



UPAN Newsletter Volume 9 Number 12 | **DECEMBER 2022**
"Empowerment and Growth Through Knowledge and Unity"

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Parole Pick-Up Correction – UPAN Directors’ Gratitude & Hope – UPAN Thank You to Several UDC Staff – Job Licensing for Former Offenders – Prison Rape Elimination Act – New Program in Dell – Special Vaccine Info

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Next Meeting: Monday January 9, 2023 6:30 p.m. Nathanael Player on using the Utah Courts Self-Help Center
Meeting Location: Virtual Zoom Meeting – link <https://bit.ly/3vqQjiA> Free and open to the public
Following Monthly Meetings: Monday February 13, 2023 and Monday March 13, 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.

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

"This Christmas, we pray that happiness be at your door. May it knock early, stay late, and leave the gifts of peace, love, joy, and good health behind." From the UPAN Directors

Correction to Sept N/L, page 6: Parole & Picking Up On Release Day

PIO Liam Truchard informed UPAN that UDC does **NOT** have to do background checks for all people entering the property to pick up their releasing loved ones as stated in the article. He informed us that "Every person entering the site must have a valid ID. So, if three people are in the car, all must have identification. Only one person is allowed into the facility to meet the releasing individual. Anyone else will have to wait outside."

UPAN Directors Looking Back with Gratitude and Forward with Hope at End of Year:

An Bradshaw, Volunteer Coordinator: This has been a difficult year for UPAN, UDC, families, and our incarcerated loved ones. The move into the new prison

presented an onslaught of problems, particularly with medications and other medical needs. Through all these challenges, there were events and people for whom I am

grateful. Several individuals stepped up to help UPAN monitor and deal with medical issues, greatly blessing the lives of inmates and their worried families. The medical issues were complex but these individuals, under the leadership of Wendy Parmley and Molly Prince, worked tirelessly to assess the situation and make the prison aware of needs. I'm also grateful for prison staff who were dealing with the unanticipated medical problems. I know they put in long hours to resolve problems they inherited and were not responsible for creating. Particular thanks go to Steve Gehrke and Steve Turley.

I am also appreciative of staff who treat us and inmates with kindness - who recognize our loved ones are sons and daughters, mothers and fathers, brothers and sisters, wives and husbands, and friends. Incarceration is dehumanizing and miserable, so any staff who treat our loved ones as humans are doing a good deed. Thank you for showing decency while doing a challenging job.

Chris Moon, UPAN Secretary. Things I am thankful for from 2022: I am thankful to reconnect and be a part of UPAN again. An organization that helps bring empathy, social issues, and prison issues to the forefront in people's minds. I am so thankful for the Vigil we had at the Capitol and for the families that came or sent in letters so their loved ones voices and messages could be heard. I am thankful for the Prison's Stakeholders meeting, and that they let us as Directors of UPAN be a part of it and give insight and ideas concerning our incarcerated loved ones and their families' issues.

I am thankful that the number of Covid 19 deaths have decreased, and of people's awareness and willingness to get vaccinations in order to prevent more deaths.

I am thankful I can be a part of and have time to help others. I believe our efforts make a difference and am very grateful for that. I believe change is possible. I am very thankful. I look forward to doing more to advocate for the many issues that face prisoners and their families as each travels this prison journey.

Virginia Robertson, MSN, FNP-BC, UPAN Volunteer Med Team: I am grateful that the UDC is taking steps to improve their staffing needs including the use of LPNs in their health team. I hope UPAN can make a proposal in coordination with our legislature for a hospice program along with an educational program for inmates to become certified nurse's assistants and possibly LPNs. I am looking forward to watching my recently released loved one succeed in 2023 and just spending quality time with him and his family.

Marsha, Health Educator, UPAN Volunteer Med Team: I'm so grateful to have become involved with the UPAN Medical Team. The group of individuals I have the opportunity to work with are dedicated, hardworking and caring, while making a difference in others' lives.

Working with UPAN has opened my eyes to a whole other perspective on many issues. My hopes for 2023, is that we will become empowered by not only advocating for our loved ones but also learn to advocate and make a positive impact for all incarcerated individuals and their families.

Wendy Parmley, Director of Medical and Mental Health Policy Issues: I can hardly believe that it has been a full year since the release of the Prison medical audit. This audit finally gave our incarcerated loved ones a voice as it showed the healthcare inadequacies that we have been sharing with legislators for many years. Since that time, I have seen more legislators become aware and concerned with the medical care in our Utah prisons - even some who want to make a difference somehow by sponsoring a bill this next legislative session. I hope that becomes a reality. That we can treat each individual as a patient and not just as a number. That we can see the humanness in all of us.

I thank each of the incarcerated individuals and their families who have reached out this year with continued concerns for their own well-being or for the well-being of an incarcerated friend. I've witnessed thru these letters and e-mails the selfless acts of individuals who have advocated on behalf of very ill or hurting cellmates or even some who have witnessed medical events and they didn't know who they were, but still reached out for help.

I have seen individuals get released to be with loved ones for a few extra months before they died, and others who were elderly miraculously released to apartments when the board or medical staff had first said they must be released to a nursing home. These individuals are thriving despite their age or infirmities. I have seen the UPAN MedTeam work miracles during the prison move. I saw them quickly come up to speed when I couldn't stand because of a serious illness, let alone look at a computer screen or process a letter. The team has worked with administration to forward critical medication issues and concerns during the time of a breakdown of the electronic health record system that became life threatening for some. I am so grateful for this team.

Please know that your voices matter. Your lives are important. Your stories need to be heard. You matter! Thank you!

Faye Jenkins, Director of Sex Offense Issues: This holiday season I find myself reflecting on gratitude for freedom. Freedom is a precious commodity that is easily taken for granted until it is lost.

My husband was thankfully freed from prison one year ago and his freedoms in the community continue to incrementally increase as he develops trust with his therapist and parole officer. However, he discovered a different freedom in prison that was lost years before his

incarceration... a freedom from addictive and destructive behaviors.

The harsh realities of being physically bound forced him to reflect internally on the bonds that already held him captive for years. A prison sentence helped free him from his addictions - the fear of going back to prison helps him stay far away from activities that would rekindle those past behaviors.

Losing everything is a painful but powerful tool to rebuilding one's life. I have gratitude for difficult experiences that are the catalyst to positive changes that lead to lasting freedom.

From Warren Rosenbaum, the UPAN Newsletter editor: Serving others is a rewarding part of life. I'm grateful for the opportunity to serve incarcerated loved ones and their families.

During year 2022, my major contribution was keeping important information moving monthly into their lives. Also, I've included jokes to help lighten up the prison journey. One noteworthy accomplishment was publishing our 100th issue in October. Also in October, I started some T-shirt sayings that everyone will enjoy but are primarily for our cherished Dell-Emerald occupants, for a little cheering up. And with Molly's never-ending help with quotations, we send messages of hope, guidance, tolerance, and endurance.

Quotations can have some deep meaning for our readers. One that I like is, "When everything goes to hell, the people who stand by you without flinching – they are your family." Jim Butcher, author. I like to think that UPAN volunteers are part of that BIG family of about 6,600 incarcerated with an average of two families (of three each), for most inmates. That would make our "family" over 40,000 strong including UPAN directors and all our volunteer helpers.

My gratitude includes the opportunity to be flexible and creative. One example for year 2022 was the August UPAN Newsletter. I broke from the traditional format with a single headline, "THE MOVE." That seemed to set the mood for that issue's content. The seriousness of that experience was reflected in the substitution for jokes with the comment, "Ain't nuttin' funny this month! Stay cool with both the temperature and your temperament. You do good! Ed."

I hope to continue UPAN's service to our family of readers as well as enlightening Utah's Legislature and Executive branch. That latter goal being cooperative dialogue resulting in improvements toward an ideal model of "Corrections." My vision includes inmates (and families) eventually being able to purchase from the vast book source at Amazon's Used Book Dealers.

Also, occupational training and parole rules allowing access to a livable income upon release. Those are two

of a laundry list of improvements we can hope for and work toward. Best Wishes for the New Year.

Heidi Kubbe, Director of BOPP Issues; Commissary Issues. Looking back a few years since my loved one's incarceration I have had a hard time talking to people that I feel do not understand me. When I became involved with UPAN, I realized that there are people out there who are feeling the same way as me and fighting the same fight.

Then when I became a director, I saw firsthand that there is an organization that works hard to advocate to help all LOs and their families in all situations. I will be forever thankful and grateful for their efforts.

What I hope to accomplish this year is to learn more about the Board of Pardons and Parole. I want to be able to pass on information to help families and their loved ones deal with the board when it is time for their hearing. I think that if families and the incarcerated are informed with accurate information, they will be able to understand and start early to obtain these endeavors the board is looking for before they meet with them.

I also want to work on commissary issues and try to get answers so they don't become a bigger problem than they are. I feel with that open communication with UDC, we will be able to work together to understand how commissary works and resolve problems. I do think that this is an obtainable goal, it will just take time.

Kelly Bingham Dir. of Educational Opportunities. I could have probably written a book on this as there have been so many things to be thankful for. Mostly I am thankful for so many loving and supportive family and friends who, after five years of incarceration, I was finally able to spend Thanksgiving with. I am so thankful for UPAN's efforts to improve living conditions at the prisons and county jails and their desire to make sure everyone is treated like a human being.

I'm so very thankful for the Salt Lake County Conviction Integrity Unit who took the time necessary to investigate my case and have it vacated and all charges dismissed after being wrongfully incarcerated for five years. I am thankful for the people I met while incarcerated who remain good friends and a great support system.

I am proud to be part of such an amazing group of people in UPAN doing everything they can to make a difference in the lives of those who can't help themselves. In many cases, without judging them for things they have done and sending hope and positive vibes to families who have had their lives impacted by the criminal justice system in Utah.

Karen Thompson, Director of Special Projects. 2022 Thankful Reflections. This past year -2022, I am sure it was at least 24 months long! Has to have been to be so full of so many wonderful and difficult events.

Any year that we have a Loved One incarcerated is difficult. Empty chairs are a hard, sad reminder. This year was even harder as we faced COVID and the Move. The Move is an event that never ends, as our wait of a few weeks for everyone to settle in, has now become 6 months and more issues to resolve with each day and changing season. If I only concentrated on these things I would be ungrateful for all my blessings.

UPAN and the entire UPAN Family Group has become my companion on this journey and I have found that we are truly blessed when we help each other. The time and love that is shared by each of the directors on behalf of so many is astounding. The trust that is shown by the families of our Loved Ones is inspiring. How wonderful that we have each other and that our little bit of understanding or experience can help someone else. Thank you to everyone who has brightened my days, wiped my tears, and understood my needs. I trust that 2023 will bring more - more concerns but also more success and more opportunities to share. Happy Holidays!

Molly Prince, LCSW, Co-Founder, Director. 2022 has been a year of continued challenges for incarcerated people and their families. This means it has also been challenging for UPAN leadership and volunteers. I continue to be touched by the number of people who volunteer so many hours to UPAN's purpose goals.

I continue to appreciate all the inmate newsletter volunteers who print out and mail the monthly newsletter to approximately 462 incarcerated people at their own expense. From personal experience, this takes a lot of time and can be expensive. I printed, copied, and mailed to 50 individuals for several years until more newsletter volunteers stepped up. It is a major undertaking each month.

I continue to stand in awe of the strength, love, and commitment that prison families demonstrate daily in

support of their incarcerated loved ones. Witnessing their desire to advocate for other prisoners who have no one to give them a voice is inspiring. The families of Utah's incarcerated are learning how to advocate in many areas about dozens of issues.

I am so thankful for everyone who has stepped forward this year to provide information to UPAN leadership to follow up on. I appreciate the volunteers who have attended meetings, done research, and written articles for the newsletter to keep everyone informed.

Gratitude goes to all the friends and family members who continue to learn how to advocate for and support their loved ones. Knowledge is vital, and it is empowering to those of us with incarcerated loved ones to know who to contact and processes to go through to make sure our loved ones are receiving the things necessary for their health and wellbeing.

I have undying gratitude for the UPAN directors. We are a team that is growing in order to more effectively be able to help families address the myriad of issues prisoners face daily.

As for 2023 - I have hope that things will smooth out for everyone involved in the criminal justice system in Utah - particularly prisoners, families, and prison staff. I hope that the work that we have been doing can continue and that families will continue to join the Family Facebook Group and learn how to advocate for their own loved ones. I have hope that some of the partnerships that UPAN has formed over the years with other community organizations will continue to be productive and we can continue to expand our advocacy.

Finally, I continue to envision more bridges being built between UPAN families and UDC and other agencies involved in Utah's criminal justice system, which can result in further collaboration for the resolution of issues that affect us all.

“Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.” Martin Luther King, Jr

UPAN Acknowledges Various UDC Administrators & Staff

By Molly Prince, LCSW

It seems there is an unending list of concerns that UPAN directors and families take to various UDC administrators and staff throughout the year. Some concerns are the basis of fear and frustration in families of those in the custody and care of the State of Utah.

This year has been particularly challenging for incarcerated people and prison families for many reasons. It has also been difficult for prison staff. UPAN would like to acknowledge some of those in Corrections who work with different UPAN directors on the various issues that have arisen.

Key administrators who work to provide answers to UPAN about problems and processes. Several UPAN directors have had the opportunity to interact with several key administrators in UDC this year. We want to extend our appreciation to them for listening to our concerns, for answering our questions, and forwarding problematic issues to the appropriate divisions in the prison system for answers or resolution.

We will begin with **Steve Gehrke**, the Director of Operational Excellence. He organized the Stakeholders Group in 2021 and has continued hosting it monthly this

year. It is made up of dozens of representatives from various state and private agencies and organizations in Utah who are interested in the well-being of incarcerated people as well as improving conditions and opportunities upon release and re-entry into the community.

Dir. Gehrke schedules representatives from various UDC divisions to present and explain how things happen in those divisions in UDC and the prisons. I am amazed at the sheer volume of information he must sort through daily and he always is interested in finding out where the problems are and how to improve operations. I also appreciate that he reads and responds to endless emails from me about various issues.

Eric Barker, Asst. Regional Administrator for A P & P has played an integral part in improving the re-entry process and is always open to ideas and eager to think outside the box in order to improve the conditions that people will face upon parole.

Progress has been made toward finding innovative ideas to improve affordable housing for returning citizens. While it has not been realized, he has been instrumental in that, along with **Shawn McMillan** who is not a UDC employee, but is the Executive Director of First Step House. Mr. McMillan co-chairs with Barker on the Stakeholders Housing Subcommittee. There is a lot that goes on behind the scenes with a variety of agencies and organizations toward this goal.

I am grateful for **Steve Turley** being appointed as Clinical Services Bureau Administrator this past summer. He cares deeply about improving the processes for all the services encompassed in CSB: medical, dental, eye care, and mental health. He made sure that the public was kept informed about the steps UDC was taking to remedy the loss of records and the problems that occurred with the failure of the new Fusion electronic medical records system. He endured endless emails from me. He will talk to me about the concerns we have.

Steve Turley was awarded the Utah Department of Corrections Executive Director Award in September 2022 after completing his previous position as Director of Special Projects and taking on the position of Administrative Director of CSB at a time that it was in crisis. Dir. Turley cares deeply about people, and this includes those in the care and custody of the Dept. He has shown throughout his career his dedication to making things better for incarcerated and their families, as outlined in the September UPAN newsletter.

Doug Fawson, the Victim's Services Coordinator at UDC, can be a blessing to families in distress, and has my respect. While he is limited in what he may be able to

share about an incarcerated patient's status, he cares and works hard to help improve the system patients and families find themselves in. He has a challenging job of working with families when their loved ones are dying or have passed away. He also has been in charge of the employee Peer-To-Peer Support Group.

In 2021, Mr. Fawson received the UDC's Executive Director Award. He earned it. He has what I would consider the most emotionally challenging position in the entire prison system. He is said to perform it "with grace and compassion." He chairs a committee associated with improving processes for people who have been victimized and also is the Prison Rape Elimination Act (PREA) contact person at UDC. I have had the pleasure of sitting on a committee with him as well as working with him on specific issues. He is always professional and it is a positive experience to work with him.

PIO Director Kaitlin Felsted and Information Specialist Liam Truchard in the Public Information Office / Constituent Services are on the front line to deal with questions and concerns from families and UPAN directors on a daily basis. While they can only share the information that they have been provided from the various UDC divisions, my experience is that they do their best to relay that information, even if we do not always like what we hear from them.

Maria Peterson, Director of Utah Correctional Industries (UCI) presented at the Stakeholders Group monthly meeting this year about both the jobs UCI offers incarcerated people and the commissary challenges and shortages and what has been done to address these issues. She has been communicating with UPAN's Heidi Kubbe about different commissary concerns and they have developed a positive working relationship that we anticipate will facilitate resolution of questions and concerns.

There are many other officers and staff that are helpful and do remarkable jobs in stressful situations. I would love to list them all. I communicate with some of them directly on occasion. I hope they all know who they are and that they are absolutely appreciated. UPAN attempts to notify UDC about these individuals as we hear from families about their appreciation for these UDC employees.

While it may seem that UPAN is only focused on fixing what we perceive to be wrong in our prison system as part of our advocacy for our incarcerated population, we do recognize and appreciate both staff and administrators who do their best to do their jobs in a manner that supports the well-being of those residing in USCF and CUCF.

"This is the season when people of all faiths and cultures are pushing back against the planetary darkness. We string bulbs, ignite bonfires, and light candles. And we sing." Anita Diamant

DOPL-Dept of Occupational & Professional Licensing – Can Former Offenders Get Licensed?

By Susan Sundstrom

As many of us know who have had loved ones who are paroled or terminated, they face many obstacles upon being released, not the least of which is finding meaningful employment. For some who work or have worked in the trades, receiving licensure from the Department of Occupational and Professional Licensing (DOPL) has been one of the obstacles.

In October of this year, DOPL did a presentation for the Utah Department of Corrections Stakeholders Housing Subcommittee on the changes that have been made to assist people in applying for licensure and understanding how the process works.

DOPL offers about 60 categories of licensure and many do not automatically deny an applicant based on their criminal history. DOPL reviews crimes that may 'substantially' relate to an individual's ability to safely or competently practice their occupation or profession while protecting the citizens of Utah. For example, you cannot hold a nursing license if you have been convicted of a violent felony; and you cannot hold an armed private security license if you have a conviction that restricts you from possessing a firearm.

Criminal History Guidelines. DOPL has created "Criminal History Guidelines" for each occupation and profession it licenses, which can help applicants identify crimes that DOPL believes may affect their ability to safely and competently practice a certain occupation or profession. The Criminal History menu is available on DOPL's website. These are only guidelines and DOPL

will give individualized consideration to an applicant or licensee based on their current circumstances.

Pre-licensure criminal history determination. An applicant form is available on DOPL's website for a pre-licensure criminal history determination and you can submit the application before applying for licensure or completing training or education for the license. Instructions and guidelines for completing the application are also available on the webpage.

DOPL will review information submitted and may request additional information or may require you to come for an interview. They normally make a determination within 30 days of receiving a completed application and will provide a written determination as to whether your criminal history would disqualify you from obtaining the license you identify.

You can view the "Criminal History Guidelines" for a specific occupation or profession on the DOPL website. The Guidelines provide useful information about whether someone might qualify for licensure in a specific occupation or profession based on criminal history, what to report on an application, as well as answering many of the questions you might have about the process. They want to assist individuals whenever they can to obtain licensure leading to employment. Contacted them via:

Email: doplweb@utah.gov

Phone: 801-530-6628 or Toll free in Utah 866-275-3675

Mailing address: P.O. Box 14674, SLC, Ut 84111-6741

Physical address: 160 East 300 South, SLC, Ut 84111

Rape Recovery Center Committed to Serving Incarcerated Survivors of Sexual Assault

By Cassidy Blue, RRC Mobile Response Team Advocate

In 2022, the Rape Recovery Center (RRC), a non-profit organization based in Salt Lake City dedicated to serving and empowering survivors of sexual violence, is extending its reach to offer outside confidential victim advocacy services to incarcerated survivors at USCF, CUCF, and Salt Lake County Metro Jail.

Prison Rape Elimination Act (PREA) was enacted in 2003 with the purpose of eradicating prison rape in all correctional facilities and detention centers across the country. PREA establishes a "zero tolerance standard" for sexual assault and harassment, and ensures that all agencies adopt high standards to prevent, detect, and respond to sexual abuse of inmates by other inmates or prison staff, contractors, or volunteers.

According to the 2008 National Former Prisoner Survey conducted by the Bureau of Justice Statistics of the U.S. Department of Justice, out of the 17,738 former inmates on parole who participated in the national survey "an estimated 9.6% [...] reported one or more incidents of sexual victimization during the most recent period of

incarceration in jail, prison, and post release community-treatment facility." Roughly 200,000 inmates are assaulted each year. The PREA standards have been helpful to curb this statistic by offering a blueprint to change prison culture. An article written by Just Detention International, a health and human rights organization, outlined that by "using the PREA standards as a tool, some corrections leaders are running safer facilities, where prisoners are treated with dignity and no one is considered above the law... ensuring that prisoners are safe from sexual abuse is now explicitly written into the job description of high ranking corrections officials nationwide."

As such, in adherence to PREA subsection §115.53, RRC is collaborating with the Utah Department of Corrections (UDC) to establish accessibility to outside support services related to sexual abuse and trauma. A confidential victim advocate at RRC may provide an incarcerated survivor with the following services:

- Emotional support, advocacy, mental health resources, and crisis intervention.

- Coping skills, de-escalation techniques, and safety planning.
- Accompaniment to medical forensic examinations and legal interviews upon request.
- Information about the reporting process and rights in regards to PREA.

Doug Fawson, PREA and Victim Services Coordinator for UDC, says "Sexual assault is no less traumatic for incarcerated offenders than for victims living in our communities. Now as we work to provide access to advocates from the Rape Recovery Center, victims of sexual assault housed in our prisons will receive invaluable ongoing support."

RRC believes incarcerated persons are deserving of the same dignity, respect, and sensitivity non-incarcerated survivors of sexual violence are granted.

"No one deserves to be raped," says Liz Landry, Rape Recovery Center's PREA Specialist, "Prisoners are people too and have the right to supportive services. I am grateful for the support we have received from community partners and the Utah Department of Corrections. They have played a critical role in the initial development and implementation of our services. Our program is committed to helping incarcerated survivors find their voice. We strive to empower every victim in their pathway to healing."

Please visit the Rape Recovery Center website or contact a confidential victim advocate for more info: <https://www.raperecoverycenter.org/prea>

Email: prea@raperecoverycenter.org
 Hotline (Mon thru Fri 10 AM to 2 PM): (385) 271-1168
 By Letter: PO Box 26625, Salt Lake City, Utah 84126
 Or schedule a call through UDC's Doug Fawson

Dell-Emerald Topics **Prison Fellowship Academy Begins in Dell of USCF** By Gayle Dawes

Utah State Correctional Facility has begun enrollment for Prison Fellowship Academy. This process started in Dell, the women's unit. According to Joe Schmidt, who is the Prison Fellowship director for Utah, 17 women signed up as of November 7th. They are working toward getting the Academy up and running in the men's general population in USCF.

A cornerstone program of Prison Fellowship, the Academy guides participants to identify the life-controlling issues that led to their incarceration and take responsibility for its impact on their community. Using biblically based materials, the Academy specifically targets criminal thinking and behavior, life skills, addictions, victim impact, and pro-social culture change. The Academy aims to help incarcerated people who have leadership potential to serve as positive peer mentors and supporters of a positive culture, based on Gospel-centered values, throughout prison systems. Those who complete the program and are preparing for release will have the opportunity to connect to post-release resources and support in metropolitan areas.

The Program Overview. According to the Prison Fellowship website, the Academy program includes 12 months of day & evening content inside and referrals to post-release resources and services.

<https://www.prisonfellowship.org/about/academy/>

Course topics include: ***Criminogenic Needs:*** Participants will address eight basic thinking errors to alter irresponsible attitudes and behaviors that contribute to criminal behavior.

Relationships: Participants will learn ways to establish and maintain healthy, God-centered relationships, examine the roles and responsibilities of being a responsible family member, and better understand the role feelings play in day-to-day life.

Life Skills and Reentry: Participants will complete a personal transition plan targeting skills needed for successful living, including financial responsibility, time management, healthy habits, legal issues, employment, and coping skills.

Addictions and Recovery: Participants will establish personal tools to identify their relapse pattern, warning signs, and relapse prevention to interrupt negative patterns and maintain responsible living. Celebrate Recovery, a Christ-focused recovery program, gives participants an opportunity to confront life's "hurts, habits, and hang-ups" from a Gospel-centered perspective.

Spiritual Formation: Participants will complete Exercising My Faith modules, providing a Christian discipleship track for those of the Christian faith. When participants have a non-Christian religious preference, the Academy helps them apply universal truths found in the Bible to their lives. The Alpha course gives all participants a forum to explore the basics of the Christian faith.

UPAN hopes that UDC will continue to work with Prison Fellowship to expand its programs to men in both USCF and CUCF in the coming months.

Appreciation for Director of Women's Issues Who Is Moving On

By Molly Prince, LCSW

Gayle Dawes has served as the Director of Women's Issues since February 2021. She will be moving on to other endeavors as 2022 closes. UPAN would like to share our sincere appreciation for the knowledge that

Gayle has brought to her position. She brought professional connections to some of the people over Timpanogos when she joined the UPAN team. She has a remarkably composed demeanor, always presenting a

calm, grounded interaction with others and her thoughts and contributions are well thought out. She will stay connected to UPAN as a family member who will

continue to advocate on a less intense level. Thank you, Gayle! We wish you and your family the best in the year to come.

Prayers and Ceremonies: The Blessing and Cleansing of Old USP Draper Prison Site

By Molly Prince, LCSW

September 27, 2022 was a sunny, warm fall day. It was an important day in the history of Utah State Prison. Eight local Faith leaders from the Salt Lake Valley and two First Nations Spiritual Leaders lined up at the gates outside the entrance to the old Utah State Prison along with Salt Lake Interfaith Roundtable's past-president Josie Stone, UPAN's Karen Thompson, and myself. We were waiting to be admitted to the prison site by Director Jim Russell and Jon Vance of the Utah Division of Facilities and Construction Management (DFCM) and R & R Environmental who is tasked with preparing the old prison buildings for demolition.

This day was the culmination of several weeks of efforts on the part of Karen Thompson, Molly Prince, and Josie Stone reaching out to various UDC staff, the Governor's office, and finally Jim Russell, Director of DFCM.

This was the realization of a vision my husband, the late Lacey Alan Harris, Northern Ute / Northern Paiute. He was a spiritual leader who had been a volunteer Native Chaplain at USP as well as a member of the Interfaith Roundtable. From the day he learned of the formal decision to move USP to the new location in SLC by the airport, Lacey discussed with me, and others who would listen, the necessity to cleanse and bless the site to release the dark, negative, and painful energy trapped there before it is torn down and repurposed for public use.

A bit of history. The Utah State Prison has been at its Point of the Mountain location for 71 years. During that time there has been every type of violence and numerous terrible dark acts within the walls the eight buildings that housed prisoners, as well as other areas where the incarcerated worked, received education or therapy, worshiped, and where they recreated. Many survived those horrible acts. Others did not. Either way, harsh and evil energy had accumulated and was absorbed in those buildings over almost 3/4 of a century.

For seven decades people died while in the care and custody of the State of Utah from many reasons: age and natural causes; terminal medical conditions; suicide; murder, and other violent deaths. Fourteen men were executed on the Utah State Prison grounds. All died without family or friends nearby, most totally alone. All of these types of deaths create significant fear, anxiety, and resentment in any setting. These emotional energies are amplified in a prison setting.

The need. Over the past 25 years, I have been inside several of the buildings housing prisoners as part of my work on a task force, and on tours offered by the former

Executive Director Rollin Cook and Warden Bigelow to UPAN families. I was also a weekly visitor of an incarcerated family member for about 8 years. I have personally experienced the visceral effects of the dense, dark energy that was generated from the fear, pain, despair, anger, and hate that touched every inmate and most officers and staff over the past 71 years.

I have heard from formerly incarcerated people and families of currently incarcerated about their experiences with entities or energies remaining in those areas. It is believed that there have been a variety of spirits that had not moved on after their violent or unexpected deaths in this facility.

From a mind / body standpoint, emotions are simply energy in motion. That energy will continue to exist in the environment until something is done to dissipate, transmute, or change it. Therefore, prayers, ceremonies, smudging practices, blessings, and other approaches were called for. Spiritual approaches are particularly useful in reducing and transmuting residual harmful or undesirable energy.

The need for a variety of Utah's religious and spiritual leaders to perform their respective prayers, cleansings, songs, and ceremonies to release the palpable, dense energy and any entities was evident. It could be felt by anyone who entered USP when it was operational.

A plan set in motion. Josie Stone understood the necessity. She quickly joined us in this endeavor. After Karen's initial contacts within UDC, who no longer had jurisdiction over the property, Josie guided us to contact the best people to assist in getting the State of Utah to allow this to happen.

The key person who assisted in facilitating our connection with the right person was Pamela Atkinson, an advisor to the Governor. It was through her that we were connected with the director of DFCM. When I spoke with Director Russell and explained the situation, he was immediately interested and receptive. He understood the necessity to do this is for the well-being and success of any future enterprises on that land. He graciously arranged to allow our group access to the outside front perimeter of each of the buildings that housed prisoners. We scheduled for September 27th.

Those in attendance. Representatives from various faiths from the Salt Lake Interfaith Roundtable joined the Native Spiritual Leaders for various periods of time that day to pray in their own traditions, cleanse, release, bless and bring in divine light and energy to the prison site.

Those faith leaders who participated include Rios Pacheco, Northwestern Band of Shoshone and Steve Todachiny, Dine' who smudged and prayed over every single building. Wendy Stovall (Family Federation for World Peace and Unification) prayed in her tradition at all buildings, and Brian Farr (Church of Jesus Christ of Latter-Day Saints) accompanied us to all the buildings. Others who offered prayers and blessings at various buildings were Father Elias Koucos (Greek Orthodox); Indra and Neale Neelameggham (Hindu); Salman Masud, (Islam); Father Tyler Doherty (Episcopal Cathedral Church of St Mark); and Jared Anderson, UDC Prison Chaplain.

Karen Thompson, Josie Stone and I also remained and were present for the entire 4½ hours of spiritual work.

Jon Vance of DFCM and Dave Roskelley of R & R Environmental provided access to the outside front perimeters of each of the eight prison housing buildings. We were told no photographs were allowed, but UDC sent a photographer who was present for about an hour at the beginning of the lengthy process of services and ceremonies. Our group was accompanied by two highway patrolmen who had been assigned as security for this event. Unfortunately, I did not get their names.

We began with a meeting in an on-site administration building where introductions were made. We learned from Dir. Russell that the State of Utah's DFCM will maintain ownership and stewardship of the Draper site that will be developed in the future. The Point of the Mountain State Land Authority will oversee the actual development. The Wasatch Chapel will remain within the new development. We were assured that if any human remains are found on the property when development of the 600 acres begins, DFCM will handle it according to the appropriate protocols.

The blessings. The services began at the front of the Glass House at Wasatch with prayers from Father Elias and a blessing of song from Indra Neelameggham. We moved inside the fence to the entrance of Wasatch,

where Rios Pacheco offered prayers and smudged everyone with cedar. Steve Todachiny then offered prayers. They lit the first of the sage wands that would be used for cleansing throughout the rest of the day.

There were prayers and songs offered by Salman Masud, Father Doherty, and Wendy Stovall at the entrance to Wasatch. Others prayed silently for the release of all things tied to the past and cleansing and refreshing of the site for future use.

We then went to each of the remaining housing units where both Steve Todachiny and Rios Pacheco offered prayers, smudge for sanctification and blessings to release all energy that no longer needed to remain and to bring in the light and protection of Creator. Wendy Stovall sprinkled sacred salt and offered quiet prayer in her tradition. Those remaining in attendance also gave their silent prayers during this time.

The following residential buildings were attended to: Wasatch, Uintas, Oquirrns, Genesis (Youth Program), Olympus; Timpanogos; Lone Peak, and Promontory. It was observed that there were still sweat lodge skeletons standing in the yards of Wasatch and the Oquirrns. There was also one still at Promontory we learned later. Dave Roskelley arranged for Steve Todachiny to return in October, who dismantled them and returned them to the mountains.

The entire process was a powerful experience for all who were part of it. We are relieved that this has been accomplished and the earth at the site renewed in preparation for its new use. I personally am relieved that I was able to help fulfill my husband's vision to make sure that the land was spiritually refreshed and restored for its new purpose in the community.

We at UPAN extend our heartfelt appreciation to Josie Stone, Pamela Atkinson, Jim Russell, Jon Vance, Dave Roskelley and the others in their organizations for making this possible. UPAN and the community are indebted to the spiritual and religious leaders who offered their services to accomplish this important work.

2023 Happiness: Let go of what's gone, be grateful for what remains, and look forward to what's on the way."

Couple of Smiles and Maybe a Laugh Where does Santa stay when he goes on vacation? At the ho-ho-ho-tel ~~ What did the beaver say to the Christmas Tree? Nice gnawing you! ~~ What did one cranberry say to another at Christmas? 'Tis the season to be jelly! ~~ What is Santa's dog's name? Santa Paws!

Families, incarcerated, UPAN directors and volunteers, your actions speak louder than words, telling an incredible story. That's what being cool is all about, and you model cool! Ed.

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"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Mead

Vaccinations: Who Needs Them?

By Virginia Robertson, MSN, FNP-BC

Vaccinations, who needs them? As we age, we think vaccinations are just for kids, but adults also need to remember the importance of keeping our vaccinations up to date.

A vaccine protects against many different viruses, and some bacteria that cause severe illnesses or complications related to having the actual disease. Vaccines boost your natural defenses to build resistance to these specific infections and improves your body's ability to fight the infection from the time you are first exposed. Vaccines allow your immune system to create antibodies just as if you had the disease or were exposed to it. Because vaccines are killed or weakened forms of the virus or bacteria, the vaccine does not cause the illness or put you at risk for the complications of the illness.

There are two simple reasons to get vaccinated: to protect ourselves and those around us.

Vaccinations have been around for over 300 years and the idea of vaccination even longer. Vaccination development techniques have improved over the years as medical technology and knowledge has advanced. However, many ways of developing vaccines from the earlier years are still used today. Vaccines are safe and effective. Vaccinations may have temporary side effects like fever, soreness at the injection site, and mild symptoms of the illness, however most side effects disappear over one to two days.

Common health conditions which put individuals at increased risk are if your spleen was removed, diabetes type 1 and 2, Heart disease, Stroke or other Cardiovascular Disease, HIV infection, Liver Disease, Lung Disease including Asthma, Renal Disease, and Weakened Immune System.

The Center of Disease Control (CDC) in the United States recommends this schedule for adults:

Influenza: all adults annually in the Fall to prevent Flu.

Tetanus, diphtheria, pertussis: 1 dose for each pregnancy; 1 dose td/tdap for wound management or 1 dose every 10 years.

Zoster (Shingles) 2 doses for adults over 50 years and 2 doses for immunocompromised adults ages 19-49

years to prevent shingles

Varicella (VAR) chicken pox 2 doses for all ages 19 and above if no evidence of immunity or born before 1980, except during pregnancy, to prevent Chicken Pox

Human papillomavirus (HPV) 2 or 3 doses depending on age at initial vaccination for ages 19 to 45 years, to prevent genital warts, and cervical cancers caused by HPV.

Pneumococcal (PCV 15, PCV 20, PPSV23) 1 dose PCV 15 followed by PPSV 23 if additional risk factors or indication or 1 dose of PCV 20 for ages 19 to 64. Recommend either PCV 15 followed by PPSV 23 or 1 dose of PCV20 age 65 or over. To prevent most common bacterial pneumonia.

Measles Mumps, Rubella (MMR) 1-2 doses depending on if lack of documentation or lack of evidence of past disease or born before 1957.

Hepatitis A 2-3 doses depending on vaccine for those with additional risk like liver disease ages 19 years and above.

Hepatitis B 2,3, or 4 doses depending on vaccine or condition for those who lack documentation of vaccine or lack evidence of past infection ages 19-64 years. Not recommended during pregnancy. Highly recommended for those incarcerated.

Hemophilus influenzae type B (HIB) age 19 years and above if additional risk factors 1-3 doses, to prevent this type of bacterial infection.

Meningococcal ACWY (MENACWY) 1-2 doses depending on immunity or increased risk factors like immunocompromised, to prevent meningitis.

Meningococcal B (MenB) 2-3 doses depending on increased risk factors like removal of spleen to prevent meningitis.

Covid 19 Vaccine ages 18 and above 1-2 doses depending on vaccine type. Additional boosters every 4 -6 months depending on risk factors & age over 65 yrs.

Covid 19 vaccines, Influenza and Hepatitis B are highly recommend for all inmates as they live in close quarters, making rapid spread of these illnesses if an outbreak occurs.

So put in an ICR and review your immunization options and needs with your healthcare provider to find out which vaccines are recommended for you based on your age, lifestyle, and health status.

www.chop.edu/centers-programs/vaccine-education-center/vaccine-history/developments-by-year; Paul A Offit, MD on March 30, 2021

www.who.int/news-room/question-and-answers/item/vaccines-and-immunization-what-is-vaccination, World Health Organization 30 August 2021

<https://www.cdc.gov/vaccines/adults/rec-vac/index.html> CDC last updated Nov 15, 2022

"Vaccines are not a yes or no question. Vaccines can be considered individual medical treatments which serve individual medical needs." Jessica Marie Baumgartner, author