



UPAN Newsletter

Volume 5 Number 4 | APRIL 2018

"Empowerment and Growth Through Knowledge and Unity"

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New Prison Update – Treating Addiction – Pen Pals

NEXT UPAN MEETING: MONDAY, MAY 14, 2018 6:30 – 8:30 p.m.

Kafeneio Coffee House 258 West 3300 South, Salt Lake City

GUEST SPEAKER: Mark Hugentobler, Director

Utah Prison Education Project: Education at Central Utah Correctional Facility (Gunnison Prison)

June UPAN Meeting, Monday, June 11, 2018 6:30 – 8:30 p.m.

Kafeneio Coffee House 258 West 3300 South, Salt Lake City

TOPIC: TBA Free and open to the public.

FOCUS MEETING: Suspended until further notice

In This Issue:

Meeting Announcements, UPAN Newsletter Contents in this issue and UPAN Disclaimer	Page 1
» <u>New Prison</u> Relocation Update by Molly Prince	Pages 2-5
» The Disease of <u>Addiction</u> by Christian D. Raleigh	Pages 5-7
Everyone Deserves A Second Chance – Adapted from comments of Viola Davis	Page 7
New Public Information Officer for DOC	Page 7
Correctional Facilities Foodservice by Deon Corkins	Page 8
Introducing Two New Faces To Utah's Criminal Justice System (Sentencing And ACLU of Utah)	Page 9
UPAN Meeting Summary For April – A Family Meeting	Page 9
» Letters For Change – Non-Profit <u>Pen Pal Service</u> For Inmates, Needs Volunteer Letter-Writers	Page 10
House Bill 291 – Length Of Parole Supervision Being Reviewed For Improvement	Page 10
List of UPAN Directors/Officers And UPAN Addresses/Contact Info (also our Facebook page)	Page 10

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

"I can be changed by what happens to me, but I refuse to be reduced by it." Maya Angelou

**"Real friends are those who, when you feel you've made a fool of yourself,
don't feel you've done a permanent job." Unknown**

*Sometimes the strength within you is not a fiery flame for all to see,
it is just a tiny spark that whispers softly, "you got this, keep going." Unknown*

THE NEW PRISON: RELOCATION UPDATE
March 12, UPAN Meeting
by Molly Prince

Thank-you To The Transition Team & Architect

The Utah Department of Corrections' Relocation Transition Team along with GSBS Architect's president, Kevin Miller, came to the March 2018 UPAN meeting to provide an update on the plans for the new prison. This event was not video-recorded, audiotaped, or streamed live on UPAN's Facebook due to lack of permission from the Dept. of Corrections to do so.

UPAN wants to express our sincere appreciation to the Relocation Transition Team for taking their time, after their work day was over, to attend our meeting and answer our questions.

Director of Special Projects Steve Turley oversees this Team, which includes Dep. Warden Jerry Jensen who is over Facilities and Maintenance of the new USP; Deputy Warden Bryan Taylor who is heading up the Programming Facilities and Plans; Captain Johnny Reed, Lt. Michael Millward and Lt. Bizera Habibija who handle Security who plan security at the new prison; and Elizabeth Brown, support staff who helps this team stay organized.

Details On Land Preparation And ACA Accreditation

Dir. Turley explained that the new prison facility will be an accredited facility under national standards set forth by the American Correctional Association (ACA). He shared that the state has already hauled millions of cubic feet of fill dirt and gravel. They have placed weed barrier to prepare the area where the prison will be built. He stated that there is now 130 acres of level area that is bare dirt in preparation for the next construction phase. (This is as big as Liberty Park, for those who live in Salt Lake City to have a reference to the actual size of the entire prison property). The utilities and infrastructure are also being completed in the northwest quadrant to support the future prison. Actual construction of the buildings will begin in August 2018.

Prison Capacity, Dining Halls, Other New Trends

The new USP will hold 3600 beds throughout the range of housing inside the perimeter of the fence. He reports that it is designed in an attempt to create a normalized experience for prisoners. This is a trend across the nation in new correctional facilities and based on ACA standards. For example, every facility other than maximum security, medical, mental health, and geriatric units will eat in a dining hall, not in their pods or cells.

Kevin Miller led the majority of the presentation with input from Turley and his team. Mr. Miller showed illustrations of the new prison site that included an overview of the entire prison campus which depicted (in no detail) the various housing units, the kitchen and culinary dining hall, programming and educational areas, UCI, and recreational areas along with more

detailed renderings of the Medical/ Mental Health facility and visiting areas.

There will be one tower at the prison entrance where trucks come in to deliver goods and supplies, and its purpose will be to view the top of trucks when they enter and leave, as a security measure.

Details On The Women's Unit

The Women's Housing Unit is self-contained and will be situated toward the east side of the prison compound, well away from the men's housing. It will house all female inmates in USP, from low level inmates to maximum security inmates, with the exception of seriously mentally ill female offenders or those who are seriously ill, who will be housed in a separate area in the Medical / Mental Health Facility.

The Women's Unit will have its own visiting area for contact, barrier, and video visiting, as well as family visiting areas. There will be four housing cells for women who have just given birth to be able to keep their babies with them for an undetermined period of time after birth. The women's facility will have its own programming and educational classrooms within it, as well as its own dining hall and yard for exercise and recreational opportunities. There will be a Triage Center in the women's facility to treat minor medical concerns, but for more serious medical issues, female prisoners will be transported to the main Medical Facility. Women inmates will still have the opportunity to work at Serving Time Café, which will be located outside the prison grounds so it will continue to serve the general public, visitors, volunteers, and prison staff.

Improvements For Visiting

There will be one entrance through which all visitors and volunteers will enter the prison campus and be processed in (rather than the multiple points of entry at the Draper prison). Close to that entrance is the visiting building and the building where Board Hearings will be held. This will eliminate the need for most visitors to get close to those housing areas in the facility.

The main visiting building will be used for visits for prisoners in all of the men's housing units except for maximum security. It has the capacity for 119 persons in the visiting area. This will necessarily involve a continuation of the current rotation of visiting schedules on different days and times for the various housing units in general population. There is an area for contact visits, barrier visits, as well as video visiting. There will be family style visiting areas available as well. Mr. Turley assured us that there will also be capacity for "skype" type of visits for inmates whose families live out of state and cannot travel to visit in person. We were

informed there will be outdoor visiting yards available in both the men and women's visiting areas.

Visiting for maximum security / segregated housing units will be in that unit, and offers barrier visiting booths and the availability of video visiting.

Contact, barrier, and video visiting options will be available for visiting in the Mental Health and Long Term Medical Facility. Geriatrics visits will be in that facility also.

General Population Housing

The housing units for men's GP will be together on the same side of the prison complex rather than spread across the prison grounds as is the case at Draper. There will be a range of housing styles in each of the 64 bed housing sections. These include: 1) Two-person cells; 2) 8-bed dorms with their own shower, toilet and sink shared by the eight prisoners; and 3) cubicle housing containing their own showers and toilets. Turley described the cubicles. They are like a dorm area but with short privacy walls which reach up a few feet which act like partitions. The rationale provided is that those who are less of a behavioral problem will be able to move their way into to the cubicle type housing and that it will be considered a privilege.

UPAN has already heard comments on the pros and cons of the range of housing styles the new prison will provide. Some folks say that cells provide the most privacy, and the benefit of only needing to work out living and communication styles with one other person (their celly). Since in dorms everyone can see everything an inmate does and owns – from getting dressed to what property and commissary they have, dorms are often thought of as less desirable than cells. We have received comments on the pro side of dorm living – during lock downs people can still walk around and get some exercise rather than being confined to their small cell for hours or days at a time, and the ability to interact with more people and work on social skills when living in that type of setting. We have received comments that many inmates will not do anything to improve behavior to try to move from a cell to a dorm setting. Some individuals express the desire for a cell rather than even a cubicle, especially when they are long-term inmates or lifers. They say that prison is their life and they want whatever privacy they can get for the duration.

The GP housing units will be above ACA standards for the nation. The Day Rooms will have a 36 foot span. There will be a 24' x 20' (yes we are saying feet not inches) window in each housing unit plus skylights to increase the natural lighting during the day. There will be two tiers of cells in the areas that have cells. Each housing unit has its own 16-person multipurpose room that can be used for classes, AA meetings, and Offender Management Review (OMR) meetings. Each

housing unit has a small, mini-rec yard in addition to the large yards, as well as access to a recreational gym.

There will be a section of the GP housing buildings that will house a building services section, administrative offices, counseling and case manager offices, medical pill line and a barber shop.

Direct Supervision Style

Other than maximum security, all housing units are direct supervision style, which means at least one officer will be in the unit at all times – 24/7, 365 days a year. This is being used more and more across the nation and it has reportedly been shown to promote improved custodial relationships between inmates and officers, prisoners to prisoner, and reduces the number of negative incidents in the housing units overall. It will require more correctional staff.

According to Dir. Turley, not only the layout, but also the new prison's operation methods are designed around the concept of Direct Supervision. New operation methods and advanced technology has been introduced with the goal of increasing offender programming opportunities which will aid in the increase of a successful transition back into the community. A facility that is safe, secure, clean and quiet with operational consistency.

Maximum Security Housing

The maximum security building will have cells only. As reported above, all visitation will take place within this building, and will be non-contact. All meals will be transported to max, as they currently are, and inmates will eat in their cells. There was not a lot of focus on max in this presentation, so hopefully we will have more information to share in the future about the recreational and out of cell and programming opportunities that may be possible in the new prison for maximum security inmates.

Medical and Mental Health Facility

Director Turley described the MMH building and what it will contain. He said it is similar to the size of a Super Walmart. It sounds huge!

Medical - The units for treating male and female inmates will be separated, so they should not come into contact with each other. There will be an infirmary with a clinic and treatment rooms. The infirmary will be able to accommodate both acute and sub-acute health issues. There will be beds / cells for longer term medical treatment. There will be a Hospice / Long Term Care facility within the MMH building. Many UPAN families were pleased to learn this, as the aging population in USP has long been a concern and the current facilities are woefully inadequate to properly treat and care for offenders who have chronic health problems, terminal medical conditions, or dementia.

All three visiting options will be available in the Medical Facility for long term patients.

Mental Health - The Mental Health side of the MMH Facility will contain housing cells for both men and women who suffer from a serious mental illness. (The male and female sections are separated and they will not come into contact with each other.) There will be contact, barrier, and video visiting available for inmates housed in this unit. It appears that the Mental Health Unit will incorporate what is currently Olympus at Draper. There will be space for education and programming in the Mental Health Unit.

Education, Programs, Recreation & Spiritual Space

A large building next to the GP housing units includes chapels, music rooms, Family History, classrooms for education, skills classes and other programming, and gym for exercise and recreation. The gym has a full-size basketball court and places for workout equipment. There will be space in this building for the Vocational Trades programs and there will be a Culinary Arts program added to what is already in place. (This is mirrored in women's facility on a smaller scale)

This building will significantly increase the capabilities for education and programming space over the current Draper prison. General Population will also have one library that will hold 64,000 titles. There will be an outdoor space available for religious practices for indigenous and earth / nature based spiritual traditions and religions.

Specialized Programming Housing Facility - On the northeastern side of the new prison grounds will be the building that houses both Substance Abuse Treatment and Sex Offender Treatment. Inmates with substance abuse treatment needs will be housed on one side of the building and those who have offended sexually will be housed on the other side. There will be support staff offices, therapist offices and the dining hall between the housing units to reduce contact between the two different types of offenders.

Ever since UPAN had presented safety concerns (both psychological and physical) to the UDC about having the intermingling and cross-over between inmates in these programs when SOTP was moved to Promontory several years ago, we continue to have concerns about housing both types of offenders in the same therapeutic community housing areas. We were assured that the housing units are not open to each other and that the two types of programs will be kept separate to reduce the current problem of threats and harassment of sex offenders by the drug offenders.

The presenters indicated that both Substance Abuse and Sex Offender Units will have "plenty of classrooms for the needs of the programs," which should accommodate all the groups and classes required. The housing units will have dorm and cubicle style housing for those participating in programming.

Utah Correctional Industries

UCI will have two buildings on the premises that deal with the various prison industry jobs that UCI oversees including commissary and all jobs that are currently in place. It is anticipated that there may be even more availability of jobs for inmates in the new prison, both in housing units and through UCI.

Inland Port Concerns

Steve Turley and Jerry Jensen briefly addressed concerns about the proposed Inland Port which is expected to be built near the prison in the Northwest Quadrant and has been in the news lately. Turley said they have discovered it will be three to four miles away from the actual prison and it will be where the old Salt Lake City Dump was located. He said at this point they are not thinking that the noise and pollution generated from the inland port would be harmful to the prison staff or inmates. However, there are environmental organizations in the Salt Lake Valley that do have concerns that an inland port would not be healthy around residential communities. The fact that the prison is a small town itself with over 3,000 inmates and almost as many officers, staff, and volunteers, this is something that UPAN families, prison employees and volunteers, and community advocates would do well to continue to pay attention to.

The New Prison is a Reality

UPAN still receives emails occasionally and comments on our social media about opposition to the New State Prison. Well, the time for that has passed, because Utah's legislature voted to build a new prison two years ago and the infrastructure and land preparation has been taking place for 1½ years. The official ground-breaking ceremony with all the dignitaries took place in August, 2017. The actual construction of the buildings will begin in August 2018.

The focus of UPAN and other organizations interested in criminal justice and prison issues, as well as Utah's citizens, should now be on making sure that there is going to be funding to follow through with quality construction for the space, rehabilitative programming and education that this prison is being built with the space to provide.

Concerned families and citizens need to make sure Utah's policy makers and the DOC follow through to provide funding for sufficient staff to handle the complex medical and mental health needs for 3,600 wards of the state. Advocates need to assure that there is funding in the budget for adequate treatment staff to handle the increased numbers of sex offenders that have been on the waiting list to receive treatment over the past years.

Finally, it is the responsibility of Utah's citizens along with Utah's senators and representatives to assure that there are adequate budgets and ample state funding to provide sufficient numbers of well trained, highly skilled, and dedicated officers and support staff to make this

prison a state-of-the-art facility dedicated to rehabilitation and rebuilding the lives of thousands of offenders who move through its programs as they prepare to return to society.

There really is no “them and us.” It is all “us.”

All stakeholders, and everyone in the varied areas of interest from DOC administrators and staff, to inmates, to families of inmates and UPAN, to the Utah ACLU, the Disability Law Center, the National Alliance for the Mentally Ill and others whose mandate is or interest is

in creating a better world must all work together to make this new prison the kind of place that contributes to positive change in people’s lives while following Corrections’ mandate of community protection and safety!

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Once in a while the State Division of Facilities Management (DCFM) updates their website on the new prison, although it has not been updated in months. DCFM seems to have dropped the ball on keeping stakeholders involved. New prison website: <https://newutahstateprison.utah.gov>

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“The Disease of Addiction”

by Christian D. Raleigh

Christian Raleigh is the Regional Director of Utah LDS Correctional Committee and a volunteer in the Utah State Prison System, dedicated to assist those who are involved in the system to heal and improve their lives.

Serving in Utah’s jails and prisons along with my family’s personal struggles have opened my eyes to the disease of addiction. Nearly all the men and women who are incarcerated in this state struggle with some form of addiction. This is noted by Utah’s law enforcement, judicial and correctional personnel and their main response up to now has been to build more jails and prisons and then fill these facilities with the addicted. If this trend is to be reversed it will require a change in how we think about the disease of addiction and how we respond to the addicted.

The reasons we may be moving the State Prison from along I-15 in Draper to another location may be less about real estate and more about moving this problem away from our view. Seeing “them” as we drive north and south along I-15 is uncomfortable. This discomfort may be in part because less separates us from our incarcerated brothers and sisters than we know, and addiction may be one of the things that connects us. Addiction is a powerful lure because it provides temporary relief from life’s ills and affects many of us on the outside.

Nearly three years ago I began to visit the jails and prisons of Central Utah and was surprised to find that these incarcerated men and women look just like us. They have names like Dennis, James, Amber and Emily. They are mothers and fathers, brothers and sisters. They are neighbors and friends and even members of our own family. Some are old with gray hair and others are middle aged, but most are young with a whole life ahead of them. They love music and art and exhibit many gifts. They have a keen sense of humor as I’ve laughed with them as well as cried with them. The biggest difference is they can’t leave with me upon my exit but remain behind high razor-wired

fences with big metal doors that make an echoing clang when they close behind you.

When considering the narrowness of the chain-linked fence along with the humanness of these women and men, there’s not much that separates us from them. By the grace of God, we took a right turn in life when they took a left, but all of us have been close to making that same left turn when making the simple choices of life like a new friend or giving into a seemingly innocent impulse. They are my friends because we are more alike than different, both of us have the same Heavenly Parents.

Human needs like acceptance, being loved and valued, can cause us to do strange things. We all want to be comfortable and we don’t like pain. We live in a world of instant fixes and have come to expect that pain should NOT be part of life, yet for our ancestor’s, life WAS pain. In the movie, The Princess Bride, Wesley shared this truth with his true love when he said, “Life is pain, highness. Anyone who says differently is selling something.” (William Goldman) The false perception that we MUST have an immediate cure makes us particularly vulnerable for addiction.

It is interesting to consider that anyone who is not at ease in life may be considered in a state of dis-ease. Life’s pains in concert with our demands for instant fixes mixed with genetic factors multiplied by trauma contribute to the dis-ease of addiction and prompt many to embrace it as a seemingly innocent way to escape from both physical and emotional pain. Things like: drugs, alcohol, pornography, smartphones, gambling, food, chat rooms, romance novels, video gaming and social media serve as counterfeit connections and can become compulsive and serve to self-medicate from pain. It is not a conscious choice to become addicted as some might believe but for many it happens gradually just as other diseases are revealed one symptom at a time.

It is well accepted that an addiction to alcohol is a disease. Why not label other addictions the same way considering the brain responds similarly? Addiction creates an untold cost to our society and will continue to destroy homes and families if we don't begin to see this issue in a new light. History suggests that our response to addiction has been to treat symptoms instead of treating the disease. Alcohol is not the problem, alcohol is the solution for many to treat their dis-ease yet the prohibition of the 1920s believed that if we eliminated the supply, then the demand would follow suit.

For decades, this country has waged a war on drugs believing that drugs were the problem with the same "supply and demand" model as our justification. We are worse off now than we were a half century ago because DRUGS are not the problem, drugs are the self-prescribed solution for many to treat their dis-ease.

We shame the ill into compliance, treating them as morally weak, sinful and criminal instead of seeing them as a person who is sick. Any illness left untreated, can become terminal and news reports chronicle terminal cases every day. Shouldn't we treat the addicted with the same compassion we treat all others in our society who are dis-eased? Addiction is NOT the problem, addiction is the self-prescribed solution, so what's the problem?

The problem is the growing disconnections in our society plus the demands for an instant fix which puts us at risk for the disease of addiction. "The opposite of addiction is not sobriety; the opposite of addiction is connection." (Johann Hari, Chasing the Scream) God teaches that we are not meant to be alone (Genesis 2:18). We are hardwired for human and Godly connection, yet we are increasingly moving away from these healthy connections and moving toward the counterfeit connections mentioned above, especially when we find a void in our life. We don't enjoy much alone time anymore where we are just left to our thoughts but feel the need to fill that alone time with something, anything. We turn to our favorite counterfeit connection to buy temporary relief and perceived wholeness, but REAL wholeness cannot be achieved with counterfeit connections.

Why are we so inclined to seek shortcuts on the path to health and wholeness? It may be because healthy human and Godly connections are difficult to establish and maintain. They become less desirable when more and more shortcuts are made available. Our societal lust for instant gratification and relief from dis-ease feeds counterfeit connections and is having a devastating effect on our lives as we move further and further away from each other and from Heaven. Without alone time, void of distraction, we can't ponder, and that affects our relationship with God and moves us further and further away from REAL connections. This lack of real connection was devastating for our family years ago, when just two days after Thanks-

giving, my grandfather Harold James Raleigh, at the age of 43, took his own life with a gun while under the influence of alcohol. My father was only 13 years old at the time of his father's death. He was the one who discovered the grisly scene. Never did the phrase, "drive a man to drink," fit more perfectly than it did in my father's case and he turned to alcohol to numb his pain before he ever became a man. Thus, the disease of addiction was passed from father to son and continued for yet another generation in our family.

By God's grace my generation has been spared. At least for now the cycle[of alcohol addiction has been curbed, yet we are still prone to other addictions when considering the genetic factors which were aggravated by the trauma of my parent's alcohol induced divorce when my five siblings and I were very young. The generational seeds of addiction have now become entwined in our family's DNA.

It seems that all humans are born with something that can be debilitating. Life's greatest test may be how we respond to our own debilitations. For our family, it's the disease of addiction which grows in the soil of dysfunction, shame and secrecy. It is only in the spirit of transparency, treatment, education, and unconditional love that we can expect to find healing from this debilitating disease.

A great deal of literature has come forward in the last decade on the topic of addiction, yet there seems to be a reluctance to call certain addictions a disease. The literature speaks of healing that can take place in a person's life regarding addiction, yet I've often wondered, if not a healing from sickness then a healing from what? I am not sure why there is a reluctance to label addiction as a bio-chemical illness but WHAT I am sure of is that Jesus healed the sick and diseased. Our reluctance may be that we are fearful that such a diagnosis may condone injurious behavior and give license to persons to sin. My experience has taught that the addicted are the ones most interested in finding a way out of their addiction versus seeking justification in their addiction.

Remember that the behavior is only a symptom of the disease. Addressing the symptom is important but if all our attention is centered on the symptoms, we'll never get to the root of the problem. This especially applies to pornography addiction. Our forefathers brought a puritan culture to America and for many good reasons we still promote morality, chastity and virtue but they also brought shame and the genetic component for addiction. Considering its importance, we still find it extremely difficult to talk openly about the single most impactful and difficult aspect of our lives: sex. The negative toll of this lack of transparency is incalculable. Some of it lies in the built-in shame many feel for stepping out of bounds when young. The negative shameful aspects of this topic are stressed with so much emphasis that the healthy and beautiful

connections of procreation sadly appear only as a footnote.

The beautiful connections of marriage and children are the basis of all that we plan and hope for, so when a person finds themselves turning to the counterfeit connection of pornography over and over for relief, it is confusing and devastating. This built-in response to obtain relief is part of who we are and becomes entrenched when very young. Once the brain has learned how to purchase this relief with pornography it becomes enslaved to the need for relief AND connection to something, anything. The unique challenge is that this compelling desire for procreation and the related chemicals already exist in the body. No outside drug dealer is needed and gaining access to this drug of choice comes free of charge nearly everywhere through the human senses.

As our society continues to walk the road toward counterfeit connections and away from human and Godly connections the disease of addiction will flourish.

Our youth are dangerously plugging in more and more to counterfeit connections and away from human connections which affects their lives going forward. This phenomenon makes them less able to meet the demands of life, missions, family and marriage because they are not accustomed to human interaction which REAL life demands. When youth are forced into these human interactions ill prepared, they experience severe anxiety and long to return to their comfortable counterfeit connections. The opposite of addiction for all of us is HEALTHY HUMAN AND GODLY CONNECTION plus understanding that pain and discomfort is normal.

So, the million-dollar question is how do we reverse the trend? The first answer is to learn more about the disease of addiction with an open and transparent conversation which leads to understanding, which will then lead to more compassion. Ignorance, on the other hand, promotes fear and fear leads to an irrational and less than a compassionate response to this challenging issue. So, what do you say, can we talk about it?

Everyone Deserves a Second Chance

Adapted from words spoken by Viola Davis, who plays Analise Keating on
How to Get Away with Murder TV Series

As kids we are taught that there is good and evil. The good guys are the heroes that save the day and the bad guys are the criminals, the ones behind bars. But that is just not reality. Being a convict doesn't mean that you are bad. When you visit a prison you learn that the so-called criminals are just people who have been put through hell. Our criminal justice system has dealt with these people by putting them through even more hell.

Many will not be given a second chance... And for many of them, a release is the only second chance they will be given. What successful person in life has not been given a second chance?

Even the most vilified people in our society can turn their lives around. They just need help. When you don't give people a chance to get better, then you rob them of their families, their futures and any ounce of hope. Once you lose hope you lose your will to live.

Wives, husbands, and children suffer immensely when a loved one is locked away. You think about all the young girls and boys who have never done a bad thing in their lives but lose a parent in an unjust system. Not only are they likely to fall below the poverty line, the trauma they suffer wreaks havoc on the rest of their lives. Reuniting families is the first step to building a better society.

The problem is that most people don't believe these criminals deserve help. Go to jail, pay your debt and get a fresh start. But there is no such thing as a fresh start when you've been inside the system. It is like quicksand, it sucks you in. My dream is that we all work harder to see the good in people instead of the bad. No matter what mistakes we make, we have the ability to get and be better. Everyone deserves a second chance.

"Success comes from taking the hand you were dealt and using it to the very best of your ability."
Ty Boyd

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all". Dale Carnegie

"Hope is what keeps you alive." R. Goodman

LATE NEWS: NEW PUBLIC INFORMATION OFFICER AT DOC

Maria Peterson has accepted a position as the Deputy Director of UCI. Kaitlin Felsted is moving into the role of Public Information Officer for the Utah Department of Corrections. Her contact information is Kaitlin Felsted C- 801-560-7608 O - 801-545-5536 Email - kefelsted@utah.gov More about Ms. Felsted in May newsletter!

COMMENTS ON CORRECTIONAL FACILITY FOODSERVICE

by Deon Corkins

Deon Corkins has been a Licensed Environmental Health Specialist at Salt Lake County Health Department and served as a liaison to the department's medical and epidemiology sections. She coordinated with them in assigning personnel to investigate suspect food borne outbreaks. She assisted another foodservice inspector for years during inspections of the Salt Lake County Jail kitchen. As an adjunct instructor, she taught a Food Service Sanitation and Safety class for 12 years in the Culinary Arts Department of Salt Lake Community College. She shares some of her observations and experiences with food safety in correctional facilities in this article as a response to the articles in March's newsletter on prison food safety.

Critical Violations

As we look at items of concern in the kitchens, we need to keep in mind the difference between critical and non-critical violations. Critical violation items are those that are most likely to produce illness or injury from 1) biological hazards: bacteria, virus, molds, 2) physical hazards: glass splinters, or 3) chemical hazards such as drain-o, etc. Other critical violations include food handlers who are working while ill, especially with symptoms of diarrhea, vomiting, fever and yellow jaundice in their eyes; and the necessity for cleaning and sanitization of food contact equipment; proper storage of chemicals and avoiding contamination of food.

Preventing critical violations include proper food holding temperature, both hot and cold; proper re-heating and cooling of foods within the allowed time frames; correct cook-kill temperatures that destroy the pathogens most frequently associated with a particular food, i.e. 145 degrees F. for pork chop or 165 degrees F. for chicken. Other examples include: using approved source of food (i.e. not carp from Utah Lake or uninspected meat), using proper personal hygiene, handwashing practices, availability of handwashing sinks and proper supplies hot running water; no bare hand contact for food that is ready-to-eat without another cooking step.

Concerns from an Inspector's Point of View

My concerns, from an inspector's point of view, include funding for maintenance and repair of hot-holding, cold-holding and cooking equipment in our correctional facilities.

An example of a past problem: A large walk-in cooler at the Salt Lake County Correctional Facility was not holding food at safe temperature. SL County has its own general repair crew. The foodservice contractor failed to push to get repairs. A new generator was needed. A purchase order had to be approved, the generator had to be ordered. There was considerable delay in fixing the problem. A restaurant manager in the community would be able to phone a company

specializing in refrigeration repair and get service within hours. A question regarding the Utah State Prison foodservice: Is funding adequate for speedy repair of critical equipment?

Prison foodborne illness story: An E. coli outbreak at USP may have been due to undercooked hamburger. Several prisoners became ill, but not all. Certain conditions created a perfect storm for an outbreak. The foodservice manager was away. Due to disturbances in the prison, prisoners who normally worked in the kitchen were under lock-down. Correctional officers came in to help prepare meals. Some of the ovens were not working. The recipe instructions called for spreading out the frozen beef patties onto packing sheets and baking them for a certain amount of time. Beef patties, like any ground meat, must be cooked to a temperature of 165 F. Because there was a shortage of working ovens, the beef patties were overlapped. The cook time specified for the recipe was not enough to heat up this thicker layer. Probe thermometers were probably not used to confirm the cook temperature.

Non-critical item violations are important also, but not as likely to result to disease or injury. A dirty floor would be a non-critical violation. Prisoners will sometimes become concerned about non-critical violations, such the lack of Food Handler Permits among those working in the kitchen. Keep in mind that a regular restaurant worker has up to 30 days to get a permit card.

Sometimes during a lock-down, food may cool down before prisoners eat it. The food will still be safe up to 4 hours after it drops below 135 degrees. After 4 hours, it must be discarded.

Hepatitis A Vaccinations

As you may be aware, Salt Lake County is experiencing a large Hepatitis A outbreak. There have been two fatalities in 2018. Along with the homeless population, those who are incarcerated are at a higher risk. The full-time employees at the jail foodservice have received the Hep-A vaccine. I would hope that this is the case for the Utah State Prison foodservice full-time staff (including inmate staff) also. In an ideal world, all prisoners would receive the vaccine. Hepatitis A virus has only one reservoir, the human gut.

Note: *One must consume uncooked people poop to acquire hepatitis A. Handwashing and proper cooking are essential.*

[Editor's Note: There is a serious problem if we even consider cooked people poop in our diet. "The disease is spread primarily through food or water contaminated by stool (feces) from an infected person." See:

foodsafety.gov/poisoning/causes/bacteriaviruses/hepatitis
Ed.]

UPAN WELCOMES TWO NEW FACES TO THE UTAH'S CRIMINAL JUSTICE SCENE

2018 has started off with some changes in Utah's Criminal Justice Arena.

New Director of Utah's Sentencing Commission

Marshall Thompson is the new Director of Utah's Sentencing Commission. After graduating from BYU Law, Marshall clerked for Judge Gregory K. Orme of the Utah Court of Appeals. He then started a sliding-scale appellate practice designed to better serve those who did not qualify as indigent but could not otherwise afford an appeal. He argued criminal and civil cases for low- and middle-income clients in the Utah Court of Appeals, the Utah Supreme Court, and the Tenth Circuit Court of Appeals. He left private practice to join the appellate division of the Salt Lake Legal Defender Association, and then moved to the Utah Sentencing Commission.

Before attending law school, Marshall earned a master's degree in journalism and mass communication from Ohio University with an emphasis in quantitative research. He worked as a journalist for the Standard-Examiner, was a visiting journalist with the Associated Press in Jerusalem, and was a military journalist in Kosovo, South Korea, and Iraq.

The Utah State Legislature established the Utah Sentencing Commission in 1993. The Commission has the legal responsibility to advise the Legislature, the Governor, and the Judicial Council regarding sentencing and release policy for adult and juvenile offenders. The Commission is also responsible to develop sentencing guidelines for adult and juvenile offenders. The Utah Sentencing Commission:

- Publishes Guidelines
- Advises all three branches of government on sentencing policy
- Conducts research
- Reviews and makes recommendations on legislation
- Tracks legislative changes to sentencing statutes
- Tracks judicial decisions related to sentencing issues
- Assists the legislature in the review and study of sentencing issues
- Conducts training and education throughout the state

- Responds to public comment and inquiries

The Commission promotes evidence-based sentencing policies that effectively address the three separate goals of criminal sentencing: Risk Management, Risk Reduction & Restitution. More information can be found at <https://justice.utah.gov/Sentencing/>

ACLU's Smart Justice Coordinator

Attorney Jason Groth joined the ACLU of Utah as the Smart Justice Coordinator in January 2018, and he will oversee Utah's Campaign for Smart Justice.

An Iowa native, Jason received his bachelor's degrees from the University of Dubuque. He earned his master's degree in creative writing at the University of Wisconsin-Milwaukee where he also served as an AmeriCorps member at an elementary school. After finishing his graduate degree, Jason worked as an adjunct English professor and joined AmeriCorps for a second term at a community health center.

Jason received his juris doctorate from the University of Iowa College of Law where he earned the Boyd Service Award with Highest Honors. He was active in indigent defense throughout law school, from representing clients in trial to arguing at the Iowa Court of Appeals. He continued indigent defense work with the Colorado State Public Defender where he represented adult and juvenile clients in misdemeanor and felony cases. He also served as vice president for the Pro Bono Project of Mesa County's Board of Directors and coached high school mock trial teams before relocating to Utah to work at the ACLU.

The Campaign for Smart Justice in Utah is committed to combating mass incarceration and racial disparities in Utah's criminal justice system through prosecutorial and parole reform. Learn more: www.smartjusticeutah.org. Follow the campaign on Twitter at: @SmartJusticeUT and on Instagram at: Smart_Justice_Utah.

April UPAN Meeting Summary

Seating was in a large circle that accommodated the 36 attendees our meeting was a family meeting. We started around the circle with everyone introducing themselves and commenting on their loved one, inmate or some difficulties they are having with the rules and regulations of the DOC. The ambiance was compassion and understanding and everyone was reacquainted with the freedom they have to talk about subjects that usually are uncomfortable when they are among friends. One lady talked about her brother and the progress he is making toward parole. Another lady talked about her son being incarcerated for 25 years on a sentence of life without parole, stating that she is trying to change the parole restriction, and through

some tears, indicated she believes everyone should have a second chance. A few recently paroled men contributed comments that improved our understanding in the discussions.

The main benefit of the family meetings is that attendees feel comfortable in discussing the deeply held feelings and frustrations that all the other attendees experience. They are among friends with similar problems and feelings and can vocalize and purge their pent-up feelings, without reproach or condemnation, with others who understand and share similar feelings. Everyone benefitted from the experience.

LETTERS FOR CHANGE – A NON-PROFIT PEN PAL SERVICE FOR INMATES
THIS GROUP NEEDS VOLUNTEERS TO WRITE LETTERS
Information provided by Deborah Masterson

Can writing a letter to an inmate really make that big of a difference? We say, "YES!" Letters for Change is a nonprofit with the mission to promote friendship, understanding, and community through providing a letter service for inmates in prison. Inmates are referred to or sign up for the program and volunteers on the "other side of the fence" become their pen pals.

The service sounds simple, and it is, but the impact has been incredible. Some inmates haven't received any contact from outside the prison in years. One inmate shared, "I think Letters for Change is awesome. . . it is great to talk and write to someone besides another inmate. It means so much." Another inmate said, "Thank you very much for providing this wonderful way to communicate with someone new. All of the guys that I know have expressed similar statements. So thank you very much."

Currently almost 60 inmates have asked to be written to, many of whom have been abandoned by family and those who were once their friends. About half of the need is being met, with about 30 pen pal relationships established through this safe and easy process.

As exciting as the impact is, our program is in great need for additional pen pals for the inmates. Inmates are ecstatic about receiving the contact and many of those on the outside are also feeling touched by the connection.

In general, the rules to be a volunteer state that the person must be 18 years or older to send a letter through Letters for Change. This service is intended for friendship, not to form romantic relationships.

For more information and/or to sign up to be a volunteer pen pal, go to

<https://www.letters4support.org/contact> If you are an inmate and would like to sign up for Letters for Change, please contact Letters for Change with your name, offender number, and a short paragraph about yourself: Letters for Change, P.O. Box 203, Provo, UT 84603. Multiple inmates can include a note in the same envelope.

(Please do not write or email UPAN about the pen pal program. UPAN is not involved in its coordination).

House Bill 291 – Length of Supervision (Parole)

More Upgrading Of The Criminal Justice System

During the 2018 Legislative Session HB 291 passed which authorizes the Utah Sentencing Commission to establish guidelines and propose recommendations to the Legislature, the Governor and the Judicial Council regarding the length of supervision of adult offenders on probation or parole.

What The Bill Is Hoping To Accomplish

The purpose of this, according to the bill, is to:

- increase equity in criminal supervision lengths;
- respond to public comment;
- relate the length of supervision to an offender's progress;
- take into account an offender's risk of re-offending;
- relate the length of supervision to the amount of time an offender has remained under supervision in the community;

- to enhance the discretion of the sentencing judges while preserving the role of the Utah Board of Pardons and Parole.

The bill further reads that "The commission shall modify the sentencing guidelines and supervision length guidelines for adult offenders to implement the recommendations of the Commission on Criminal and Juvenile Justice for reducing recidivism. The modifications shall be for the purposes of protecting the public and ensuring efficient use of state funds."

It is UPAN's understanding that this will also address the ability of all offenders on probation and parole to earn compliance credits. Currently only certain types of offenders are eligible for reduced time on probation or parole by earning compliance credits. For more details: <https://le.utah.gov/~2018/bills/static/HB0291.html>

Second chances, pen pals, and realistic lengths of parole supervision – all of which are good -- and 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**