley, RN, and Founder Molly G. Prince, LCSW, provided a list of suggested recommendations to address certain specific deficiencies identified in the Audit to UDC as well as to the auditors and the legislators doing the follow up monitoring.

On April 13, 2022 Director of the Clinical Services Bureau (CSB) Tony Washington presented to the Stakeholders Group on the progress UDC has made in implementing changes and remedies to address deficiencies found in the Healthcare Audit. Colleen Guymon, Deputy Director of Clinical Services was also present and shared supplemental information in various areas. The Stakeholders Group is sponsored by the UDC, organized & facilitated by Director of Excellence Gehrke in 2021.

Stakeholders is comprised of a variety of representatives of various divisions in UDC, as well as a broad representation of community agencies, organizations and advocates invested in helping Utah's criminal justice

system evolve, with specific attention to prison issues and successful re-entry for incarcerated persons back into the community. I have represented UPAN as well as been a community treatment provider in this group.

The Legislative Audit listed a variety of recommendations to the UDC for improvement. Dir. Washington responded to them in order. Below, the recommendation is listed in **bold** and Dir. Washington's update or the UDC response included in the audit report is in regular print. The recommendations are numbered based on the chapter of the audit in which they were recommended.

2.1. Recommend that the executive director of the Department of Corrections ensure that all recommendations in this audit are adequately implemented. Dir. Washington meets weekly with Deputy Executive Director Chyleen Richey, who is over CSB. Then Dir. Richey updates the Executive Director of UDC Brian Nielson monthly on progress.

2.2. Recommend that the executive director of the Department of Corrections launch an internal review to determine if additional changes not addressed in this report are needed regarding operations and/or staff. The Internal Audit Bureau (IAB) is including an internal audit in its 2022 audit plan including looking at all areas of clinical services to determine if any additional changes may be beneficial, to be completed by December 2022. Rachel Summers is the Internal Audit Director.

2.3. Recommend that CSB ensure providers and other medical staff define the term “monitor” in patient charts with specific parameters on a case-by-case basis. Dir. Washington explained that CSB is working with prison medical providers to be more specific about what needs to be monitored in each patient chart. It is being recorded in M-Track currently but CSB is working to fully implement its electronic records system which is an “all in one” system. The goal is to have it fully operational a month prior to move to the new prison. It is forms-based on the type of service or problem, and has prompts for follow up. There will still be chart reviews conducted to make sure everything is included. Dr. Darrel Olsen is the Clinical Director of Medical and is listed as the one responsible for ensuring staff is clear on what is to be monitored and document it.

2.4. Recommend that CSB increase oversight to ensure appropriate case-by-case patient follow-up procedures are being completed. Dir. Washington reports that this began in January 2022. The CSB is doing sample reviews on a monthly basis. It will be identified if adjustments need to be made to the oversight process as time goes on. Bobbi Brown is listed in UDC’s response to the Audit as the Senior RN and Continuous Quality Control (CQI) Manager overseeing this recommendation.

2.5. Recommend that CSB ensure that all patients have access to 1) Appropriate and timely clinical judgements rendered by a qualified healthcare professional; and 2) Correct treatments and medications for corresponding diagnoses. According to the UDC’s response to the audit in December, 2021, this will be overseen by the Continuous Quality Control system. This committee conducts monthly reviews. Washington reported that CSB clinicians meet weekly, and these meetings are spearheaded by Dr. Olsen. When asked if there could be outside reviews, he responded that could be possible in the future.

2.6. Recommend that CSB follow internal policies and professionally recognized standards regarding the administration of insulin and oversight of inmates with diabetes. In the UDC’s original response to this recommendation dated November 29, 2021 and which was released to the public in December, 2021, the UDC said that it “concur.”

However it also stated, “All diabetics in general population have access to a glucometer to monitor blood sugars at any time. In high security areas, glucometers are available at pill lines for inmate testing, and in some instances, additional pill line access is provided based on inmate need.”

The remedy UDC listed for this problem is Monthly Chronic Care Team Reviews (these are conducted by senior RN’s). In response to the concerns that often diabetic pill lines provide insulin a significant time apart from when patients receive their meals, Washington indicated that they are provided with “snacks” but did not elaborate on what that actually means in practice. Other than that, the presentation did not specify any additional steps being taken to ensure improved oversight of diabetic patients.

UPAN has received concerns the past three months about the lack of commissary which renders diabetic patients unable to stock food that they could use to ward off a drop in blood sugar when their meals are served past the ½ hour ADA recommended time frame from taking insulin.

2.7. Recommend that CSB create policies and procedures to effectively manage nutrition and medical care for diabetic patients during disruptions or delays to the normal schedule. The written response to the Audit on this item states “CSB will add a section to its internal policy addressing managing disruptions or delays for chronic care health needs, as well as nutrition management.” This was scheduled to be completed by February 2022 and overseen by the Records Manager. There was no discussion of specifically what these policies include.

2.8. Recommend that CSB develop policies where appropriate that help the organization be more compliant with CDC standards regarding medical issues such as the COVID-19 pandemic. The written response to the Audit on this item states, “CSB will add a section to its internal policy addressing infectious disease processes, by adding guidance on handling pandemics based upon lessons learned.” No more was discussed about this in the meeting.

3.1. Recommend that CSB ensure that the use of emergency medical technicians in the prison is consistent with state statutes and best practices, and that licensed nurses (or other qualified medical professionals) are used in situations that require a level of skill and knowledge beyond what an EMT is

certified for. Washington's presentation included reassurance that the primary goal is to hire nurses, and UDC is currently trying to attract nurses. UDC has also offered incentives to encourage EMTs to enter nursing school so they can obtain their nursing degrees and retain employment in the prison at the same time. It is unclear if EMTs continue to serve as med-techs in Draper to dispense medications, rather than nurses.

3.2. Recommend that executive management of Department of Corrections ensure that personnel in the CSB fully comply with NCCHC (National Commission on Correctional Health Care) standards.

Tony Washington stated that UDC CSB is scheduled to undergo a new NCCHC accreditation audit in August 2022. He said that UDC has instituted a 24-hour intake assessment and expanded face-to-face encounters for all Inmate Care Requests, per NCCHC standards. The UDC initial response to this recommendation included having the CSB review how the data in question is collected and collated so UDC can more easily and accurately determine compliance with the NCCHC standards. It stated that all nursing staff would receive training on the standard for reviewing ICRs, which can also occur in pill lines (if staffed by a nurse versus an EMT).

Further, the UDC response committed to all staff associated with medication will receive quarterly training on proper medication disposal. There is an acknowledgment process in place regarding proper disposal of medications by med-tech's and RN's. The UDC's written response contained in the Audit indicates that the oversight for this lies with Deputy Exec. Director Richey.

3.3. Recommend that the CSB ensure compliance with statute regarding the protection of personal health information. Washington reported that their Jan. 2022 quarterly training with staff provided specific training on protection of personal health information.

3.4. Recommend CSB follow the Inmate Handbook regarding co-pays for mental health services. The UDC has legal authority to collect a \$5 co-pay for medical services. This was codified by the Utah Legislature in 2009. CSB states in the Inmate Handbook that there will be no co-pay for mental health services in order to remove any barriers to accessing mental health services. The audit found that at times in the past, CSB has, collected co-pays for mental health services. Dir. Washington informed the group that if someone is charged a co-pay for mental health services in error, they should write to request a refund from the co-pay coordinator. This applied to COVID as well.

4.1. Recommend that CSB follow Utah Administrative Rule when implementing incentive programs. This is for staff. Refer to the April newsletter article on the Overview of the Audit for Chapter 4 for an understanding of this issue. Dir. Washington states that

CSB is coordinating with Human Resources about retention bonuses and their time frames. The response UDC gave in December stated that they are implementing a process to monitor incentive awards to UDC staff. Incentive awards for RN overtime have already been modified to be accounted for through shift differential pay. Bonus and retention awards are to be used sparingly and administered with DHRM oversight.

4.2. Recommend CSB be transparent with the Legislature on how program funds are being used.

The issue seemed to be that any savings CSB had from unfilled full-time positions was used to fund other medical services. The reporting was unclear. UDC will now be clear when submitting financial reports to the legislature, which was to have begun in the 2022 General Session. Washington explained that all positions in Medical must be funded in advance and specifically for healthcare.

4.3. Recommend CSB create meaningful performance metrics that reflect program activity.

Tony Washington explained that in the past the department used old measures set by former Gov. Gary Herbert's Success Initiative. Since the audit, and going forward, the only measures for performance of CSB used will be from NCCHC standards.

4.4. Recommend CSB ensure that formulary, procedures, policies, and training materials are all up to date.

UDC is implementing a process that will review all training materials and protocols annually. Formulary (pharmacy and therapeutics) reviews will be held quarterly. The CSB is revising the way these reviews are documented so everything is updated in a timely manner.

Process for a patient with serious condition.

Additional questions were answered during the meeting. Of particular interest was the process that will ensure that a patient is informed of test results and understands any diagnosis and recommendations for treatment, including those coming from outside specialists such as at the University Hospital. Both Directors Guymon and Washington agreed that the UDC medical provider is supposed to review any consultation and test results with the patient. It is also recommended that the patient follow up with providers, including scheduling follow up appointments so they can be very clear on what their diagnosis and recommended treatment should be.

While some of these changes are taking time, and the new electronic medical record system is not currently fully operational, it is expected that once in place, it will streamline the processes for patients requesting medical care to be triaged, scheduled, and seen. It should also provide up to date information for medical providers on patient histories and current care. If the medical staff utilizes the new electronic record system, the timely provision of medical care in UDC should improve.

UPAN Directors and Others Tour the New Utah State Correctional Facility

by Molly Prince with contributions from An Bradshaw, Wendy Parmley, Deon Corkins, Gayle Dawes, Martin Dawson

On April 21, 2022, several of the directors of UPAN toured the new prison. These included Wendy Parmley, Gayle Dawes, Deon Corkins, and An Bradshaw. Accompanying UPAN directors were Pastor Charles Hines who currently serves in the prison with St. Francis of Assisi Church, and Martin Dawson of Prison Fellowship. Included on the tour were elected officials Senator Derrin Owens and Rep. Kera Birkeland. Also present were several UDC administrators: Special Projects Director Steve Turley who has overseen this construction project; Director of Excellence Steve Gehrke; Deputy Executive Directors Jim Hudspeth and Chyleen Richie; Deputy Director Colleen Guymon, Nursing Director Eric Difrancesco, RN; and Clinical Services Bureau Director Tony Washington.

Here are thoughts from some of those with UPAN who toured.

Openness & Light! An states, "First, there are windows or skylights in every space!" Gayle writes, "The lighting is spectacular for both inmates & staff, which will definitely help with everyone's wellbeing!" Deon observed, "Openness was my first surprising impression. Natural light and views of blue sky and clouds poured through the many skylights, glass walls, and windows." All of UPAN's participants in the tour were impressed that every housing unit has a lot of natural light, which has been shown to be important to emotional and physical health. It will be helpful for both residents and staff in these buildings.

According to Medical News Today, exposure to natural light helps our bodies produce Vitamin D, improves our circadian rhythms and sleep patterns, helps us to focus, enables us to get more done, and even makes us happier.

Researchers have noted a link between exposure to the sun and lower blood pressure levels, with reduced death rates from cardiovascular issues. Also noted increased sun exposure may also protect people from the following diseases: type 1 diabetes; multiple sclerosis (MS); colon, breast, and prostate cancer and non-Hodgkin lymphoma. Ensuring we get enough of this vital resource is key to our physical and psychological wellbeing.

<https://www.medicalnewstoday.com/articles/benefits-of-sunlight#health-benefits>

Large recreation yards. Both Gayle and Deon were impressed with the "huge outdoor rec areas" and see them as a positive inclusion in the site plan.

Space for spiritual services. The sheer size of the new prison made an impression on Martin Dawson, who is the Utah Field Coordinator of Prison Fellowship. He reports that "there are multiple chapels and classrooms which may be utilized for different faith groups to hold

services as well as for other programming." He and UPAN's Deon Corkins noted that there is ample space in designated areas for sweat lodges on each of the facilities. Gayle Dawes reports that there are areas for sweat lodge and talking circle ceremonies for both the women's and men's facilities.

Deon learned that various community churches have contributed to the installation of the chapels. The chapels are also filled with light. Last year on a tour of the partially constructed complex, I viewed one chapel in the men's general population building. It had a skylight positioned in such a way that it felt like divine light was streaming into the chapel. It was a very spiritual and powerful feeling, even while under construction.

Ample classrooms and programming areas. It seems that the new facility will have plenty of classrooms for education, treatment, and programming. Gayle shared that when Dir. Turley said "campus" her ears perked up!! She reports, "This reference quite obviously does highlight the goal and vision to uplift and uphold education, training, and preparation for re-entry."

Maximum segregation. Steve Turley emphasized that the new prison does not have solitary confinement, but rather the maximum segregation cells and recreation yard are designed to keep the more dangerous inmates from harming others. There are single person cells in this housing unit. They can see and talk to other incarcerated people, they just can't interact with them physically. Quality of life will be better in the new prison's maximum than it was in Draper. Classes for six inmates at a time will be offered in two classrooms equipped with restraining chairs.

Not all buildings / facilities will be opened initially. The UDC staff informed the tour group of this fact due to a lack of staff. They were told that there will be a need to hire at least 200 corrections officers and support staff to run the new state facility at full capacity. However, there is NO TRUTH to a rumor that UDC will use the Utah National Guard to fill staffing shortages

Accessibility of phones and kiosks. Martin Dawson also discussed his appreciation of the accessibility of the phones and kiosks in the housing units. He states that they were told that UDC officials have been, and continue to be, in communication with GTL to ensure that the phone system problems experienced in Draper will not transfer to the new facility. He said they were also told that UDC has not yet been able to thoroughly test the phone system.

The kiosks in the housing units will be available for everything from commissary orders to medical requests, to general request forms. The goal is to move away from paper forms as much as possible. Tablets will also

be available to check out to be used to email loved ones and other similar functions. UPAN has no further information on the details about the tablets or classification levels required to access them.

Different types of housing within the main building. Accent colors tend to be a green color in general population. In addition to two person cells, eight person cells, there is dorm/cubical housing in General Population. Eight person units have showers and bathrooms connected to them. Mr. Dawson noted that there are also outlets and cable connections readily available in the housing units.

The Medical Unit. UPAN's Director of Medical & Mental Health Issues, Wendy Parmley, along with Mr. Dawson report that for them, one of the highlights of the tour was the new medical unit. Although each facility will have its own medical area – the new primary medical unit, also known as the Infirmary, is more of a clinic. It has beds to accommodate 40 persons in four-bed wards, where the Draper Infirmary could only accommodate about 6 patients. It will be staffed with nurses according to the tour guides. There will be more medical staff and the ability to perform advanced screening and some advanced procedures. Of course, the more serious emergency cases and medical conditions will still be transferred to the U of U Hospital.

Deon said that the accent colors in the medical units are salmon. She also notes that the medical care area “seems well designed and there are more exam rooms than in the Draper facility. Medical supply rooms were in the process of being stocked.”

Next to the regular medical clinic is the unit that can house patients who are medically fragile or geriatric with end of life needs in a chronic care area. It has a large

number of beds which all have oxygen hookup accessibility in the walls (similar to when we go to a doctor's office or hospital in the community).

Staffing is still an issue. Nursing Director Eric Difrancesco stated that they plan to hire CNA's to help staff the chronic care area.

Wendy Parmley asked about contracting with hospice for end of life care but was told that they already provide end of life care and the nurses do rounds on patients who are end of life. Other prisons in the US have end of life and chronic care programs that train and hire inmates as orderlies to help staff those facilities in terms of cleaning the units, changing sheets, and attending to non-medical services for the patients. This is an issue that has been brought up to UDC on several occasions over the years. The Clinical Services Bureau does not appear to be considering training and using incarcerated staff as an option at this point.

UDC inmates helping with the work and being trained. Throughout the construction of the new prison, there have been workers who are from the incarcerated population working on the new prison. Deon notes, “We were pleased to meet a few of the inmates doing construction finish work and equipment installation.” She also noted that the culinary section was not included in the tour for UPAN because prison workers are training there almost daily, learning to navigate the kitchen, learn the new meal production technology, and use the new equipment.

Overall, the tour was very informative. Martin Dawson states, “All questions were answered (with real answers) and I feel the UDC staff were genuine.” Deon says, “Officials are nervously hopeful that on May 28th, all will be completed and ready for training of officers and staff.”

“Happiness is seeing your mother smile.” – Unknown

Timely Timpanogos Topics **To Women Spending Mother's Day in Prison or Jails**

by Molly Prince, LCSW

Each May, UPAN devotes an article for Mother's Day to women impacted by incarceration. Last year it was devoted to the mothers and women who make a difference in criminal justice reform. In 2020, it was dedicated to mothers of incarcerated people. This year, UPAN wants to remember all the mothers who are currently incarcerated.

Mother's Day wishes for incarcerated mothers. Sending Mother's Day thoughts and wishes to all mothers who are in prison or jail.

♥ Wishing every mother who is incarcerated a day that

brings good memories, even if bittersweet, of the good times with their loved ones.

♥ Wishing a day of peace and hope for the future.

♥ Hoping that mothers inside are receiving cards, letters, emails, or whatever form of communication is allowed, from their children.

♥ Wishing a day that includes a phone call home to talk to your children, no matter what age they are.

♥ Hoping that all mothers can receive visits from their adult children sometime around Mother's Day.

♥ Wishing that those who are caring for your younger children will arrange to bring them to visit, or arrange a video visit during the week or on Mother's Day weekend.

“We need women who are so strong they can be gentle, so educated they can be humble, so fierce they can be compassionate, so passionate they can be rational, and so disciplined they can be free.” —Kavita Ramdas, advocate for gender equity & justice

The Impact of Incarceration on Incarcerated Mothers and Families by Molly Prince, LCSW

According to the Vera Institute, the number of women in Utah's jails has increased more than 46-fold, from 27 in 1970 to 1,266 in 2015. The number of women in Utah's prisons has increased more than 13-fold, from 36 in 1978 to 492 in 2017.

<https://www.vera.org/downloads/pdfdownloads/state-incarceration-trends-utah.pdf>

Timpanogos in Draper has the capacity to house up to 570 women in Stars 1 - 4, of which 138 beds are in the women's maximum security unit, Star 3. As of March 31, 2022, there were a total of 440 female prisoners in Draper and IPP facilities.

According to the Prison Policy Initiative, in 2021 nearly 150,000 incarcerated mothers spent Mother's Day apart from their children in the US. 58% of all women in US prisons are mothers, as are 80% in jails, which includes many women who simply could not afford bail while awaiting trial. I could not find those statistics broken out for Utah. Probably the stats for Utah are similar.

Most of incarcerated mothers are the primary caretakers of their children, meaning that incarceration tears their children away from their source of security and support. While many women end up in prison, the majority of incarcerated women are in jails. Separation between mothers and their children is devastating on many levels. Many children are shunted into foster care, which means they are less likely to stay in contact with their mothers; to relatives who are not financially ready to take care of them; and sometimes in more fortunate situations, to loving relatives who can support their relationship with their incarcerated mother. It has been said that when mothers go to prison, the whole family is incarcerated.

How incarceration and re-entry can harm mothers and their children. Beyond having to leave their children in someone else's care, these women are impacted by the brutal side effects of incarceration. These include the onset and / or exacerbation of mental health problems, increased risk of self-harm and suicide, and a much higher likelihood of ending up homeless or deprived of essential financial benefits once they are released.

According to the Prison Policy Initiative, women who are pregnant when they are locked up have to contend with a healthcare system that frequently neglects and abuses patients. In a 50-state survey of state prison systems' healthcare policies, PPI found that many states fail to meet even basic standards of care for expectant mothers, like providing screening and treatment for high-risk pregnancies. In local jails, healthcare, particularly

pre-natal care is often even worse (across the board) than in state or federal prisons.

More challenges await incarcerated mothers and pregnant women when they are released from jail or prison. Formerly incarcerated women experience extremely high rates of food insecurity, according to a 2019 study. Prison Policy Initiative has reported that in the US, the 1.9 million women released from prisons and jails every year have high rates of poverty, unemployment, and homelessness, confirming what many advocates already knew: that there is a shortage of agencies and organizations able and willing to help formerly incarcerated women restart their lives.

It's time we recognized that when we incarcerate low risk female offenders, rather than offering them treatment and alternatives, we inflict potentially irreparable damage to these women and their families. Most women who are incarcerated would be better served through alternatives in their communities. So would their kids. Keeping parents out of jail and prison is critical to protect children from the known harms of parental incarceration, including:

- Traumatic loss marked with feelings of social stigma and shame and trauma-related stress – this is also experienced by incarcerated parents.
- More mental health problems and elevated levels of anxiety, fear, loneliness, anger, and depression; incarcerated mothers are also impacted by these problems.
- Less stability and greater likelihood of living with grandparents, family friends, or in foster care.
- Difficulty meeting basic needs for families with a member in prison or jail – and mothers trying to rebuild their lives after incarceration experience these same areas of lack upon re-entry, which continues to impact their children.
- Lower educational achievement, impaired teacher-student relationships, and more problems with behavior, attention deficits, speech and language, and learning disabilities.
- Problems getting enough sleep and maintaining a healthy diet – for both children left behind and mothers in jail and prison.
- More mental and physical health problems later in life. This applies to both formerly incarcerated and children of incarcerated parents.

Mother's Day reminds us again that people behind bars aren't nameless "offenders," but beloved family members and friends whose presence - and absence - matters.

A large amount of information for this article came from an article on the impact of incarceration by Wendy Sawyer and Wanda Bertram of the PPI at: <https://www.prisonpolicy.org/blog/2021/05/05/mothers-day-2021/>

"Incarceration punishes more than just individuals; entire families suffer the effects, long after a sentence ends." Wendy Sawyer and Wanda Bertram

Women's Facility in the New Utah State Correctional Facility – Mother & Infant Rooms

by Gaylene Dawes

During our tour of the prison, my ears perked up when our host referred to the new detention facility as a campus. Immediately, my thoughts turned to the education, training, and programs that our women would be engaged in. It was encouraging to speak with the administrators about putting in place such pedagogies (teaching plans).

It was significant to me to ask questions that would interest our women and their families. Much about the prison and types of housing in the women's prison is addressed in the accompanying article about our prison tour. The women will have their own chapel, recreation area and yard, programming, and visiting area.

One main highlight of my visit was seeing the mother and infant rooms. Prisons across the country allow women who are pregnant and give birth while incarcerated to keep and nurture their newborn with them for a limited time. Utah is still figuring out what that could look like but the rooms to accommodate it are included in the new prison's design.

“Being a mother is learning about strengths you didn't know you had.” Linda Wooten, author

Prison Fellowship Comes To Utah by Martin Dawson

First, I would like to thank the members of UPAN for the opportunity to join your community! It's wonderful to see how you serve each other. My name is Martin Dawson and I'm the Southern California and Utah Field Director with Prison Fellowship, a non-profit Christian organization that seeks to minister to those affected by crime and incarceration. In this capacity, it is my privilege to bring in-prison programming to institutions in California – and now – Utah!

Programs scheduled to begin in August 2022. It was our desire to begin our Academy classes in January at the Timpanogos and Wasatch Facilities but Covid has delayed this launch. Our programs are now scheduled to launch at the new prison in August.

The Academy. A cornerstone program of Prison Fellowship, the Academy guides participants to identify the life-controlling issues that led to their incarceration and take responsibility for its impact on their community. Using biblically based materials, the Academy specifically targets criminal thinking and behavior, life skills, addictions, victim impact, and prosocial culture change. The Academy aims to develop prisoners who have leadership potential to serve as positive peer mentors and supporters of a positive culture, based on Gospel-centered values, throughout prison systems. Those who complete the program and are preparing for

Local churches can serve in this way, coming alongside families to offer encouragement, help, and love. The

In this particular area, there are four cubicles designed to accommodate mothers and their newborn. They will eat, sleep, and be together for a length of time, which is yet to be determined. Doctors' visits for both mother and child are all in the planning stage at this time. There will be guards around, however, the safety and well-being of mother and child is of utmost importance.

At this point, the prison administration, child psychologists, and social workers are studying how to implement best practices for mothers and their newborn to live at the prison for a certain duration of time. Bonding for the first few months is crucial in the well-being of mother and child. Please be aware that the specific policies and rules around this new process are not in place yet, so we need to be patient.

See NPR article about other prisons with these programs.

<https://www.npr.org/2018/12/06/663516573/programs-help-incarcerated-moms-bond-with-their-babies-in-prison>

release will have the opportunity to connect to post-release resources and support in metropolitan areas.

Angel Tree. PF offers many other programs to serve those who are incarcerated. One program you might have heard of is Angel Tree. Prison Fellowship Angel Tree operates with the understanding that no one can or should replace a parent in a child's life. The high calling of parenthood does not end at the prison gate, and the choices that led to incarceration do not nullify a man or woman's importance to their children's well-being.

Healthy parent-child bonds are paramount to the thriving of individuals, families, and communities. Through Angel Tree® Christmas, we seek to strengthen those connections, providing a way for incarcerated parents to communicate their love.

Cultivating connection between parent and child. We believe parents behind bars can continue to impact their children in other ways, too. Prison Fellowship encourages regular contact through letters, visits, and calls. In these ways, incarcerated parents can cultivate emotional connection, communicate encouragement and affirmation, and impart life-giving values to their children. And the power of parent's prayers cannot be overstated.

In addition, we recommend that incarcerated parents advocate for positive influences in their children's lives. substance of these relationships will vary based on the needs, resources, and interests of the participating

families and churches. Prison Fellowship Angel Tree provides partner churches with encouragement and expertise to foster successful engagement with these vulnerable families.

This is some of what we do at Prison Fellowship. I look forward to meeting with anyone who is interested in volunteering or just wants to know more about our programs. Please feel free to contact me: martin_dawson@pfm.org (205)512-5487

Summer Program for Youth Experiencing Family Incarceration

by Amber Hesleph, U.S. Dream Academy Center Director

The U.S. Dream Academy is a local non-profit after-school organization located in West Valley, Utah. We are dedicated to serving under-supported youth who come from families with a history of incarceration, who are struggling academically, or who live in communities with high rates of crime.

For summer, the U.S. Dream Academy has a hybrid model Summer Program for students! Once enrolled, students will be sent an activity kit each week to complete. All supplies included! Students will need to attend a virtual group check-in once a week! At the end of each block, a paid field trip will be provided to those who have participated in at least 2 previous activities! Priority is given to children with an incarcerated parent.

Block 1 program will be from June 13 – July 8, 2022. The topic is Explore the World of Birds! This topic will focus on birds native to Utah.

Block 2 program will be from July 11 – August 5, 2022. The topic is Get Familiar with Flowers and will focus on flowers native to Utah.

For additional info contact Amber Hesleph at: ahesleph@usdreamacademy.org
Register at: <https://forms.gle/jtRqwKEbHvJK3wT5A>

During the school year, US Dream Academy also holds an after-school program, which includes in-person and virtual classes and activities!

Introducing a Support Group: New Beginnings Render Hopeful Decisions (NBRHD)

Submitted by NBRHD

Looking to get out and stay out? We can't promise all the answers, but we are offering a support group organized by people who have been in your shoes and have overcome your challenges.

Introducing the NBRHD Support Group - a support group specifically for those who have spent time incarcerated. The NBRHD Support Group (New Beginnings Render Hopeful Decisions) meets the FIRST SUNDAY of every

month at 7 pm at the Island Grinds Restaurant in West Valley City (2662 South 5600 West #101, West Valley City, UT 84120).

We have an open format for everyone to share whatever they are struggling with and what resources have helped them that might help others as well. ALL are invited to attend! We look forward to seeing you soon! Contact information: nbrhdgroup@gmail.com

“Be thankful for the bad things in life. For they opened our eyes to the good things you weren't paying attention to before.” Kermit the Frog

Couple of Smiles and Maybe a Laugh

I got a job at a bakery because I kneaded dough ~~ I tried to catch some fog in a bottle, but I mist ~~ A frustrated socialist dropped out of communist class because of lousy Marx ~~ Remember, if the world didn't suck, we'd all fall off.

Smiles are contagious. And an understanding wink of your eye when someone messes up, that's cool! Ed.

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Utah Prisoner Advocate Network

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Director of Communications: Shane Severson
Director of Sex Offense Policy Issues: Faye Jenkins
Director of Women's Issues: Gayle Dawes
Director, Medical/Mental Health Issues: Wendy Parmley
Director, Board of Pardons Issues: Ernie Rogers
Director, Newsletter Editor: Warren Rosenbaum
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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