



UPAN Newsletter Volume 11 Number 7 | **JULY 2024**
“Empowerment and Growth Through Knowledge and Unity”

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**Incarcerated Veterans – *Phone Issues* – Higher Ed Update – New
 Compassionate Release Rule – June Meeting: USARA (Recovery Awareness)–
 IPP Info: Box Elder County – Felons Can Vote– *Dell-Emerald Topics* –
 Sponsor a Child at Christmas (early notice) –**

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Next Meeting: Monday, August 12, 2024 6:30 pm – 8:30 pm. Speaker: Dr. Candice Waltrip, Sex Offense Treatment Program Director Please submit questions to utahprisoneradvocate@gmail.com by July 10, 2024

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, 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.**

**“May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.”
 Rev. Peter Marshall, Chaplain of US Senate 1947**

Remembering our Incarcerated Veterans on the 4th of July
 By Mary Ann Kabir

As we celebrate the independence and freedom of our country this 4th of July, we should take a moment to consider those who fought and sacrificed for our liberty yet are unable to enjoy their own freedom. A 2016 survey by the Council on Criminal Justice Veterans Justice Commission found that 107,400 veterans were incarcerated in state prisons nationwide.

Of those male incarcerated veterans, 28% were combat veterans. Veterans who had been in combat were 61% more likely than non-combat veterans to suffer from post-traumatic stress disorder (PTSD), 59% more likely to have a traumatic brain injury (TBI), and had from 2 to 3.5 times more likelihood of substance abuse. Those

who suffered from PTSD were 59% more likely to be arrested for a violent offense.

While veterans in state prisons were less likely than non-veterans to have prior incarcerations, veterans were more likely to have longer sentences, including life in prison and death sentences. 25,400 veterans in state prisons were convicted of a violent sex offense. This is a rate of 26% incarcerated for a violent sex offense for veterans, compared to a 12% rate for non-veterans.

Though it isn't clear why this would be happening, it should be noted that military deployments and separation from families can often lead to relationship problems for members of the military. It's possible that strained relationships, combined with PTSD, TBI, and substance abuse related to the trauma of combat, could increase the likelihood of sexual violence.

Veterans with an honorable discharge are eligible for medical care, including mental health care, through the Department of Veterans Affairs (VA). However, many

veterans do not utilize the mental health treatment that they need. In addition, by law, the VA cannot provide services to anyone who is incarcerated, so veterans who are imprisoned lose their access to VA health services. Treatment for these underlying conditions, such as PTSD, TBI, mood disorders, and substance abuse, could go a long way towards preventing criminal behavior.

Veterans' courts in Salt Lake and Utah counties aim to keep veterans out of prison through diversion programs, while linking them to their VA benefits and mental health care. The expansion of these veterans' courts to all counties in Utah would be extremely beneficial and likely have a significant effect on preventing further criminal behavior by treating the underlying problems.

Veterans have fought and sacrificed for our country's freedom. They deserve more than to be locked up and forgotten. Our society owes it to them to give them the help that they need, so that they can enjoy the freedom they have sacrificed for.

Sources: Veterans in Prison: Survey of Prison Inmates, 2016 (published March 2021)
bjs.ojp.gov/library/publications/veterans-prison-survey-prison-inmates-2016
aclu.org/news/prisoners-rights/our-veterans-need-support-not-incarceration

LATE BREAKING URGENT NEWS ON PHONE PROBLEMS WITH GLOBAL TEL LINK!!!! **GTL / ViaPath Phone Issues Continue in Utah's Prisons and What Incarcerated & Families Can Do**

By Molly Prince, LCSW, with input from Wendy B. and other families and incarcerated persons

Since the week of Mother's Day, incarcerated individuals and their families in Utah's prison system, as well as those in county jails that contract with Global Tel Link (GTL Connect Network) have been experiencing problems in which calls are not ringing through to the receiving phone number when inmates in a GTL contracted facility calls.

The majority of calls that are being placed that result in this situation simply ring and ring on the caller's side for the most part. Families' phones are NOT showing missed calls from the prison in our call logs. Within a couple hours of someone posting about this problem on the UPAN Family Facebook Group, there were 17 families that reported the problem was affecting them. Since then it appears that at least several dozen UPAN families that are part of the Facebook Group are affected, from both prisons. There are hundreds more that are likely impacted that are not part of the Group.

From our perspective, this problem began when the phone number used for calls coming from the USCF was changed to 801-783-2472. According to CUCF families, that number has changed to 801-999-8981, which has been successfully used in the past for USP. We have not been given an answer as to why the numbers had to be changed away from the phone numbers that have worked well for everyone from both prisons.

We learned from Frank Sanchez and William Jarrett of ViaPath Technologies that Global Tel Link rebranded

itself under the new name ViaPath Technologies. The customer service number we call (877-650-4249) remains under Global Tel Link's name.

Detailed information from a few of these emails have been pinned in Featured posts on UPAN Family Facebook Group. **Please refer to that for more information** and go through all the recommended steps ViaPath is telling families to do to assure the prison phone number is not blocked on your phone. If it still does not work, advocate for yourselves!!! The more of us that notify UDC that the steps ViaPath is requiring do not work, the better.

Each Family & Inmate Needs To Do The Following:

1. **Tell incarcerated loved ones** they need to document when they call us and the call does not go through. Encourage everyone inside to do the same about all phone issues. Send a kite to Esekia Afatasi in Stakeholder Experience Coordinator Office with the information. Then grieve them.
2. **Families need to document also.** In addition, we need to keep track of our phone account balance before and after. The same with our LOs.
3. Send all information to the following: jwatkin@utah.gov AND esekiaafatasi@utah.gov together, with a cc to utahprisoneradvocate@utah.gov Jade Watkin will track the number of complaints that UDC receives to provide to Director Brian Redd and the executive team. Esekia (Skee) will forward the

information to Frank Sanchez and ViaPath to investigate the problem.

It will take a village, but if we all work together, inside and outside, we can get things changed. Information from people who have worked within tele - communications as well as from one GTL Tech Coach

suggests that part of the problem is that GTL/ViaPath likely doesn't have enough phone lines, towers or upgraded equipment to handle the large volume of calls during prime time. Thus, the calls get sent to an overload and it will just ring but not actually be routed through to the recipient phone. Some families have suggested that GTL/ViaPath won't invest to upgrade the equipment necessary to handle all calls.

Update on Higher Education in Utah's Prisons, 2023 Data

Summarized by Molly Prince, LCSW

According to the report "Pursuing Education While Incarcerated, Findings from the 2023 Higher Education and Corrections Council Annual Report" in an online article on Feb. 13, 2024, the ability to reach education goals while incarcerated in Utah's prison system is improving. The report shows that many Utah System of Higher Education institutions provide accredited courses to the incarcerated students in the UDC. Davis Technical College, Snow College, and Uintah Basin Technical College, offer programs for inmates to earn technical certificates at UDC facilities across the state.

Salt Lake Community College offers additional programs for general education and associate degrees. As of 2024, University of Utah's UPEP is also offering degree programs starting in Dell (for female inmates).

Davis Technical College Programs in USCF: Automation/Robotics; Automotive Technology; Advanced Automotive Technology; Business Administrative Services; Culinary Arts; Information Technology; CNC Machining; Web & Graphic Design; Welding Technology.

Snow College Programs in CUCF: Construction Management; Culinary Arts

Salt Lake Community College Programs in USCF: General Studies; General Education; English; Anthropology; Business; Criminal Justice; History; Philosophy & Religious Studies; Paralegal Studies; Professional Sales. SLCC served a record number of 220 students and 23 graduates and added seven degree/certificate programs.

Uintah Basin Technical College Program in Duchesne County Jail: Residential Construction

The state of Utah created the Higher Education and Corrections Council in 2022 to coordinate higher

education in the correctional system and provide recommendations to USHE, UDC, and the Legislature. Each year, the Higher Education and Corrections Council releases its report, including a review of the development and delivery of curriculum and recommendations to improve the programs.

Key Findings and Recommendations from the 2023 Higher Education and Corrections Council Annual Report: *Enrollment and Graduation:* 516 inmates enrolled in state-funded programs for the 2023 fiscal year, and 100 graduated.*

Technical Certificates: The Salt Lake women's facility (Dell-Emerald residents) now has the same number of technical education certificate programs as the men's facility.

Electronic Resources: UDC and Davis Technical College added the Canvas learning system used by K-12 and higher education across the state.

Financial Aid: UDC and institutions have begun the process under new federal rules that will allow incarcerated students to receive Pell grants.

Student Advisement: The council recommends student advisors for each institution that offers education at a correctional facility.

Data Collection and Reporting: The council recommends that UDC review and update its data systems, measurement, and reporting.

Other information from the full report:

*UDC is developing a location change request tracker to reduce interruptions caused by inmate relocations. This will help promote education completion.

Source, Google: Utah System of Higher Education Pursuing Education While Incarcerated 2023 Report

Dell-Emerald Topics **Women's ELEVATE Program Celebrates Recovery Through Art and Sports**

By Molly Prince, LCSW

There was a post on the UDC Facebook Page showing photos of women in the Elevate Program playing a game with balls and creating beautiful sidewalk art with chalk. There was not any explanation in the post other than saying: "Pathway to Recovery! Participants in the

Elevate program building community through sports and art."

For whatever reason – this post, with its minimal information and several colorful pictures, caught my attention and pulled at my heart.

I had to look carefully and enlarge the photos to see the colorful artwork and the artists on a very long sidewalk between razor wire topped fences more closely. One clearly is a rainbow of geometric colors and had the words Integrity, Family, Love around an anchor. The symbolism is clear! Another photo had part of the written message cut off, but it had colorful shooting stars in the sky, with colors of a pink and yellow sunrise or beautiful edges of clouds with the visible words "You can make it through... a brighter day." Clearly an encouraging message from the artist(s).

Other art that is visible included what I am guessing are the artists gathered in front of a flourishing green leafy tree growing out of tan earth surrounded by blue water. Part of a yellow, orange and red sun peeks out of the other side of the sidewalk, presumably shining down on the strong tree and the artists. Another includes a woman's heart shaped face next to a luscious looking watermelon wedge. Finally I examine a pink and white cartoon character that I interpret as a turtle walking, holding her hand out, moving forward, with the artist still putting on the finishing touches. I apologize to the artists

if I am interpreting their art incorrectly. But it brought a smile to my lips and lifted my spirits to spend a while with this post.

There were other posed photos of the women in the program gathered together, others playing some sort of a ball game and clearly enjoying themselves.

Elevate, formerly Excell in USP, is a substance use treatment program. It is designed to teach skills in the use of cognitive behavioral interventions to support those striving to overcome addiction, manage sobriety, and successfully reenter society.

These women are survivors, who each have their own histories, challenges, talents and skills, and hopes and dreams. Their accomplishments will help them contribute to the health and beauty of the world.

For this day, whenever it was, they were allowed to contribute freely within the confines of those fences to sharing their art, their physical ability in sports, with each other and with this post, the world.

Update on Revised Administrative Rule for Compassionate Release in Utah

By Molly Prince, LCSW

Since 2016, UPAN has participated in the monthly Utah Board of Pardons & Parole (BOPP) Outreach Committee with other organizations including the ACLU of Utah and the Disability Law Center. This committee was formed after the Legislative Audit Report of the BOPP was released in February, 2016.

One area of focus we brought to this committee in 2017 was a recommendation to improve the process for Utah to use when submitting an incarcerated person for consideration for compassionate release. The committee stressed the importance of expanding the list of who is allowed to request a review for compassionate release for an incarcerated person, as for many years it has basically been limited to UDC Correctional Health Services (CHS) to submit a recommendation to the BOPP for a consideration for compassionate release. UPAN, the ACLU, and DLC advocated that the definition of who can submit a request for a com-compassionate release be expanded from simply prison medical doctors to include attorneys and family. This has finally been considered this year under the direction of the new BOPP Administrative Director Jennifer Yim.

A revised rule governing the way the Board handles compassionate release was finalized as of April 1, 2024. This new rule allows for family members to submit a request for consideration of a compassionate release, with clear and compelling medical reasons and an assessment that demonstrates reduction of risk for re-offense.

This rule shortened the timeline CHS has to complete the process of requesting and providing information for the Board to review when considering a person for

compassionate release once the CHS has information that someone is terminally ill, and has a clear reduced risk to re-offend if released to the community. Additionally, this outreach committee has discussed the importance to expedite the time that the BOPP has to render a decision in these extremely sad cases. Progress on this committee's work has been reported on in UPAN newsletters over the years in the following newsletters: September 2018 and April 2019.

This feels like a huge accomplishment for those of us on the Outreach Committee that have advocated for updating this Rule for so many years. We had believed, back in 2019, that the revised Administrative Rule that we had given input to, and worked on for months, would be submitted to the Board Members and their legal team, and opened up for public comment.

That did not happen because of transitions in BOPP staff. Greg Johnson, who was the administrative director for the BOPP at that time and supported a revision of the rule, left that position to take a position as a board member. His position was vacant for a few months. Then Dennis Moxon was appointed to that director position. COVID hit and the monthly meetings of the Outreach Committee were suspended for several months. Then Mr. Moxon left that position.

By January 2021 the former executive director of UDC Mike Haddon took the position of administrative director of the BOPP. Each time the director changed, the new director needed to get up to speed on the numerous areas of responsibility in their job. The compassionate release revisions were put on the back burner.

Compassionate release allows prisoners facing imminent death, advancing age, or debilitating chronic medical conditions to secure early release when those developments diminish the need for or morality of continued imprisonment.

As of April 1, 2024, the following is the new Administrative Rule on Compassionate Release.

R671. Pardons (Board of), Administration.

R671-314. Compassionate Release.

- (1) For this rule, the "Department" means the Department of Corrections, the Department of Health and Human Services Clinical Health Services Division, or other designee of the Department of Corrections.
- (2) The Board shall consider a compassionate release when specified exceptional circumstances exist.
- (3) A compassionate release request submitted on behalf of an offender does not limit or preclude other requests for special attention or redetermination consideration.
- (4) Compassionate release consideration shall be initiated upon the receipt of a written request, as specified in this rule, explaining the circumstances supporting the release.
- (5) The Board shall consider a compassionate release in the following exceptional circumstances:
 - (a) Upon the request of the Department, the offender, an attorney representing the offender, or a member of the offender's immediate family, if an offender's public safety and recidivism risk is significantly reduced due to the effects or symptoms of advancing age, medical infirmity, disease, or disability, or mental health disease or disability, and the offender can be appropriately managed in the community;
 - (b) Upon the request of the Department, the offender, an attorney representing the offender, or a member of the offender's immediate family, if an offender suffers from a serious and persistent medical condition which requires extensive medical attention, nursing home care, or palliative care, or which cannot be adequately treated by the Department, and the offender can be appropriately managed in the community; or
 - (c) Upon the request of the Department, offender, or other interested person, if an offender's immediate family member dies within 120 days of a previously scheduled release.
 - (d) Requests made pursuant to Subsections (5)(a) and (b) of this rule will not be considered without corroborating documentation that is certified by a licensed medical professional.
- (6) Unless the request for consideration of compassionate release is made by Board staff or the Department, the Board may request that the Department review the request, provide information as outlined in Subsection (9) of this rule, and make a recommendation.
- (7) Requests for consideration of compassionate release that are repetitive, frivolous, or lacking in sub-

stantial merit shall be summarily denied and placed in the offender's file without a formal action or response.

- (8) Unless otherwise ordered by the Board, requests for consideration of compassionate release shall be processed administratively based on written or electronic reports supplied to the Board without the personal appearance of the offender.
- (9) If the compassionate release request is submitted pursuant to Subsections (5)(a) or (b) of this rule;
 - (a) the request shall include a report from the Department detailing;
 - (i) the specific effects, conditions, or symptoms to be considered;
 - (ii) the treatments available;
 - (iii) when possible, the prognosis of such effects, conditions, or symptoms;
 - (iv) if and how the offender's physical or mental capacity has been significantly reduced by a chronic or permanent condition; and;
 - (v) if community-based care will be required, a recommendation for the transition time necessary to complete arrangements for a care center, nursing home, or home care placement.
 - (b) The Board may order a compassionate release contingent upon completing arrangements for community-based care.
- (10) For compassionate release requests submitted pursuant to this rule:
 - (a) Immediate family member is defined as a parent, stepparent, spouse, child, sibling, grandparent, or grandchild;
 - (b) If submitted pursuant to Subsection (5)(c) of this rule, the request shall be accompanied by a death certificate or other verification acceptable to the Board; and
 - (c) The Board may request that the Department review the request, provide any institutional or other reports requested by the Board, and make a recommendation regarding the request.
- (11) Except as provided in Subsection (11)(a) of this rule, the Board may make a decision regarding a compassionate release with or without a hearing.
 - (a) Before granting a compassionate release pursuant to this rule, the Board shall hold a hearing if the compassionate release would occur before an offender's original hearing.
 - (i) If the Board in the Board's discretion determines that an offender within the Board's jurisdiction is unable, due to physical, mental, or other circumstances, to meaningfully participate in a Board hearing or other Board proceeding, the Board may appoint, at the Board's own expense, legal counsel or a lay representative to assist the offender.
 - (ii) The Board shall determine the scope of the representation described in Subsection (11)(a)(i) based on a review of the totality of the circumstances.
 - (b) Before granting a compassionate release without a hearing pursuant to this rule, the Board shall make a reasonable effort to contact, inform, and consider the

input of any victim of record in the case for which the offender is incarcerated, if the victim of record has previously requested notice of hearings pursuant to

<https://adminrules.utah.gov/public/rule/R671-314/Current%20Rules>

Subsection 77-38-3(8). **Date of Last Change: April 1, 2024**

Evan Done of USARA Presents at the June 10, 2024 UPAN Monthly Meeting

By Molly Prince, LCSW

UPAN was honored to have Evan Done, Associate Director of **Utah Support Advocates for Recovery Awareness** (USARA) join our June meeting as our guest speaker. Evan, a champion for recovery and mental health, serves as the Associate Director at USARA, where he has contributed significantly since starting as a volunteer in 2015. He is also a proud member of the Board of Directors for the national advocacy organization Faces & Voices of Recovery and represents those with lived experience of substance use disorders on Utah's Behavioral Health Commission, appointed by Governor Spencer Cox.

This meeting was an exceptional opportunity to gain insights from a seasoned advocate who not only has professional experience in the field but also personal experience with recovery. Whether you are directly affected, interested in the broader spectrum of health and wellness, or passionate about community-based recovery, Evan's presentation will deepen your understanding of the ongoing and necessary work in recovery advocacy. The link to the video of the presentation is:

<https://www.facebook.com/utahprisoner/videos/441451385453605/>

A New Chapter in Recovery Advocacy. Under Evan's leadership, USARA has strengthened its commitment and ability to support individuals recovering from substance use disorders. Their comprehensive approach includes celebrating recovery through community events, advocating for inclusive policies at various government levels, supporting long-term recovery, and empowering individuals by providing them with tools and platforms to share their stories of recovery.

Since its founding in 2006, USARA is non-clinical peer-driven support for anyone seeking recovery. Mary Jo McMillen is the executive director and a co-founder who and has been with USARA since its inception. She has overseen it as it has served thousands of individuals recovering from the effects of substance use disorders on the person, families, and the community. It is statewide in Utah, with 5 open recovery centers from Northern to Southern Utah, with a 6th scheduled to open soon. It is recognized as a 501(c)(3) nonprofit organization, USARA does not charge those who attend and participate in the groups and programs.

USARA's mission is to connect and inspire communities to advocate for addiction recovery.

USARA offers Multiple Pathways to Recovery. Evan Done explained that while structured treatment has a

key role in recovery, it is only part of the support that most people will need. Beyond clinical treatment, ongoing support in the community is essential for the continuing recovery journey, which often includes mutual aid and other peer support. USARA believes in supporting a variety of options and pathways to recovery. Recovery is an individualized process and this organization supports people with substance use disorders in finding a recovery path that is meaningful to them.

Ongoing support. Mr. Done explained that comprehensive support to individuals in recovery begins before, and continues during and after, either with or without formal treatment. This continuing community support increases engagement in the recovery process, reduces incidents of substance use during the recovery process, and supports individuals in identifying what works for them and following their own recovery pathway. It also is instrumental in helping individuals to face and overcome common challenges throughout the recovery process. USARA can bridge the gap between clinical services and living in the community free of substances. Ongoing support also empowers and celebrates the individual's personal success and achievements.

SMART Recovery Self-Management and Recovery Training (SMART) has a 4-Point Program® that helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities.

SMART Recovery is an evidenced-informed recovery method grounded in Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT), that supports people with substance dependencies or problem behaviors to:

- Build and maintain motivation
- Cope with urges and cravings
- Manage thoughts, feelings and behaviors
- Live a balanced life

<https://smartrecovery.org/what-is-smart-recovery>

Recovery Dharma is a peer-led movement and community that is unified by the trust in the potential of each of us to recover and find freedom from the suffering of addiction. The belief this movement holds is that recovery means empowerment, and everyone is supported as partners walking the path of recovery together.

Recovery Dharma uses the Buddhist practices of meditation, self-inquiry, wisdom, compassion, and

community as tools for recovery and healing. It is based on the belief that recovery is about each person finding their own inner wisdom and their own path.

Recovery Dharma welcomes anyone who is looking to heal from addiction and addictive behavior, whether it's caused by substance use or process addictions like codependency, gambling, eating disorders, relationships, technology, or any obsessive or habitual pattern that creates suffering. This Buddhist-inspired path can lead to liberation from the suffering of addiction and support you in finding your own path to recovery.

Peer Recovery Coaching includes 1 on 1 coaching sessions. Peer support in addiction recovery is an evidence based approach.

Community Family Support Program is offered to support family members of those struggling with addiction. These groups are led by Family Support Facilitators who have gone through the experience and training.

Arches Program involves USARA peer support persons in acute care, such as in hospitalizations, where they go to meet with the individuals who are hospitalized, as well as follow up calls.

Coffee & Recovery is an all pathways to recovery meeting. As its title suggests, peers enjoy a cup of coffee and share about their recovery.

USARA's website has a calendar of all meetings it holds each week. <https://www.myusara.com/>

USARA partners with a variety of recovery organizations and resources. These include:

Fitness Recovery Groups including Fit to Recover, whose mission is to provide people in recovery from drug and alcohol misuse with a safe place to connect through exercise, nutrition, creative expression, and community service.

Addict to Athlete which is a free community support group available to anyone touched by addiction. It is open to anyone who is in recovery or has family or friends who have or are currently battling addiction.

Other partnerships are described at: <https://www.myusara.com/about/multiple-pathways/>

Advocacy. USARA representatives talk with elected officials about changes that need to be made in public policy to support the recovery community. Areas that

"The celebration of recovery pluralism and a philosophy of choice should be the core of comprehensive systems of care for substance use disorders." - William White [Definition of pluralism: more than one way. Ed.]

IPP Information: Box Elder County Correctional Facility By Evelyn Matue & Molly Prince

Box Elder County Jail is located in Brigham City, Utah. It contracts with the Inmate Placement Program (IPP) and has 14 beds available for housing to state inmates.

USARA's advocacy and involvement in Utah lawmaking have impacted laws that have implemented the use of Naloxone, achieved and maintained Medicaid expansion which can assist in paying for recovery treatment, mental health medications, and other medical care, and gives input on laws impacting the criminal justice system and affordable housing.

USARA Celebrates Recovery through hosting various events and activities for the recovery community and providing recreational activities in a safe and sober environment. It also publicly shares successes of individuals in recovery and the successes of organizations in the community.

USARA empowers anyone interested or touched by substance use or addiction by providing training for people who want to share their recovery with others. It provides a public platform for trained recovering individuals to share their recovery story. USARA reaches out to treatment programs, local news, schools, churches and other organizations in the community to share the message that recovery is possible and sustainable.

It also assists people in recovery to find meaning and purpose in their lives through volunteering and activism.

Pay attention to the language around substance use. Evan spent time discussing the importance of paying attention to the language we use around how we refer to individuals struggling with substance use disorder. He states, "People are **people**. The most respectful way of referring to any group is as **people!**" He goes on to quote Perkins & Repper, 2001, *"Reducing a person to nothing more than their difficulties is one of the most damaging and dehumanizing forms of language. It denies the existence of any other facet of the person, any relevant roles or characteristics, other than their diagnosis."*

Discussion was held about this principle. It should be applied to anyone, with any diagnosis, in any situation, including individuals involved in the prison system being referred to as "offenders" as if that is the only characteristic that matters is that they were convicted of a crime, regardless of who they are as a person.

UPAN is grateful for Evan Done's passion, knowledge and commitment and that he took the time to share about USARA with UPAN. For more information go to <https://www.utahrecovers.org/>

Inmate Work Programs. The Box Elder County Community Service Program maintains inmate work programs intended to prepare inmates for successful integration into the community. Work programs benefit

the incarcerated person by teaching or reinforcing positive work habits. The program benefits the community by providing labor to accomplish tasks that may otherwise need to be funded by taxpayers.

According to UDC's Jail Programs Handbook (found here: [JAILBOOK2023.fix .pdf \(utah.gov\)](#)), their community service program and inmate work crew save taxpayers approximately \$222,000.00 per year!

Programs Offered. Box Elder County Jail now offers Moral Reconciliation Therapy (MRT), which can be supplemented with Alcoholics Anonymous (AA) and the Addiction Recovery Program (ARP). [Moral Reconciliation Therapy is a cognitive-behavioral program using structured exercises designed to foster moral development in treatment-resistant clients. Ed.]

Visiting. There is no in-person contact visiting. Visits can be accomplished by video either through the video kiosk system that is located in the Sheriff's Office lobby, or families can visit from home by signing up at <https://team3.inmatecanteen.com/#/>

Commissary Deposits For Inmates.

According to the website:

<https://www.boxeldercounty.org/sheriff/page/inmate-services> all commissary deposits may be taken to the jail when the Sheriff's Department lobby is open. Monday, Tuesday, Wednesday 8 am - 5 pm. Thursday, Friday 8 am - 6 pm. Saturday & Sunday 9 am - 6 pm. Kiosk in the lobby accepts cash or credit cards. There is a credit card transaction fee of \$8.95 no matter how much or little money you are putting on an inmate's books. [\$8.95? That, in itself, is criminal! That's damned near \$10!!! Better to use a money order instead. Ed.] A money order can be sent by mail to be deposited to a person's books as well, but please do not send cash!

Mail. Mail can be sent to the following: Box Elder Co Jail C/O (Inmate Full Name) P.O. Box 888 Brigham City, UT 84302-0888

Postcards only. According to the website, Box Elder

County Correctional Facility will only accept white cardstock or generic white postcards no larger than 6"x9". The front side of the card may only contain senders address and inmates address. No other writing on front of card. Also postcards purchased through the post office will be accepted. These may be purchased at the post office or at their website.

Exceptions to postcard only rule. Photos, money, and legal mail will continue as they have in the past following the guideline listed on the website. Any prisoner wishing for an exception to the postcard rule must provide the request in writing to the Jail Commander with the explanation and justification for the exception. If the Jail Commander finds the justification for the exception to be compelling, the Jail Commander will then provide the mail room with written authorization for the exception, including any special restrictions and /or instructions. This provides the mail room with written authorization

Legal mail will still be allowed to be sent in and out following the guidelines listed on the website.

Incoming Inmate Mail must have sender's full name and return address. It needs inmate's full name written on the card and use the address listed above.

Photos or money orders. For letters that contain money orders or photos, nothing else may be written/drawn on the envelope that it is sent in. Photos may be sent enclosed in a plain white envelope with PHOTOS clearly written on envelope. There is to be no writing on the photos other than a name, place picture was taken, and date. **No other correspondence may be included except money orders for commissary accounts.** Photos must not be bigger than 4x6, no Polaroid's, no more than 10 photos.

Books and magazines must come directly from the publisher and may not be hard-bound.

InmateCanteen.com appears to be the website / app that is used for just about everything from commissary to video visits.

People With Felonies CAN VOTE in Utah? Your Opportunity to Have a Voice Upon Release

<https://slco.org/clerk/elections/voter-information/> and: <https://elections.utah.gov/> and [DMV.org](https://dmv.org)

The stakes are too high for voting to be a spectator sport. Vote." Anonymous

UPAN receives questions from incarcerated and families asking what they can do to help in criminal justice reform. Many prisoners express a desire to become active in the change process when they are released. One vital thing that EVERY un-incarcerated person with a felony in the state of Utah can do is pay attention to the legislation that occurs in the criminal justice arena each year, and VOTE. This includes learning about the candidates and issues on the upcoming ballot. Then exercise the precious right that all citizens of Utah who are not housed in a correctional facility have - VOTE.

Have Your Voice Heard Voting is the way to have your voice heard. The excuse for not voting I hear from many

people is "I am only one person, it won't make a difference." My response is, "That is simply not true! Every vote counts when we are voting for our state officials and legislators."

Even if the candidates and values you vote for are not victorious, your voice has been heard. I saw a quote somewhere that says "You can either vote by voting or not voting. If you don't vote, someone else's vote counts more. It's math. SO VOTE!" Therefore, if we do not exercise our right to vote, we do not have a right to complain about the state of affairs that affect our lives. We cannot change our world by sitting quietly by and waiting for other people to do it. We are all in this

together. Every year in Utah there is legislation being introduced and passed into law that affects people involved in the criminal justice system and their families. You CAN have a say!

A Privilege and Responsibility to Shape Tomorrow by Voting Today

Formerly incarcerated people, those on probation and parole, and people who have completed all steps to pay their debt to society have the opportunity and a responsibility to improve the system. Not only for themselves, but for those who follow them.

One person who is now out of the system, has been off parole for several years, has rebuilt his life and successfully moved forward, once told me that any changes that happen now won't change what he and his family have already gone through. He used that reasoning for several years as a reason to not make an effort to learn about the issues and candidates or vote to make things better for the future.

While it may be true that what we do now may not help us or our families immediately, my response is always that it seems that those of us who have gone through something traumatic have a responsibility to do what we can in any small way possible to improve circumstances for those who will follow. Otherwise, bad policies and ways of doing things will simply get worse. They become routine, the way things are done, par for the course, blindly followed, what is expected and won't ever change unless something extraordinary happens to force some change.

Educating ourselves about those who want to become our leaders, our lawmakers, our congressmen and women and then voting for those whom we believe will represent our interests most effectively is our privilege and duty in Utah!

Another argument is that none of the candidates completely represent someone's beliefs, values and vision for our society. Well, then vote for the one that closest resembles your values and ideals, because not voting is actually a vote for the candidate that will pursue policies based on values opposed to your own.

Back to the young man referred to above. Over time and talking with others he realized that he was staying in a "victim" role. He considered himself a victim of the criminal justice system and victim of a biased political system. He eventually realized that the **only** way to step out of the role of a victim with no voice in lawmaking is to take responsibility for his own choices which includes learning about the people who make the laws that affect him and his family. He decided to register to vote and began having a voice. He shared since then that even though not everyone he has voted for over the years has been elected, and even then they have not always represented his views 100%, he feels more empowered and more part of the world than he did when he was not making an effort to have his voice heard. He also has watched changes in the criminal justice system here in

Utah over the past several years and says he feels good knowing he has participated in that by voting and writing his elected officials about his views on issues. It is empowering.

For years the Salt Lake County Voter Information guide said on its cover, **"If you don't make a choice, you don't have a voice."** This is so true!

In Utah Any Citizen Not in a Correctional Facility has the Right to Vote!

Throughout its existence, UPAN has been fighting the myth that a felon cannot vote in Utah. The truth is that ANY CITIZEN who is NOT HOUSED in a correctional facility may register and exercise their right to vote in Utah! *This means that inmates in the Utah State Prison at Draper or CUCF in Gunnison cannot vote, nor can anyone housed in a county jail or halfway house. But once released from a facility, the individual has the right to vote restored immediately.* It is then the person's responsibility to take the steps to exercise that right by registering to vote.

The information on vote.utah.gov states, *"If you are a convicted felon, you can register and vote unless you are currently serving a jail or prison sentence. Your voting rights are automatically restored when you are granted parole, sentenced to probation, or successfully complete your term of incarceration. You are eligible to register and vote if you are detained and awaiting trial and have not yet been convicted of a felony."*

Many other states do not allow persons with felony criminal histories to vote and there are movements in other states to restore the right for felons to vote. Utah is a state where we do not need to fight for that right. You already have it. Exercise it!

Eligibility Requirements Include: You must be a U.S. citizen and be 18 years old on or before the next election and have resided in Utah at least 30 days immediately before the next election.

Where and How to Register to Vote in Utah You may apply to register to vote year-round. Unless you register to vote by mail, you must vote at your assigned polling station or the clerk's office. You do not need to designate a political party affiliation to register to vote.

Register when Applying for Driver License When you apply for a state ID or a driver's license in Utah, you will be offered the opportunity to register to vote. Check the box on the application to register to vote. The Utah DLD provides registration forms as a convenience for those who want to participate in this democratic process.

Register Online To register online you need a valid Utah driver's license or ID card. Your address must also be current and up to date with the Driver's License Division (DLD) so that your ID or driver's license information is the same as the information you are submitting online. You will need to submit your registration a minimum of 10 days before the next election you wish to participate in.

Register by Mail To register by mail, complete a State of Utah Mail-In Voter Registration Form and send it to your local county clerk's office at least 30 days before Election Day. This form can be found online at your local county clerk's website or at your local Driver's License Division.

Register in Person Registration can be completed in person at your local county clerk's office. You may also register to vote at your local DLD when you're applying for or renewing your Utah driver license or ID card. Registering to vote is easy and empowers you to have as much say as anyone about your leaders and laws – countywide, statewide, and at the federal level.

Changing Your Voter Information You will need to re-register if you change your name, move to a new address, or if you change your political party affiliation. Simply complete a new voter registration form and submit it to the proper county clerk's office. You may do the same if you change your party affiliation—though you do not need to declare a party affiliation in order to vote.

You Will Be Assigned a Polling Place to Vote You will receive a voter registration card that identifies the location of the place you vote. These are often at schools or churches.

Vote by Mail In a comedy routine, Chris Rock joked (with some truth in it), "They don't want you to vote. If they did, we wouldn't vote on a Tuesday. In November. You ever throw a party on a Tuesday? No. Because nobody would come."

In Utah, we have an alternative to voting on a Tuesday in November. If you prefer to not have to take time off work or brave the crowds on election day, you may select to *Vote By Mail*. If you choose this voting method, you will receive a ballot a few weeks prior to the election through the U.S. Mail and can vote and follow the instructions on the ballot and envelope to sign and mail it back before the deadline. I have been voting for almost 50 years and for the past 25 I have voted by mail. It is the most convenient and thoughtful way to vote.

On Election Day, Take Valid Voter Identification If you vote at a polling location you must have valid voter identification. This means a form of identification that bears the name and photograph of the voter which may include:

- 1) a currently valid Utah driver license;
- 2) a currently valid identification card that is issued by the state, or a branch, department, or agency of the United States;
- 3) a currently valid United States passport; or
- 4) a currently valid U. S. military identification card.

Other ID options include one of the following identification cards, whether or not the card includes a photograph of the voter: a valid tribal identification card, a Bureau of Indian Affairs card; or a tribal treaty card.

For more information, visit the State Elections Office website for more detailed information about voting in Utah. You may register to vote on the website, learn about who the candidates are in upcoming elections, learn about upcoming referendums and find all information you need regarding voting. Website at: <https://elections.utah.gov/>

"Voting is not only our right, it is our power. When we vote we take back our power to speak up, to choose, to stand with those who support us and each other." Loung Ung



July = Planning for Christmas! UPAN Holiday Project
Applications for children of prisoners will open October 1, 2024.

Donors, please consider sponsoring a child of an incarcerated parent in Utah.
HAPPY Holidays....more to come!

Couple of Smiles and Maybe a Laugh

What's the best kind of tea to drink on July 4th? Liber-tea! ~ Why aren't there any knock-knock jokes about America? Because freedom rings ~ What's the difference between a duck and George Washington? ~ One has a bill on his face, and the other has his face on a bill ~ Why did Paul Revere ride his horse from Boston to Lexington? The horse was too heavy to carry ~ What did one flag say to the other flag? Nothing. It just waved.

Another Independence Day for the incarcerated is the day you bid goodbye to the DOC. The ultimate of being 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