



UPAN Newsletter Volume 11 Number 6 | JUNE 2024
 "Empowerment and Growth Through Knowledge and Unity"

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**Father's Day in Prison – InsideOut Dad® Fatherhood Education – Transition Discovery Program Returns – Newsletter Mailers Needed – Legal Help Summary
 Care For Aging Prison Population – Postage Increase – *Dell-Emerald Topics***

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Next Meeting: Monday, June 10, 2024 6:30 pm – 8:30 pm. Speaker: Evan Done, Associate Director of Utah Support Advocates for Recovery Awareness (USARA)

Meetings are FREE and open to the public. Join all meetings at <https://bit.ly/UPAN-Meet>

Following Monthly Meetings: No Meeting in July

Monday, August 12, 2024 6:30 – 8:30 p.m. Speaker: Dr. Candice Waltrip, Sex Offense Treatment Program Director

Please submit questions to utahprisoneradvocate@gmail.com by July 10, 2024

Monday, September 9, 2024 6:30 – 8:30 pm. Speaker: Brian Redd, Executive Director, Utah Dept. of Corrections

Please submit questions to utahprisoneradvocate@gmail.com by August 10, 2024

Monday, October 14, 2024 6:30 – 8:30 pm. Speaker: Jennifer Yim, Administrative Director of BOPP

Please submit questions to utahprisoneradvocate@gmail.com by September 10, 2024

UPAN continues virtual meetings the 2nd Monday of every month EXCEPT July & December.

Meetings Available on UPAN Facebook Live and on UPAN's Facebook page afterwards. Visit UPAN Facebook page for newsletters. Visit website (page 10) to subscribe to the UPAN Newsletter, or Utah Prisoner Advocate Facebook Page for link to current monthly meeting. Free to the public. Zoom link: <https://bit.ly/UPAN-Meet>

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

NOTES TO READERS: 1) The speakers for UPAN's August, September and October meetings invite questions. In the meeting notices above are **EARLY DEADLINES** for submitting your questions. 2) To readers following the monthly IPP articles, the article on Box Elder County Jail is deferred to the July issue due to current, timely, and space available priorities. Ed.

Father's Day: "One father is more than a hundred schoolmasters."– George Herbert. "When you teach your son, you teach your son's son." - The Talmud. "For every dream that has taken flight, there's a father who believed." "Any man can be a father, but it takes someone special to be a dad". "My father taught me not to overthink things, that nothing will ever be perfect, so just keep moving and do your best..." Scott Eastwood (Clint Eastwood's son)

Father's Day in Prison: Incarcerated and Re-Entering Fathers

By Molly Prince, LCSW

UPAN wants to acknowledge the significant number of fathers housed in Utah's prisons and jails this Father's Day. For a father who has been involved in his children's lives before being incarcerated, the trauma is multiplied when he is ripped away from his family. We hear a lot about fathers who were not involved in their children's lives before being imprisoned. This month, we want to focus on those fathers who are locked up that were present and involved in their children's lives before making whatever choices that resulted in being taken out of the daily lives of their families.

Fathers make up a significant majority of incarcerated persons. According to the National Responsible Fatherhood Clearinghouse, the number of fathers in U.S. jails and prisons has increased four-fold between 1980 and 2020. Among the more than 800,000 parents in federal and state prisons, 92 percent are fathers. Each year, hundreds of thousands of prisoners are released from state and federal facilities, and many more are cycled through local jail facilities. Ninety percent of all inmates will be released and 70 percent are likely to come back to the community where they were arrested.

Over 1.7 million children have a parent in prison, accounting for 2.3% of the U.S. resident population under age 18. Fifty-two percent (52%) of state inmates and 63% of federal inmates report having minor children.

According to a Bureau of Justice Statistics Special Report from 2010, "Parents in Prison and Their Minor Children," about half of parents in state prison provided the primary financial support for their minor children before prison. Mothers (52%) and fathers (54%) in state prison were equally likely to report that they provided primary financial support for their minor children prior to their incarceration. Three-quarters (75%) reported employment in the month prior to their arrest. Parents who supported their children financially were more likely to have been employed (80%) in the month prior to arrest and to report wages or salary (76%) as income.

Prison education, on the job training, and treatment programs enhance success on parole. The National Responsible Fatherhood Clearinghouse article reports that prisoners who participate in employment, education, or substance abuse treatment programs are more likely to obtain employment and less likely to return to prison.

Parenting skills courses. While a small percentage of fathers in state prisons receive these, studies indicate these programs improve attitudes about the importance of fatherhood, increase parenting skills, and lead to more frequent contact between fathers and their children.

Source: See link at end of article.

UPAN sends best wishes for Father's Day to all incarcerated fathers.

Link to article cited above: <https://www.fatherhood.gov/for-programs/incarcerated-and-reentering-fathers#:~:text=The%20number%20of%20fathers%20in,prisons%2C%2092%20percent%20are%20fathers.>

Utah State University partners with the Department of Corrections to provide fatherhood education to justice-involved fathers inside prison, as well as in the community. It uses the InsideOut Dad® curriculum, which is an evidence-based fatherhood program. UPAN hopes all fathers will have the opportunity to participate in InsideOut Dad while incarcerated.

Re-entry. Connecting reentering fathers with support from family and friends who understand who their returning loved one is today and support them in compliance with their parole stipulations is key for avoiding a return to prison and helping them re-establish their lives.

Returning to the community after incarceration is a tremendous challenge. The longer someone is in prison, the more society has changed over time, so the more learning about society and increased adjustments need to be made upon release. An additional challenge can include returning to the community and remaining clean and sober, abstaining from any and all addictions (whether chemical or process / behavioral) is important to acknowledge and address.

For those who participated in specialized treatment in prison, such as substance abuse or sex offense treatment, it is expected to have a stipulation while on parole requiring participation in and completion of an aftercare or continued care treatment program in the community. There may be some funding to help subsidize substance use aftercare. There is not funding to help pay for sex offense treatment in the community. This therapeutic support can provide additional guidance in adjusting to life on the outside and support and reinforce skills to prevent relapse learned inside.

For individuals whose risk assessment levels are deemed low enough to not be required to do treatment in prison, they often are required to do treatment in the community, which is costly but offers emotional and social support for readjustment to life outside the walls.

For returning individuals who had offenses that did not require specialized treatment while in prison, nor a Board of Pardons & Parole stipulation for community treatment (such as in certain death cases, or non-person crimes such as white collar crimes including embezzlement, employee theft, money laundering, other thefts, or sale of stolen property) it is more challenging to find therapeutic support, and there is no financial assistance to receive that help unless the person has applied for Medicaid immediately when releasing from incarceration in Utah and been found eligible for it based on their involvement with the criminal justice system.

InsideOut Dad® – Fatherhood Education for Justice-Involved Fathers

by Molly Prince, LCSW

This article was compiled from information found on various websites. These include Utah State University: Healthy Relationships Utah; Fatherhood.org; St. George News, and others.

Utah State University partners with the Utah Department of Corrections to provide fatherhood education to fathers who are justice-involved. It uses the InsideOut Dad® curriculum, which is an evidence-based fatherhood program.

The term “justice-involved” describes multiple groups, including incarcerated fathers, fathers who are on probation or parole with Utah’s Adult Probation & Parole (A P & P), and fathers involved in the criminal justice system in communities throughout Utah.

According to the USU website, this program helps justice-involved fathers break the cycle of recidivism (either violation of parole or re-offense) by developing pro-fathering attitudes, knowledge, and skills. Incarcerated fathers also learn strategies that prepare them for release.

Program Objectives. Participants in the program learn the following: 1) What it means to be a man; 2) The role of fathers and mothers; 3) Grief and loss, stress and anger; 4) Communication skills and discipline; 5) Co-parenting with their child’s mother.

This program offers justice-involved fathers the tools they need to become more involved, responsible, and committed in the lives of their children. This provides increased motivation for them to get out, and stay out.

Researchers at Utah State University have said that an evaluation of InsideOut Dad® has demonstrated it can help incarcerated fathers, “improve their relationships with romantic partners and their perceptions of subjective well-being within the domains of psychological distress and social support. From a family systems perspective, these positive outcomes may spill over to other positive processes...and may eventually lead to positive impacts on father – child relations.”

Societal problems stemming from absent fathers. Information from the National Fatherhood Initiative, which created the InsideOut Dad® program, says that

3 Sources: <https://www.usu.edu/search/?q=Inside+Out+Dad> Google: St George Utah News Insideout Dad May 2017 <https://www.fatherhood.org/championing-fatherhood/insideout-dad-teaches-incarcerated-dads-to-be-better-fathers>

From Inception to Revival: The Rebirth of Transition Discovery Education Program (Formerly REAL Transition)

A Letter to Families Submitted by NewPath Foundation

In 2016, the groundbreaking initiative named *Transition Discovery* (originally known as *REAL Transition*) was born within the walls of the Utah State Prison. Driven by a small group of inmates, Brigham Young University Psychology Professor Dr. Paul McCarty, and dedicated

the absence of fathers in the lives of children has created a “father factor” which is related to many problems in society facing America today. These include:

- 1) Homes without a father present have a poverty level four times greater than homes with both parents present.
- 2) Children without fathers in the home are 279% more likely to carry guns or deal drugs, increasing chances they will become involved in the criminal justice system.
- 3) Children living in father-absent homes are two times more likely to need to repeat a grade in school.
- 4) Female children living in a father-absent home are seven times more likely to experience teen pregnancy.

Even controlling for income, youth in father-absent households had a significantly higher chance of becoming incarcerated than in two parent homes. Children who had never had a father in the home experienced the highest chance of this situation.

IPP Jails offering this program. According to the 2023 Jail Handbook on the UDC website, the following county jails that contract with UDC are supposed to be offering InsideOut Dad®. However, it also shows that some of the contracted did not graduate anyone from the program in 2023.

IPP Jails that had graduates from this program in 2023: Cache – 13; Davis – 8; Garfield – 8; Kane – 28; Sanpete – 11; Sevier – 13; Summit – 8; Washington – 4; and Tooele – 4.

IPP jails with ZERO 2023 graduates from InsideOut Dad® in 2023: Beaver, Duchesne, Iron, Millard, Uintah, and Wasatch. <https://corrections.utah.gov/county-jail-program/> (Click on Jail Program Booklet – red box. Ed.)

UPAN remembers when this was just a pilot program several years ago. Now it is offered in various locations. We hope that all fathers in Utah’s Criminal Justice system are able to access this valuable program!

volunteers from the Church of Jesus Christ of Latter-day Saints, the program quickly became the talk of the prison system. Weekly visits from prison officials, volunteers, clergy, and community leaders—including Deputy

Warden Brian Taylor—highlighted its growing influence and success.

At its peak, *Transition Discovery* touched the lives of over 1,000 inmates and their families, marking it as one of the most impactful programs in Utah's prison history. Despite its success, the program was abruptly shut down in 2018. Fast-forward to May 2024: We are excited to announce the re-launch of this revolutionary initiative, now called the *Transition Discovery Education Program*. This enhanced curriculum is designed to support the personal development of incarcerated and formerly incarcerated individuals, promising a profound impact on all who participate.

A New Path to Personal Growth The *Transition Discovery Education Program* stands out for its comprehensive approach to personal development. It focuses on five core areas:

- 1) **Financial:** Equipping participants with the knowledge to manage their finances effectively.
- 2) **Emotional:** Helping individuals discover their talents and understand the power of mentorship.
- 3) **Social:** Enhancing interpersonal skills and building positive relationships.
- 4) **Spiritual:** Encouraging personal reflection and spiritual growth.
- 5) **Physical:** Promoting physical well-being and healthy lifestyle choices.

Key Components of Success What makes the *Transition Discovery Education Program* so impactful? Here are the key components:

- 1) **Extensive Personal Writing Program:** Participants engage in deep, reflective writing exercises that foster self-awareness and personal growth.
- 2) **Preparation for Reentry:** The program focuses on helping individuals become better people, ready to reintegrate into society.
- 3) **Introspection:** Participants are encouraged to reflect on their past, accept it, and use it as a foundation for future growth.
- 4) **Core Area Lessons:** The program delves deeply into the five core growth areas, providing a solid framework for personal development.
- 5) **Interactive Discussions:** Discussion sessions

connect individuals with the materials on a personal level, enhancing their understanding and engagement.

The Impact on Your Loved Ones The *Transition Discovery Education Program* offers an unparalleled opportunity for your incarcerated loved ones to embark on a journey of self-discovery and improvement. Over the course of 50 weeks, participants will experience:

- Improved financial literacy and management skills
- Enhanced emotional intelligence and resilience
- Stronger social connections and communication skills
- Greater spiritual fulfillment and clarity
- Improved physical health and well-being

By empowering individuals to transform their lives, this program not only benefits the participants but also brings positive change to their families and communities.

Community Support is Crucial To continue moving this transformative program forward, we need help. Generous contributions and donations are essential to sustain and expand the *Transition Discovery Education Program*. Financial support will ensure that more individuals can benefit from this life-changing experience.

How anyone can help:

- **One-Time Donations:** Make a one-time contribution to support the program's ongoing efforts.
- **Monthly Giving:** Set up a recurring monthly donation to provide continuous support.
- **Sponsorship:** Sponsor a participant or a specific aspect of the program.
- **Fundraising:** Organize a fundraising event or campaign to raise awareness and funds for the program.

We kindly ask you to share this information with others who might be able to give whatever they can to support our mission. Generous donations will help us provide education and comprehensive reentry support to incarcerated individuals. With this support, we can make a significant difference by helping these individuals rebuild their lives and contribute positively to society.

For more information on how to donate or get involved, please visit our website or contact us directly.

NewPath Foundation 3300 N. Triumph Blvd. Lehi, Utah 84043 Email: Info@NewPathFoundation.com Cell: (385) 452-3820 <https://www.newpathfoundation.com/>

Volunteers Desperately Needed to Print & Mail Newsletters to Inmates Without Family to Do So

by Molly Prince

Once again, incarcerated people with no family to print and send the UPAN monthly newsletter are in desperate need of more volunteers to print out and mail our monthly newsletters to them.

UPAN is all volunteer. We rely on the kindness and generosity of prison families and community members to help us print and mail newsletters to inmates who have no one else to do so. We have been publishing a monthly newsletter since June 2014. UPAN emails the newsletter to over 1,400 individuals that include family

members and friends of incarcerated persons, interested community members, various community agencies, legislators and other elected and appointed government officials, corrections officials, and news reporters. Families can receive it via email and then print and mail into their loved ones.

UPAN asks that any incarcerated person who has family or friends in the community to print and send the newsletter into them to ask them to do so. If you are already receiving it through a UPAN volunteer and you now have a family member to do it, please write and let us know so someone else can have your space with your volunteer.

For inmates who have no one in the community to do this, UPAN has volunteers who generously donate their time and money to provide this service. UPAN currently has lost a few long time volunteers who have been sending to 20 or more inmates each month for several years. We have over 50 volunteers that print and mail monthly newsletters to over 400 state inmates who do not have family or friends to do this for them.

Several of our long-time volunteers have had to either cut back on the number of people they mail to, or step back completely from this job over the past year. This has left a waiting list for incarcerated persons who have no one on the outside to print and mail it in to them. We hope to be able to assign these folks to new Newsletter Mail Volunteers. *It has been said that volunteers do not necessarily have the time; they just have the heart.*

How it works. The 10-page newsletter can be printed front and back on lightweight (20-lb.) printer or copy paper for a total of 5 printed sheets that will fit into one white #10 envelope for the cost of one Forever stamp. The newsletters are printed in black and white and mailed in a #10 white envelope. Security envelopes or colored envelopes are not allowed by Utah prisons. You will use UPAN's return address of: UPAN, PO Box 464, Draper, UT 84020 on newsletters that you mail in to inmates who are not your own loved ones. We ask that volunteers do this every month for consistency.

When addressing the envelope, it is important to list the recipient's name AND offender number and the facility they are housed in. The prisons will return any

mail that does not contain offender numbers, if names are misspelled, or if the offender number does not match the name.

You will be assigned inmates to mail to. If you volunteer to do this, UPAN's Inmate Newsletter Volunteer Coordinator, Deon Corkins, will assign you the number of inmates you have requested. It can be any number you choose. She will send you an email with the name, offender number, and housing address of the people you are assigned. If you begin to send to additional inmates that are not on the UPAN list, we ask that you notify Deon of this so we do not duplicate efforts. As a newsletter volunteer, we ask that you do this each month for your list of recipients until you notify UPAN that you no longer can volunteer in that position.

Double checking addresses. We ask that before mailing each month, you check the Offender Search on www.corrections.utah.gov to confirm the housing location of your assigned inmates has not changed. Inmates are moved frequently, therefore this will reduce the amount of returned mail UPAN receives and eliminate Deon's having to look up and re-send to inmates who have been moved to the various locations that house state inmates around the state. Volunteer mailers can check the locations of ten inmates in less than 5 minutes.

If you want to volunteer as an Inmate Newsletter Volunteer, please email UPAN with how many people you wish to send to, with Newsletter Volunteer in the Subject Line. utahprisoneradvocate@gmail.com

For the past 10 years, UPAN has provided timely information to thousands of incarcerated via the newsletter. We hope to continue providing newsletters to people who have no one out here to print and mail to them. The tireless efforts of our newsletter mailing volunteers over the years has been the key to its success!

May 2024 UPAN Meeting Guest Speaker: Pace Johnson Law Group

Summarized by Molly Prince with content taken from Pace Johnson's Power Point Presentation

Attorney Pace Johnson and Ryan Hogan, Chief Executive Officer for Pace Johnson Law Group were the guest speakers at UPAN's May zoom meeting.

Pace Johnson, who is the managing attorney at Pace Johnson Law Group, has dedicated his career to advocating for those who cannot speak for themselves, with a focus on the Board of Pardons and Parole. He is also committed to making needed systemic changes in the criminal justice system. His journey into this specialty was influenced when a family member became involved with the criminal justice system years ago.

He explained that the group's specialties include helping to prepare for BOPP hearings, Special Attention Requests, and Special Attention Hearings. This firm also focuses on civil litigation, commercial law, and

personal injury. There are several attorneys practicing in this firm.

The need for accurate PSI. Mr. Johnson addressed a variety of areas that are important for individuals to be aware of, beginning with the need for **Pre-Sentence Investigation Reports** (aka PSI) to be accurate. PSI inaccuracies can influence sentencing decisions. Then the Board is required to follow that sentencing structure. Thus, PSI inaccuracies can influence parole decisions.

Some discussion was held about how to get errors in the PSI corrected. This includes the defense attorney petitioning the court to order a corrected version prior to sentencing. Also a **Post-Sentence Investigation Report** can be completed after sentencing in order for an accurate report to be on the record for the Board of

Pardons & Parole and other entities that will refer to it throughout someone's incarceration and parole.

This generated some discussion with meeting attendees because that PSI will follow the individual through their prison sentence and be considered factual by the Board. The Board can only make decisions on the information it has, so having accurate information is very important.

Challenges in the Parole Process. Mr. Johnson discussed the following difficulties associated with preparing for a hearing, attending a hearing and receiving a decision:

- *Lack of information and understanding.* Many families and incarcerated folks struggle with a lack of clear information about the parole process.
- *Emotional stress.* The uncertainty and significant implications of the decision can cause stress, anxiety, and emotional strain.
- *Limited communication and preparation.* Incarcerated individuals often have limited opportunities to communicate with their families and legal representatives. This can hinder their ability to prepare adequately or appropriately for parole hearings. This can be significantly impacted by the person's privilege level and housing structure.
- *Victim impact.* In cases where the crime has a direct victim, the victim's input can heavily influence the parole decision.
- *Logistical challenges.* Attending hearings can be logistically challenging for families, especially if the facility is far from home. (Note – the BOPP now has video links on the website so people can join from anywhere if they have a computer connected to the internet or smart phone.)
- *Legal and procedural navigations.* Navigating the legal and procedural aspects of parole hearings can be daunting without adequate legal assistance.

Legal Representation could make a difference in many cases. Attorneys who are experienced in matters of the Board can contribute their specialized knowledge to this process including understanding the laws, the administrative rules that the Board must operate under, and the processes that govern parole hearings.

Attorneys are trained to advocate persuasively and can guide their incarcerated clients and families in how to present the accomplishments of the incarcerated client in a compelling manner. They can provide guidance in how to write letters of support. They can assist the client in how to complete their Board Packet and in how to focus on relevant information that the Board needs. They can even advise them when they prepare statements to share at the hearing. Legal representatives can provide useful support and guidance and ensure that all the materials provided to the Board are thorough, professionally presented, and submitted on time. This benefits not only the incarcerated individual, but also the family.

While attorneys are not able to speak during the hearings (no one is, except the incarcerated person and the victim when applicable), they are able to send written communications and information to the Board to make sure the Board has all the relevant information it needs to make appropriate decisions. Plus the attorney can review everything to ensure that all documentation necessary to verify completion of treatment programs, courses and other Case Action Plan (CAP) requirements have been submitted to the Board.

In certain types of hearings, such as parole violation hearings or evidentiary hearings, an attorney can help to articulate the case more effectively, respond to questions and handle unexpected issues that may arise.

Mr. Johnson explained that his law firm can help navigate the legal complexities and ensure that all procedural requirements are met, which can significantly influence the outcome.

When necessary and appropriate, depending on the situation, this firm will refer to outside non-profit organizations such as the American Civil Liberties Union (ACLU) of Utah, the Rocky Mountain Innocence Center (RMIC), or the Indigent Appellate Defense Division (IADD). UPAN has had both RMIC and IADD present in our meetings in the past several months. Please see previous newsletters: Dec 2023, Feb & May 2024.

The audience shared their experiences and asked questions. Pace Johnson and Ryan Hogan answered questions on a variety of topics related to the various hearings and how to prepare for them. Family members shared their experiences and concerns, which were addressed by Johnson and Hogan.

The Pace Johnson Law Group provides a free 1-hour consultation. Website: www.PaceJohnsonLaw.com Email: contact@pacejohnsonlaw.com Ph. (385) 347-3111; 231 East 400 South Suite 245, Salt Lake City, Utah 84111

“You’re going to get a lot further with people, even if you disagree tremendously, if you treat them the way you want to be treated,” Brett Orrin Hatch

“There’s no shame in fear, my father told me, what matters is how we face it.” - George R.R. Martin

It is not flesh and blood, but heart which makes us fathers and sons. - Friedrich von Schiller

The Challenge to Care For Utah's Aging Incarcerated Population

By Molly Prince, LCSW

Parts of this article are referenced to a KSL radio report by Michael Camit, "Correctional facilities strain to help aging inmates" updated on April 15, 2024. https://kslnnewsradio.com/2090285/correctional_facilities/

For years, UPAN, has advocated for the Utah Department of Corrections to create, implement, and maintain an actual prison hospice and long-term care program within the medical service.

Over the years before the move from the old Utah State Prison in Draper to the new Utah State Correctional Facility, I was given conflicting responses from UDC including the reasons that true hospice service could not happen, as well as reports that the Clinical Services Bureau (CSB) did have a hospice program in the infirmary.

In reality, there was absolutely nothing like a true long-term care or prison hospice program at that prison. CSB chose to simply put patients returning and recovering from surgery at the U as well as terminally ill patients in one of the small, smelly, rooms that often doubled as storage rooms at the end of a hall in the back of the old USP infirmary. I saw this with my own eyes in 2013. I have heard horror stories from numerous formerly incarcerated individuals who lived through being housed while recovering from surgery with several others at one time in those small, smelly back rooms.

The nurses checking on those patients came few and far between. There were no CNAs to help care for either recovering patients who could not yet be taken back to their general population housing or the terminally ill and dying patients.

There are still no trained inmate orderlies, like other prisons in the US have, to assist in keeping the rooms clean and changing the bed linens, helping the CNAs to turn the patients, change the patients, or transport the patient in a wheelchair from the room to other areas of the facility. There are no trained aides to help feed those who are too weak to feed themselves. There is no one, other than friends (or a possible ADA aide) on the unit to wipe their face with a cool cloth, to monitor their comfort and pain level and keep the medical staff informed. There is no one to read to these patients. There are not designated hospice staff or volunteers to counsel and listen as they face death or regularly pray with those who were dying, or simply talk to them or listen to them or sit quietly with them so they are not alone as they made their journey out of this world. These tasks are taken on at times by other caring and compassionate prisoners, trying to help their friends or cell mates have a bit of care and quality of life in their last days.

UPAN's advocacy and recommendations for Elder Care, Hospice, and Long-Term Illness Care. When Utah's legislature voted to move the prison in 2015, and then spent months deciding on the location and eventually broke ground in 2017 to build a new, state of

the art prison, I led UPAN's voice about the necessity of creating a medical unit that included a long-term care and hospice program. I was assured it was being considered.

Here is what UPAN recommended in a document presented in a meeting on May 23, 2016 to UDC's Administration for Elder Care, Hospice, and Long Term Illness Care:

1. Build a separate care center/ facility for the purpose of hospice and the care and housing of individuals with long-term illnesses or who are recovering from surgeries and need short term aftercare attention. This would include those who are unable to live in general population without special medical attention and assistance, and patients who need special care for dementia or other age-related illnesses. Our aging prison population and the increased number of individuals with terminal illness currently living in Draper requires the State to address these needs.

*2. Provide Certified Nursing Assistant (CNA), Orderly, and Hospice Care training to qualified inmates who can assist in the care of these patients. (See *Serving Life*, a documentary with Forrest Whitaker narrating about the Angola, Louisiana Prison Hospice program, or simply google *Angola Prison Hospice for YouTube Videos* on it.)*

3. Build a housing unit to accommodate the inmate long-term care and hospice care orderlies on duty for those patients going through the process of dying.

Today, here we are, 8 years later. We have the new prison. We have the men's geriatric facility in Currant, the same building as the Infirmary. At this point, there is still no actual prison hospice program, nor is there a long term or palliative care program. The previous administrations that were in place during the construction of USCF ignored the aging inmate population who will need long-term care and hospice.

Renewed hope with the new administration at UDC under the direction of Brian Redd, and with the Department of Health & Human Services taking over administrative oversight of what is now known as Correctional Health Services (CHS) we have some renewed hope. This administration is open to new ideas. (And ignored "good ideas" of yesteryear. Ed.)

The new administrators at UDC and DHHS are open to solutions for having quality medical and mental health care for Utah's aging prison population.

UPAN's directors Molly Prince and Virginia Robertson (of UPAN's Med Team) as well as UDC Executive

Director Brian Redd attended **The Homecare & Hospice Association of Utah's** Keynote Address at the Spring Conference in Salt Lake City on May 9, 2024. Steven Garner was the keynote speaker. He is a prison reform and prison healthcare advocate. He was incarcerated for 31 years and was deeply involved in the development and growth of the Prison Hospice Program at Angola, the first prison hospice in the country.

HHAU's Executive Director Matt Hansen and Steven Garner spoke with Dir. Redd after the presentation, and several of us gathered with them for a few minutes to talk about Utah looking in to establishing a prison hospice program here. In addition to Ginny and Molly from UPAN, Mr. Hansen, Debbie Williams, Stephanie Puffer, and Kim Correa from the hospice community, and hospice physician Dr. Mark Firth have met together, and are preparing a White Paper and meeting with UDC administration to explore how to move forward with the vision of creating a program in USCF.

This interest by the executive director of UDC demonstrates steps forward in finding appropriate and humane ways to provide palliative hospice care for our incarcerated loved ones.

What IS an Actual Prison Hospice Program? According to the **Humane Prison Hospice Project in California, Hospice** looks much the same inside and outside of prison. There should be an interdisciplinary team of nurses, doctors, therapists, clergy, and other end-of-life care professionals. This can include inmate orderlies as either volunteers or paid support staff. In the **Humane model**, people who are incarcerated are trained in end-of-life care to become volunteers and provide companionship to the dying. (Other states like Wyoming, have paid inmate orderlies that support medical staff). **Source:** Google Compassion and Choices Prison Hospice Project November 2023

Utah's aging prison population. According to Michael Camit's KSL report, Dr. Marcus Wisner, the Director at DHHS who oversees CHS, understands that our prisons are filled with an aging inmate population. Dr. Wisner discussed in that report that prisons aren't staffed or designed to be assisted-living centers, and balancing inmate healthcare with security is a complicated issue.

I (Molly) have had many conversations with Dr. Wisner since he began overseeing CHS last July about various aspects of providing health services in our prison system. He is forward-thinking and looks at everything from a systems perspective. This means he examines every aspect of what contributes to what is working and what is not working in Utah's prison system's Correctional Health Services. He has acknowledged that making changes in a system so large and complicated as Utah's prison system is challenging, takes time, and needs much more funding from the legislature. But it can be done.

Dr. Wisner told Camit, "Complicated health histories, comorbidities, and long-term care puts a strain on any health care system and where you have to practice security and transportation, this becomes even more complex." I (Molly) would like to add, again, that *despite the challenges, it can be done!* We simply need to focus on what CAN be done rather than what obstacles may present themselves.

Health care in prison is complex. The Department of Corrections works with the University of Utah in Salt Lake City and with other providers in other areas to address medical concerns that are not able to be properly taken care of at the infirmaries in USCF or CUCF. This gets complicated, however, when aging inmates need more individualized attention to their care as well as their activities of daily living.

"Prisons were never set up to be assisted living facilities," Wisner explains, "This is challenging state budgets to develop areas in which they were never set up to facilitate." It will take state lawmakers to get Wisner the resources he needs, but this issue isn't at the forefront of concerns for many legislatures.

"They (legislators) don't get big wins for this one," Wisner says, "Spending money on corrections and correctional healthcare is not something I think the community is happy to do."

Dr. Wisner has foresight and sees the big picture as it relates to what is in the best interest of both incarcerated patients and society in general. Camit's article continues, "Wisner reminds the community that a better-treated inmate transitions to the 'outside' much easier. The last thing he wants people to do, is view them like lepers, especially if their age calls for special care."

The KSL article reports that "there have been improvements for the state's aging prisoners. The new prison has a geriatric housing unit, faster med delivery, and even ADA helpers. Wheelchair accessibility has gotten better too." It is true that USCF has better facilities to address patient concerns, as long as UDC can achieve and consistently maintain the level of medical care providers and support staff.

Increasing prison population compounds the situation. Dr. Wisner is credited for attributing these changes to foresight when the prison was built, but these features alone cannot meet the needs of the increasing prison population coupled with a cohort of aging inmates.

He is quoted as saying, "If you continue to increase the population at the rate we're going, then you can see we're going to outstrip that resource very quickly."

In another KSL article by Heather Peterson on February 23, 2024, that reports that new data from the US

Department of Justice shows US prison populations increased 2.1% in 2022.

However, UDC Director of Communications and Government Relations Glen Mills stated in this same article, "We saw a 6.4% increase in 2023, which equates to approximately 390 inmate increase." He further explained, "One of the contributing factors, obviously, is that we are a growing state and as a result of that we will see populations within our prison system grow as well." <https://kslnnewsradio.com/2083273/prison-populations-rising-utah-nationally/>

Stamp Prices to Increase in July & How to Put in a Change Of Address

By Molly Prince, LCSW

Stamp prices are going up. The Post Office, like other businesses, is passing along its increased costs to its customers. On January 21, 2024, a 1st class Forever stamp increased from 66 to 68 cents.

The price of a 1st class Forever stamp will be raised again on July 14th, increasing 5 cents to 73 cents. A first-class stamp covers the cost to mail a 1-ounce letter; the cost of an additional ounce will rise from 24 cents to 28 cents. UPAN has discovered that 5 pieces of copy paper (aka 20 lb. wt.) in a #10 envelope reaches about an ounce and can be mailed with one Forever stamp.

ID is required for forwarding mail. USPS is trying to clamp down on identity theft and protect customers' information, so now it is increasing security measures to verify your identity when you request a change of address. Now you must either show ID in person at your local post office or verify your identity online. A change of address request (COA), has to be submitted 90 days before the date of your move or up to 30 days after your move.

This little piece of information could be useful for individuals who find themselves back in prison on a parole violation, so make sure you have someone who can help you with this if you go back unexpectedly.

Dr. Wisner reminds us in the KSL article that there's already a crunch on public healthcare services in general. Needing to receive more resources from lawmakers makes things more challenging.

UPAN would like to encourage citizens to pay attention during the legislative session and write their legislators in support of funding prison medical programs at the necessary levels that could help Utah to realize a real prison long-term care and hospice program for those who need it.

If you are changing your address in person ... Bring a state issued driver's license or state identification card -name and address must match the old or new address on your request. Also accepted are a Uniformed Services Identification Card plus a secondary form of identification and a U.S. passport plus a secondary form of identification.

Secondary forms of identification include: Lease, mortgage or deed of trust; voter or vehicle registration card; home or vehicle insurance policy or card. The name and address on any secondary ID must match the old or new address on your change of address request.

If you are changing address online ... An email address is required for online COA submission. A onetime passcode or verification link will be texted to your cellphone.

A \$1.10 credit card identity verification fee will be charged to your credit card. The billing address on the credit card must match either the old or the new address used in the COA request. Prepaid cards and gift cards are not accepted. If the online verification fails, you'll have to visit the post office.

Source, Google: 5 Big Changes Coming to the Post Office in 2024 AARP

Dell-Emerald Topics

A Glimpse Into Life's Purpose – or "I Am Sitting In Awe"

By Denise Druce

Printed here with permission from Denise Druce. In 2017, Denise and her best friend formed Yoga Forward, a non-profit that "takes yoga where it isn't". With an army of volunteers, they offer yoga classes, and 200-Hour yoga teacher training inside the Utah State Correctional Facility. She inspires her students to find purpose in their pain as a place to serve, and to stand at the "Soft Edge of the Hard Place"...in fitness and in life. Her most recent hard place is thriving amidst a recurrence of Stage 4 cancer, which she lovingly calls her best teacher. <https://denisedruce.com/about-denise/>

I want to share a heartbreaking and heartwarming story I heard today. We were talking about Dharma. Life's purpose. Why we're here. Why it even matters if we get out of bed each day. Hard convo with a group of incarcerated women. One woman who is serving a long sentence shared this...

"I have come to believe that I am here for a purpose. I know, beyond doubt, that I am here to serve. I know that I am making a difference in the lives of women here. Everyone is hurting. Everyone is depressed. I have a gift of lifting people around me. But...I also know I should be with my kids. They need their mother. Every day I ache to hold my babies." Damn. Cancer is hard.

But nothing compared to a woman who has chosen to view her mistakes as meaningful. Tonight I am sitting in

awe of the superhuman strength of my friends in the Utah Correctional Facility.

“Every single person has a story that will break your heart. And if you’re paying attention, many have a story that will bring you to your knees. Nobody rides for free.” Brene’ Brown

Warren Rosenbaum (aka Ed.) Celebrated 90th Birthday! 🎉

By Shane Severson

In May, the Directors of the Utah Prisoner Advocate Network (UPAN) were thrilled to celebrate a significant milestone: the 90th birthday of our esteemed colleague and friend, Warren Rosenbaum. For the past ten years, throughout the 9th decade of his life, Warren has served as the dedicated Editor of our UPAN Newsletter, playing a pivotal role in our mission.

Warren's hard work and unwavering dedication have been instrumental in growing our subscriber base and ensuring that both the families of the incarcerated and those incarcerated in Utah are kept informed about the latest news, resources, and essential information. His commitment to consistently high-quality content has elevated UPAN's voice and legitimacy as an advocate for justice and support.

UPAN sent Warren a Certificate of Appreciation on his birthday to formally acknowledge his dedicated service to criminal justice reform in Utah with a focus on supporting the incarcerated and their families. At the

May 14th UPAN Meeting held over Zoom, everyone on the meeting sang Happy Birthday to Warren. He shared that this has been a very good birthday and he has been celebrating for several days, receiving cards in the mail and emails and acknowledgement and birthday wishes on the UPAN Family Facebook Group.

We could not have reached this level of success without Warren's insight and dedication. Please join us in wishing him a joyous 90th birthday. Here's to many more years of making a difference together!

Response: Thank you Shane for your kind and encouraging words. And thank you to my UPAN family of volunteer directors and assistants for your contributions to UPAN and UPAN's monthly newsletter during the last 10 years. And an additional “thanks” to all our readers. Without all of you, none of this would have happened. With heartfelt gratitude, thank you. It's been my pleasure to serve, Warren Rosenbaum (aka Ed.)

UPAN Milestone: FYI, this issue is UPAN's 120th issue, or seen another way, **UPAN Newsletter's 10th Anniversary** of monthly bringing our readers timely, pertinent information regarding the prison journey they are experiencing. Hopefully, we are also contributing to improvements in the criminal justice system for all of Utah's citizens - including safety, reduced costs to taxpayers, adding rehabilitated citizens to society, and changing perceptions of former incarcerated people from convicted felons to trustworthy new contributors to our work force and as dependable, caring neighbors.

Our publishing journey has included approximately 1,176 pages with an average of 760 words per page or 893,760 words. Averaging about 7 articles per monthly issue, we've published about 840 articles. Our readership is impossible to assess but we expect, with over 1,400 subscribers, unknown number of downloads (500?), and 400+ incarcerated volunteer mail-ins, that each issue is probably read by an average of 3 people. That would total about 6,900 monthly readers.

Over 10 years, with the inmate population changing a bit every month, our total readership has likely exceeded 20,000 over our ten-year publishing experience. UPAN directors and helpers, all volunteers, can feel rewarded at the number of families and their incarcerated loved ones that we've served. Thank you to all who have participated. Ed.

Couple of Smiles and Maybe a Laugh 70% of people struggle with math, but I'm with the other 40% ~ We learned in English class, i before e (except after c) Ha! Except when your foreign neighbor Keith receives eight counterfeit beige sleighs from feisty caffeinated weightlifters. Weird!! ~ 7H3 M345UR3 OF 1N73LL183NC3 15 7H3 481L17Y 70 CH4N63 - 4L83R7 31N5731N (Get it? Got it? You do good! BTW, Einstein didn't spell it that way. He was smarter than that. Ed.) One more: "My daughter got me a 'World's Best Dad' mug. So we know she's sarcastic." – Bob Odenkirk

Develop and nurture a sense of humor. It can transport you through troubling times. Another part of being cool! Ed.

Chief Newsletter Editor: Molly Prince, LCSW

Detail Newsletter Editor: Warren Rosenbaum (aka 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