



UPAN Newsletter Volume 11 Number 10 | **OCTOBER 2024**
"Empowerment and Growth Through Knowledge and Unity"

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Holiday Gifts for Needy Kids Details & Application Form – COVID Vax Tips – Defy Ventures – a new program – Fungus (Athletes Foot Trmt) – Medical Copays – Citizen’s Academy & Director’s Overview of UDC – IPP: Duchesne Jail – Intro: “Achieve Recovery”, USCF Men’s Substance Use Treatment Program

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Next Meeting: Monday, October 14, 2024 6:30 – 8:30 pm. Speaker: Jennifer Yim, Administrative Director of BOPP. Please submit questions to utahprisoneradvocate@gmail.com by Monday, September 30, 2024 **Join all meetings at <https://bit.ly/UPAN-Meet>**

Following Monthly Meeting: Monday, November 11, 2024 6:30 – 8:30 pm. Speaker: Brian Redd, Executive Director, Utah Dept. of Corrections. Please submit questions to utahprisoneradvocate@gmail.com by October 10, 2024

Meetings Available on UPAN Facebook Live and on UPAN’s Facebook page afterwards. Visit UPAN Facebook page for newsletters. Visit website (page 9) 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.

Important Announcement: UPAN - ALL HEARTS COME HOME FOR THE HOLIDAYS
 By Karen Thompson, UPAN Director of Special Projects, **should be the first article you review and read** before any other articles in this UPAN Newsletter issue. Please go to **page 9** for the info to apply for a child OR how to sponsor a child, and review **page 10** for holiday application. UPAN thanks you, Ed.

Also note the article on **page 9** regarding **COVID vaccination recommendations** for 2024-25.
 Thank you for reviewing these two important articles first. Ed.

UPAN Hosts September Meeting Featuring “Defy Ventures” John Jackson
 By Shane Severson & Molly Prince

The Utah Prisoner Advocate Network (UPAN) held its September monthly meeting via Zoom, featuring a compelling presentation by John Jackson, Executive Director of Defy Ventures Utah. The meeting brought

together advocates, family members, and volunteers regarding a new program that can contribute to the transformation of incarcerated individuals through skill

development for employment and potential entrepreneurship.

A Story of Redemption and Leadership. John Jackson, once labeled “the worst of the worst” by correctional officials in California, shared his inspiring journey from incarceration to leadership. After serving 18 years in prison, including four years in solitary confinement, Jackson made the courageous decision to turn his life around. With the help of Defy Ventures, he leveraged the skills he acquired during his gang involvement to become a positive force for change. Since his release in 2019, Jackson has worked to empower incarcerated and releasing individuals, helping them transform their lives through entrepreneurship.

Jackson's presentation focused on how Defy Ventures aims to provide incarcerated individuals with a second chance by teaching them a variety of abilities which include business skills and entrepreneurial practices. The training is titled Entrepreneurs in Training (EITs).

Defy's Impact. Defy Ventures has already made an impressive impact across the nation, boasting an 80% employment rate among program graduates and a recidivism rate of just 10%, well below the national average. Most are employed within 90 days of release. Defy's information also cites a history of over 200 businesses started by EIT graduates, turning ideas into real-world enterprises.

Defy Ventures Expands to Utah. Defy Ventures Utah is set to launch its first six-month course on October 16, 2024, at the Utah State Correctional Facility (USCF), with plans to expand into other units, including the women's facility at Dell. Jackson emphasized the importance of personal development, leadership, and character-building, noting that entrepreneurship is the "hook" to engage participants but that the real focus is on fostering growth and transformation.

Mr. Jackson will be at USCF around the end of September to talk to inmates about Defy and begin

enrollment. Look for notices on the tablet, on the prison channel and fliers posted in housing units.

Participants in the **Entrepreneurs in Training** program, referred to as **EITs**, will follow a rigorous six-month curriculum that includes personal development, business plan creation, and mentorship from local CEOs and business leaders. Each EIT participant will have the opportunity to pitch their business ideas to real-world executives in a "Shark Tank"-style competition. The goal is not only to provide business skills but also to instill confidence and give participants a chance to succeed both inside and outside of prison. Once they have completed the program in prison, graduates are also eligible to attend further entrepreneurial training in the community with Defy Ventures.

Looking Ahead. As Defy Ventures Utah prepares to launch, community members and business leaders are encouraged to get involved by volunteering as mentors or contributing financially to support the program. Jackson highlighted the importance of community involvement in ensuring the success of the program and providing incarcerated individuals with the support they need to turn their lives around.

Jackson identified Utah's entrepreneurial spirit as the perfect place to launch this program to assist individuals as they move into the community to secure good jobs and / or build their own businesses.

Defy's Utah Champions. Defy is coming to Utah due to the dedication of Bryan Flamm and Brody Barnes, two passionate leaders who were inspired to bring Defy to Utah after attending a Defy event in California. Flamm and Barnes raised the funds and rallied the support needed to launch the Utah chapter. "Bryan and Brody are proof that two people with heart and hustle can change countless lives," Jackson stated.

Get Involved. To support Defy Ventures Utah or for more information, contact John Jackson | Defy Utah jjackson@defyventures.org . Donations help fund EIT participation in the life-changing CEO of your New Life program.

“Never judge people by their past. People learn. People change. People move on.” Denyse Inesa

A Fungus Amongst Us

By Maureen Parker ARNP-BC, MSN, UPAN's Med Team

Athlete's foot is the common name for a foot infection caused by a fungus that infects the skin of the feet. This fungus thrives in warm, moist environments and in places where people are in close contact with one another. It can be spread by skin-to-skin contact, shared objects like towels, and shared surfaces like shower floors and benches.

Possible causes. Walking in a shower area or a prison cell barefoot places one at risk for contracting this infection. Wearing tight shoes and socks causes

sweating which creates an environment where fungal infections are more likely to grow.

People with diabetes, the elderly, and those with other diseases which decrease the effectiveness of the immune system are also at higher risk for getting fungal infections.

These fungi can also infect the skin in the groin area. This is typically known as jock itch. The skin where it might look like a red ring on the skin that is itchy. This is called ringworm.

Symptoms usually occur 4-14 days after exposure and are usually seen as a red rash on the foot, often between the toes. Most frequently it is seen between the little toe and the 4th toe. The skin may look mildly swollen, red, and with peeling of the top layer of the skin. It usually itches. The heel and the sole of the foot may also be affected. In severe cases it can cause blistering.

These infections can also spread to the nails. This will cause the nails to crumble, become thick, hard to trim and they might look yellow or brown. Fungal infections in the nails are much harder to treat.

Prevention. Keep your skin clean and dry. Avoid wearing tight shoes and socks. Do not go barefoot in the shower area. Wear protective footwear such as shower shoes and do not share footwear or towels.

The spores of a fungus can be killed with disinfectants like DILUTED bleach. NEVER use bleach directly on skin, it can cause great harm that is far worse than a fungal infection. The safe concentration is ¼ cup of bleach to 1 gallon of water. Showers should be cleaned regularly with disinfectants.

If you have diabetes, HIV infection, are undergoing treatment for cancer or are taking medications which decrease your immune system function, you should receive treatment immediately.

When one is incarcerated and in crowded conditions and shared spaces, these infections can spread more quickly. It is important to be seen by a medical provider and treated as soon as you notice symptoms.

If one is treated and the infection keeps re-occurring, the shoes might be the source of the infection and can be treated with an anti-fungal powder. If that is not effective it might be best to dispose of the shoes. Scratching the infected area might cause the fungus to move to the hands and other parts of the body. It is best to avoid scratching the area.

Treatment. This infection is easily treated with a topical anti-fungal cream. **It is very important to use the cream for the entire time that it is prescribed even if it appears that the infection is gone.** Often it is necessary to use this medication for 4 weeks. If you have this infection, be sure to discuss with your prescriber how long it should be used and ask about an anti-fungal powder for your shoes.

Some individuals may need a combination of a topical treatment (cream) and an oral antifungal in pill form. As always, prevention is the best medicine!

Medical Copays in Utah Prisons

By Molly Prince, LCSW

In the Utah Department of Corrections (UDC) Stakeholders Meeting held on August 21, 2024, the topic of medical copays within the prison system was discussed in-depth. This discussion covered several key points about the costs and how the co-pay system operates, the burden on incarcerated individuals, and possible solutions.

Overview of Medical Copay System. Dr. Marcus Wisner explained that the UDC's medical co-pay policy is governed by Utah state law. Incarcerated patients are required to pay a \$5 copay for each healthcare visit, excluding mental health appointments, which are exempt from copays. Additionally, inmates must pay a \$2 copay per prescription dispensed. Some medications are categorized as "keep on person," while others—especially those prone to misuse or overdose, such as painkillers—are administered through pill lines. Moreover, if patients receive care from outside providers, such as specialists or oral surgeons, they are charged 10% of the contracted rate for those services.

Challenges with Prescription Charges. A significant issue that has been brought to Dr. Wisner and UDC administrations attention is the delay in charging inmates for their prescriptions. This was re-visited in this meeting. In some cases, incarcerated patients are not billed for medications until months later, which disrupts their ability to budget. This delay has led to frustration,

especially when prisoners receive a large, unexpected charge after several months. Dr. Wisner acknowledged that this problem is due to a lack of communication between different systems—namely, inmate accounting and the medical department's electronic health records. He assured stakeholders that efforts are being made to address these delays and streamline communication, with a goal of reducing the lag time to within 30 days.

Concerns About Financial Burden. Advocates raised concerns about the financial strain the co-pays place on these patients and their families. If they even have a job, inmates earn very little money, often less than a dollar per hour for their work within the prison. A \$5 copay, along with \$2 for each prescription every 30 days, and potentially 10% of specialty medical care costs, can quickly add up and consume a significant portion of their earnings. The \$2,000 annual cap on medical charges helps to some extent, but this cap can still be a major burden for inmates and their families with chronic or complex health issues.

Family members also struggle with the system. For instance, money sent to inmates for commissary, clothing, electronics, or other needs is often diverted by inmate accounting to cover unexpected medical charges. UPAN's Molly Prince requested that the UDC consider reducing the percentage of inmates' accounts that can be garnished for outstanding medical debt,

currently set at 60%, to a more manageable amount, such as 30%. This would enable inmates to afford basic necessities while still paying off their medical bills gradually.

Injections & Prescription Costs. An additional concern raised involved clarity around co-payments for injections. Dr. Wisner explained that injections are generally treated as prescriptions, so they incur the same \$2 copay as oral medications. However, Ms. Prince noted instances where inmates were unsure of what they were being charged for, particularly in cases requiring multiple injections over a short period, such as blood clot treatments. Dr. Wisner encouraged anyone encountering discrepancies to report them so they could be reviewed.

Moving Forward: Calls for System Improvements. Stakeholders voiced their appreciation for the UDC's

efforts to improve transparency and update the inmate handbook, which now includes a section on medical co-pays. However, they also emphasized the need for ongoing reforms to reduce the financial burdens on prisoners and their families. Dr. Wisner noted that the department is actively working on improvements and invited continued feedback from advocates, families, and the incarcerated to ensure the system is both fair and effective.

In conclusion, the discussion highlighted the ongoing challenges with Utah's prison medical co-pay system. While efforts are being made to streamline processes and improve communication, the financial strain on inmates remains a significant concern. UPAN continues to advocate for reforms that would alleviate some of these burdens, ensuring that all incarcerated individuals have access to the medical care they need without undue financial hardship.

Utah Department of Corrections Hosts First Citizens Academy

By Molly Prince, LCSW

On August 13, 2024, the Utah Department of Corrections (UDC) launched its inaugural Citizens Academy, a 10-week program aimed at providing the public and key stakeholders with an in-depth look at the inner workings of Utah's correctional system.

Eighteen participants gathered at the Fred House Training Academy in Draper for the program's first session. This unprecedented course offers advocates, local citizens, and other participants a rare opportunity to understand the complexities of the UDC's structure and operations.

Purpose and Format. The UDC Citizens Academy is designed to give participants hands-on experience and classroom instruction on the various facets of the corrections system. The curriculum will offer insight into the UDC's mission to rehabilitate and educate inmates under its care while ensuring public safety.

The academy is held weekly on Tuesday evenings from 6:00 PM to 9:00 PM, with two Saturday sessions lasting from 8:00 AM to 4:00 PM. The academy runs from August 13 to October 15, 2024.

Participants must be at least 19 years old, possess a valid government ID, and pass a background check to attend. The program is free, with the only cost being the participants' full commitment to attend the weekly sessions.

Goals and Topics. The academy's main goal is to enhance communication and partnerships with UDC's stakeholders by improving public understanding of the department's operations. Through increased awareness, the UDC hopes to foster greater collaboration with the community. A wide range of subjects is covered in the program, including: Department Overview, Introduction to the Criminal Justice System

Division of Prison Operations (DPO)
Utah Correctional Industries (UCI)
Victim Services
Inmate Placement Program (IPP)
Recruitment, Staff Wellness, and Retention
Emergency Responses
Secure Facility and Community Correctional Centers (CCC) Tours
Law Enforcement Bureau (LEB) Overview
Critical Incident Response Team (CIRT)
Secure Threat Group (STG) Management
Firearms Training
Adult Probation and Parole (AP&P)
Re-Entry and Rehabilitation Services

Key Organizers & Participants This landmark program was organized by the Citizens Academy Committee - Esekia Afatasi (Skee), UDC's Stakeholder Experience Coordinator, Sgt. Brittany Rothe of UDC Training Division, and Sgt. Todd Graham with Adult Probation & Parole. These three have put in a lot of time and effort to create, host, and facilitate the Citizen's Academy and are known as "The Trifecta!" They are creating a great learning experience for all of us participating. A variety of administrators from various divisions of the Department have been presenting and engaging the stakeholders in this experience.

It also includes participants from various advocacy groups, such as the Utah Prisoner Advocate Network (UPAN), Prisoner Advocate Group, and Paige Norton Advocates. The UPAN directors involved in the academy include Shane Severson, An Bradshaw, Deon Corkins, Ginny Robertson, Karen Thompson, and Molly Prince. Roni Wilcox from the Prisoner Advocate Group, and Paige Norton and Sandra Bytendorp from Paige Norton Advocates are also taking part.

Representatives from other community organizations include Sanne Siale of the Rape Recovery Center of Salt Lake; Amy Chandler, Director and Founder of My Story Matters, who facilitates the 'Captain Your Story' programs at the Utah State Correctional Facility (USCF) and the Central Utah Correctional Facility (CUCF); Lebo Goad of Yoga Forward at USCF; Lisa Hancock, peer counselor at Optum; and Heather Rydalch of DHHS. In addition, Ryan Stock, a citizen unaffiliated with the prison system, and spouses of officers working in the prison and Adult Probation and Parole (AP&P) staff, are also participating in this inaugural course.

Benefits In addition to providing much information about UDC and its structure and processes, the Academy offers an invaluable opportunity for these advocates and

other stakeholders involved in the criminal justice system and UDC administrators to connect in person, in real time. We have gotten acquainted during the brief breaks offered between speakers.

So far, the "Trifecta" has generously provided snacks, water, and pizza for participants since it is scheduled right after work, and for most people, during dinner time. On other occasions Karen Thompson and An Bradshaw provided treats for attendees.

The UDC Citizens Academy stands as a vital step toward demystifying Corrections for the public and increasing community engagement with the department's ongoing efforts to rehabilitate inmates and ensure public safety.

Overview of the Utah Dept. of Corrections Described in UDC Citizens Academy

By Molly Prince, LCSW

In the first week of the Utah Department of Corrections (UDC) Citizens Academy, Executive Director Brian Redd delivered an insightful presentation providing an overview of the UDC. His talk emphasized the department's size, structure, and operations, and highlighted key aspects of their mission and goals.

Largest Law Enforcement Agency in Utah. Brian Redd began by explaining that the UDC is the largest law enforcement agency in Utah, employing over 1,700 certified officers. This includes more than 950 officers assigned to the prisons, 350+ officers dedicated to Adult Probation and Parole (AP&P), and 50 agents who work in areas such as investigations and special operations like CIRT (Critical Incident Response Team). Additionally, there are about 700 civilian employees who play vital roles in administrative, educational, and rehabilitative efforts.

Structure of the UDC. The UDC is organized into **two main branches:** the **Operations Branch** and the **Administrative Branch**, both overseen by Deputy Executive Directors Jared Garcia and Rebecca Brown, LCSW.

The Operations Branch manages Utah's two main correctional facilities—the Utah State Correctional Facility (USCF) and the Central Utah Correctional Facility (CUCF)—while the Administrative Branch is responsible for support services such as recruitment, finance, and rehabilitation programming.

Redd also mentioned that Utah contracts with 20 county jails to house state inmates through the Inmate Placement Program (IPP) which helps reduce overcrowding and avoid building more costly prison facilities. The program also benefits local communities by supporting their jails with state resources. Some of these jails offer treatment and programs needed by state inmates.

Mission and Goals. The UDC's primary mission is to deliver "the right services to the right person at the right time." With an understanding that 95-96% of incarcerated individuals will eventually be released, under Redd's leadership, the department is placing a strong focus on rehabilitation and reentry, aiming to ensure that individuals return to society as productive and law-abiding citizens.

Redd highlighted the importance of correctional case managers, therapists, and other support staff in achieving this goal. These professionals' jobs within the prisons are intended to address the diverse needs of incarcerated individuals, to assist them in gaining the appropriate treatment, courses, and education while incarcerated to supporting them as they release. The support case managers in the community are tasked to do this to support those on parole in the areas of finding appropriate housing and employment assistance to mental health, medical, and educational services. Volunteers from various fields, including religious and educational services, also play a significant role in supporting rehabilitation efforts both inside the institutions and upon parole.

Challenges and Opportunities. One of the challenges UDC faces is managing the medical needs of inmates, particularly those with chronic conditions who require specialized care. Inmates with such conditions are typically housed in the Salt Lake City area, where appropriate medical services are available.

Another challenge mentioned by Redd was the rising inmate population, which was historically between 67-80% of prison capacity but has been steadily increasing. This has prompted efforts to maximize the use of existing facilities and county jail partnerships. While UDC has increased recruitment and retention of correctional officers and support staff over the past two years, there is still a shortage of correctional officers,

parole agents, and staff. This includes a shortage of correctional case managers.

Innovative Solutions and Collaboration. Under Redd's leadership, the UDC has introduced several initiatives to improve operations and rehabilitation. The department actively seeks to leverage new technologies and state-of-the-art solutions to enhance security, improve inmate services, and streamline processes. One example Redd highlighted was an initiative which listens to feedback from inmates to improve service delivery.

The UDC also collaborates with federal and local agencies through task forces focused on reducing crime and ensuring public safety. These partnerships include

work with the U.S. Marshals and the ATF Strike Force, among others.

Conclusion. Brian Redd whetted our appetites with his overview of the Utah Department of Corrections which provided an interesting and attention catching overview of the structure, goals, and challenges of Utah's largest law enforcement agency. With a strong focus on rehabilitation, public safety, and operational efficiency, the UDC is committed to improving the lives of both incarcerated individuals and the broader Utah community. The department's efforts to innovate and collaborate with various stakeholders, including advocates, demonstrates the new direction it is moving to fulfill its mission.

“Your life does not get better by chance, it gets better by change.” Jim Rohn

Introducing the “Achieve Recovery” Program: USCF Men’s Substance Use Treatment Program Restructuring and Name Change

By Shane Severson and Molly Prince, LCSW

The Utah Department Of Corrections (UDC) has announced that the Men’s Substance Use Treatment Program (SUT) known as “Con-Quest” for the past 30 years is being restructured and the name will be changing to “Achieve Recovery.” UPAN directors Susan Sundstrom, Shane Severson, and Molly Prince attended an online meeting on August 28, 2024 in which information about the transition to the new program was shared with programming staff, correctional case managers, and community stakeholders. Information in this article was presented in this meeting by the Director of the Achieve Recovery Program, Kari Bennett.

This transformation marks a significant shift in the department’s approach to supporting individuals in recovery with substance use disorders within the prison. The new name reflects a renewed commitment to fostering recovery, growth, and positive change, aligning with UDC’s evolving philosophy of treatment and rehabilitation.

Why the Change? The original Con-Quest program was established in 1995 as a residential substance use treatment program at the Utah State Prison Oquirrh 2 Unit in Draper. Over time, the term “Con-Quest”—a wordplay on “convict”—became increasingly misaligned with the program’s rehabilitative mission, as it reinforced a negative label that the program sought to remove from its clients. The rebranding to “Achieve Recovery” eliminates this stigma and better aligns with the program’s goals to support positive behavioral changes and prepare clients for successful reentry into society.

Facility Upgrades and Expanded Capacity. The new Utah State Correctional Facility (USCF) in Salt Lake City provides an enhanced environment for treatment. As opposed to Utah State Prison that was located in Draper for decades, the new facility offers three classrooms and six dedicated therapy rooms, significantly increasing the

program’s capacity to deliver individualized and group therapy sessions. This expansion allows for more comprehensive treatment opportunities and better aligns with current best practices in correctional rehabilitation.

Updated Program Structure and Approach. Achieve Recovery has implemented several key changes to improve treatment outcomes:

- **Evidence-Based Practices:** The program has transitioned from traditional process groups to evidence-based curricula specifically designed for justice-involved individuals. These practices focus on providing structured, outcome-oriented treatment that is tailored to each client’s unique needs.
- **Improved Therapeutic Community Dynamics:** By separating the roles of therapists, counselors, and case managers, the program ensures that therapists can dedicate more time to individualized care, creating more meaningful client relationships and developing personalized treatment plans.

Flexible and Individualized Treatment Duration. One of the significant changes is the move away from a fixed timeframe for treatment completion. Instead, the program now bases progress on individualized assessments using the ASAM Criteria.

ASAM is the American Society of Addiction Medicine. The ASAM Criteria assesses the level, length, and intensity of treatment recommended for each individual with a substance use addiction. Currently in use as a standard in the field, the ASAM Criteria, Fourth Edition is a comprehensive set of guidelines that use a holistic, person-centered approach to developing treatment plans for patients with addiction and co-occurring conditions.

This approach recognizes that clients have varying needs and capacities for growth and allows treatment plans to be adjusted accordingly. It is not a “one size fits

all” approach to treatment. Clients must demonstrate a reduction in their need for level of care or show measurable progress in reducing their risk factors to complete the program successfully.

Emphasis on Reentry and Skills Development.

Achieve Recovery places a stronger focus on preparing clients for reentry into society by developing practical skills and fostering family connections:

- **Initiatives like Kids Day** have been implemented recently. This event invites families to visit the facility, allowing those in the program to build stronger bonds with their children and practice sober family interactions.
- **Skills Practice Groups** focus on teaching and reinforcing practical skills that clients can apply in real-life situations, aiding them in their transition to community life.
- **Transition Planning.** Enhanced reentry planning through individual therapy and support groups ensures that clients are better equipped to navigate life after release.

A Less Punitive, More Supportive Therapeutic Environment.

The program has shifted to a less punitive approach, removing fixed punitive timelines and focusing on individualized accountability. Clients are encouraged to reflect on their behaviors, recommit to their growth, and engage in supportive plans designed to help them succeed. This change promotes a more supportive and constructive environment, fostering genuine growth and rehabilitation.

Collaboration and Communication: A Team Effort.

Achieve Recovery emphasizes the importance of collaboration among all who support the residents in this program, including Correctional Case Managers (CCMs), families, and support staff. The program

encourages regular communication and joint meetings to assist shared decision-making and ensure a consistent approach to client support. This collaborative effort is vital for ensuring that program participants receive consistent guidance and encouragement from multiple sources, reinforcing their progress in recovery.

New Mission and Vision.

The new mission and vision statement of Achieve Recovery underscore a holistic approach to substance use disorder treatment. It not only addresses substance use but also focuses on relationships and other contributing factors that influence recovery. The program will use evidence-based practices to address these areas, providing a comprehensive support system to help clients achieve long-term success.

Looking Ahead: The Future of Achieve Recovery.

The transition from Con-Quest to Achieve Recovery is more than just a name change; it represents a renewed commitment by the Utah Dept. of Corrections to meaningful rehabilitation.

The program now offers a more flexible, individualized treatment model that recognizes the unique needs of each client, promoting skills development, accountability, and successful reentry into the community. By fostering a less punitive, more supportive environment, and enhancing collaboration among all stakeholders, Achieve Recovery will pave the way for a brighter future for its participants.

The program’s emphasis on evidence-based practices, flexible treatment duration, and reentry preparation demonstrates UDC’s dedication to helping individuals recover, grow, and achieve lasting change. For more information about the Achieve Recovery program and its new initiatives, please visit [UDC’s website](#).

“The 3 C’s of Life: You must make a Choice to take a Chance to do something different, or your life will never Change.” Unknown

IPP Information: Duchesne County Jail

By Molly Prince, LCSW

Duchesne County Jail is located in Duchesne Utah, Utah. According to the UDC Jail Programs Handbook (found here: [JAILBOOK2023.fix.pdf \(utah.gov\)](#)),

Duchesne has a total of 203 beds in the facility. However, the Duchesne County Jail website at <https://duchesne.utah.gov/gov/elected-officials/sheriff/jail-information/> states it has 166 beds for both state and county inmates. The Jail Handbook states there are 150 beds contracted with the Inmate Placement Program for housing state prisoners.

Inmate Work Programs. The Duchesne County Community Service Projects which utilize jail inmate workers includes various jobs i.e., community maintenance jobs, building trades, and outside work crews. These work programs assist in preparing incarcerated individuals for

successful integration into the community by teaching skills and positive work habits. The program also 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, their inmate community service work projects crew save taxpayers approximately at least \$300,000 per year.

HB157 Programs. House Bill 157 (Justice Reinvestment Amendments), passed by the Utah Legislature in 2018, provides funding for the following programs with the goal to reduce recidivism through education and skill development: Building Trades / Residential Construction through Uintah Basin Applied Tech Center; Inside Out

Dad, offered by Utah State University; Moral Reconciliation Therapy (MRT) & Thinking for Change. In 2023, 66 state inmates successfully completed HB157 programs in this jail.

Duchesne County Jail does not provide a Sex-Offense Treatment Program (SOTP) or Substance-Abuse Treatment Program that qualifies under HB157.

Other Programs Offered. Duchesne County Jail also offers High School Diploma completion and Financial Literacy programs.

Religious Services available include the following Christian denominations: Baptist, Church of Jesus Christ of Latter-Day Saints, Presbyterian, Jehovah Witness, and Non-Denominational.

Activities. According to the Jail Handbook, this jail allows crochet, drawing, and guitar.

Jobs. The Handbook also lists 83 inmate jobs available in the following areas: building trades, county road crew, educational assistant, janitor, kitchen, laundry, librarian, maintenance, translator, trustee, and tutor.

Visiting. There is no in-person contact visiting.

Video Visitation Account Setup must be set up through www.homewav.com. For more information about the HomeWav system or to view video tutorials about the system's features, go to <https://www.homewav.com/video-tutorials/> For support go to support@homewav.com or call 1-844-394-6639.

Dell-Emerald Topics A short UPAN comment to the women so you know you are not forgotten. All of what is included in this newsletter applies to you! Have a happy change of seasons, from Summer into Fall. Stay warm and stay safe and keep a smile on your face. Best Wishes, Ed.

Couple of Smiles and Maybe a Laugh

Humpty Dumpty had a great fall. Summer wasn't bad either ~ A witch wanted to rent a car, her broom was being repaired. The rental clerk said "We're short of automatics, can you drive a stick?" The Witch replied, "Are you trying to be funny?" ~ I once made a lot of money cleaning up leaves. I was raking it in. ~ Who do cows call when they want to relocate? They call a moo-ving company ~ I once read a book about glue. I couldn't put it down.

Optimism helps you live a happier life than those who are victims of pessimism. Optimistic? You're cool! Ed.

Chief Newsletter Editor: Molly Prince, LCSW Detail Newsletter Editor: Warren Rosenbaum (aka Ed.)

Utah Prisoner Advocate Network Contact Info

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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

Additional Joke: October is ADHD (Attention Deficit Hyperactivity Disorder) Awareness Month. It is also fire prevention month, dyslexia awareness month, national book month, heritage month for a variety of cultures, and... and some other things that I forgot. (But I expect to remember, one of these days, in October.)

2024-2025 COVID-19 Vaccine Recommendations for Incarcerated People

By Molly Prince, LCSW

It is that time again! The 2024 – 2025 updated COVID-19 vaccine has been released to pharmacies throughout the US. We have learned that Utah's Prisons have it on hand. Inmates can put in a health care request to get an appointment to get it.

The National Commission on Correctional Health Care (NCCHC) has not yet released specific COVID-19 vaccine recommendations for the 2024-2025 season. However, the NCCHC emphasizes the importance of vaccinating incarcerated populations against COVID-19. Given the high risks of transmission in congregate settings like prisons and jails, vaccination is crucial to reducing the spread and severity of the virus, which can be deadly to vulnerable individuals with chronic health problems.

1. National Commission on Correctional Health Care (NCCHC) - COVID-19 and Correctional Settings Guidance: <https://www.ncchc.org/covid-19-vaccination-in-correctional-settings>
2. CDC Updated Respiratory Virus Guidance for Correctional Facilities: <https://www.ncchc.org/cdc-updates-respiratory-virus-guidance>
3. CDC Recommendations for 2024-2025 COVID Vaccination: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

“Maybe you went through it and survived it just so you could help someone else make it through.” Devone Hart

UPAN - ALL HEARTS COME HOME FOR THE HOLIDAYS

By Karen Thompson, UPAN Director of Special Projects

Reaching out to UPAN families needing help with HOLIDAY gifts for children 0 – 18 years old.

If your child has a parent incarcerated in Utah's prison system, please mark your calendars and prepare to apply for help with a holiday gift for them. **We are launching our UPAN effort on 1 October 2024.** It is never too early to plan!

This project will be facilitated by having sponsors order the gifts from Amazon.com and gifts will be delivered to the homes of the children / custodial parent or custodial adult.

To apply for your children. Please complete one application per family, and send the following information for each child:

*Child's Name; Age; Shoe Size; 1 want; 1 need.
Name of the custodial adult.
Name and DOC # of the incarcerated parent
Physical address of custodial parent (required for Amazon Delivery, Amazon will not deliver to PO boxes)
Phone number for any questions*

The limit for each request per child cannot exceed \$150 per child. We hope to deliver 1 pair of new shoes; 1 want and 1 need to each child.

The NCCHC aligns its approach with the CDC's broader respiratory virus guidelines, which encourage vaccination as a critical tool in reducing the severity and spread of COVID-19.

For the 2024-2025 season, the CDC recommends that all individuals aged six months and older, including incarcerated people, receive the updated COVID-19 vaccine.

These updated vaccines target new variants and provide protection against severe outcomes, hospitalization, and long COVID. The CDC emphasizes the importance of vaccination in high-risk settings such as correctional facilities, where outbreaks can spread quickly due to close living quarters. Sources:

Mail your Holiday Requests to: UPAN All Hearts Come Home for the Holidays 2024, PO Box 33, Layton, Utah 84041

ALL Requests MUST BE RECEIVED by UPAN by November 1, 2024

Become a UPAN All Hearts Sponsor. Anyone wishing to fulfill the Holiday requests and sponsor a child or family of children will find a link on the UPAN Family Facebook Page beginning November 15, 2024.

All Hearts Sponsors will be given a list of what is needed for a child or the number of children they are wishing to sponsor. They will then order the gifts from Amazon.com which will also deliver the gifts to the child.

Amazon will be the fulfillment center for this project. ALL gifts must be ordered by sponsors by December 15, 2024 for Amazon delivery in time for Christmas.

Confidentiality and anonymity. Identities and addresses, email addresses, phone numbers, and any other contact information of all parties will be known only to Amazon and UPAN Directors managing this Holiday Project. The safety of your information is a priority.

Questions - contact@utahprisoneradvocate.org

Working together we can make a difference!

***“In helping others, we shall help ourselves,
for whatever good we give out completes the circle and comes back to us.” — Flora Edward***

UPAN All Hearts Come Home for the Holidays Application Form

Full name of parent or guardian of the child (living in the community):

Name and inmate number of incarcerated parent and the Utah prison / jail they are housed in:

Physical address of child where Amazon will deliver gifts (No P.O. Boxes Please)

Phone number (to contact with questions):

Email address:

Will you be receiving any other source of financial assistance this holiday season? Yes____ No____

Source:

Full names, gender and ages of all children you are applying for:

List clothing and shoes sizes for each child in the application with child's first name:

What is the one item each child is hoping to receive this holiday? List with child's first name:

Additional comments or concerns:

Mail to:

UPAN All Hearts Come Home for the Holidays 2024

PO Box 33, Layton, Utah 84041

ALL Requests MUST BE RECEIVED by UPAN by November 1, 2024