



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

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Holiday Project for Kids – New Legacy Prison Education & Benefits – Family & Friend Orientation Dec 5 – AP&P Re-Entry Mgrs for Parole Success – Earned Time Credit (Up to 8 Mons) – Longer “Hugs” – Prison Education – What the Women are Doing – IPP Overview – Thanksgiving - Letter of Gratitude by S. Severson & Gratitude Thoughts of 12 UPAN Directors

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Next Meeting: Monday, November 11, 2024 6:30 – 8:30 pm. Speaker: Brian Redd, Executive Director, Utah Dept of Corrections. Join all meetings at <https://bit.ly/UPAN-Meet> No Meeting in December.

Following Monthly Meeting: Monday, January 13, 2025 6:30 – 8:30 pm. Speaker: TBA

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.

UPAN Holiday Project: Make a Child Happy – Sponsor a Gift for a Child of Incarceration!

You have seen information about the UPAN Holiday Project to help children of Utah inmates for the holidays in the past few newsletters. Now for the Sponsors: There will be a link to the UPAN 2024 Gift List on the UPAN Family Group Facebook Page beginning November 10, 2024. You can choose a child to sponsor.

This list will include the First name, gender and age of each child. You will also see their sizes in clothing and shoes as well as one want, one need.

This list will be completed and entered on the Amazon Gift Registry by November 10th. You can go to the list and select from the “UPAN 2024 Gift List” on Amazon.com Gift registry for the child or children you chose. You then may select from the gift list or choose

other similar gifts based on sizes and wants/needs listed for the child you chose. Gift cards are appropriate too.

Any gift is wonderful, but please, don’t exceed \$150 for each child. While many of these boys and girls don’t have siblings, there are families with multiple children on the list.

Please place your order for gifts no later than December 5th. Gifts should be delivered by Amazon between December 10-15th. The use of Amazon Delivery allows us to help children statewide (or even out of state if a child of a Utah inmate lives outside the state.)

Everything is confidential, so the delivery address will be known only to Amazon, and the identities of the sponsors and the recipients will be anonymous.

Your generosity will make the Holidays happier for these children. Thank you from your UPAN Family!

Sponsor / donor questions can be emailed to:

karen.thompson@utahprisoneradvocate.org

or mailed to: UPAN All Hearts Come Home
PO Box 33 Layton, UT 84041.

UPAN & New Legacy Co-Sponsor Discussion and Screening on Education on September 4th

Susan Sundstrom, UPAN Director of Educational Opportunities

UPAN co-sponsored an event with New Legacy Education to present a discussion of the importance of education in prison and which offered a screening of an abbreviated version of Ken Burn's film, "College Behind Bars" at the Salt Lake Public Library on September 4th.

This event was designed to bring attention to the need for more educational resources within our jails and prisons.

Former Governor Gary Herbert provided an introductory video extolling benefits of educating incarcerated people.

Nathan Meidell, Director of New Legacy Education offered an introduction prior to the film screening. He

described his involvement with New Legacy through his brother-in-law who is currently incarcerated.

Following the film, Travis Nielsen, who was previously incarcerated but is now an educator himself, spoke about what a difference education made in his life. Susan Sundstrom, the new UPAN Director of Educational Opportunities, also participated to answer questions and discuss ongoing initiatives.

New Legacy hopes to offer courses in prisons and jails, specifically here in Utah, to prepare incarcerated learners with creative and technical skills in the profession of film and digital media. <https://new-legacy.org/>

Correctional Education Improves Inmate Outcomes

Susan Sundstrom, UPAN Director of Educational Opportunities

It has become evident that the new UDC Director, Brian Redd understands that if he wants to bring about transformation at the new prison, educating inmates can help to bring about the changes he wants to see.

Education reduces recidivism. Data has shown that educating people during their incarceration can reduce recidivism by as much as 43% and for every \$1 spent on education, the public can save up to \$5.00 per individual. Employment following incarceration can improve by as much as 13%. More important is the transformation that receiving an education can make in a person's life, and that of their families.

A tour of the education facilities at USCF. The previous UDC Education Director, Brian Fauver, recently stepped down from his position. After his departure, there were two very enthusiastic directors who took the lead. I met Cpt. Desiree Ehlers who was the interim Education Coordinator for UDC, and Lt. Ammon Dunford on the USCF Education team.

They took me on a tour of the USCF education facilities in the DELL and BEAR housing units. They have multiple classrooms that are well organized, clean, and have large screen TV's that can upload content. Many of the classrooms also have computers and I observed some of the women in DELL working in a computer technology class and one in graphic design.

Several Education Programs at USCF. There are several ongoing educational programs including: The Skyview Academy for grades K-12 education and high school completion; Davis Vocational programs offering certificates in computer technology, graphic and web design, auto mechanics, welding, and others; Salt Lake Community College offers Associate Degrees; and the

University of Utah is getting their Bachelor programs up and running with volunteer donations and the recently approved PELL grants that are now available to incarcerated students. The coursework training for these programs is available on-site at the prison.

Non-Academic Programs. There are also non-academic programs available such as religious services, yoga, crocheting, pickleball, library availability, etc. Fremont Housing currently has self-study packets. Currant has correspondence and self-study. Some residents in Antelope (max) may have access to some education on tablets.

Self Improvement Programs and CAP courses. Several new programs have been introduced to USCF, and some at CUCF this year.

'*Captain Your Story*' is a 12-week self-exploration course taught in classrooms at USCF and CUCF and takes applications through 'My Story Matters', P.O. Box 382, Springville, Utah 84663. Inmates can send a letter with their name, #, housing unit, and explain why they are interested in the program. It is our understanding that they also can apply through the tablets.

'*Transition Discovery Education Program*' by New Path is a program that has been introduced this year in both USCF and CUCF. The Transition Discovery Education Program offers an unparalleled opportunity for incarcerated individuals to embark on a journey of self-discovery and improvement.

'*Defy Ventures*' is a new program that launched in BEAR in October which will support personal change, growth, and entrepreneurship. (See article Oct. 2024 UPAN

newsletter.) This begins first in USCF Bear, then be offered in Dell, and also eventually in CUCF.

Programs required by Case Action Plans such as MRT and Inside Out Dad, Victim Impact, and others are also available in both prisons.

Treatment programs such as Substance Use and Sex offense treatment also are available in both prisons.

IPP Education Programs. The Inmate Placement Program (IPP) has educational and programming opportunities available in most of the county jails that contract with UDC. The offerings vary by facility. Travis Knorr oversees the IPP programs.

USCF availability. The education programs are available to inmates in general population BEAR and DELL housing. There are currently no education programs available in lockdown or maximum-security

housing. In general, programming is unavailable to inmates who have write-ups or disciplinary actions filed against them.

An incarcerated person needs to apply for a program through their case managers who put them on a needs list and submit those to the Education Team. When enrollment is available in a program, managers pull from those lists. Most of the programs have a waitlist.

UDC continues to consider other programs. In addition to these programs mentioned in this article, and others not mentioned, UDC will continue to review and consider other courses and programs. One of those UDC may consider is 'New Legacy Education' which did a screening of an abbreviated version of Ken Burn's film, "College Behind Bars" at the Salt Lake Public Library on September 4th. (See separate article in this newsletter.)

Re-Entry Services to Be Provided by Re-Entry Case Managers in A P & P

By Molly Prince, LCSW

UPAN has long advocated for what we used to call "Parole Success." This was a call for the involvement of the UDC and its agents to help support individuals leaving incarceration and returning to the community in adjusting to the challenging and overwhelming transition from prison life to society.

This year, under the direction of Executive Director Brian Redd and Re-Entry & Rehabilitation Director Daniel Chesnut, there has been a restructuring of Adult Probation & Parole to accommodate a division of Re-entry Case Managers who are working through A P & P with individuals who are paroling.

This was explained to the August 21, 2024 UDC Stakeholders Meeting by Lt. James Demkov, of UDC's Re-Entry & Rehabilitation Division. He explained the challenges and ongoing efforts of UDC to support individuals in their re-entry process on parole.

Re-Entry Case Managers. One of the key topics Demkov addressed was the role of Re-Entry Case Managers in enhancing and providing support during the re-entry process. He emphasized that in the past, the re-entry system has relied heavily on parole agents and correctional case managers within the prison to prepare individuals for release.

This year, the Department's approach has evolved with the creation of a Community Re-entry Team. This team consists of correctional case managers located in Salt Lake City, West Valley City, Provo, and Ogden, whose sole responsibility is to assist individuals during their first 120 days of parole. Their focus is not just on meeting

immediate release needs but also on addressing practical challenges such as access to food, transportation, employment, resources for medical care, mental health, and other basic needs.

Demkov pointed out that transitioning back into society can be overwhelming for individuals who have spent years, or even decades, incarcerated. Upon release, particularly on Release Day, individuals tend to focus on reuniting with their families, which can cause them to overlook important resources and services offered by the Re-entry Team. Demkov acknowledged this issue and expressed a desire to establish a process that separates the emotional excitement of release from the logistical aspects of reentry preparation. Ideally, these resources would be provided in advance or after release so that the newly paroled individuals could benefit from them without being distracted by the excitement of freedom that occurs at the time of release.

Community support and resources. Additionally, Demkov discussed the importance of communication between UDC and community organizations. He urged stakeholders to share information about available resources and any gaps in services they might identify. This communication, he stressed, would help UDC continue improving re-entry outcomes by adapting to the evolving needs of those re-entering society.

In summary, this discussion underscored the importance of coordinated re-entry services, the role of specialized case managers, and the need for timely communication between UDC, community organizations, and the individuals they serve.

Save the Date: UDC Family & Friend Orientation Scheduled for December 5, 2024

The quarterly Family Orientation is scheduled for 6 – 8 p.m. on Thursday December 5, 2024 at the Fred House Academy, 14727 Minuteman Drive, in Draper, the building south of the UDC Administration building. Officials will explain the processes in various areas of the prison including mail, property, accounting, visiting, phone use, and case managers. Recommended for all new to prison! For more info: corrections@utah.gov

A Deep Dive Into the Earned Time Credit Program in Utah by Molly Prince, LCSW

The following is based on a flow chart created by the Utah Board of Pardons & Parole to clarify how the Earned Time Credit (ETC) program is used in Utah, combined with information provided by Administrative Director of the BOPP, Jennifer Yim and Chief of Hearing Officers, Brett Varoz at the October UPAN meeting.

The Earned Time Credit (ETC) is a critical aspect of Utah's parole and rehabilitation system. It is designed to incentivize incarcerated individuals to participate in programs that promote personal growth and preparation for reintegration into society. Here is a detailed look at how the ETC process works and the requirements involved, as outlined in the Earned Time Credit flow chart presented in the October 14, 2024 UPAN meeting by Jennifer Yim and Brett Varoz.

Utah Law Governing Earned Time Credit. The Board of Pardons and Parole follows Utah Code 77-27-5.4 to acknowledge or grant Earned Time Credit. This legal framework guides how the ETC is granted, ensuring that those who qualify and have met the program requirements receive the appropriate time reductions

Qualifying for ETC. To qualify for ETC, an incarcerated individual must complete specific programs that are approved by the Utah Department of Corrections (UDC). These programs are often ordered by the BOPP. These programs are also included in the person's Case Action Plan (CAP) requirements. These programs are often geared towards rehabilitation and personal development, aimed at preparing the individual for successful re-entry into society.

Once a qualifying program is completed, the completion is recorded in the Offender Management Desktop computer system the next day. This data is reviewed by the UDC's Re-Entry & Rehabilitation team to ensure all requirements have been met.

How is the Completion Reported to the BOPP? After a program is successfully completed: **(1)** The UDC's Re-Entry & Rehabilitation staff will review and save the completion data. **(2)** If the parole date has not been determined at the time of completion of the qualifying program, then the notice of completion is sent by UDC to the Board of Pardons and Parole's Earned Time Credit Screen for further processing to be documented in the inmate's file. **(3)** If the parole date (after the 4 month time cut has been applied) is within 6 months, then the notice of program completion will be sent to the UDC's

Re-Entry & Rehabilitation (R&R) staff to process. Then the R & R team will review and save that information in the system which will automatically send it to the Board's Earned Time Credit Screen. **(4)** If the parole date has already been set, the next step involves the processing of the discretionary time cut request by the BOPP, depending on the individual's situation.

Discretionary Time Cut Requests. Discretionary time cut requests, or special attention requests, are submitted for incarcerated individuals who have completed the necessary programs but whose parole dates are within 6 months. The request is routed to the Board of Pardons staff, who facilitate the process.

One inmate can receive up to two 4-month mandatory time cuts, totaling 8 months. Anything over 8 months is considered a discretionary time cut.

It is important to note that program completion, while beneficial, is not automatically considered a request for a discretionary time cut. Special attention must be given by UDC staff for these requests to be properly submitted and processed.

Key Timelines. One important part of the ETC process is the timeline for submissions. If an ETC request moves an individual's release date up to the following Tuesday, the Board must receive the request by the preceding Wednesday. This deadline is in place to allow UDC's Pre-Release team some time to prepare. Requests received later than Wednesday (i.e., on Thursday or Friday) will not be processed for the upcoming Tuesday release date.

In Conclusion. The Earned Time Credit system in Utah plays a central role in supporting the rehabilitation and reintegration of incarcerated individuals. By completing qualifying programs, individuals have the opportunity to shorten their length of stay in prison. However, the process involves specific timelines and criteria that must be carefully followed by both the UDC and the Board of Pardons to ensure timely processing and fair application of time credits.

"We will be known forever by the tracks we leave." Dakota saying

Benefits of a 10 - 20 Second Hug Per Day by Molly Prince, LCSW

Additional restrictions for in-person visiting at USCF went into effect the week of October 7, 2024. Among many other things is the **5 second rule for hugs**. The actual duration of 5 seconds can be understood when counting 1-Mississippi, 2-Mississippi, 3-Mississippi, 4-Mississippi, and 5-Mississippi. At USCF hugs are allowed at the beginning of the visit and at the end of the visit only.

Families and incarcerated loved ones have already had the right to touch each other through holding hands during visits taken away in both prisons. There is no touching during visiting at all in all of Utah's county jails, which is detrimental to the residents of those jails who are state inmates and can be housed there for years and years.

The reason that these more restrictive rules that are being put into place are in an effort to reduce the flow of contraband into our prisons. There are many people who are suffering due to choices of others. There are a variety of changes that are of concern to those families/visitors and incarcerated individuals who have done nothing to warrant what feels like punishment. Hugging is just one of them. But it is one I am inspired to write about today.

This article is a copy of what I have sent to the UDC administration. I want to share it with you:

It has long been known that human touch is healing and contributes to the reduction of anxiety, irritation, and anger. Anyone who has ever been in a relationship with another human being understands the power of a hug to calm emotions, reassure and rebuild connection, and convey emotions that cannot be easily put into words.

Below is information from various sources based on research that indicates that hugs ranging from 10 to 20 seconds makes a significant difference in emotional, physical, mental, and social health.

Engaging in a hug with someone who matters to us each day can have several emotional, psychological, and physiological benefits. Here are some key advantages:

Increased Oxytocin Levels. Hugs promote the release of oxytocin, which is linked to feelings of bonding, trust, and empathy. It enhances a sense of connection between individuals and promotes emotional well-being. Research by Dr. Paul Zak, known as the 'Love Doctor,' suggests that physical contact, like hugging, increases oxytocin, helping reduce stress and promote happiness.

Reduced Stress and Anxiety. Studies have shown that hugs trigger the parasympathetic nervous system, which calms the body and mind, helping to lower stress levels. A hug can lower cortisol, the stress hormone, making you feel more relaxed. Various studies indicate that hugging reduces harmful effects of stress and anxiety, improving how one feels during a disagreement or conflict. This human touch and hugs effect can then reduce violence. www.psychologytoday.com

<https://www.cnn.com/2018/10/03/health/hugs-study-relationships-wellbeing-trnd/index.html>

“Give thanks for unknown blessings already on their way.” Ute proverb

Dell-Emerald Topics **What Have the Women Been Up To?** by Molly Prince, LCSW

We have not had an article specifically dedicated to the accomplishments or issues related to our female population in USCF since the August issue on preparing the ground for gardens. I was reminded of that when I received a letter from T.M. with some ideas to cover. For some reason it seems that gathering information on what is happening in Dell is a bit harder to find. Without a UPAN Director of Women's Issues, this responsibility falls to me. I regret not being more on top of what the amazing Women of Dell are doing!

Improved Heart Health. Physical touch, such as hugging, has been linked to lowering heart rate and blood pressure. Regular hugs can improve cardiovascular health and reduce the risk of heart disease.

https://www.health.harvard.edu/newsletter_article/In_brief_Hugs_heartfelt_in_more_ways_than_one

Boosts Immune System. Hugs may boost the immune system by lowering stress and supporting better circulation of white blood cells. This increased immune function helps your body fight off infections more effectively. Immune system is strengthened by the gentle pressure on the sternum and an emotional charge during a hug stimulate the thymus gland, regulating and balancing the body's production of white blood cells, essential for maintaining good health.

www.bcop.org.uk/the-healing-power-of-hugs-a-deep

Increased Dopamine and Serotonin. Research by Dr. Tiffany Field who founded the Touch Research Institute in Miami found that physical contact, such as hugging, boosts dopamine and serotonin, the neurotransmitters associated with happiness and pleasure. This can reduce depression and improve one's overall well-being.

Boosting of self-esteem. According the same article form Broadening Choices for Older People (BCOP) cited in the immune system paragraph above, the physical contact during a hug not only provides a sense of safety and love but also contributes to enhanced self-esteem, instilled through connections with parents, children, relatives, and friends.

Improved Relationships and Emotional Bonding. A daily hug fosters emotional intimacy and strengthens relationships. It serves as a non-verbal form of communication, reinforcing feelings of safety, love, and connection. Research from Carnegie Mellon University reported by CNN found that individuals who frequently received hugs had better emotional resilience and were more satisfied in their relationships. This study also found that hugging helped people feel less poorly after some kind of conflict or negative event during their day.

Here is a summary of what we were notified about and the little bit of information I have found on the UDC Facebook Page and looked for in mainstream media.

INSPIRE - Individuals Nurturing Self Progression In a Restorative Environment. This program is underway. It offers an alternative to prison culture and provides women an opportunity to grow. According to the post and video that was posted on the UDC Facebook Page on September 27, 2024, INSPIRE is "Transforming lives from within!" It goes on to say, "The

'Inspire' program isn't just about change, it's about saving lives and building a safer community.

A group of INSPIRE's women went through Certified Peer Support Specialist (CPSS) training and graduated with their certifications. Unfortunately the video on the UDC post did not identify how many women completed this Certification, but pausing the video and counting, it appears to be 15!

Captain Jared Beers discussed how the women support each other through these programs and services that benefit everyone, including the environment in the institution. He said the rapport that these peer support specialists have with staff – including correctional staff, therapeutic staff, medical staff- also contributes to the success of those who are CPSS who are helping their peers who are struggling. He pointed out that these women will take these skills out into the larger community with them when they leave prison, which then will contribute to a better community while enhancing their own lives.

Taneshia, a Certified Peer Support Specialist on the UDC video spoke about the value of becoming a peer support specialist. She described the role, "It is really about saving lives..." It is about supporting people, and talking them out of their despair. She stated that it is very important for both parties because it helps not only the person she counsels and supports, it contributes to her own recovery and growth.

The UDC recognizes that these women are making the world a better place. The closing statement on the post says, "These newly certified peer support specialists are not just gaining valuable skills for reentry; they're poised to lower recidivism rates and create a supportive community, reinforcing the profound impact of taking responsibility for oneself and others." What a gift to have these women in the world!

The Women's Sewing Shop is working on another service project! T.M. shared that this project is making beanies and mittens to donate to an elementary school

in the Rose Park area. I am waiting for more information on this after reaching out to UDC about it.

One Kind Act A Day was also a program that has been suggested we learn about and share an article about. It is my understanding that that Dell's women are very involved in it. Governor Spencer Cox declared a Tuesday on April 12, 2022, One Kind Act a Day. Developed from an idea by Khosrow Semnani, the celebration of kindness in downtown Salt Lake City served as the launch for what will be a global campaign, One Kind Act a Day. To The Semnani Family Foundation, transforming the entire world into a better place can begin with each individual person's daily act of kindness.

We have learned that the organization has classes inside and outside prisons to teach positive principles and encourage the demonstration, recognition, and celebration of kind acts. When we celebrate good things that happen, we can move past the negative in our lives.

According to Steve Smith, the volunteer liaison from the Church of Jesus Christ of Latter Day Saints who is familiar with the program, some residents of every USCF unit participate but not all participants attend a class.

Participants are given cards which are awarded to individuals who are observed committing kind acts. When a card is awarded, the person who awards the card stops, recognizes kindness, and celebrates the kind person and act. Awards are recorded. Ten kind acts from one individual can result in the organization to send a personalized letter and coin to the resident's family. <https://thepowerofkind.org/gov-cox-declares-tuesday-as-one-kind-act-a-day-day-in-utah/>

It should be noted that the LDS Church does not fund the organization, but entire wards and stakes participate in the program. One Kind Act is also expanding through various religious organizations in the community.

It is anticipated that the program in the prison will soon be able to communicate with participants through the tablets within the prison.

A Letter of Gratitude from UPAN Director of Communications Shane Severson

As I reflect on the past year, it's hard not to feel overwhelmed with gratitude for the incredible people, experiences, and progress we've witnessed in our work at UPAN. It's been a year of meaningful collaboration, growth, and advocacy for Utah's incarcerated population and their families.

One of the most humbling experiences for me personally was participating in the UDC Citizen's Academy. Alongside Molly, Ginny, An, Deon, and Karen, I had the privilege of seeing the inner workings of Utah's correctional system firsthand. We toured USCF and some Community Correctional Centers and learned about almost every division of UDC.

From the AP&P ride-a-longs to the Fred House Academy scenario training, it was eye-opening. The level of dedication shown by AP&P Agents Mike Alexander and Charles Chappell, who made me feel welcome during the ride-a-long, was truly impressive. The care and commitment they bring to reintegrating parolees into society reminded me how complex the system is, but also how much hope there is when people are given the right support. I'm grateful for their openness in answering my many questions and allowing me to witness the impact they make daily.

A huge part of this year's success is due to the leadership of UDC Executive Director Brian Redd and his team. Brian's approach to transparency and

partnership has opened doors that were once closed, allowing us to advocate more effectively. We've had the opportunity to engage directly with decision-makers and witness real changes in policy and practice. For instance, the expansion of medication-assisted treatment (MAT) in Utah's prisons and jails as well as the adjustments to the Justice Reinvestment Initiative (JRI) have made a tangible difference. These programs are reducing recidivism and supporting inmates in overcoming substance use disorders. I'm incredibly thankful for the role we've been able to play in advocating for these changes and the willingness of the UDC to listen.

This year, UPAN's work has touched on so many critical issues. From addressing the challenges of phone call blockages by some carriers to fixing issues in video visitation, dealing with commissary shortages, and issues with medical co-pay billing, the journey hasn't always been easy, but it's been filled with moments of real progress. The ongoing struggle to reduce communication costs for inmates and their families remains an important issue. The federal and state efforts to reform the predatory pricing practices of communication vendors are still in motion, and although progress is slow due to powerful lobbyists, we're hopeful that real change is coming.

We've also seen many new and enhanced programs emerge in the correctional system this year. Certification programs for women inmates, expanded reentry services, and improved housing options at Utah State Correctional Facility have all been part of these developments. Additionally, the state's new guidelines for handling parole violations have created more opportunities for rehabilitation and recovery. These changes are a direct result of advocacy, collaboration, and the commitment to making Utah's correctional system more humane and effective.

Our Facebook timeline and the UPAN Family Support Group have been alive with heartfelt discussions, support, and advocacy. Our community has been key in helping families and formerly incarcerated individuals navigate the system, and I'm thankful for everyone who has shared their stories, concerns, and triumphs. It's a space that reminds me of the resilience of families and the importance of having a network like UPAN to lean on.

Of course, none of this would be possible without our co-founder, Molly Prince. She's the glue that holds everything together. Molly's tireless dedication has kept UPAN going strong for over eleven years. She doesn't get nearly enough credit for the hours she puts in behind the scenes, coordinating meetings, leading initiatives, and being there for families in need. I'm also incredibly grateful for all the UPAN Directors: Amanda, An, Carrie,

Chris, Deon, Devin, Faye, Heidi, Karen, Marsha, Maureen, Susan, Ginny, and Warren. Their passion and commitment have made a tremendous impact, and it's truly a team effort that makes our work possible.

This year, we also saw important legislative changes that have impacted the incarcerated and formerly incarcerated populations in Utah. The passage of new jail contracting and reimbursement policies, as well as the updates to recidivism metrics by the Utah Sentencing Commission, has been instrumental in improving the way we advocate for state inmates. We're also looking ahead to how care and accommodations for incarcerated individuals with disabilities and chronic illness can be improved, signaling a hopeful future for a more compassionate approach.

A special thanks also goes to Esekia "Skee" Afatasi, Sergeant Todd Graham, and Sergeant Brittany Rothe, who helped organize and lead the first UDC Citizen's Academy. Their dedication to educating us about the system has been invaluable. I've gained so much insight into how things operate behind the scenes, and we'll be sharing more about this experience in various separate in-depth articles soon. We couldn't have made it through the Academy without their knowledge, support, and encouragement. And of course, a huge thank you to Jade Watkin, UDC's Constituent Services Specialist, for gracefully handling our endless stream of emails and making sure everything gets to the right person and followed up on – we definitely keep her busy!

I'd also like to express my gratitude to our October 14th UPAN Monthly Meeting guests, Executive Director Jennifer Yim and Hearing Officer Brett Varoz from the Utah Board of Pardons & Parole. Their willingness to discuss the intricacies of parole decisions and their transparency during our UPAN meeting was enlightening. And, as we wrap up our 2024 meeting series on November 11th, it feels fitting that we'll be joined by Utah Department of Corrections Executive Director Brian Redd himself. His leadership has been critical in fostering the collaboration and openness we've seen this year, and I look forward to what the future holds.

As we head into the winter break, I'm filled with a deep sense of gratitude for the progress we've made and the people who have been part of this journey. I'm thankful for the opportunity to learn, to advocate, and to be part of a community that believes in second chances and transformative change. Here's to all the hard work, the challenges overcome, and the hope that we carry with us into the coming year.

Thank you all for making this year one of the most impactful yet. Warmly, Shane Severson
Director of Communications, UPAN

"The secret of our success is that we never, never give up." – Chief Wilma Mankiller (Cherokee)

"Thanksgiving, after all, is a word of action." – W. J. Cameron (Newspaper Editor)

Thoughts of Gratitude from UPAN's Directors 2024

Warren Rosenbaum, UPAN Detail Newsletter Editor. I'm thankful that I was born in this country, for the life I've lived, for the family support I've received, and friendships that I've experienced.

I am also thankful for the opportunity I've had to volunteer with other UPAN associates and contribute to UPAN's goals of helping families who have incarcerated loved ones and for assisting the incarcerated as advocates when issues arise that need to be addressed.

I'm grateful for the opportunity to bring hope, encouragement, and helpful changes to all families and their loved ones who are involved with the Criminal Justice System.

Also, I'm grateful for my quest to learn by reading and research, and not simply to be entertained by movies and silly TV sitcoms. Learning brings wisdom and the ability to discern, to examine issues and make wise decisions.

I am grateful for my internal desire to help others find a rewarding future that is available to them, and the endurance I've had to keep going over the last ten-plus years, having started with UPAN at age 80. I've proven that there is a lot of living to do after age 60 or 65 as we progress into our senior years.

Heidi Kubbe , Director of Commissary Issues & BOPP Issues. With all the conflicts in the world today I am thankful that I live in a small place in the world that I feel safe. I am thankful for my LO that is serving time in a safe environment and that I can talk to daily and see a few times a month.

I am thankful for my wonderful family and friends that have supported me and my LO through this journey and have been there when tears have been shed and laughter have been needed.

I am thankful for UPAN for having the foresight to set up this group. This past year I have really seen the importance of each director and their job. They each work hard for the incarcerated men and women in both prisons.

And once again, I need to say thank you for UDC leadership. What a difference this new leadership has made.

Deon Corkins, UPAN Inmate Newsletter Volunteer Coordinator / Mail Retrieval and Triage. In December, my loved will achieve a 3-year anniversary of being off parole. I am grateful for his steadfastness and resolve in finding a new path for living.

My heart is full of gratitude and admiration for numerous UPAN newsletter mailing volunteers who have, for many, many years, printed the UPAN newsletter, purchased ink, paper, stamps and envelopes at their

own expense. These wonderful people provide the UPAN newsletter to inmates without family or friends to mail it to them.

Maureen Parker, Member of UPAN's Med Team. I'm grateful for the opportunity to use my skills to help those who are incarcerated and lack adequate representation. I'm grateful for all that I have learned from you and the other UPAN team as well as those who are incarcerated.

I'm so grateful that there are humans out there who want to address the problems and are working towards justice and compassion as well as healing in this difficult to navigate system.

I'm grateful for the new administration and their willingness to look at how to improve the lives of the incarcerated community and the personnel. Thank you for giving me the opportunity to give back

Karen Thompson, Director of Special Projects. 2024 has been a fast and furious year. So many changes and growth. We have been joined by so many more families and we feel like we have been able to provide help and encouragement. The opportunity to work with the fellow directors has been great. The more we learn the more we can do and the more we share the better we understand.

Susan Sundstrom, Director of Educational Opportunities. I am thankful for the support of my family and friends through this difficult prison journey and for the work that UPAN continues to do to improve conditions for our incarcerated loved ones.

Amanda Bixman, Director of Programming Issues CUCF. I am especially grateful for the unwavering support from my family and friends. Their presence during difficult times has been a source of strength and comfort. Whether it's a listening ear or a word of encouragement, their love reminds me that I am never alone.

Carrie May, Director of Employment Resources. I have so much to be thankful for. I have been blessed with an incredible support system that feels like it is continuously expanding. I'm thankful that I get to be a mom to two amazing boys, and the best part is that I have a really close relationship with each of them, and they have a close relationship with each other. I'm thankful for all the amazing humans I encounter on a daily basis who remind me in big and little ways that there is goodness in people and in our world.

Additionally, the incredible work done by the Utah Prisoner Advocate Network has made a significant difference in the lives of incarcerated individuals and their families. Their commitment to advocacy, support, and education helps families navigate the challenges of incarceration with dignity and hope.

Marsha Leen-Mitchell, Health Educator, UPAN Med Team. I am grateful to be a part of an organization of dedicated and compassionate volunteers who work to improve the lives of families and their incarcerated loved ones during a difficult journey.

"Ginny" Virginia Robertson MSN, FNP-BCI, Director of UPAN's Med Team. I am grateful for being given the opportunity to participate in the UDC's Citizen's Academy. This program has opened communication and helped me better understand how things work so I can be a better advocate for all involved. It was an awesome experience. I recommend all citizens take this course.

I cannot express the amount of gratitude I have for this administration and how they are trying to make changes to improve the lives of those incarcerated, on parole, and their families. I look forward to a continued positive relationship with DOC for continued improvement.

I am most of all grateful for the time I have had with my son who is on Parole and looking forward to enjoying the Holidays with him and all of my family this year!

Chris Moon, UPAN Secretary, Co-Founder, UPAN Facebook Administrator. I am very grateful to interact with every Director in UPAN. It is an honor to be in a group with the most amazing humanitarians. I love the positive posts on our Facebook Family Group page thanking the officers or sharing positive visits and interactions at the prison. I know all too well that they seem rare, but they give us all something to cheer about!

It is heartwarming to hear about the education, successes, and the releases. They touch all of our hearts in this hard journey. I am thankful for everyone that chooses to stand with UPAN and advocate for their loved one! Keep up the good fight, we are here to support and cheer you on! Happy Holidays!!

Molly G. Prince, LCSW, Co-Founder, Director, Med Team. I am so grateful for all of the UPAN directors (who are all volunteers) who are dedicated and serious about UPAN's mission and goals. They do research and collaborate and work hard in various areas to help families and prisoners while keeping the line of communication open with UDC to improve the conditions that our incarcerated citizens experience in Utah's prison system. I am grateful for our partners, which include other advocates who are dedicated to the cause, and other organizations who serve justice-involved people.

I deeply appreciate all of the family members on this prison journey who spend time sharing information on our family facebook group and through emails; support each other, and research issues to help us in our quest to have the latest information to assist us in our work. I appreciate all the friends and family who learn how to advocate for their own incarcerated loved ones.

I also appreciate all the professionals who have presented at the monthly UPAN meetings this year to help us all gain a better understanding of the various issues and areas they represented.

I am thankful for the direction that UDC's administration is taking. They are providing opportunities for the various divisions and their staff to introduce new ideas and implement new programs into our prisons for the benefit of prisoners and their families have expanded.

I am very grateful for Esekia Afatasi (Skee) who stepped into the new position of Stakeholder Experience Coordinator for UDC this year. He has made it easier to navigate the hard issues that come up. There is just so much to be thankful for this year in our work at UPAN! I wish I could name all of the people within UPAN, Corrections, and in the community that are making such a significant difference – one idea, one step at a time!

Understanding the Inmate Placement Program (IPP) - Overview by Lt. Tyrell Proctor

Summarized by Molly Prince, LCSW

The Inmate Placement Program (IPP), as detailed by Lt. Tyrell Proctor during the Utah Department of Corrections (UDC) Citizens Academy on August 27, 2024, was created 37 years ago as a solution aimed at managing the state's growing inmate population.

History and Purpose of IPP. Established in 1987, IPP alleviates overcrowding in state prisons by placing those in the care and custody of UDC into county jails that the state contracts with. Currently, the program manages 1,550 state inmates housed in 20 contracted county jails. The IPP reduces the need for more state-run prison beds and offers inmates access to rehabilitative programs in some of these jails. In the 1980s it was touted to provide housing of inmates closer to their homes and families for ease of visiting. That is no longer a consideration, particularly since visiting in most of Utah's county jails is through video rather than in person.

Process and Screening for IPP Placement. Prisoners are selected for placement through a comprehensive screening process that takes into account several factors, including medical needs, emotional and mental health, upcoming parole board hearings, programming requirements, and release timelines. After a referral is generated, a detailed report is reviewed by IPP staff, who assess the individual's suitability for placement in county jails.

Once an inmate is screened and found to be appropriate for housing in a jail, they are assigned to one of the 20 contracted jails based on their specific needs and the availability of bed space.

Jail Contract Monitoring and Review. A core aspect of IPP's success is its Jail Contract Monitoring Review, which is intended to ensure that county jails meet the standards set by the UDC. These reviews take place monthly and focus on safety, security, and compliance

with state contracts. IPP staff make unannounced visits to the jails to speak directly with inmates and monitor their treatment, living conditions, and access to programming.

Responsibilities of Correctional Case Managers (CCMs). Correctional case managers (CCMs) serve as the critical link between the state and county jails. Their responsibilities include:

- *Regular Jail Visits:* CCMs visit each contracted jail at least once every two weeks to meet with inmates, assess their needs, and monitor jail conditions.
- *Inmate Management Reviews:* Every 90 days, CCMs conduct Offender Management Reviews (OMRs) to assess inmate progress, ensure programming participation, and evaluate housing conditions.
- *Grievance Review:* CCMs address inmate grievances related to their placement, programming, or medical care, providing timely feedback and resolutions.
- *Collaboration with Jail Staff:* Working closely with jail commanders and medical teams, CCMs ensure that inmates receive proper care and programming.

Roles of IPP Lieutenants and Captains. Oversight of the IPP is further enhanced through the roles of IPP lieutenants and captains. They provide additional layers of review and accountability for jail operations. IPP Lieutenants: Each lieutenant is responsible for overseeing a group of county jails. The three lieutenants responsible for managing these county jails and their assignments are:

1. Lt. Allen Kiesel oversees these counties: Kane, San Juan, Sanpete, Sevier, Wasatch, Emery, and Grand.
2. Lt. Tyrell Proctor is responsible for the counties of Beaver, Garfield, Millard, Washington, Iron, and Juab.
3. Lt. Mike Feickert manages the following counties: Uintah, Tooele, Summit, and Duchesne.

Programming Offered in County Jails. One of the strengths of the IPP is the range of rehabilitative programs offered to inmates housed in county jails. Each jail offers different types of programming to address the specific needs of its inmate population, helping them build skills for reintegration into society.

Substance Use Treatment Programs (SUTP): Several

county jails offer substance use treatment to help inmates overcome addiction. Jails like Garfield, Beaver, Millard, Washington, Kane, Tooele, and Uintah provide RSAT (Residential Substance Abuse Treatment) and IOP (Intensive Outpatient Programs).

Sex Offense Treatment Programs (SOTP): San Juan, Kane, and Sanpete, offer treatment programs for sex offenders.

Living in Balance Program: This program is designed to help inmates develop coping mechanisms and emotional resilience. It is offered in some jails.

Vocational and Life Skills Programs: County jails also offer various vocational training and life skills programs to improve inmates' employment prospects after release.

Note: UPAN is trying to summarize one county jail and what it has to offer in various monthly newsletters.

Jail-Specific Challenges and Benefits. Each county jail faces unique challenges, but they also provide a more manageable environment compared to larger state prisons. For example, Garfield County Jail has been particularly successful in housing rival gang members without significant or major incidents.

Additionally, county jails benefit financially from the state's IPP. In 2023, UDC paid \$61.03 per day per inmate, contributing a total of \$37 million to county jails.

From an inmate or family perspective, most county jails are considerably more expensive to be housed in. Families will pay substantially more for phone calls, and generally pay for video visits, while the two prisons offer video visits for free. Incarcerated individuals also will pay a lot more for commissary, clothing, and electronics.

However, some jails offer more options for electronics and other property items than UDC allows in the prisons.

Emerging Issues and IPP's Future. The IPP continues to evolve, but it faces new challenges. Younger inmates, particularly those affiliated with gangs, bring behavioral challenges, while the aging inmate population requires specialized medical care. (Therefore, usually individuals with certain medical or mental health conditions are not eligible to be housed in a county jail.) Despite these challenges, the IPP remains a fixed program, crucial to Utah's correctional strategy.

Couple of Smiles and Maybe a Laugh

Why did the elephant leave the circus? It was sick of working for peanuts ~ A cement mixer and a prison bus crashed on the highway. Police are looking for a group of hardened criminals ~ What time does a duck wake up? The quack of down ~ Cows don't use the word money, they call it moooola ~ Truck driving cows like driving moooving vans.

This is Thanksgiving month. Think deeply about what you are thankful for. Being thankful makes you 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