



UPAN Newsletter Volume 10 Number 1 | **JANUARY 2023**
“Empowerment and Growth Through Knowledge and Unity”

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CSB (Medical) to Transfer to Utah DHHS & Updated – Intro to BOPP Audit – Intro to AP&P Audit – M. Haddon & S. Turley Retire – What You Eat Matters! –
Dell-Emerald Topics **First Incarcerated Female Yoga Teacher in UDC–**
Seasons of Life – Poem – Recognizing All Who Are a Part of UPAN

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Next Meeting: Monday February 13, 2023 6:30 p.m. More information to follow.

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

Following Monthly Meetings: Monday March 13, 2023 and Monday April 10, 2023 **Guest Speakers:** TBA

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. 8), or Utah Prisoner Advocate Facebook Page for link to current monthly meeting. Free to public.

In This Issue: Meeting Announcements, UPAN N/L contents in this issue and UPAN Disclaimer	Page 1
» CSB (Medical) will transfer to Utah Dept of Health & Human Services by Chris Moon UPAN Dir.	Pgs. 1-2
» Latest Update on CSB transition process by Molly Prince LCSW (UPAN Director & Co-Founder)	Pgs. 2-3
» Intro to BOPP Performance Audit (Part 1 of 5) by Heidi Kubbe UPAN director of BOPP issues	Pgs. 3-4
» Intro to AP&P Performance Audit (Part 1 of 4) by Faye Jenkins UPAN director of S O issues	Pgs. 4-6
» Retirements, Mike Haddon from BOPP and Steve Turley from UDC by Molly Prince LCSW	Page 6
» <i>Dell-Emerald Topics</i> First Incarcerated Woman Yoga Teacher in UDC by Yogi Denise Druce	Pgs. 6-7
» What You Eat Matters! by Maureen Parker ARNP-BC,RN, MSN	Pgs. 7-8
» Recognizing All Who Are a Part of UPAN by Molly Prince LCSW	Pgs. 8-10
Poem: Seasons of Life by Warren Rosenbaum (Aka Ed.); Couple of Smiles & Maybe a Laugh	Page 10

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

I love the [person] that can smile in trouble, [that can] gather strength from distress, [and] grows brave by reflection. Thomas Paine in “The American Crisis” (1776)

Clinical Services Bureau (Medical) will Transition to the Utah Dept. of Health and Human Services in July 2023.

By Chris Moon UPAN Co-Founder and Secretary

In the December 2022 Stakeholders online meeting with UDC, the topic was transitioning all medical services over to the Utah Dept. of Health and Human Services (DHHS). Some of the team from the Utah Dept. of Health and Human Services were on the call and spoke about the transition. They are already working on it, and it will officially take place July 1st, if it passes Legislation.

Brett Peterson, Director of Juvenile Justice & Youth Services for Utah and Senior Advisor to Tracy Gruber who is the Executive Director of Dept. of Human Services for Utah will be leading the transition team in collaboration with the Dept. of Corrections. Peterson stated, “I believe the work we do changes lives; it takes a lot of partnerships. We don’t always see eye to eye in

partnerships, but the underlying premise is that we have a willingness to try to hash through these issues.” It should be noted that Mr. Peterson has been instrumental in shifting the approach in how low risk juveniles are helped and managed in Utah’s Juvenile Justice system.

Governor Cox announced that the Clinical Service Bureau, the entity that currently delivers the medical, mental, optometry, pharmacy and dental services, will be shifting over to the Department of Health and Human Services. In addition to shifting CSB to become part of DHHS, Governor Cox is proposing in his budget new funding for CSB with new positions and new capacity. Governor Cox recommended to DHHS that they start making the shift now. This means that gradually the management and care of those incarcerated in Utah’s prisons will be shifting over to the Department of Health and Human Services. Due process requires that the budget for this transition must go through the legislative session so technically the start date won’t be until July 1, 2023. In anticipation of this, they’re starting the process of changing over now.

Tracy Gruber, stated that her department is no stranger to change. Six months ago the Department of Health and the Department of Human Services merged. A lot of the population her department helps currently overlaps with the criminal justice system and corrections. This absolutely encompasses the population of Utahns who are incarcerated, either temporarily incarcerated or have a sentence. She said, “Our department has expertise that we’re excited to provide in this transition. We believe in our organization, we’ve established our vision and core values, accountability, connection, efficacy, empathy, equity, impact, innovation and support. These are eight core visions that our staff developed as we were going through our merger and we’re looking forward to sharing those values as we participate in the transition, and then after the transition, overseeing the Clinical Services Bureau in partnership with the Department of Corrections, and we’ll be coming back to you for feedback.”

There was discussion about looking at the service delivery and continuity of care when incarcerated patients come back from the U Medical Center with aftercare or follow-up orders and the CSB overrides these orders and recommendations. It was explained that one of the subcommittees on this transition team

that has already started working is called the Service Delivery Design Subcommittee.

They went on to assure the group that one of the things the transition team is looking at is the accreditation and the legislative audit findings. The transition team is also working to learn how all of the various pieces and processes are working related to formulary (medications), prescribing and pharmacy.

Becky (Rebecca) Brown was also introduced. She is a licensed clinical social worker with a long history (23 years) of working with individuals in the criminal justice system and recognized many people in the Stakeholders meeting. She stated, “As a department, we will really strive for the highest levels of quality, leveraging the population health and healthcare delivery expertise of the Department of Health and Human Services with the critical frontline subject matter with the expertise of existing Department of Corrections staff. We are committed to strengthen our core standards and processes and develop a more seamless system of care for the patients that we are serving and helping them to overcome sometimes daunting barriers to reintegrating into the communities. We use data and expertise to help inform us, the care will improve health outcomes and as health outcomes improve, individuals who are incarcerated and those caring for them will experience lower risks. Lower risks mean that patients who transition out of institutions back to their communities will have more certainty about their own health and wellbeing. This means a safer environment inside the institutions and greater public safety outside, once patients leave our care.”

She stated they are really looking forward to this collaborative effort to deliver fair and equitable opportunities for our incarcerated loved ones, our community members, and the families that they will be working with.

UPAN’s Directors are equally excited for this announcement and agree it is a good step forward and hope it will be a huge improvement for the Medical Care of the incarcerated. We already have an additional meeting with these Directors to talk about the ongoing problems that have been occurring and necessary changes that MUST happen.

CSB Transition Process Update as of December 30, 2022

By Molly Prince, LCSW

On December 28, 2022 I met with Brett Peterson, the Transition Team Leader for this process and Dr. Michelle Hoffman, Executive Medical Director, Clinical Services of DHHS to discuss how UPAN can provide support, information and insight into the medical situations our incarcerated loved ones are facing. I was impressed and pleased that Dr. Hoffman is going to be overseeing

the CSB when it moves under the authority of Clinical Services Section of DHHS in July.

Dr. Hoffman was one of the 50 medical personnel from DHHS that went to USCF last summer to help get things back on track during the Fusion electronic medical records failure to help. She was there for two weeks and in that short time she observed that UDC medical tends

to be more reactive than proactive, which is exactly what Wendy Parmley, RN wrote in UPAN's recommendation in response to the Legislative Audit of Prison Healthcare in December 2021.

Dr. Hoffman recognizes that the prisons need more medical personnel with appropriate training. I came away feeling confident that Dr. Hoffman is dedicated to bringing the medical care and medication delivery up to appropriate standards of quality medical care for incarcerated people.

The nurses from the UPAN Med Team have another meeting scheduled with Dr. Hoffman and Mr. Peterson in the coming weeks. We have already shared information about patient care concerns and will continue to do so.

We plan to support them this legislative session regarding the budget that Dr. Hoffman has already submitted to the Governor for medical needs in the prison

If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward. Martin Luther King, Jr.

Introduction to A Performance Audit of the Board of Pardons & Parole – Part 1 of 5

Summarized by Heidi Kubbe, UPAN Director of BOPP Issues

This article is referenced from *A Performance Audit of the Board of Pardons and Parole #2022-14* dated November, 2022.

This performance audit was requested by Representative **Karianne Lisonbee**, Representative **Brady Brammer**, Senator **Kirk Cullimore**, Representative **Jon Hawkins**, and Senator **Ann Millner**. Its specific focus is for the Board to improve its decision-making, operations, and transparency in their use of public resources and their influence on public safety. The audit was performed by Brian Dean, CIA, CFE, Audit Manager; Madison Hoover, Audit Supervisor; Brendon Ressler, Zachery King, August Lehman, CFE, Audit Staff.

BOPP Has Substantial Authority and Discretion to Impact Criminal Justice

Having worked with auditors on my previous state job, I can vouch for how hard the work is. It takes them several months to complete an audit and they interview and research every aspect of the organization. When they are finally done, everyone waits on pins and needles to receive their audit findings. An audit is not only important to how the organization is run, but influences the funding that the legislature hands out.

Utah's Board of Pardons and Parole (BOPP or Board) plays a critical and unique role in the state's criminal justice system. Last year the Board made about 13,500 decisions, including releasing people from prison, setting the conditions of release and supervision, and responding to parole violations.

Members. The Board consists of five full-time members and not more than five pro tempore members. These members are appointed by Utah's governor, with consent of the Senate, for a five-year term. Utah's BOPP has considerable discretion because of wide sentencing timeframes coupled with an indeterminate system.

Key Findings. The audit report examines opportunities for the BOPP to improve its decision-making, operations,

and transparency in their use of public resources and their influence on public safety. Key finding of this audit were:

and the next fiscal year. This budget will allow for a salary increase for all current RN positions, including specific funding for senior RNs to create alignment with other DHHS nursing positions. This will help with retention of senior RNs. Other salary increases include funds for a correctional intern, licensed clinical therapists, therapist supervisors, physician assistants, and dentists.

Finally, they are also asking for funding for additional positions in the following areas: physician, nurses, chronic care, behavioral health, care navigation, pharmacy, training, dental, data and technological support, finance, and other areas related to keeping CSB running efficiently.

UPAN will be introducing our long sought after vision related to the necessity for UDC to create and incorporate a meaningful and relevant long term care / hospice program in USCF now that there is the space to create one for the aging prison population it holds.

and transparency in their use of public resources and their influence on public safety. Key finding of this audit were:

- The Board still lacks a clearly defined paroling philosophy and could better ensure public safety is appropriately prioritized.
- Opportunities exist to strengthen the Board's organizational structure through development of a management plan and improvements to its strategic plan.
- Additional opportunities exist to improve the Board's transparency of its operations and decisions through more reporting.
- The Board can ensure that it follows due process and probable cause standards and best practices through a review of its policies and processes.

A previous audit released in 2016 – A Performance Audit of the Board of Pardons and Parole, 2016-01 found opportunities for the Board to better implement board discretions and it recommended improvements. The current audit notes improvements on the Board's oversight, structure, decision-making, data collection, and business operating.

Progress made, but need for more improvement. As a whole, the audit finds that the Board has made

progress since the previous audit, but feels there are additional opportunities for improvement. The audit reports that the Board still needs to clarify its paroling philosophy. While the Board has a strategic plan, it lacks measurable goals, and needs to update its organizational structure.

BOPP has taken steps to adopt an electronic file management system and improve data reporting capabilities; however, additional data reporting on the Board's impact and decision-making would improve transparency. This is one issue that has continually been brought to UPAN's attention. Families and incarcerated individuals don't know how to effectively address the board, whether or how to write letters to the members, and what they can do to help their loved ones before a hearing. The Board is like the man behind the curtain in the Wizard of Oz – failing to give guidance to help inmates understand its processes and what to do from the day they enter prison to prepare for their hearings. It also does little to guide or help families understand what they or others can or cannot do to support and help their loved one prepare for a hearing.

BOPP decisions impact everyone in Utah. The Board has statutory authority to implement decisions in the lives of many individuals. These include: criminal offenders, victims, their families, communities, and taxpayers. Because the Board's decisions are final and unappealable, they carry a heavy burden and are difficult to validate, even in an audit, whether the Board's decisions are consistent and fair.

The decision to parole resides with the Board according to the Utah Sentencing Commission's 2021 Adult sentencing and release guidelines. The Board has the power to terminate a sentence, impose conditions, impose fines, issue warrants, and grant pardons on a case-by-case basis.

The Board still doesn't track all of the key factors that influence decisions. It determines when to parole an offender. All parolees are given standard parole conditions as part of parole agreement. The BOPP also may establish special conditions that the parolee must follow.

Utah's Constitution authorizes BOPP to use statutory discretion. Statutory discretion is used to determine who is granted parole from prison. The basic

sentencing terms are:

- Zero to five years for third-degree felonies
- One to fifteen years for second-degree felonies
- Five to life for first-degree felonies

Determinate vs. Indeterminate Sentencing. The functions, authority, and responsibilities of parole boards differ from state to state. One of the differences among states is the handling of release decisions. Sixteen states have Determined Sentencing (jail or prison sentence that has a definite length and can't be reviewed or changed by a parole board or any other agency). Offenders are released at pre-determined times.

The other thirty-four states, including Utah, have Indeterminate Sentencing that consists of a range of years and not a fixed time. This means the convicted person's release date is left open. That gives the Parole Board the discretion whether and when to grant or deny parole.

The Utah Sentencing Commission developed sentencing guidelines that the board uses to determine an inmate's length of incarceration. This is just a starting point – it doesn't dictate their decision. The guidelines also recommend penalties based on severity and criminal history.

When making a parole decision, the BOPP uses the Utah Sentencing Commission guidelines to determine the length of incarceration. The guidelines include a series of calculated matrix forms. The matrix forms contain seven crime categories and five criminal history levels. Also the Board considers other factors, such as:

- Nature of the crime
- Offenders criminal history
- Whether weapons were used
- Victim Impact
- Inmate behavior and achievements
- Treatment history
- Education
- Risk and needs assessment

The purpose of this audit was to assess the effectiveness and any oversights of the Board of Pardons and Parole. Next month's UPAN newsletter will address the changes in the Board's philosophy since the 2016 audit and the resulting effects on decision making.

A Performance Audit of the Oversight and Effectiveness of Adult Probation and Parole

Summarized by Faye Jenkins, UPAN Director of Sex Offense Issues

This summary comes directly from the Nov. 2022 auditor's report at https://olag.utah.gov/olag-doc/2022-13_RPT.pdf

In response to several high-profile cases of offenders in Adult Probation and Parole's (AP&P) supervision committing serious crimes, the Office of the Legislative Auditor General was asked to conduct a performance audit of AP&P to determine if their oversight of offenders

in the community is effective in enhancing public safety. This audit is important to the UPAN community as our lives are directly impacted by AP&P's supervision standards and procedures while our Loved Ones serve out part of their sentences supervised in the community.

The auditors reviewed AP&P's standards of supervision to determine if they are using best practices and ensure agents are following procedures. They also reviewed their management and supervision tools to investigate their effectiveness. The auditors came up with 4 key findings and recommendations in their report.

Key findings:

- AP&P must improve its management and oversight of agent retention across the state. This problem is most pronounced in Region 3, which has the largest volume of high-risk offenders and the least experienced staff.
- All sex offenders in their first year of supervision are treated with the same high-level of supervision, which is not in compliance with evidence-based practice, wasting resources and may negatively impact offenders.
- Effective screening of mentally ill offenders for placement with specialized agents is lacking, and the number of these specialized agents does not match the potential need.
- O-Track, AP&P's offender management software, has functionality concerns that waste agent time and limits the ability to evaluate offender treatment effectiveness.

Recommendations:

- ✓ AP&P should implement retention strategies to ensure that the Division is adequately staffed and retaining experienced agents.
- ✓ AP&P should fully implement a risk assessment tool for sex offenders and use it in determining their level of supervision.
- ✓ AP&P should develop and implement a strategy to identify those who should be screened and who should be served by agents who specialize in supervising mentally ill offenders.
- ✓ AP&P should develop a strategic business plan for a new offender info system and require that all future development projects be aligned with that plan.

(We will share the auditors finding and recommendations presented in this report in 4 separate UPAN newsletter articles following the 4 chapters in the report. We are taking the exact language that the audit report uses, therefore, the use of the term "offender" is included in this article since that is the language the audit report uses. UPAN prefers the use of other words to describe people who are justice involved, but the audit uses the term that the Utah Dept. of Corrections uses.)

An Introduction to AP&P

AP&P is a division within the Utah Department of Corrections (UDC) and is tasked with supervising criminal offenders in the community. It does so in five regions throughout the state. The Division prepares

presentence investigations, oversees five community correctional centers (also known as halfway houses), multiple treatment resource centers, Utah's offender registry programs, and the interstate compact program regarding parole and probation.

The path to community supervision begins with an offender's conviction and sentencing in court.

- An offender may be referred to AP&P for a presentence investigation and recommendation prior to sentencing in court.
- An offender sentenced to probation may report directly to AP&P; the district court in which sentencing occurs will have authority over the case.
- If offenders are sentenced to prison, they can be released prior to expiration and placed on parole supervision for their remaining sentence; the Board of Pardons and Parole (Board) has authority over such cases.

Throughout supervision, AP&P recommends actions to the Court or Board depending on the offender's compliance with their supervision terms and guidelines established by the Utah Sentencing Commission. If an offender violates their terms, AP&P follows response guidelines and may recommend sanctions to the Court or Board and they will determine what action to take, up to and including incarceration.

AP&P's responsibility to enforce supervision standards and protect the public is substantial. Because many offenders violate the terms of their supervision, the task of protecting public safety, while also providing opportunities to change behavior, and appropriately use prison resources, can be a challenging balance to strike.

Justice Reinvestment Initiative (JRI) Increased the Use of Community Supervision. In 2015, the State of Utah launched the Justice Reinvestment Initiative (JRI), a criminal justice reform to curb the growing cost of the state correctional system by moving low-risk, non-violent offenders out of prison and into community supervision. A portion of the reduced prison costs was to be reinvested in programs and treatments proven to help offenders avoid committing new crimes.

The 2020 audit of JRI found that (1) improvement and expansion of reentry and treatment services, and (2) strengthening of probation and parole supervision had only been partially implemented. More specifically, audit findings revealed that offender treatment is not always available and is poorly monitored. Furthermore, higher levels of offenders on supervision increased the workload of AP&P agents, which had a potentially negative impact on their ability to supervise.

The total supervised population is up slightly since 2015. Probationers, on average, make up 76 percent of those on supervision, about 12,000 people, and parolees make up 24 percent, or about 4,000 people. Since 2015, the number of parolees has steadily risen. The number of

probationers followed a similar pattern but started to dip in 2018.

New crimes committed by those on supervision are mostly constant with crimes parolees are more likely to recommit. New crime rates of those on probation have been constant over the past ten years; conversely, new crimes committed by parolees rose dramatically in 2017 and 2018 but have since returned to average levels. The implementation of JRI increased the likelihood of an offender being paroled, which may have contributed to the sharp rise in parolee crime. Increases in the number of intensive- and high-risk offenders have strained AP&P's workload. On average, 3.2 percent of probationers commit a new crime during a given year, compared with 8.9 percent for parolees.

This audit was tasked with examining high-profile cases. When looking specifically at crimes that resulted in a

fatality committed by an individual under the supervision of AP&P, we found that these tragic events have not been increasing.

Although some new trends have developed in the data presented on AP&P's supervised population and crimes committed by those on supervision, it is uncertain whether they have emerged as a direct result of JRI. The actions of judges, prosecutors, administrative leaders, and policy makers can affect trends in data. Further-more, shifts in criminal behavior, public opinion, and impacts from COVID19 make conclusions more elusive.

To be continued next month with Chapter II: Inadequate Management of Turnover and Agent Monitoring Resulted in Negative Impacts.

Mike Haddon Retires from Utah Board of Pardons & Parole

By Molly G. Prince, LCSW

As of December 30, 2022, Mike Haddon retired from the Utah Board of Pardons & Parole (BOPP) and finishes 30 years working in the State of Utah in various positions with the Utah Dept. of Corrections (UDC) and for the past two years, with the BOPP. The list of positions he has filled over the past 30 years is long, and includes working for Adult Probation & Parole, serving as a Director of Research at the Utah Commission on Criminal & Juvenile Justice (CCJJ), as a Deputy Director at UDC, and finally as the Executive Director of UDC. He left UDC to become the Director at the Utah BOPP in January 2021.

Mike is now moving into a new career path in the private sector. I personally have appreciated Mike Haddon's willingness to talk with me about any issue or concern, at any time over the years. In general, UPAN has

appreciated his open door policy with us and his willingness to meet with or have conversations on the phone with several of the UPAN directors at various times when he was with UDC, and over the past two years, regular online and in person monthly meetings with UPAN, the ACLU and the Disability Law Center regarding the BOPP.

It is unclear how long it will take the BOPP to select another Administrative Director.

UPAN would like to extend our best wishes to Mr. Haddon as he moves away from the criminal justice system and into the private sector to administer programs that are designed to help people recover and become their best selves as they rebuild their lives.

Steve Turley Retires from Utah Dept of Corrections after 32 years

By Molly G. Prince, LCSW

Friday, December 23, 2022, marked the final day of Steve Turley's career with the Utah Dept. of Corrections. He has served in many capacities throughout his career, including being the warden of Utah State Prison at Draper, Director of Institutional Operations, Director of Special Projects, and most recently the Administrative Director of the Clinical Services Bureau. UPAN ran an article in this newsletter about Mr. Turley in September 2022, so we will not repeat everything here.

I have personally always appreciated Steve Turley's open door policy in terms of allowing me to call or text

him anytime about any type of concern applicable to the particular position he held at the time.

UPAN directors and various other community leaders have expressed respect for Steve Turley's willingness to collaborate and problem solve. He was always willing to think outside of the established "box" when we discussed possible solutions to pressing problems, and understands the tremendous stress and impact incarceration has on both the inmate and the families. UPAN wants to wish Steve Turley the very best as he

Dell-Emerald Topics

First Incarcerated Woman Yoga Teacher in UDC

This article adopted from a public post by Yoga Teacher/Therapist Denise Druce

On November 7, 2022, history was made. Ferosa Bluff, a woman who has faced many challenges, began

leading her first 200-hour Yoga Teacher Training (YTT) in USCF.

Her students are 10 incarcerated women, who through their choices and actions earned a spot in the circle of this class. Ten women who are beginning their journey to experience the life giving benefits of the YTT program. Ten women who will be a positive and powerful ripple in their communities, both inside and outside prison walls.

Denise Druce writes, "I am always excited on the 'first day of school' but yesterday I had to hold back tears the whole time, as I watched her take my place. So much grace. So much compassion. So much knowledge. So much a yogi."

"One of the best lessons you can learn in life is to master how to remain calm." Catherine Pulsifer

What You Eat Matters!

By Maureen Parker ARNP-BC,RN, MSN

Opportunities for healthy nutrition in prison are few. Most incarcerated people are dependent upon the meals offered by the prison each day, and even those who have funds to order food on commissary to supplement the portions served in meals do not have a variety of healthy foods to choose from. In addition, the costs of food on commissary that could contribute to good health are high.

Think of food in the traffic light model color categories. Consider thinking of food as red, green, and yellow lights. Green is for go, Red for stop, yellow for caution.

The healthiest foods are plant based because they are dense in nutrients. This includes fruit vegetables, whole grains, beans, nuts, seeds. These foods come from plants and are not processed (foods in the green group).

The worst foods are the ultra-processed like store bought cookies, chips, candy, soda pop, processed meats like hotdogs, bacon, lunch meats and oils (foods in the red group).

"Green-light" foods have the highest levels of nutrition. Eat more! These foods can be eaten at any time and provide your body and brain with the most fuel. Examples of green-light foods include whole fruits and vegetables, whole grains, lean meats, milk, and water.

"Yellow-light" foods have some nutrition, but not as much as green-light foods do. You can eat some. They tend to have more fat, added sugars, and/or calories than the green-light options. Yellow-light foods can be enjoyed sometimes, but not all the time. Examples of yellow-light foods include dried fruit, flavored yogurt, 100% fruit juice, granola bars, and veggies with sauce.

"Red-light" foods have the lowest nutritional value for your brain and body. Eat less! These food choices usually contain high levels of sugar or fats, and should be replaced with food choices from green and yellow-light options. Foods in the red-light category include chips, candy, fried food, cake, donuts, and soda.

<https://fit.sanfordhealth.org/blog/red-light-green-light-and-yellow-light-foods>

A diet high in processed foods leads to diabetes, heart disease, and cancer which are the major causes of death and poor health in the U.S. Diets high in processed foods tend to be what most people who are incarcerated in the US receive, including in Utah.

What we eat affects how we feel both mentally and physically. What we eat also affects the gut bacteria and causes inflammation in the body which also is a major cause of disease. Two foods that cause inflammation in the body include sugar (which can aggravate arthritis and joint pain) and trans-fat. Foods that help to reduce inflammation are walnuts, almonds, pistachios and garlic. Our foods also directly impact mental health and how we feel physically.

Nutrition and depression. A study from 2017-2018 which surveyed 5000 adults focused on nutrition and depression. The results that people with low intake of folate, fiber, vitamin K and magnesium had higher depression scales and that those with higher intake of nutrients had lower depression scales. The relationship between depression and nutritional status is complex as there are many other factors that are related to depression. Scientific studies do show that nutrition does affect one's mood and overall well-being.

Foods high in **folate** include dark green leafy vegetables, peanuts, beans, sunflower seeds, fresh fruit, whole grains, and seafood.

Magnesium rich foods include whole grains, dark green leafy vegetables, low fat milk, yogurt, pumpkin seeds, almonds, peanuts, and shredded wheat. Think of these foods as fuel for your brain and well-being. Optimally one should eat beans, fruits, greens, whole grains, nuts, and seeds daily along with thirty minutes of exercise daily and avoid smoking to decrease one's risk of chronic disease.

Challenges to those in prison. The incarcerated population has little choice of what to eat which likely further contributes to the poor health that is common in this setting. The diet offered in this setting may further contribute to depression. Typical foods offered in prisons are high in sugar, salt, and refined carbohydrates. This is a public health problem that affects long term health. In

the long run it does affect all of us. How do we address these issues and find solutions?

This information is adapted from Nutritionfacts.org, Clevelandclinic.org, sanfordhealth.com and www.psychologytoday.com

Recognizing All Who Are Part of UPAN

by Director and Co-Founder Molly Prince

2022 was another tough year, that brought significant life changes for most of us. I am thankful to be on my own healing journey as I navigated through, after losses and illnesses of the past few years. I am looking forward to fresh opportunities and transitions in 2023.

There was not room in the November and December 2022 newsletters to express the appreciation for everyone who contributes in their own way to UPAN. So as 2023 begins, I want to pour out much appreciation and gratitude filling my heart to my colleagues and the volunteers here at UPAN. UPAN is ALL VOLUNTEER. Everyone involved gives of their time, energy, and talents out of a conviction that we are going to be part of the solution. I have love for each and every person on this journey with me. This is what this article is about.

Newsletter contributors. First, for all of the family members, volunteers, and directors over the past few years who were willing to write articles on important topics for the newsletter, I want you to know how much you are appreciated. Gathering factual and relevant information and then writing about it to share with our incarcerated citizens is a very pressing and time consuming duty. It is a priority!

I cannot give enough props and kudos to **Shane Severson**, our Director of Communications. He has been with us since 2014, just a few months after UPAN was started. Without Shane, UPAN would not move forward at all! He plans, facilitates, and sends out announcements for monthly UPAN Zoom meetings. Shane manages the website, social media accounts such as Facebook and Twitter and attempts to stay on top of our general Gmail account, (along with several other of us who monitor those accounts). He is a caring and compassionate colleague and friend, and I value him on our UPAN team!

Warren Rosenbaum, fondly known by newsletter readers as "Ed," has my undying gratitude. He is another UPAN veteran, having stuck with us since 2014. He formats and organizes all of the newsletter articles and quotes I submit to him each month in a format that is reader friendly and interesting. He has artfully and consistently edited and formatted the newsletter which all of you see in its final form for 101 issues since we started it in 2014. This is over 724,000 words. Warren also responds to letters from incarcerated folks about a variety of issues. Despite his own serious bout and hospitalization with COVID in 2020 and the recovery time in 2021 and lingering after-effects in 2022, he has managed to maintain the integrity of the UPAN newsletter each month and continues today. He has

also become a valued friend over the years. I do appreciate him!

Deon Corkins stepped up and took the role of Newsletter Volunteer Coordinator about four years ago, when I was unable to keep up with that job. It takes many hours of coordination. Then, over the past 3 or so years she has picked up and triaged the mail for UPAN when I became unable to do so. Her job is a task that requires a LOT of time and can be overwhelming when reading letters and figuring out which director or volunteer to forward it to for action or response. Deon shares with the directors articles and information on criminal justice. She helps to administer / monitor our Facebook page. She has found organizations that UPAN partners with, such as US Dream Academy. She does so much more than the duties of her title. I deeply value Deon's knowledge, awareness, input, and friendship.

Wendy Parmley, RN took on the daunting and vital role of UPAN's Director of Medical & Mental Health Issues almost 3 years ago. She has now moved to the much needed position of Director of Medical Policy Issues. She has been an invaluable and tenacious advocate for incarcerated folks with medical issues that are not being addressed efficiently or adequately in our correctional institutions. I am in awe of her and am constantly grateful for her dedication to making sure that incarcerated people receive quality and timely medical care. She has several times partnered with another anonymous volunteer to deal with the legal issues related to helping families access medical assistance for their incarcerated loved ones. In 2020 and 2021 she tracked the COVID outbreaks and responses in Utah's prisons based on inmate reports, as well as information provided by UDC and Utah Health Department, sharing newsletter articles about those issues. This year, Wendy helped form the UPAN Med Team to more effectively track and advocate for individuals suffering from the crash of Fusion, the new electronic medical records system that was initiated after the move from USP to USCF, but which affected all medical records of those who are in the custody of the State of Utah. I cannot begin to express how deeply her work has impacted so many and how grateful I am for her high standards, values, knowledge, expertise, and willingness to share it. She is one of the most committed people I know to what is best practice in medicine and her love of humanity.

Virginia Robertson, MSN, FNP-C accepted the position as a UPAN director this summer. A Nurse Practitioner, with over 30 years of nursing and healthcare experience,

she serves inmates and families by reviewing the reports of serious medical problems and reaches out to UDC once the incarcerated person and family have accomplished what is required by UDC and it has still not occurred. Virginia also follows up with family and asks that they keep the Med Team posted of progress, lack of progress, or success in their loved one receiving the necessary care. I am so humbled and grateful that Virginia agreed to take this very challenging and time-consuming position. She is so knowledgeable and able to effectively advocate when she receives all the information from families or prisoners. It is a pleasure working with her.

Marsha is a semi-retired health educator. She monitors the UPAN Family Group Facebook posts and reaches out to help family members understand the processes that UDC requires for inmates to access medical care. She educates family members on when is the best time to email UPAN Med Team with their concerns for further advocacy. She triages emails and Facebook posts that appear to be more severe and forwards those of the most concern to the medical team. I am so thankful that Marsha is able to talk and message with families to help educate them about how to advocate for their loved ones. And she spends hours gathering information that is necessary for the Med Team to do its job.

Lana Michaels has plans to bring much needed skills as an organizational administrator in order to assist UPAN in gathering information and tracking issues. She is part of the Med Team, so has agreed to develop a system to track data about medical and medication concerns. She also sometimes brings concerns from the families or inmates to the attention to the rest of the Med Team.

I am so happy that **Chris Moon** returned as a Director and Secretary for UPAN this year. Chris was one of the other two women who founded UPAN with me in 2013. Chris has jumped in and coordinated a significant amount of UPAN's participation events and meetings with other organizations. She is an administrator and moderator of the UPAN Facebook Family Group, which is almost a fulltime job. She serves as a backup for me when I cannot attend a meeting or write an email. Her commitment to UPAN's cause and her passion is admirable. Chris has been there for me and many others during some rough times over the past year, and words are hard to find to express my gratitude.

Faye Jenkins continues to have my admiration and appreciation. She continues to work quietly behind the scenes to educate lawmakers and other public officials on the realities of sexual offense issues for both those who have offended sexually, their families, as well as for the safety of the community. She is an unsung hero. She has built relationships with elected officials and attended meetings with the CCJJ and legislative subcommittees for several years. She has researched and written important articles over the years for the UPAN newsletter to inform and make sense out of

various difficult topics. I have witnessed and admire Faye's deep love for her family, her spiritual grounding, her dedication to searching for truth and fighting for equity in the criminal justice system for everyone. She is definitely an asset that UPAN and all incarcerated folks have benefitted from for years. It is a blessing to know her.

An Bradshaw has stepped into the role of arranging the guest speakers for our online UPAN meetings, coordinating with Shane Severson and the guests. She researches different things for UPAN. She thankfully answers questions for families who have loved ones incarcerated in the federal system. I am so thankful for An's professional and level-headed approach to things. She has the ability to find and take on the scheduling of guest speakers. An is an asset to the UPAN team!

We were blessed to have **Gayle Dawes**, who brought her qualities of quiet strength to her role as Director of Women's Issues. She has retired from that now to pursue other responsibilities. I will always appreciate her unique perspective and ability to open channels of communication with some of the administrators in the women's prison over the past three years. She shares what she learns about the concerns the women have about the various changes that have occurred so that UPAN is able to discuss those with UDC. She wrote articles for the women's section of the newsletter periodically. I have known Gayle for over a decade and have watched her become such an asset and force in the community in a variety of positions in different organizations to help families. I admire her and am grateful for her undying dedication to the greater good in all of her pursuits as she moves forward.

UPAN is fortunate that **Karen Thompson** stepped into a new position of Director of Special Projects for UPAN this year. She was instrumental in connecting the director of Salt Lake Mosquito Abatement District with UDC officials to work on a plan to reduce the mosquito population on the USCF campus. Karen partnered with me to achieve the cleansing and blessing of the old Draper site in September. We obtained permission from Utah Division of Facilities and Construction Management for local religious leaders associated with the Salt Lake Interfaith Roundtable and two First Nations spiritual leaders to say prayers, cleanse, and bless outside each housing unit of the old USP prior to its being repurposed for its future. She seems to step up when there is a need for something that is not normally a focus. It is a pleasure to work with Karen's motivation and support.

Heidi Kubbe is the new Director of BOPP Issues, and brings her her knowledge and experience with state agencies and legal issues. She is busy learning about the concerns we are working on with the Outreach Committee at the BOPP. She also has taken on the role of Coordinator of Commissary Issues. Since this has been such a significant concern for the past year, and continues to be, I am grateful for her help!!! On behalf of

all incarcerated people, I want to express such appreciation to her that she is willing to focus on this.

Kelly Bingham took the position of Director of Educational Opportunity in May, 2022. He has recently attended a conference about prison education in Utah. He should be writing an article for the UPAN newsletter on it in the future. UPAN is fortunate to have him on our team as he has first-hand experience concerning the challenges and expense of obtaining higher education in Utah's prison system.

UPAN Families. I want to acknowledge the valuable contribution that all of the families on the UPAN Facebook Family Group offer when sharing knowledge and guidance to each other. They have made the Family Group a safe place for family members to ask questions, share their fears and frustrations, and learn how to navigate Utah's prison system. There is such power in having so many perspectives, experiences, and voices to help each other on our prison journeys. Several mothers and wives have shared important information specifically that UPAN has been able to follow up on to benefit everyone. There are other families who are not part of the Family Group, but email us with information or questions periodically. Everyone is appreciated, it takes all of us to make this work.

Incarcerated people. I send sincere thanks to all the folks in prison who have written to share what is happening inside. Some letters share positive things about new programs or a staff member who is particularly humane and helpful. Others share the problems that they continue to face - some that never seem to be corrected - in both prisons. We love to hear

when a problem we have tried to get corrected is resolved. We also know that there are some incarcerated folks who work inside for change. And others who advocate for other inmates who are unable to do so for themselves. So many incarcerated people are mentors or help others with writing or obtaining information to resolve problems. All of you who do this are assets to this prison community.

Released citizens. There are those who have released back into the community and keep us informed of various issues going on in the legislative subcommittees. I want to give a shout out to Albert C. for his continued sharing articles of interest and computer links for meetings and times; for topics the legislature is looking at so that families may have their voices heard, or just tune in to observe. Others have stepped up to help work on issues that they are passionate about.

Finally, I appreciate the certain administrators and staff in UDC and BOPP who recognize the need for change and are sincerely working very hard to partner with organizations like UPAN to facilitate lasting change that is sorely needed. That would be a list too long for this article. While some administrators make it challenging to achieve needed transformation, others are right there in the trenches working on it with us!

"It takes a village" is an idiom that comes to mind to remind me that it takes all of us to create change and to hopefully make the world of prisons and criminal justice in Utah a more humane, efficient, rehabilitative, and effective one. Thank you for being part of the UPAN village.

Seasons of Life

By Warren Rosenbaum (aka Ed.)

Changes in life, what are the reasons?
Just like our weather, life has its seasons.
Let's name a few, to make things clear,
Infancy and youth, we grew year by year.

Our talents emerge as we grow thru our teens,
Some favor sports, some like machines,
Some like mathematics, some are homemakers
We love and praise givers and try to avoid takers.

Some detours occur and our season changes.
Unseen stumbles, our life rearranges,
Deaths and divorces, job loss, foreclosure,
That season ends, challenging our composure.

We seek a new season, rudderless and frustrated
We try this, we try that, gradually we're acclimated.
A totally new season we embark upon,
New direction, new joys, old seasons gone.

Within major seasons, smaller ones occur,
They may become major, and you will transfer.
A compatible new season, a new route to travel,
Satisfaction you achieve with knots you unravel.

A season of service is most rewarding,
In the Book of Life, a worthy recording.
As your last season closes others will recall,
A life well lived, stumbles and all.

Couple of Smiles and Maybe a Laugh How many egomaniacs does it take to screw in a light bulb? One. The egomaniac holds the light bulb while the world revolves around him -- My alarm doesn't have a snooze button, it has paws -- What did one cannibal say to the other while they were eating a clown? "Does this taste funny to you?" -- A person with insomnia was a fervent vegetarian. He visualized and counted carrots jumping over a fence.

As the seasons of your life change, remember to remain cool. Be an example of cool. That's COOL! Ed.