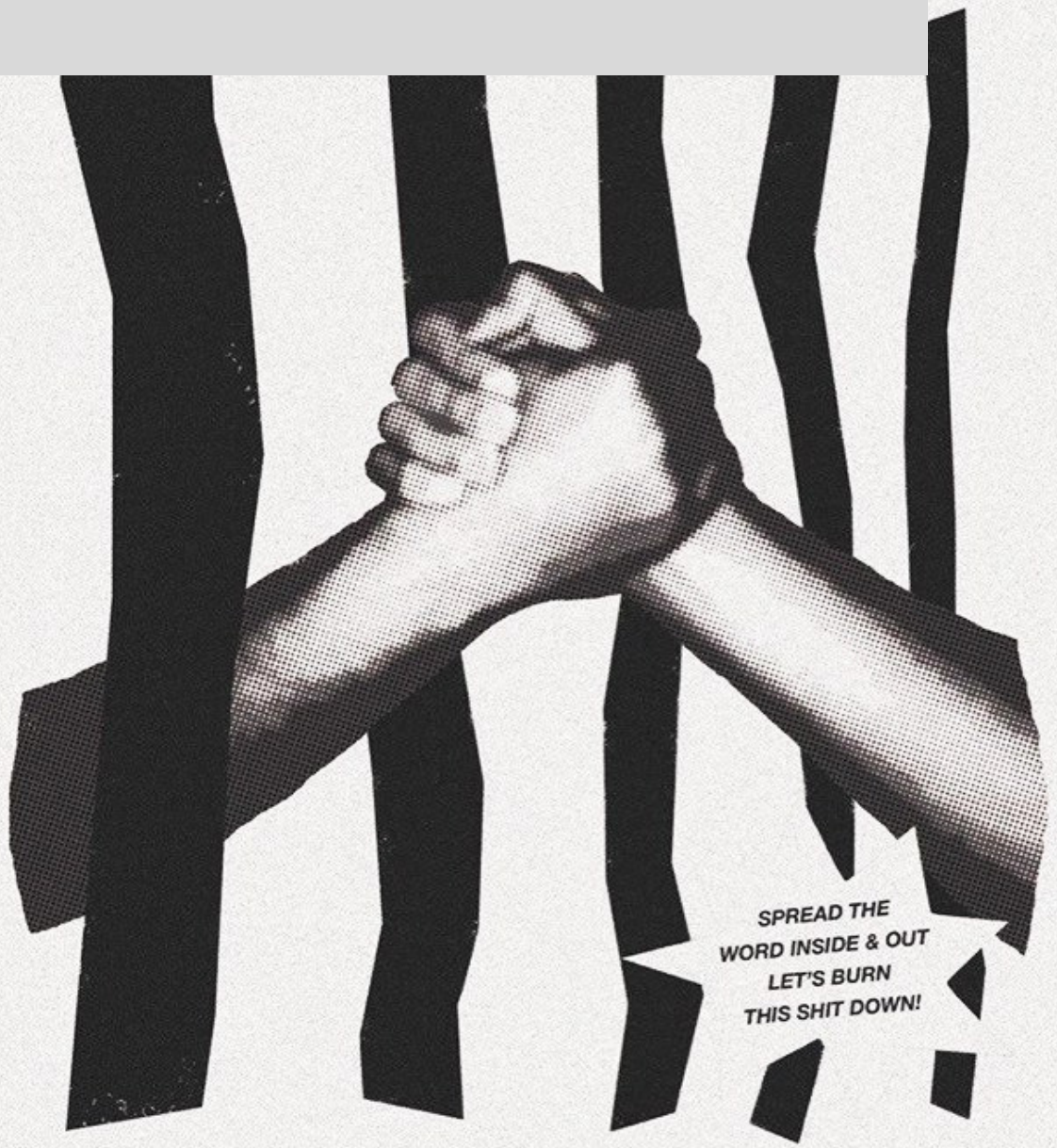


PRISON ENVIRONMENTAL JUSTICE

COMMUNITY HANDBOOK

WINTER 2019



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The Prison Environmental Justice Project (PEJP) team identifies environmental injustices and human rights abuses within the prison system. Areas of focus include prison food, detention centers, juvenile incarceration, 'natural' disasters, labor, and toxic exposure.

The handbook provides a compilation of prison concerns local to the Santa Barbara area, and offers relevant health guidance.

WINTER 2019

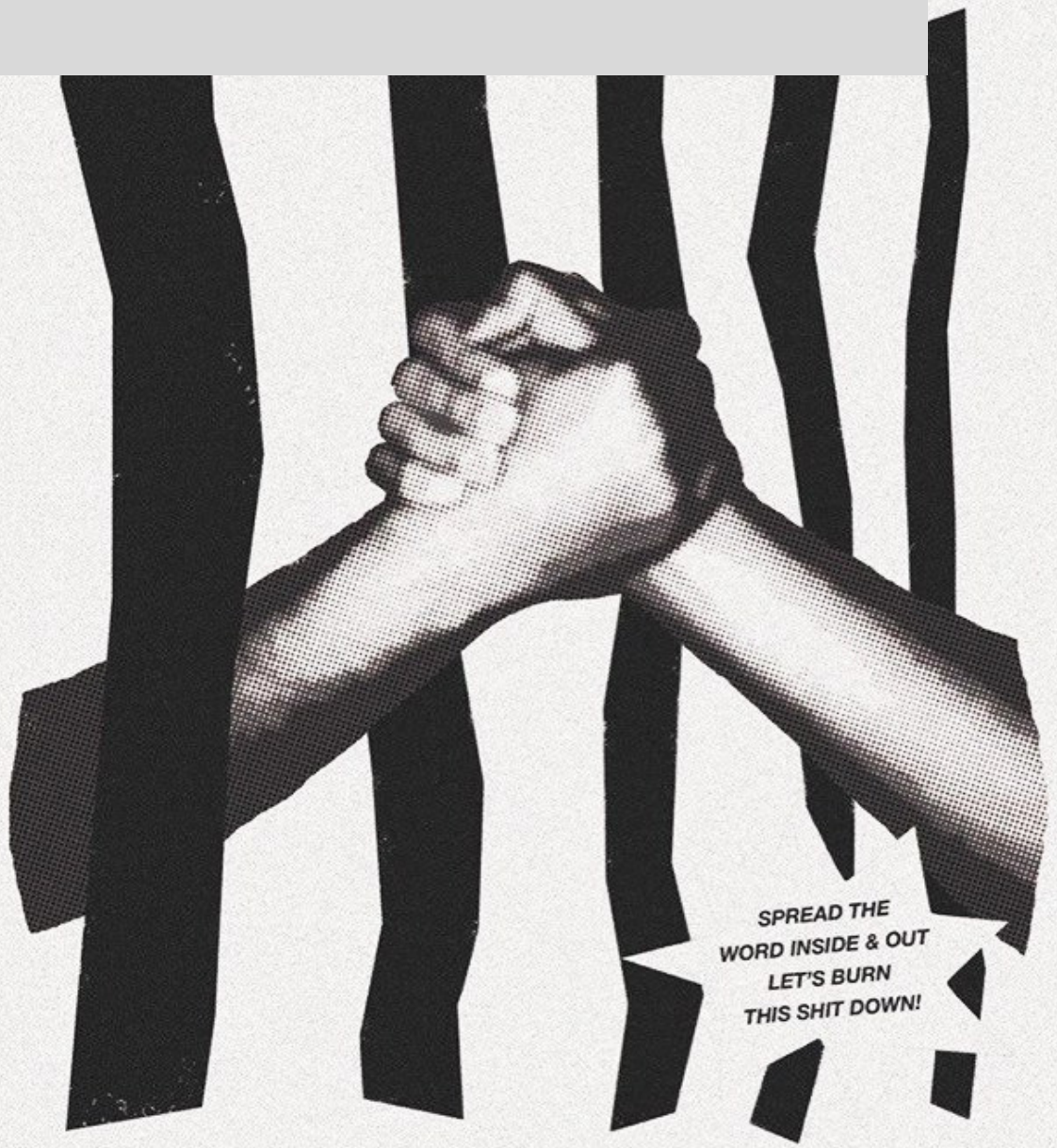


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CLIMATE CHANGE CONCERNS IN SANTA BARBARA



intensified fires



poor air quality
due to fires



extreme
temperatures



inmates and firefighting

Due to climate change, California has experienced the deadliest wildfires in the state's history. Through the California Department of Corrections and Rehabilitation's Conservation Camp Program, inmate firefighters clear thick brush down to bare soil to prevent fires' from spreading. Inmates' voluntary labor to help fight fires is compensated by up to \$2 per day. Additionally, CDCR said inmates can have their sentences reduced by two days for every day they participate.





inmates and firefighting



CA Corrections 

@CACorrections

Follow



Today, more than 2,000 volunteer inmate firefighters, including 58 youth offenders, are battling wildfire flames throughout CA. Inmate firefighters serve a vital role, clearing thick brush down to bare soil to stop the fire's spread. [#CarrFire](#) [#FergusonFire](#) [#MendocinoComplex](#)

4:40 PM - 31 Jul 2018

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2.0K



1.2K



3.4K



protecting your health from poor air quality

- Avoid exercising outdoors when pollution levels are high
- Stay indoors
- Keep windows and doors closed
- Avoid skin contact with ash
- Do not move ash around
- Children, older adults, people with asthma, lung issues or heart issues should be extra cautious



in cases of extreme heat during confinement:

- Stay out of the sun
- Use fans if possible
- Stay hydrated
- Avoid strenuous activity
- Avoid caffeine and sugary drinks
- The following medications can affect your body's ability to keep hydrated and respond to heat: beta-blockers, diuretics, anti-depressants, anti-psychotics, vasoconstrictors
- Children, older adults, and people with medical conditions are especially at risk

LABOR

GENERAL PRISON LABOR ISSUES

Prisoners are excluded from the legal protections enjoyed by all other workers. They are not allowed to unionize. They are not covered by minimum wage laws, and the low wages they do earn can be taken by the prison. If they are injured on the job, they're not covered by workers' compensation, and their ability to recover damages in court is very limited. All of these factors combine to make prisoners a uniquely vulnerable workforce.

INMATE VULNERABILITY

Inmates are more than 4x as likely to be injured (i.e. cuts, bruises, dislocations and fractures) compared with professional firefighters working on the same fires.

Inmates are also more than 8x as likely to be injured after inhaling smoke and particulates compared with other firefighters.



HEALTH

health services at santa barbara county jail

In a 2017 Review of Santa Barbara County Jail Medical Services, the following issues were found:

- SB County Jail Health Services are not currently accredited with the National Commission on Correctional Health Care or American Correctional Association
- No policy for dealing with transgender patients
- Inadequate drug/alcohol withdrawal policy
- Inadequate number of nursing staff, absence of intake nurse
- Medical records are often unorganized, brief, and incomplete
- There is almost no documentation of patient education about their illnesses, their lab or test results, or treatment plan
- Jail provides unacceptably long waits to see physician, There is only one physician medical provider at the main jail, who is not present for 4 consecutive days every week
- The jail's approved capacity is 819, but the jail population frequently exceeds 1,100
- Overcrowding can increase the transmission of infectious diseases
- Chronic disease management is inadequate, incomplete, inconsistent, and reactive, rather than proactive. Diabetes care is inconsistent, Hypertension care did not meet nationally accepted guidelines.

HEPATITIS C

WHAT IS HEPATITIS C?

Hepatitis C is a virus that causes swelling and irritation of the liver. The liver helps with digestion and filters waste products out of the blood.

HOW DO YOU GET HEPATITIS C?

You can get hepatitis C from:

- Dirty needles (tattoos or piercing)
- Snorting drugs with infected equipment
- Sharing needles to inject drugs
- Unprotected sex (rarely)

HOW DO YOU KNOW IF YOU HAVE HEPATITIS C?

Most people who have hepatitis C look and feel fine.

Usually hepatitis C is found by doing blood tests.

Some people with hepatitis C may have:

fatigue, stomach pain, joint pain, night sweats, loss of appetite or nausea

WHAT CAN YOU DO TO TAKE CARE OF YOURSELF?

Get vaccinated for hepatitis A and B

Do not drink alcohol or use illegal drugs - these will damage your liver more

Do not take a lot of medications such as acetaminophen (Tylenol®) and ibuprofen (Motrin®)

Do not get tattoos in prison because of the risk of new infection with hepatitis C, hepatitis B, or HIV

Do not share your toothbrush, razor, or other personal items

Follow your health care provider's instructions about medications for hepatitis C treatment

Try to see your health care provider regularly

You can get re-infected if you are exposed to the hepatitis C virus again.

Successful treatment does not provide protection from repeat infections.

DIABETES

WHAT IS DIABETES?

Diabetes is a disease that causes high amounts of glucose (sugar) in the blood. It is caused by the body not making enough insulin or not being able to use the insulin it has.

the goal of diabetes management is to maintain safe blood sugar levels

HIGH BLOOD PRESSURE
(hyperglycemia)

causes:

too much food, too little
diabetes medicine, illness,
stress

symptoms:

thirst, frequent urination,
blurred vision

LOW BLOOD PRESSURE
(hypoglycemia)

causes:

too little food, extra exercise, too
much diabetes medicine or insulin

symptoms:

shakiness, sweating, fast heart
beat, nausea, drowsiness, hunger,
headache, confusion, cranky, tired,
seizures

WHAT CAN YOU DO TO TAKE CARE OF YOURSELF?

Do not smoke

Control your weight

Take medications as directed

Eat a healthy diet (limit breads and pastas, canteen- junk foods)

Exercise

Try to lower stress levels

Try to get regular check ups

HYPERTENSION

WHAT IS HYPERTENSION?

Hypertension is another name for high blood pressure. When blood pressure is high, it starts to damage the blood vessels, heart, kidney, and eyes. This can lead to heart attacks, strokes, blindness, kidney failures

HOW DO YOU KNOW IF YOU HAVE HYPERTENSION?

High blood pressure does not usually cause symptoms, and should be checked by a health provider

WHAT TO DO IF YOU HAVE HYPERTENSION?

Reduce sodium intake- Do not add salt to your food & avoid salty foods from the Canteen such as salted nuts and chips

Maintain a healthy weight

Be physically active

VARIETIES OF BLOOD PRESSURE LOWERING- MEDICINE:

-DIURETICS: "water pills", they work in the kidney and flush excess water and sodium from the body which reduces blood pressure

BETA BLOCKERS: reduce nerve impulses to the heart and blood vessels, this makes heart beat slower, so blood pressure drops

ACE INHIBITORS: Angiotension converting enzyme (ACE) inhibitors cause the blood vessels to relax and blood pressure goes down

ANGIOTENSION ANTAGONISTS: Angiotensin antagonists also allow the vessels to become wider and blood pressure goes down

CALCIUM CHANNEL BLOCKERS (CCBs): CCBs keep calcium from entering the muscle cells of the heart and blood vessels. This causes the blood vessels to relax and pressure goes down



MENTAL HEALTH

mental health services at santa barbara county jail

In 2011, Sheriff Brown said the Santa Barbara County Jail had become the "de facto mental institution for the county", yet there is no mental health treatment unit in the Jail.

As of November 2017, 52% of Santa Barbara Jail County inmates had been enrolled as mental-health patients at some point during their incarceration.

In 2017, Disability Rights California documented the following issues with SB County Jail's mental health services:

- Harmful policies, practices and conditions that impact prisoners with mental illnesses, medical conditions, or mental health disabilities.
- Inadequate mental health care system
- Inadequate suicide prevention policies and practices
- Excessive use of solitary confinement
- Inmates must regularly sleep on the floor due to overcrowding
- Inmates have had to wait up to 30 days or more to see a psychiatrist, resulting in breaks in medication
- Violations of the American with Disabilities Act (ADA)

ANXIETY

Anxiety is the most common mental illness in the United States, affecting nearly 20% of all adults each year.

anxiety affects:



THOUGHTS

causes exaggerated worry about everyday life, fear of dying, repeated unwanted thoughts, nightmares, flashbacks, irritability, anger, trouble focusing, numbing of emotions



THE BODY

causes chest pain, heart palpitations, shortness of breath, dizziness, stomach discomfort, nausea, fatigue, trembling, muscle tension, headaches, tingling in the hands and feet, or trouble sleeping



BEHAVIOR

behavior that seems impossible to control, being easily startled, avoidance of people, places and/or things, limiting life experiences, inability to sit still, easily losing one's temper, or being snappy with others.

ANXIETY

coping statements:

- This feeling isn't comfortable or pleasant, but I can accept it
- I can be anxious and still deal with this situation
- This is an opportunity for me to cope with my fears
- This will pass
- I'll ride this through- I don't need to let this get to me
- I deserve to feel okay right now
- I can take all the time I need in order to let go and relax
- I've survived this before, and I'll survive this time too
- These are just thoughts-not reality
- I don't need these thoughts- I can choose to think differently

MAJOR DEPRESSIVE DISORDER

WHAT IS MAJOR DEPRESSIVE DISORDER?

It is more than just feeling low on occasion. It is a biological medical condition which is very common in adults. It affects your entire outlook all the time including your thoughts, feelings, physical health, and behaviors.

HOW TO TELL IF YOU HAVE DEPRESSION?

Feel sad? Have a loss of interest in things you usually enjoy? Feel slowed down or restless? Have trouble sleeping or sleep too much? Have low energy or feel tired all the time? Have an increase or decrease in appetite or weight? Have problems thinking or concentrating? Feel worthless or guilty? Have thoughts of death or suicide?

HOW IS DEPRESSION TREATED?

Treatment may include antidepressant medication and/or psychotherapy. There are many effective antidepressants; you and your doctor will determine the best choice for you.

TIPS ON GETTING A GOOD NIGHTS SLEEP:

- Try to maintain a regular sleep schedule
- Do not have caffeine after lunch
- Do not go to bed hungry, or after a big meal
- Try relaxing and clearing your head before bed

EXERCISE MAY HELP!

Exercise reduces stress, makes you feel happier, improves sleeping patterns, reduces feelings of depression, increases energy, lowers high blood pressure and risk of diabetes, improves cholesterol levels, improves joint function and muscle strength

SCHIZOPHRENIA

WHAT IS SCHIZOPHRENIA?

It is a brain disorder that keeps you from thinking clearly. It can cause you to see or hear things that are not there. Most people with this condition need to stay on antipsychotic medication for the rest of their lives. It affects both women and men of all cultures. It can start at any age, but often begins in late teenage years or early 20s

WHAT ARE THE SYMPTOMS OF SCHIZOPHRENIA?

Hallucinations – when you hear, see, feel, smell, or taste things that are not there

Delusions – when you believe things that are not true

Disorganized thinking or speech – when you have trouble thinking in an organized way or say things that do not make sense

Not showing much emotion or not changing your facial expression

Not moving or talking much

Not keeping clean or taking showers

Not having much interest in having fun or spending time with people

Trouble learning and remembering

WHAT YOU SHOULD DO?

Regularly take your medications, never just stop your treatment

Report feelings of feeling low, depression, hopelessness, overwhelmed, or having thoughts to hurt yourself

Participate in supportive therapy - group therapy can give you support from others who understand what you are going through

When possible talk to friends and family

Learn stress management techniques such as regular exercise and meditation

A black and white photograph showing a prison meal tray. The tray is divided into several compartments containing different food items, including what appears to be a sandwich, some vegetables, and a drink. Several hands are visible, reaching into the tray to serve themselves. A large yellow circle is overlaid on the image, containing the text.

**many prisons offer foods
high in cholesterol, sodium,
fat, & sugar**

To eat healthy, inmates must
take advantage of every
opportunity available

a guide to eating from chow hall & commissary:

Avoid eating foods from commissary that are high in sugar and salt. Avoid adding salt to meals served at chow hall

Chips of all kinds are very high in salt and fat

Take advantage of the limited variety of fruits offered in the chow hall whenever you have the chance to do so

Canned vegetables are better than no vegetables, but a lot of salt is added to them in the processing. Before eating them, pour off the water and rinse the vegetables with fresh water several times to remove that extra salt

The flavor packages in Ramen noodles are very high in salt. Use only half the flavor package, or less

Canned tomatoes, tomato sauce, tomato juice and V-8 juice are all high in sodium. Use them sparingly for flavor only

Salami, “summer sausage”, and other sausage products are very high in animal fat. Use them sparingly for flavor only

Canned tuna and other canned fish are low in saturated fat and contain special fats that are necessary for good health

Peanut butter & jelly or tuna sandwiches on whole wheat bread are healthy options for snacks or meals

An illustration at the top of the page shows three raised fists, symbolizing resistance, positioned behind vertical grey bars that represent prison walls. The fists are rendered in a dark grey, stylized manner with white outlines for the knuckles and fingers. A large, solid orange circle is centered on the page, partially overlapping the bottom of the fists and the bars.

PRISONER RESISTANCE IN SANTA BARBARA



In 2013, around 230 Santa Barbara County Jail inmates participated in a hunger strike, protesting the food they were being served.

Inmates reported the new food provider, Aramark, had been providing extremely small portions of bland food.

Additionally, inmates complained of frequent substitution of soy products in place of meat products.

By contracting out food services with Aramark Correctional services, the Sheriff's Office hoped to save \$150,000 per year, reducing meal costs from \$1.30 to \$0.90.

Despite prisoners' complaints about the quality and quantity of Aramark food, the Santa Barbara County Grand Jury found jail food to be adequate.

Regardless, food services at the Jail should continue to be monitored due to Aramark's long history of negligence.

Aramark's Rapsheet

- The company has been fined and had several contracts terminated due to unsanitary practices, serving spoiled foods, unauthorized menu changes, and inadequate meal portions
- In Michigan, an Aramark employee served prisoners food that had been in the trash
- An Aramark employees served cake that had been partially eaten by rats
- In Ohio, Aramark was serving food out of maggot-infested kitchens
- Aramark food has repeatedly been blamed for sickening prisoners in multiple states
- In an Eighth Amendment claim, a Michigan inmate described an Aramark meal to include "a green and spoiled hamburger patty, cold gravy, cold noodles with a vinegar odor, raw carrots, moldy bread, a green orange in place of dessert and warm milk"
- Florida Department of Corrections found that a large number of prisoners stopped eating meals after Aramark took over. They also cited Aramark for frequent menu changes, often substituting for less costly meat products

2018 National Prison Strike Demands:

1. Immediate improvements to the conditions of prisons and prison policies that recognize the humanity of imprisoned men and women.
2. An immediate end to prison slavery. All persons imprisoned in any place of detention under United States jurisdiction must be paid the prevailing wage in their state or territory for their labor.
3. The Prison Litigation Reform Act must be rescinded, allowing imprisoned humans a proper channel to address grievances and violations of their rights.
4. The Truth in Sentencing Act and the Sentencing Reform Act must be rescinded so that imprisoned humans have a possibility of rehabilitation and parole. No human shall be sentenced to Death by Incarceration or serve any sentence without the possibility of parole.
5. An immediate end to the racial overcharging, over-sentencing, and parole denials of black and brown humans. Black humans shall no longer be denied parole because the victim of the crime was white, which is a particular problem in southern states.
6. An immediate end to racist gang enhancement laws targeting black and brown humans.
7. No imprisoned human shall be denied access to rehabilitation programs at their place of detention because of their label as a violent offender.
8. State prisons must be funded specifically to offer more rehabilitation services.
9. Pell grants must be reinstated in all US states and territories.
10. The voting rights of all confined citizens serving prison sentences, pretrial detainees, and “ex-felons” must be counted. Representation is demanded. All voices count.

what happens to your body during a hunger strike?

Day 1-3

Glucose levels begin to fall; Glycogen stores are depleted in an effort maintain glucose levels. Hunger pangs disappear after the 2nd or 3rd day

Day 4-13

With depletion of glycogen stores, glucose is made from noncarbohydrate sources (i.e. from muscle protein). Fatty acids are broken down to provide energy as well. Body fat and muscle are lost

Day 14-34

Symptoms may include: dizziness, mental sluggishness, feeling cold, and weak, loss of thirst, impaired coordination, slowed heart rate, Thiamine deficiency occurs in the second or third week of fasting. The average weight loss in this phase is 0.66 lbs per day.

Day 35-42

This is considered the most unpleasant phase. Thiamine deficiency causes impaired vision, balance, and coordination, spinning dizziness, vomiting. Also, extreme difficulty swallowing water. Medical complications arise at $\geq 18\%$ loss of initial body weight.

Day 22+

Extreme fatigue, confusion, indifference to surroundings. Potential loss of hearing and/ or eyesight. Potential hemorrhaging and organ failure. Life-threatening symptoms develop at 30% loss of initial body weight.



people especially at risk:

pregnant women, elderly, BMI under 18.5, certain medications (i.e. insulin, antacids, diuretics), chronic medical conditions (i.e. diabetes, hypertension, IBS, cancer)

HOW TO WRITE A SUCCESSFUL GRIEVANCE

1. Review your facility's policy regarding grievances.
2. Try to find a case law that is similar to your situation to use in the grievance. Jailhouse Lawyer's Handbook and Prisoner's Rights Handbook are good resources.
3. Try to resolve the issue with staff before filing the grievance. You must make sure to exhaust all possible solutions.
4. Review all policies that pertain to your issue, such as the time frame staff must respond to your request.
5. If you have witnesses, you can file a joint grievance.
6. Be as detailed, and direct as possible.
7. Take note of your facility's required time limits for filing grievance.

Additional Resources

The Global Environmental Justice Project at UCSB

A force for supporting, encouraging, and launching a range of efforts on and off-campus, locally and globally that link research, teaching, service, and action for environmental justice.

<http://www.es.ucsb.edu/gejp/>

Fight Toxic Prisons

A collaboration with the Abolitionist Law Center. FTP's mission is to conduct grassroots organizing, advocacy and direct action to challenge the prison system which is putting prisoners at risk of dangerous environmental conditions, and impacting surrounding communities and ecosystems by their construction and operation.

<https://fighttoxicprisons.wordpress.com/>

Freedom 4 Youth

Provides programs and services to the youth at the Los Prietos Boys Camp (LPBC), Santa Maria Juvenile Hall, & the Workforce Development Board.

Freedom 4 Youth is a grassroots program that empowers youth in the juvenile justice system through story telling, evidenced based programming, community collaboration and child advocacy.

<http://freedom4youth.org/our-work/transformational-leadership/>

Jailhouse Lawyer's Manual

A handbook of legal rights and procedures designed for use by people in prison.

<http://jlm.law.columbia.edu/viewprevioused/>

Prisoners' Rights Handbook

A Guide to Correctional Law Decisions of the Supreme Court of the United States & the Federal Courts of the Third Circuit by Gary Rock, a prisoner in the Pennsylvania Department of Corrections with The Pennsylvania Institutional Law Project.

https://www.acluok.org/sites/default/files/field_documents/prisoners_rights_handbook.pdf_.pdf

Additional Resources

Prison Legal News

A project of the non-profit Human Rights Defense Center, a 72-page monthly magazine that reports on criminal justice issues and prison and jail-related civil litigation, with an emphasis on prisoners' rights.

<https://www.prisonlegalnews.org/>

Prison Health News

An information network project that publishes a newsletter four times per year for people in prison. The only resource that responds to all types of health questions from people in prisons and jails everywhere in the United States.

<https://fight.org/programs-and-services/prison-health-news/>

Reproductive Health, Living and Wellness Project

Justice Now

1322 Webster St #210

Oakland, CA 94612

A free 50+ page manual about incarcerated women's reproductive health, for women in California prisons navigating the medical system,

HCV Advocate

P.O. Box 15144

Sacramento, CA 95813

Write to ask for their frequently updated, free factsheets on hepatitis C: HCV Basics (available in English and Spanish), Hepatitis C Treatments, Exposure, Prevention, and/or Side Effects. They can also send one free sample copy of their monthly newsletter.