



UPAN Newsletter Volume 9 Number 10 | **OCTOBER 2022**
“Empowerment and Growth Through Knowledge and Unity”

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**UPAN New Director – USCF Visiting Info – Expedite Visit Applications –
New Admin. Medical Director (CSB) – USCF Laundry Concerns – SL County
Expungement & Tool Kit – Prison & Mental Health – Dell-Emerald Story**

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Next Meeting: NOV 14, 2022 6:30 p.m. Family Meeting.

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

Following Meeting: No meeting in December. Next: Monday, January 9, 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. 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.***

FYI: ACLU of Utah Office has Moved

The American Civil Liberties Union has moved to a new office. Their phone numbers remain the same, but **the new mailing address is:** 311 South State, Suite 310, SLC 84111

UPAN Welcomes Heidi Kubbe as a New Director

By Molly Prince, LCSW

UPAN is pleased to welcome the addition of Heidi Kubbe to our group of Directors. Heidi is taking on the position of Director of Board of Pardons & Parole Issues. She has also stepped into a new position, Coordinator of Information on Commissary. Heidi worked as a paralegal for a local Utah attorney. She also was

employed with the Utah State Office of Rehabilitation where one of her caseloads dealt with justice-involved men and women. She understands Administrative Rules that govern how state agencies operate, which will be an invaluable skill in her position. Heidi also understands the challenges of having a loved one incarcerated.

“Ships don’t sink because of the water around them; ships sink because of the water that gets in them. Don’t let what’s happening around you get inside you and weigh you down.” Quote from Truth Theory

Visiting at Utah State Correctional Facility (USCF)

By Lana Michaels

Captain Tawnya Nicholes, the person responsible for USCF Visiting, joined the October 12th Stakeholder's Meeting with UDC in which UPAN participates. She responded to a list of questions and concerns that were provided to her previous to the meeting, and answered questions in the meeting. This article will include the responses to clarify various issues that were submitted by families.

Visiting our incarcerated loved ones (LOs) while they are incarcerated is very important. It helps them maintain contact with the outside world, relationships, and human touch. It also allows families to see their LO in person, face to face, which can help families know how their LO is doing.

Research has long verified what families experience. *"For many families... the visit to a prison is a lesson in humility, intimidation and frustration, and a highly charged and anxiety producing event"* (Fishman, 1990; Girshick, 1996). Captain Nicholes and her team are working to reduce negative experiences in USCF.

Currently there are limitations on the amount of touch / hand holding allowed in the visits. Attendees stressed the importance of touch with loved ones for incarcerated people. It helps to lower anxiety, lower depression, reduce irritability, and promotes health and well-being.

Where to find visiting information. The Utah Department of Corrections (UDC) allows for a brief hug and kiss at the beginning and end of each visit – depending upon privilege level. The number of visits our LO is allowed is also based on privilege level which you can find here, <https://corrections.utah.gov/visit-an-inmate/>, on the UDC Visiting webpage Privilege Matrix. This website also provides information on the Dress Code, and anything else pertaining to visiting your LO.

There are four visiting areas. There is barrier visiting in Antelope, a visiting room in Currant, visiting in Emerald, and the Main visiting building at the front of the prison.

Preparing for and going to a visit can be anxiety provoking. It is natural to feel anxiety about visiting LOs, but do not let that stop you. I will do my best to let you know what to expect to alleviate that anxiety and answer your questions. When visiting a LO please **be sure you have received an approval email**. There are many times that visitors arrive to see a LO without prior approval and are turned away. Make sure that isn't you.

At the new facility, Utah State Correctional Facility (USCF) in Salt Lake City, there is little signage directing you from the freeway to the prison, or then where to go to park and enter the correct building. UPAN has communicated concerns about this. We were advised in this meeting that permanent signs are ready to be installed. We were also informed that **Google Maps**

has been updated to give directions to the new USCF rather than the old USP.

Allow plenty of time to travel, arrive, and check in. If it is your first visit, please allow for extra travel time in case you get lost. UDC is currently working on permanent signage giving direction to the facility. Plan to arrive no later than 30 minutes prior to your scheduled visit. That means in the door of the "Screening Building" not simply on the property.

Vehicle Direction Station. You will need to allow for the possibility of multiple vehicles in front of you at check in at the Vehicle Direction Station (VDS) also known as the guard shack. It is a good idea to plan to arrive 40 or 50 minutes early. When checking in at the VDS at USCF you, and any other adult visitors in your vehicle, will need to provide government issued photo ID. The Correctional Officer (CO) will check you in and write down your car's license plate number.

This is the same process that occurs at CUCF. It used to occur for visitors going into USP for Wasatch, Oquirrh, and Uinta facilities. It may be new for visitors who visited in Timpanogos, Olympus, Lone Peak, or Promontory who simply drove into the parking lot and went to the gates to enter the building. Therefore, please allow for time to go through this process.

From the VDS, you will take your first left into a parking lot and enter the building to the west. We are told there is a sign up that points to the visiting check in building.

Some flexibility has been implemented in the screening process for visitors arriving after the 30 minute check in time. Since it is a long walk for visitors and incarcerated people to the visiting room, UDC had a strict rule that any visitor arriving after the required 30 minute prior to visit check in time would be turned away. Lt. Roberts and Captain Nicholes heard the concerns from UPAN families and have modified how they take groups of visitors back to the visiting room.

If you are a few minutes late, you may not be processed in time to be taken back with the first group of visitors. This group should be escorted back 15 minutes prior to the start of the visit. Once the COs have those visitors settled in the visiting room, probably about 10 minutes after the visiting time begins, they will go back to the visitor screening area and get any latecomers and escort them to visiting. UPAN urges all visitors to do their best to get there in time.

Incarcerated people are not called to begin their trek to visiting until their visitor is processed in, so **if visitors are late**, that will also delay your LO being called to the visit. **This can result in a significantly shortened visit.**

What to take inside and what to leave in the car. It is best to leave everything locked safely in your vehicle aside from your car keys and cash or debit card for vending machines. Keys should be on a small key ring.

There are lockers in the screening building for items that you are not able to bring into the visiting room with you. As it gets colder and there is a need for jackets and coats, there are coat hooks for both visitors and LOs just outside of the visiting room to hang them up before entering the common area. Umbrellas provided by UDC when needed.

Fallen Memorial area is under construction. It was explained that there is an area which is a memorial to fallen officers that is nearing completion of construction. This has been confusing to visitors so far, who normally would not expect to walk through a construction area. It is necessary to walk through that area to go to the correct building.

Checking in. Once in the screening building there are slips of paper you will need to fill out that include the offender number, housing unit, section, and your name. You will hold on to this with your ID. A visiting officer will call everyone up for check-in when they are ready.

At this time, they will make sure that you have been approved for your visit and that you have met the dress code standards. They will take the slip of paper and you will be issued a visiting pass and go through the body scanner. A CO will escort you to the visiting area where your LO will meet you.

The visiting rooms. Visiting rooms are similar to large lunchrooms. They have short round tables with chairs situated around them in the places they should be sat in, LOs across from visitors. Many times, the chairs are moved by LOs and visitors so they can be closer. This violates COVID restrictions and UDC rules. Please **leave the chairs where they are.** The tables are currently being resized.

There are still supposed to be plexi-barriers per the Health Department according to this Stakeholder's Meeting. Captain Nicholes indicated that UDC is meeting with the Utah Health Department regarding the barriers related to COVID restrictions, which also restricts hand holding on top of tables. The UDC is aware there are issues with hearing around the plexi-barrier and if that is an issue, a barrier visiting booth can be requested. The UDC is in communication with the Health Department to advocate for non-barrier visits with the potential for table-top hand holding.

USCF visiting areas include specialized areas to the side for families with kids and/or couples having difficulties hearing. The Visiting service is currently trying to fairly and safely resolve usage issues as only a few of these rooms are available. Once this is done it will be posted on the website and use of these rooms will begin.

As of now, visiting provides coloring and reading books, paper, coloring pencils and crayons for children visiting their LOs. Visitation can become quite long and a bit much for children to sit in that visiting room without entertainment for an hour.

Visitor dress code. The most **common issues** visiting seems to run up against are **length of clothing and tightness of clothing.** The length must reach the knee when standing whether it is shorts, skirt/dress, or slit in a skirt/dress. As for tightness, **leggings, jeggings, and spandex are not allowed.** The directive for dress code states that if other clothing items, i.e., shirts, are of similar tightness to spandex or leggings, they are not allowed.

A couple of other clarifications: sandals must be closed-toed; heels are allowed, and sheer is defined as see-through—undergarments, [meaning ability to see undergarments through outer-clothing. Ed.] Also, no hoodies. It has been suggested to keep a pair of sweats and sneakers in your vehicle, just in case but it is unclear if they will let you go change. So dress according to the code in the first place.

Attendees at this meeting suggested UDC provide a visual sign of what clothing is acceptable for visitors and staff to refer to regarding the coverage that approved clothing will have on the body. UDC was receptive to this suggestion, so possibly that will be implemented in the future to reduce confusion or misinterpretations of the written dress code.

The Visiting service is working to maintain a continuity of the staff when it comes to enforcing regulations so visitors will always know what to expect. However, it is always best to dress to the code and follow regulations. If you feel like you have met the dress code and are being turned away from a visit wrongly, you are welcome to request the captain or lieutenant for a second opinion.

Appealing a denial of application or suspension of visits. If you have been denied as a visitor, or if you have been suspended from visiting and wish to appeal this decision, you can email Captain Nicholes at the email address below to begin that process.

If you have any further questions after reading this article you can contact the Visiting Captain, via email at tawnyanicholes@utah.gov. You can also look at the UDC website for the Lieutenant's email.

Lt. Roberts will soon be replaced by Lt. Gull. We deeply appreciate Lt. Roberts' efforts to make visiting go more smoothly. We look forward to working with Lt. Gull.

NOTICE ABOUT VISITING APPLICATIONS – HOW APPLICANTS CAN HELP EXPEDITE THE PROCESS

By Molly Prince, LCSW

On October 6, I spoke with Lt. Roberts in USCF visiting. He had been in the position over USCF visiting for several weeks. He is working on refining the steps in processing visiting applications. In order to do this, he needs the cooperation of people applying to become visitors.

Lt. Roberts offered some suggestions that UPAN has shared on our Facebook Family Group and are now sharing here for families to follow in submitting visiting applications to help facilitate the approval process.

When submitting a visiting application, please use the CURRENT visiting application. Please read it completely and make sure you answer all relevant questions and understand what is required.

Lt. Roberts reports they are continuing to receive **old application forms**, which cannot be processed properly. You can go to the UDC website at corrections.utah.gov and download the newest updated form. Here is the link: <https://corrections.utah.gov/wp-content/uploads/2022/10/UDC-Visiting-Application-222-2.pdf> Please use only this application and not an application found on a general Google search. I found one on pdffiller.com that is **outdated** and from about 10 years ago but the visiting office cannot accept those old applications.

Please fill out the entire form completely. There is a check list on the back of the form to ensure you remember to send all the supporting documents including Photo IDs / Driver Licenses for adult applicants and birth certificate / SS# for children. Photos need to be JPEG or PNG format. It explains this on the bottom of the back of the application form.

Emailing the application and all supporting documents together will result in the fastest processing.

Processing Time. For **emailed** applications that are complete with all the supporting documents, please give

UDC 30 days to process it and approve it. Lt. Roberts has been working to implement a process that includes notifying the applicant of approval or denial via email.

For applications sent in via regular mail, the process could take up to 6 weeks or longer. Since everything is done digitally now, for paper applications that are received, they must be scanned into the system and emailed to the visiting office to be processed. Between the length of time it takes to arrive via US mail, and the opening and scanning processes, expect an additional two weeks before receiving a notification of approval or denial. Also, if mailing, do not mail to the old PO Box 250, as the post office has been taking several weeks to forward mail to the new PO Box 165300 in SLC 84116.

IF YOU HAVE NOT RECEIVED AN APPROVAL OR DENIAL AFTER 30 DAYS, PLEASE DO NOT SUBMIT DUPLICATE APPLICATIONS! That only slows down the approval process.

What to do if you have not received a notification of approval or denial after 30 days for an emailed application, or after 6 weeks for a mailed application. Please send the lieutenant an email. The contact information is on the current application form. If you have waited the appropriate amount of time, he should then be able to track down what is going on that is delaying your application very quickly and have an answer within a day or two.

You can email your application for USCF (Salt Lake City prison) to uspsvisiting@utah.gov for questions, and to cucfvisiting@utah.gov for CUCF (Gunnison prison) as well as use these email addresses to ask questions about your application if it has been more than 30 days since you submitted it.

UPAN hopes that if families can follow these suggestions regarding applications. Thank you for helping be part of the solution to the backlog of visiting applications at USCF.

“Even through you and I are in different boats, you in your boat and we our canoe, we share the same river of life. What befalls me befalls you. And downstream, downstream in this river of life, our children will pay for our selfishness, for our greed, and for our lack of vision.”
— Oren Lyons, Seneca Faithkeeper

Steve Turley is the new Clinical Services Bureau Administrative Director

By Molly Prince, LCSW

What is the Clinical Services Bureau Administrative Director? To be clear, the Clinical Services Bureau Administrative Director deals with the issues related to the Clinical Services being provided to patients in the

prison system. The person in this position attends to the administrative tasks related to running a medical service in the prison. The CSB Director is not a doctor, nor is he a healthcare provider. The CSB director is an

administrator. In contrast, the Clinical Director over the provision of actual medical services is Dr. Olsen, who provides direct patient care and oversees the medical staff that actually provides direct patient care.

Steve Turley was appointed to this position after the move of 2,464 prisoners from Utah State Prison in Draper to Utah State Correctional Facility in Salt Lake City. This was after the former director, Tony Washington, vacated that position.

Director Turley inherited a terrible situation when he was appointed to that position. He has been doggedly attempting to remedy decisions that were made and problems that developed long before he took the position. Articles about these problems have been in the August and September UPAN newsletters.

Steve Turley has a 30-year history with UDC and has been known for advocating for policies that are inmate and family friendly. Contrary to what is posted on the UDC website stating that he has been with the department for 23 years, Steve Turley has worked for UDC for 32 years.

He began as a correctional officer in 1990 in the Uinta housing units. In 1993 he worked in external security, and in 1994 he worked in transportation. During these years he began getting promotions. By 2002 Dir. Turley had worked as a captain of special operations, external security, in visiting, security in the Board of Pardons & Parole hearings, and internal security. Between 2003 and 2006, he was Captain in the Conquest housing unit. He became deputy warden of Uinta in 2006. He moved into the position of Warden of Utah State Prison, Draper in 2007, where he remained for three years. He moved into the Director of Institutional Operations between 2010 and 2013. By 2013 he was appointed Director of Special Projects where he remained until his appointment at the beginning of August, 2022 as Correctional Health Services Administrator, aka Administrative Director of Clinical Services Bureau for UDC.

Open door policy as the Warden of USP Draper. Individuals who were incarcerated there between 2007 and 2010 had the opportunity to meet with Warden Turley. There are reports of Warden Turley being available to inmates and interested in their concerns. He held meetings in the chapels periodically to listen to the concerns and talk about possible solutions. He would go into the housing units and talk to those living there. He responded to questions and concerns from family members and worked to remedy problems as they arose. I, personally, can attest to his willingness to listen to problems and work toward solutions during this time.

Chaired and facilitated FOCUS meetings for community organizations and families. When Steve Turley became Director of Institutional Operations, (now

called Prison Operations), he became the chairperson and facilitator of the monthly FOCUS meetings that were sponsored by UDC in the Region 3 Adult Probation & Parole building. Families of incarcerated and representatives of various community organizations interested in prison issues, or volunteer organizations were invited. Director Turley welcomed all who attended and everyone felt valued and heard when he was handling those meetings. It was through those FOCUS meetings that Turley became aware of some problems that he was eventually able to implement changes about in policy.

Elimination of the requirement that married women had to be accompanied by a spouse or the inmate's spouse or parent in order to visit someone of the opposite gender. Steve Turley listened to ongoing complaints of families (and I probably complained the loudest) who struggled with family members being able to visit due to this rule. The rule basically restricted any married woman who was not the wife or mother of the inmate from visiting their male friend or relative without being accompanied by their own husband or the parents of the incarcerated person. The same applied to married men wanting to visit women who were not their wives.

In some families, the parents of the prisoner are unable to visit for various reasons. This means that the married cousins, aunts, uncles, and friends were unable to visit unless their spouse also became a visitor. That was not always convenient or possible for a variety of reasons. These included scheduling conflicts with the spouse's work and the visiting options; some parents or spouses had a criminal record and could not be approved to visit; and other families had issues with health and other issues that precluded a spouse or parent from accompanying a visitor to a visit. Steve Turley listened. He saw that this visiting policy was outdated and took action to have it reviewed and revised. He eventually was able to have that rule taken out of the visiting policy in approximately 2011 or 2012.

The Very First Verbal Authorization to Share Medical Information with families originated from those FOCUS meetings when Steve Turley was DPO. He saw the stress and concern that families have when they are unable to find out about their incarcerated loved one's health. Turley's work on this generated the creation of the first document to allow all inmates to designate a family member to receive verbal information about the prisoner's health condition. Dir. Turley worked on this with UDC legal as well as Brooke Adams, the Public Information Officer at that time, to make the 90-day form a reality and put it into practice in June 2015.

This was a milestone for UDC to have a legal document to allow families to talk to UDC medical about their loved one. This was a beginning step toward UDC starting to have a bit of transparency regarding inmate medical issues. The Verbal Authorization was only good for 90

days and eventually in 2021, Steve Gherke, UDC Director of Operational Excellence picked up UPAN's pleas to make this release permanent. As of May, 2022, a new permanent Medical Power of Attorney was implemented in UDC. It is good for the duration of the prison stay unless the patient revokes it in writing.

UPAN directors are hoping that things in CSB in terms of recruitment of nurses and other medical staff, the delivery of medications, medical attention from PAs and doctors, and mental health treatment to all prisoners will improve under the leadership of Director Turley. It is a huge job, but if anyone can do it, we hope he can!

“Regardless of what challenge you are facing right now, know that it has not come to stay. It has come to pass. During these times, do what you can with what you have, and ask for help if needed. Most importantly, never surrender. Put things in perspective. Take care of yourself. Find ways to replenish your energy, strengthen your faith, and fortify yourself from the inside out.”

— Les Brown, motivational speaker, author

Laundry Concerns in USCF

By Molly G. Prince, LCSW

As of the beginning of September, concerns began floating around with prisoners being told that laundry detergent will no longer be sold on commissary to deter people from washing their own personal clothing.

Personal clothing, as used in this article, is any clothing that is not state issued such as uniforms or state issued under garments. It is any clothing that incarcerated people purchase from commissary to wear while in prison. The most common items of clothing purchased by inmates are t-shirts, underwear, socks, thermals, sweatshirts and sweat pants. The reasons people need to purchase these items themselves include the state not furnishing enough socks and under garments, and the state not furnishing thermals or sweats. In addition, the quality of t-shirts and underwear that the state provides is poor quality compared to what has been available for purchase, at significant expense, on commissary in the past.

Reasons prisoners wash their own personal clothing. There are two primary reasons I have been told over the years that incarcerated folks wash their own personal clothing in their cells, at their own expense.

1) The laundry “loses” their good underwear, t-shirts, and socks. UDC does not put name or number labels on the clothing that the incarcerated person buys for themselves like it does on their uniforms. This results in those higher quality items coming up missing when they are sent to laundry. I have heard of cases where they have been “replaced” with lower quality items while gone to the laundry.

While the prison supplies laundry bags for people to send their clothing and sheets in to be washed, without those labels on each item of personal clothing, new, good personal clothing disappears. I am not accusing

laundry workers of anything. However I am saying that I have been told for the past 20 years that it is easy for any laundry worker to spot and exchange a good t-shirt for an older, more worn out t-shirt, or other item. Or for the good t-shirt that was sent to laundry not make its way home at all, even without a replacement. Since July, some inmates in USCF have already reported their clothing was stolen when they sent it out to laundry.

2) The laundry is hard on clothing items that are not heavy-duty fabric. T-shirts and underwear get frayed edges and holes more quickly going to the industrial laundry than when someone washes their own undergarments in their cell.

In September, I contacted UDC administration to ask what the rationale for this new rule is. I was told my question would be forwarded to the appropriate division. As of October 21, I have not received a response. I also suggested that UDC begin putting name / number labels on all clothing, including the clothing purchased on commissary. There has not been any comment on that suggestion, either.

In the meantime, I was referred to the post about laundry on the UDC public website which reads: *“Laundry services are provided once a week. Incarcerated individuals can send both state and personal clothing as well as sheets and blankets to be laundered. Laundry Services provide offenders with two laundry bags to separate colors and whites to ensure personal clothing is not ruined. In addition to laundry services, offenders are provided a monthly Direct Exchange for sheets and blankets.”* <https://corrections.utah.gov/?s=Laundry>

I am still waiting on a specific answer about the laundry detergent and if people are no longer going to be able to wash their personal clothing themselves.

“There is a purpose for everyone you meet. Some people come into your life to test you, some to teach you, some to use you, and some to bring out the very best in you.” John Geiger

Salt Lake County Expungement Initiative & Tool Kit

Summarized from a letter sent from Mayor Jenny Wilson's Office

UPAN received a letter forwarded from one of the UPAN family members. It was from Salt Lake County Mayor's office. It reads as follows:

"Dear Salt Lake County Residents,

If you or someone you know has a criminal record, now is the time to get it cleared. Thanks to new legislation [that] took effect in May, many of the fees required to expunge eligible criminal records have been waived until July 2023. But I know it can be confusing to navigate this process without spending money on legal assistance.

That's why my Criminal Justice Initiatives team created the free Expungement Tool Kit: to help people complete the process without having to hire an attorney or pay any additional fees for legal services.

You may have heard about Automatic Expungement, which is in effect for low level offenses. But individuals

with more serious criminal offenses that are not eligible for automatic expungement will still need to go through the traditional petition-based process, which is what spurred development of this toolkit.

It would normally cost a minimum of \$655 to expunge three eligible criminal cases. Until July 2023, it will only cost a person \$65 total (BCI application fee). Our self-service guide is broken down into easily understandable steps to assist individuals looking to complete the expungement process without an attorney.

If you have any questions, would like to meet briefly to discuss online, or coordinate a training session on using the toolkit at your office/facility, please reach out to Jake Smith, who oversees Salt Lake County's Expungement Initiatives. He can be reached at JaSmith@slco.org or 385-468-7033. Other sources:

<https://slco.org/cji/expungement-project/>

<https://slco.org/cji/expungement-guide/>

"One reason people resist change is because they focus on what they have to give up, instead of what they have to gain." Rick Godwin, minister

Effects of Incarceration on Mental Health

By Maureen Parker, ARNP, MSN

This article is adapted from Research Roundup: *Incarceration can cause lasting damage to mental health* by Katie Rose Quandt and Alexi Jones, May 21, 2021 published by Prison Policy Initiative.

It is well known that there are many people with mental illness who are in prisons and jails in the United States. It is less well known that incarceration exacerbates mental illness and creates harm to one's mental health.

The experience of incarceration can damage mental health by isolating human beings and by taking away meaning and purpose in life. Additionally, the exposure to violence, the overcrowding, and solitary confinement (Max) cause more damage to the psyche.

Post-Incarceration syndrome is like what is known as Post Traumatic Stress Disorder (PTSD). Symptoms of PTSD are hyper-vigilance, anxiety, depression, insomnia, avoidance, suicidal thoughts, flashbacks, and difficulty with emotional regulation. Both during incarceration and after release many people continue to suffer the effects of their incarceration, like war veterans.

Those who are incarcerated suffer from their disconnection from family, friends, and society. They lose their autonomy, experience boredom and lack of purpose, and live in unpredictable and violent surroundings.

Seymour L. Halleck who has studied the effects of incarceration reports that, "The prison environment is

almost diabolically conceived to force the offender to experience the pangs of what most psychiatrists would describe as mental illness."

Depression is a common outcome while one is incarcerated and after release. Lack of social support and good family relationships contribute to this. Even those who routinely see family via visits are impacted. The prison environment makes it difficult for them to connect.

Women who are separated from their children are associated with feelings of guilt, anxiety, and fear of losing the mother-child attachment. Studies show that incarcerated mothers feel chronic distress, depression, and guilt.

Incarcerated people have little to no control over their day-to-day lives. They do not decide when to wake up, when to eat, what to eat, what their job is, and when they have any access to recreation, or who they can spend time with. This leads to frustration, anger, dependence, and helplessness. This also causes harm to one's mental health. The boredom, monotony, and lack of stimulation further causes stress, frustration, anger, and depression which can be long-term and lead to a

meaningless life and a lack of purpose and certainly a lack of any joy or happiness.

Prisons and jails can be unpredictable. The rules vary depending upon the staff, the variation of the rules and what is enforced. This keeps the prisoners on high alert which further contributes to anxiety and PTSD.

A 2018 study from the University of Georgia found that overcrowded conditions and the punitive nature of prisons leads to a higher suicide rate, more depression, and hostility.

It is well known that restrictive housing, particularly solitary confinement, is especially harmful to mental health. More recent studies show that it can lead to permanent changes in people's brains and personalities. Humans are social beings, and the isolation causes significant damage, which is often long-term.

Prisoners often witness significant violence which causes further emotional harm and can become

The above information has been adapted from <https://www.prisonpolicy.org/blog/2021/05/13/mentalhealthimpacts/>

"When a flower doesn't bloom, you fix the environment in which it grows, not the flower." Anonymous

Dell - Emerald -- **The Story of Marquita Valdez, Founder of Breaking Barriers Utah**

From the Breaking Barriers Website <https://www.breakingbarriersutah.org/about-5>

I have lived two lives almost as if I were dead for all of the first half and started to live at the middle stages. My prison career started at the age of nineteen when I was sentenced to prison in the state of Arizona. I did not know anyone, nor did I learn any life lessons from going to prison. I completed parole and headed home high before I even got on the bus. I was addicted to meth, heroin, money, and chaos. I did not care that it had cost me everything. I was nineteen with a whole life to get it right.

My whole life is close to what it took for me to figure it out. I continued choosing the same life that landed me in prison, alone, on the streets with nothing. I wish I could say that my life of crime and drugs was one that I hated but I would be lying if I did. I loved every minute of running around and doing everything I was told not to do. I had a sheltered lifestyle until about the age of twelve and then I felt that life was just a moment in time I needed to allow to pass by. In the mean while I had every intention of going to college being a lawyer and having a big house with my kids.

Instead, I got pregnant my junior year in high school. Like many, I conditionally recovered but the moment the baby was born I found myself back at it. Then back to prison three or four more times. Each time got easier and more comfortable. It was like a second home to me. A home that I did not need to pay rent or do laundry or pay bills and it still provided me with one element of my

associated with aggressive and anti-social behavior. The experience of verbal and physical abuse from correctional officers is dehumanizing and increases violence in the prison setting. The event of witnessing the violence is also quite harmful to the psyche.

Post-Incarceration syndrome is like PTSD, per a 2013 study. It was common for ex-inmates to experience distrust of others, difficulty maintaining relationships, problems with decision making, social and sensory disorientation and alienation, along with the above-mentioned PTSD symptoms.

We are often elated when our loved ones are released but they and we are unaware of the lasting consequences that shroud their day-to-day existence. It is critically important for family, friends, and the incarcerated individual to be aware that they have been affected adversely and will need help.

I suspect that many of these symptoms along with the stigma and lack of jobs and housing for formerly incarcerated individuals contribute greatly to recidivism.

addiction. Chaos! Drama and nothing else. After leaving my four daughters behind, because let us face it, I loved my man and drugs more, plus the cycle of incarceration, I continued to mirror the life of my father.

Until I did not.

I had a change of strength. I was awaiting court on my second gun case when I met a woman that intrigued me. This woman taught me about a world I knew existed but never imagined I would get to. She gave me a strength that focused on the great I could accomplish, the lives I can impact, and the paved path I can lead on. She taught me about many things and for a while it worked.

However, as many know, getting out of the system is a hard task. As much as I wanted to change, I began to face real discrimination due to the criminal history portion on every application for housing, for employment, even for public assistance. So, I gave up and gave in to the urge and desire to live easy and comfortable as a dealer. I faced many legal issues after that until finally I was sent to the Utah State Prison for a third-degree bail jumping charge that, to this day, I do not even know how I got. I spent my time reflecting on what I wanted to [do] with my life and how I could make it happen. I wanted to experience all those things my angel talked about when I met her. The problem was I did not know where to start or even what to do. By this time, I had spent 15 out of 34 years in a jail, program center, or prison.

When I was released, another angel saved me. N.B. is the director of the Lead Program at Utah Valley University. N.B. was the first person that did not judge me, and she also had seen a light in me that I had not. She believed in me and she lent me her strength. N.B. guided me through the education process. She introduced me to the most normal people she could find, people that I was terrified of. I did not have the eloquent lady-like presence, if you can imagine.

I was very unrefined, but N.B. and the inclusive concept at Utah Valley University, changed my life. I thank President Tuminez in my heart each day for making inclusiveness and acceptance of the unfamiliar a priority in her college environment. I had found a new home and a new life.

We all have a story, no matter what. The idea that a background identifies you is ludicrous. I have a future, there is no need to focus on the backstory for too long. See what is beyond the background. See me, see that I have rewritten my story and it reads like this:

My name is Marquita Valdez, I am the founder of

***“The difference in two worlds is often unknown until you leave the familiar for, the unfamiliar.”
Marquita Shantell Valdez, Breaking Barriers Utah***

Dell - Emerald As additional entertainment **specially** for the **D-E group** (but just as **entertaining for all UPAN Newsletter readers**), I'm planning to publish some T-shirt sayings (from *Lilicloth*) that are worth a laugh and maybe some agreement. A few samples: I'm only talking to my dog today ~~ Sometimes I stay inside because it's just too peoply out there ~~ In a world where you can be anything, be KIND! Hope you enjoy this new feature, Ed.

Tooting our own horn a little bit (again). This is the 100th issue of the UPAN Newsletter. Yup! Roughly computed to be 600,000 words published between June 2014 (our starting month) through June 2021 when we observed our 7th Anniversary with our (UPAN's) 84th issue. Now, an additional 116,315 words over the intervening 16 months have been published since our 84th issue for a total of over 716,300 words. That's the equivalent of **eight** non-fiction books of 90,000 words each and having 315 pages and 285 words per page in each book.

During the last 16 months, the newsletter has contained 110 informative articles, included 101 inspirational quotations, and since our 5th Anniversary in June 2019 when our first series of jokes started, about 134 jokes. With that last statement, I'm required (for liability purposes) to publish the following **WARNING!!** If you have been saving the newsletters and have them stacked in chronological order (the order in which they have been published) and decide to go on a **joke binge** and read all the jokes at one sitting, you might die laughing! Give this action serious consideration. If you've been reading this newsletter most of these 100 months, consider yourself well-read. That's a lot of reading. Ed.

My Only Crime

Author Unknown. Shared with Chris Moon by a UPAN family member

Many people don't understand what a parent or sibling goes through when they have an adult child in prison.

I walk around every day, and sleep every night, in that prison with my Loved One.

You see me out here, alive, living and laughing, when my existence is in prison with someone I love.

You see me smile, you do not see my tears, you hear my hopes, but you do not live my nightmares.

You see my light but you can never feel my darkness.

As surely as my loved one sits in prison, I am too serving their sentence.

Their fears are my fears, their terror is my terror, their sadness is my sadness, their anger is my anger.

Their guilt is MY guilt. Their shame is MY shame.

Please remember this when you hear that someone is being sentenced for a crime... any crime.

Their loved ones are being sentenced as well. Our, MY, only crime is loving THEM, my child.

Breaking Barriers Utah. I am also the mother of four beautiful teenaged daughters. I attend college at Utah Valley University, where I am studying criminal law and psychology. I am the President of National Society of Collegiate Scholars and a Lead in the Student Center for the Advancement of Leadership. I have been accepted to attend a Stanford training with the University Innovation Fellowship Program. I am not my past, although I will use it as a tool to strength others and to keep myself grounded.

That is what this nonprofit is to me. It is a chance to show others that this is possible. I love my life today and I love my purpose. I started this nonprofit to combine my strength with others to knock out the barriers, remove the stigma, and change the public perception on the history of people.

I am forever thankful for all those past, present, and future who contribute to my life. Nobody deserves to be punished forever. Combine your strengths with Breaking Barriers Utah so we can pave an innovative, sustainable, and secure future for those individuals who are no longer their past.

As a supplement to the above poem, and observing the publishing of our 100th issue of the UPAN Newsletter, here is the lyric to a Fleetwood Mac song that UPAN Newsletter readers, i.e., families and their incarcerated loved ones, likely will see as hope for the future. Following the lyric is the story behind its composition. Ed.

(Internet source: azlyrics.com)

"Don't Stop"

Writer: Christine Anne McVie

If you wake up and don't want to smile
 If it takes just a little while
 Open your eyes and look at the day
 You'll see things in a different way

Don't stop thinking about tomorrow
 Don't stop, it'll soon be here
 It'll be here better than before
 Yesterday's gone, yesterday's gone

Why not think about times to come?
 And not about the things that you've done?
 If your life was bad to you
 Just think what tomorrow will do

Don't stop thinking about tomorrow
 Don't stop, it'll soon be here
 It'll be here better than before
 Yesterday's gone, yesterday's gone

All I want is to see you smile
 If it takes just a little while
 I know you don't believe that it's true
 I never meant any harm to you

Don't stop thinking about tomorrow
 Don't stop, it'll soon be here
 It'll be here better than before
 Yesterday's gone, yesterday's gone

Don't stop thinking about tomorrow
 Don't stop, it'll soon be here
 It'll be here better than before
 Yesterday's gone, yesterday's gone

Don't you look back, Don't you look back
 Don't you look back, Don't you look back

Christine McVie, keyboardist and singer of the band, wrote this song after she got divorced from band bassist John McVie. It first appeared in the **album**, *Rumours* (English spelling). It could've been called "Yesterday's Gone" after a line in this song. The title "*Rumours*" was chosen after John McVie noted that everyone in Southern California seemed to be talking about the personal dramas in Fleetwood Mac: Stevie Nicks and Lindsey Buckingham were also going through a break-

up and writing songs about each other, and Mick Fleetwood was going through a divorce. Bill Clinton used this song as the theme song for his presidential campaign in 1992. The band reunited, first time in more than a decade, to play the song at Clinton's inauguration in 1993. "Don't Stop" was performed during a full-band reunion in London's O2 Arena on September 26th, 2013. The band invited Christine McVie who quit the group in 1998.

"Define for yourselves your directions." — Oren Lyons

"Pay attention to your patterns. The ways you learned to survive may not be the ways you want to continue to live. Heal and shift." Dr. Thelma Bryant-Davis

Couple of Smiles and Maybe a Laugh What's the difference between an outlaw and an in-law? Outlaws are wanted ~~ Why was six afraid of seven? Because seven eight nine ~~ What do you call a bear with no teeth? A gummy bear ~~ What do you call a chicken who crosses the road, rolls in the mud, and then crosses back again? A dirty double-crosser.

Frustrations abound, count slowly to 10, consider each challenge objectively and not personally. Then if you must... Cuss till you're blue in the face. That helps. And it's the backdoor way to being cool! You do good! Ed.

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Utah Prisoner Advocate Network Contact Info

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UPAN leadership, volunteers, and families have been "all hands on deck" doing our best to advocate!

"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