

**OFF
THE
WALL**

MARCH 1986

TABLE OF CONTENTS

page

3.....Editorial
4.....John Howard Society
6.....FEATURE: Prison Crowding and Stress
11.....Sports - Stuart Robertson
13.....NHL Report - Stuart Robertson
15.....Committee News
16.....CSC Policy Changes
17.....86 Funspiel/Curling Championship
18.....86 Final League Curling Standings

OFF THE WALL is published monthly by and for the inmates of the Saskatchewan Penitentiary. The price is 25¢ per issue, and \$10.00 per year for subscription by mail. Submissions to be printed must be typed and double-spaced, and include the inmate's name and FPS#.

EDITORIAL BOARD: F. Payton
P. Genest-Conway
F. Chester

EDITOR: C. Karlssen

SPORTS & RECREATION: S. Robertson

Special thanks go out to Doug Helpard, Bill Hastings, and Stu Robertson for help with production of this issue.

EDITORIAL

Welcome to the first issue of the new OFF THE WALL.

First a few words about just what it is intended to be and what it is intended to do for you.

Its main purpose is not to entertain but to inform. Any items that would be of interest to inmates in general will be considered for inclusion, with the emphasis on useful information. We hope to be able to keep you informed on events happening in the prison itself; policy changes at the institutional level and higher, if and when we can find out about them; information about the various resources available to inmates while in the system and upon release; items of a more general nature concerning corrections and the criminal justice system.

But don't hesitate to let us know if there are things you think should be included but which aren't. If you feel that a particular subject is of interest to inmates, go ahead and suggest it; better still, write up an article and submit it (typed out and double-spaced, please).

If you have poetry and/or short stories that you have written, submit those also. These will not be put in OFF

THE WALL as it comes out at the end of each month, but a special issue will be published two or three times each year depending on the amount of material submitted.

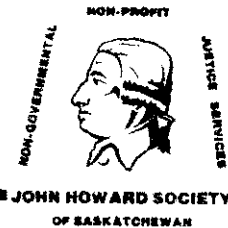
The first issue of OFF THE WALL will be distributed at no charge, to enable everyone to have a look at what it will contain. After that there will be a charge of 25 cents per issue. There are two reasons for this. First of all, the directive concerning the operation of all inmate-operated newsletters stipulates that they shall be "as self-supporting as possible." 25 cents a copy will not begin to cover the costs of production. But it will also ensure that anyone who takes one will read it, rather than just throwing it in the garbage when they get back to the range. Family members or other interested people on the outside will be able to subscribe, even though a suitable rate has not yet been determined.

Remember: your suggestions are important. We can't provide what you want unless we know what it is.

If you have any ideas for a cover design for OFF THE WALL, let us know.

JOHN HOWARD SOCIETY

COMMUNITY JUSTICE SERVICES



The John Howard Society is a non-profit organization that provides various services to people who have come in contact with the criminal justice system in one way or another. These services are available to accused persons and serving prisoners, their families and dependents, and to the victims of crime. The Society's funding comes from private donations and from government grants, though it is a completely autonomous organization.

The Society is also involved in monitoring changes in the criminal code, and the operation of the criminal justice system in general, and making recommendations. They have come out strongly against such practices as the use of indeterminate sentences, gating and construction of more SHU's.

Beth Cullen is John Howard's caseworker assigned to Sask Pen. She will provide assistance to serving prisoners in three areas:

1. Assistance with their pre-release planning, through liaison with case management teams, Parole Service, and various community support agencies whose help you may require.
2. Advocacy; that is, acting as a go-between in

situations where an inmate feels he is being unfairly dealt with by the CSC. Remember that what can be done in a situation such as this is fairly limited, as a caseworker hasn't the power to make decisions but can only speak on your behalf. This type of assistance is also not meant to take the place of internal means of redress, such as the grievance procedure.

3. Counselling, where an inmate may be having a problem dealing with a particular aspect of prison life. Again, any assistance in this area is designed to supplement, not replace, the assistance provided by case management, psychological services, etc.

In addition to these services for serving prisoners, John Howard will provide assistance to their families and dependents. This could take the form of counselling for a family whose father is serving time, for example, or just helping a family who are having trouble dealing with the traumatic experience of having a loved one locked up. They will also act as liaison with various support agencies whose help may be needed. Though John Howard does not provide dir-

ect financial assistance to clients, they may help them by directing them to the appropriate agency and assist in dealing with them.

The Society maintains a two-bedroom suite at their P.A. offices, for short-term use by family members from out of town who are here to visit with inmates. The charge

HOWARD HOUSE - JHS of NFLD.
7 Garrison Hill,
St. John's NFLD A1C 3Y7
(15 residents)

JHS RESIDENTIAL CENTRE INC.
120 Carleton St.,
St. John NB E2L 2Z7
(12 residents)

JHS of OTTAWA HALFWAY HOUSE
319 Lisgar St,
Ottawa ONT K2P 0E1
(day parolees only)

FRANK DREA HOUSE
114 Indian Rd.,
Toronto ONT M6R 2V4

GLENN THOMPSON HOUSE
335 Leslie St.
Toronto, ONT
(for physically & developmentally handicapped individuals.)

GERRARD HOUSE RESIDENCE
562 Gerrard St E,
Toronto ONT M4M 1X8

COMMUNITY RESIDENTIAL CENTRE
101st ST. Apartments
Edmonton District Office
#306 10526 Jasper Ave
Edmonton, AL T5J 1Z7

is \$7 per night for adults, children being accomodated at no charge. Reservations should be made at least one month in advance, by phoning 764-6439.

Following is a list of the halfway houses maintained by the Society across Canada. Further information may be obtained from Beth Cullen.

COMMUNITY RESIDENTIAL CENTRE
Independence Apartments
Edmonton District Office
#306 10526 Jasper Ave,
Edmonton, AL T5J 1Z7

HOWARD HOUSE - EDMONTON
Edmonton District Office
#306 10526 Jasper Ave
Edmonton, AL T5J 1Z7

BEDFORD HOUSE
615 13th Ave SE
Calgary, AL T2R 0K6

MANCHESTER HOUSE
#310 620 View St,
Victoria, BC V8W 1J6

HARVEY HOUSE
1441 Ellis St
Kelowna, BC V1Y 2A3

BELAIRE BUNGALOW
1441 Ellis St
Kelowna, BC V1Y 2A3

HOWARD HOUSE - SURREY
435 West Broadway,
Vancouver, BC V5Y 1R4

(These are the addresses to write to if you plan to stay at one of these centres.)

PRISON CROWDING AND STRESS

Verne C. Cox, Ph.D.

Garvin McCain, Ph.D.

Paul B. Paulus, Ph.D.

Prison stress has been a central concern in the past few decades for inmates, correction officials and courts. Many court suits allege certain stressful prison conditions, such as overcrowding, may even constitute cruel and unusual punishment. With this in mind, it is important to understand the nature of stress in prison and its consequences.

Stress generally is viewed as resulting from an individual's inability to deal with unpleasant environmental or life conditions. Prison stress appears to stem from many sources, such as family separation, sentence uncertainty, fear, lack of privacy, overcrowding, heat and noise. The empirical evidence, however, is limited for all factors except overcrowding. This article details briefly the authors' major findings in their studies of prison crowding and implications for prison stress.

During the last two decades, available inmates housing has not kept pace with the sharp rise in the U.S. prison population. Prison housing conditions have become increasingly crowded, a factor assumed to have negative effects on both inmates and staff. Crowding has been the subject of extensive court litigation, with cruel and unusual punishment a central charge. Court attempts to redress the crowding problem have also influenced allocations - totalling billions of dollars - for construction or operational costs.

During the past 15 years, we have studied the effects of prison crowding, using data individually obtained from more than 2,500 inmates and from records of an additional 200,000 inmates. We have

made more than 20 site visits to more than 50 correctional institutions, and collected archival data on more than 150 institutions in 8 separate systems, including the nation's 5 largest.

SPATIAL vs SOCIAL DENSITY

Spatial and social density generally have been considered primary factors in crowding, although courts and correctional institutions have, with few exceptions, concentrated on spatial density as the primary factor in crowding. We disagree. Social density, which refers to the number of individuals in a living area and places outside that area, is almost always more influential than spatial density, which is based on the number of square feet of living area floor space per inmate.

We compared one-man cubicles from about 35-55 sq. ft. and could find no significant differences in negative consequences. We also compared the effects of space on inmates in jail cells with one to six inmates (Paulus and McCain 1983). Although space varied widely in each cell, we found increased numbers of inmates in a cell were related to greater negative psychological reactions, while space per inmate had only minor effects.

At Mississippi's Parchman Prison, we found the assault rate in smaller dormitories with lower social density was substantially below that in larger dorms, even though space per person was comparable. Although spatial density undoubtedly had negative effects, evidence indicates social density is the more important factor.

We also have examined health-related variables, particularly significant to inmate and staff well-being and feasible to measure in prison. Psychological stress can affect physical health, in part because stress elevates adrenal hormones that, in the case of corticosteroids, affect the immune system, and in the case of catecholamines, have cardiovascular effects. In one study of a unit in the Illinois prison system over a 17-year period, the death rate, mainly due to natural causes, varied systematically with the degree of crowding. During this time, the population increased, then decreased. Death rates per 100 inmates rose and fell in close relation with the population change.

Psychiatric commitment rates tracked in Illinois institutions Joliet and Statesville over a 16-year period showed the same pattern as death rates. When population rose, psychiatric commitment rates per 100 inmates rose, and vice versa. More recently we noted that deaths from natural causes are higher in large institutions with populations in excess of 1,000 as compared to similar, smaller institutions.

Hispanic death rates from cancer and cardiovascular causes are much lower than for blacks and non-Hispanics in four large systems. This finding may indicate a susceptibility to stress among certain ethnic groups. However, differences in death rates among these ethnic groups in smaller institutions were relatively small. The differences were greater in the larger institutions. In some cases the ethnic death rate differences were greater than 10 to 1.

ILLNESS COMPLAINTS

One consistent finding suggests that illness complaint rates are higher in dormitories as compared to dingle or double cells. Gaes (1982) found even in the same dormitory, illness rates were higher for inmates in the open section than those provided small privacy cubicles.

At the Atlanta Penitentiary, we compared single cells to cells housing three to six inmates. Multiple cells exhibited the same size and location, thus experiencing similar noise, temperature, and staff conditions. Illness complaint rates and other measures indicated that as the number of inmates increased, so did the negative consequences. This was true even though floor space per inmate in the three-man cells was greater than in single cells. Recent analyses suggest illness effects are due primarily to noncontagious and objectively verifiable complaints (Paulus 1983).

Suicide, self-mutilation, homicide, and assault vary with the degree of crowding. A 30 per-cent court-ordered reduction in prison population at Parchman Prison resulted in an approximate 60 per-cent drop in the rate of inmate-on-inmate assaults attempted suicides, and self-mutilations. Violent death rates in the Oklahoma prison system also varied with prison population level.

In several prisons, disciplinary infractions rose disproportionately when housing became more crowded. When the Texas prison population doubled without a proportionate housing increase, disciplinary infractions increased sixfold.

Uncertainty, interference from others, and mental strain, all feed the anxiety inmates feel in crowded prisons. Uncertainty arises when inmates are consistently exposed to unfamiliar individuals who in their minds pose a potential physical threat. This is particularly true in crowded housing with high inmate turnover. Continual interference in inmates' activities and the lack of privacy commonly lead to frustration and sometimes violence. Inmates forced to continually attend to others and to assess how to minimize interference and uncertainty are likely to suffer severe mental strain.

TURNOVER RATE

Thus, a prison environment minimizing uncertainty, interference, and mental strain should evidence considerably less crowding-related effects. In other words, reduce turnover, and uncertainty will fall. At FCI Danbury, our examination of turnover rates during an 18-month period revealed higher rates of inmate complaints and infraction reports in units with higher turnover. Porpino and Dudley (1984), examining Canadian institutions over a one-year period, also found inmate-inmate and inmate-staff assaults higher where turnover was greater. They found the same relationship for self-directed violence and other security incidents.

Introducing privacy cubicles into open dormitories may represent another positive change by limiting or structuring inmate interactions, thus reducing anxiety. Comparison of inmates housed in rooms, open dorms, and cubicles in two prisons found cubicles rated as positively as rooms did, and in one prison they had similar illness rates as singles. Open dorms, not unexpectedly, were associated with various negative effects.

Future studies should document the impact of prison stressors and develop instruments to help prison administrators detect stress-prone inmates. The ability to measure stress levels is important because individual inmates and prison conditions

vary in the amount of crowding-related stress. One approach, thus far not widely or effectively used, has been stress-related urine chemistry measures of adrenal steroids and catecholamines. Results of this technique are highly objective. Although the results can be affected by the inmates' use of anabolic steroids, tranquilizers, and opiates - these substances can be isolated. A recent study by Schaeffer, Paulus, Baum, and Gaes (1985) found one measure of stress, adrenal catecholamines, was higher in more crowded housing.

Wider use of these measures offers substantial possibilities for prison management. Analyses that are commonly employed in large law-enforcement units to evaluate drug use can be done at most well-equipped hospitals or universities. These techniques can measure both long- and short-term stress. They should prove useful in evaluating treatment programs and inmate assignments, and in monitoring individual inmates or inmate groups.

Overall, the findings suggest that three positive changes that can be implemented to ameliorate stress-related housing are reduction in inmate turnover in housing units, reduction in prison size, and either elimination of dormitory housing or partition of units into cubicles. It is gratifying to note that two recent court suits (Ruiz vs Estelle, 1980; Miles vs Bell, 1985) were resolved by introducing cubicles into open dorm assignments.

(reprinted from Corrections Today, Dec. 85)

SPORTS

STUART ROBERTSON

Hello everyone from the Sports Desk. This is our first issue, so please bear with me. It's great to be back as the sports editor of OFF THE WALL.

For those of you who have been here for a while, you may remember that we had a paper similar to this a few years ago. However, due to lack of interest among the inmates, the paper only had two issues and thereafter did not publish any more. This paper can only work if you choose to make it work, and it can.

If any of you have any ideas for this column, please contact me on E-4-20 or in the Library during regular working hours. If you are also interested in submitting any articles for this section, please feel free to do so at any time.

These submissions could be on any topic of sports interest. I will always release updated material on all the sports here in the Pen, plus other sports, such as the NHL, baseball, football etc.

We will also publish all the standings of the sports season by season, plus the batting and scoring stats.

I can only be as good as my readers. If you have any complaints about the column, or suggestions for other areas you would like to see covered, please contact me. I would also like to know if there is anyone who would be interested in part-time reporting of sports news. I would very much appreciate an assistant.

In each issue we will have a section called the Rumour Mill. This will be a satirical look at rumours in the world of pro sports. Another section will focus on sports taking place within Sask Pen. Another will deal with articles on the sporting world - sports such as major league hockey.

I hope you are pleased with what you find in the paper and in the sports section. Please remember this paper is for all of us, and with help from you it will work.

Till next month, good sporting, guys.

BID WHIST CLUB

All those who are interested in joining the Bid Whist Club, please contact Stuart Robertson in E-4-20, or in

the Library during the day,
or Doug Bowman on E-4-3.

There is a regular league
schedule which is played out
in the gym a couple of times
a week. We also have the B8
Upper area approved for each
Wednesday night. Coffee and
refreshments are served at
this time when we can get
all the proper supplies.

Every three months or so, we
will have tournaments for
the members of the Club. We
are a self-supporting group,
and therefore ask for a min-
imal fee of \$2.00 per month
from each member.

At this time we are working
on having some outside peo-
ple come in to play all the
members. This event will be
held in B-8 Upper. We are
just waiting for answers to
some of the letters we have
written to outside clubs.

Let us know if you want to
join up: this club is for
you, so let's make it work!

RUMOUR HAS IT:

-that the Edmonton Oilers
will win a third straight
Stanley Cup.

-that Billy Martin will be
hired as manager of the New
York Yankees for the fifth
time.

-that the Detroit Red Wings
and Toronto Maple Leafs will
join forces to ice one team

and still miss the playoffs.

-that the Calgary Stampeders
will win at least one game
in the upcoming season.

-that Brad Park will be fir-
ed as coach of the Red Wings
and run for mayor of Dog-
pound, Sask.

-that Gordie Howe will sign
a 5-year contract with the
Hartford Whalers and will go
on to score 50 goals.

-that there will be a break-
in at the Toronto Maple Leaf
dressing room and no one
will really care.

-that the Grey Cup will be
lost and found a month later
in Harold Ballard's hospital
room.

-that the NHL referees will
finally ref a good game.

-that the CBC will broadcast
next year's all-star game,
but will cancel their con-
tract at the end of the fir-
st period.

-that John McEnroe is going
to advertise the new line of
Pampers diapers.

-that the Philadelphia Fly-
ers attempted to keep Pelle
Lindberg alive until they
could arrange a trade with
the Leafs.

-that the Detroit Red Wings
will win the Stanley Cup in
2095.

Hockey News

STUART ROBERTSON

The National Hockey League has reached the three-quarter mark in their season and as in other seasons there have been some major surprises and disappointments.

As the schedule gets under way, we come to expect such things as the Edmonton Oilers winning another Stanley Cup, Wayne Gretzky winning the scoring race, Bossy, Lemieux, Trottier and Gretzky making the allstar team etc.

However this year we have seen many unexpected surprises and disappointments. The Hartford Whalers and Pittsburgh Penguins are excellent examples of surprises.

Last year the Penguins finished dead last in their division, winning only 18 games all year. This year they have already won 24 and are making a serious bid for the playoffs. At the rate they are going they should win 35 games and secure a playoff spot ahead of the Rangers and Devils.

The Hartford Whalers play in the very competitive Adams Division, where if you lose three in a row you can drop right out of the playoff hunt. At this time the Whalers hold down the final playoff spot in the division and are 5 games over .500.

Last year had the Whalers been in the Norris Division, they would have made the playoffs ahead of Toronto and Detroit.

Another mild surprise is the Montreal Canadiens. A perennial favourite and icing a strong team most of the time the Canadiens have a rookie coach and as many as 8 rookies in their lineup. The experts felt that, because of this, the Canadiens would not be a threat in the Adams Division. At this writing, the Canadiens were in first place, and getting stronger.

The biggest disappointment of the season has to be the Winnipeg Jets. After coming off a strong playoff last year against the Calgary Flames and Edmonton Oilers, the Jets have faltered this year, and are in last place in their division. The blame for this slump can be laid at the feet of John Ferguson and coach Barry Long. With trades that would curl anyone's hair, they have turned a contending team into the laugh of the NHL. The players they traded for have a total of 12 points in 33 games.

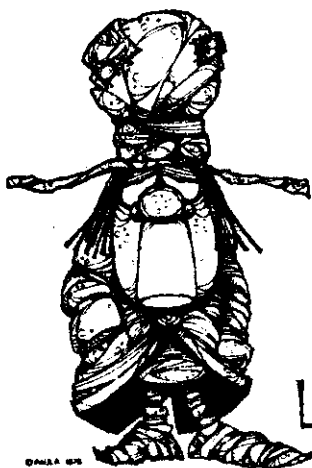
Also disappointing are the New York Rangers in the Patrick Division. Many people felt at the start of this

year that they would challenge for first place, but that hasn't happened so far, and they remain a few points out of last place.

The playoffs are only a few weeks off, and surprises are a major part of the playoffs; this is what makes the game so interesting. However

the bottom line is that the Stanley Cup finals will see a repeat of last year's Oilers vs Flyers matchup, with the Oilers winning in 6.

Next month we will preview the professional baseball season, which is about ready to get under way.



Life is a FOUR LETTER WORD

Inmate Committee

PRIVATE FAMILY VISITING:

-Construction of the duplex for private family visiting was to have been completed sometime in April. However, due to the recent freeze on all spending, this work has been suspended. Therefore we don't have a projected completion date.

T.V. CABLE:

-In the past, we have been paying \$300 per month for our T.V. cable hook-up. The cable company is now going to charge on the basis of the number of individual hook-ups involved; this is going to work out to \$6.75 for each T.V. set in the institution. Therefore it has been decided to purchase a satellite dish and not rent the cable any longer. This dish will have an initial cost of \$10,000, plus a one-time cost of \$4,000 for each station we bring in. The CSC is willing to pay for the dish and for three stations; after that any stations we wish to add must be paid for out of the IWF through fund-raising projects, etc. To begin with, we will get QCS, CKBI, and the French channel, which will be received by means of a roof antenna. There will also be a video channel, plus three further channels brought in by means of the dish. So we will not

be getting any less channels and as time goes on should end up with a better choice.

VIDEOS:

-The spending freeze has cut the funds for the videos the institution was purchasing. We will still get these, but the funds will come from the IWF for the time being; and the videos purchased by the Lifers will not be affected.

FOCUS:

-Inmates will have the option of purchasing either the Friday edition of the Prince Albert Daily Herald, at 40¢, or just the Focus section, for 25¢.

COMING EVENTS:

- Elections
(March 17)
- Celebrity Art Show
(March 15 -see Hobby Off.)
- Easter Social
(March 22)
- Easter Long Weekend: tournaments, etc.
(March 28-31)
- Sports Banquet
(This is coming in June, but no firm date has been set so far.)

CSC policy changes

Anyone who has been involved with the Correctional Service of Canada for any number of years can hardly fail to be aware of the back-and-forth shifts in policy that are constantly going on.

We have yet another example in the current shift to "decentralization in the decision-making process" with far greater discretion given to managers at the Regional and institutional level.

Prior to 1971, a great deal of the day-to-day decision-making was done at the institutional level, by Wardens. Between 1971 and 1977 there were a series of disturbances, hostage-takings, etc., which focused public attention on penitentiaries and raised public demands for more responsible management.

A parliamentary sub-committee was formed, which found that a "state of emergency" existed in the CSC, and recommended that decisions be made less at the institutional level, that this power should be centralized in the interests of standardization.

This policy was implemented over an eight-year period; hence the vast increase in the number of Commissioner's Directives governing every aspect of institutional life

and all areas of management.

This direction did not turn out to be the hoped-for magic solution, and problems continued to plague the CSC. Several studies were commissioned to study management practices and make recommendations.

The Ingstrup Task Force of 1984, the Carson Report of 1984, and the Organizational Task Force Review set up in June 1985, all reached similar conclusions. Too much of the decision-making process had been taken out of the hands of the front-line managers (the Wardens); they were forced into the situation of having to deal with problems without having the discretion to make decisions.

The Report of the Organizational Task Force Review was accepted by the Senior Management Committee on Nov. 22 1985. So that has put the pendulum back in full swing. The first result to be felt at the institutional level was the moratorium on the issuing of new Commissioners Directives.

It is difficult to evaluate yet what the effects of this move to greater discretionary powers for the Wardens will be on our daily lives; but one thing is sure--there are big changes in the wind.

1986 Funspiel Winners

- FIRST EVENT.....
1. B. Costain (outside)
2. B. Norman (outside)
3. M. Krug (outside)
4. G. Boothman (inside)
- SECOND EVENT.....
1. D. Miller (outside)
2. J. Ingoldsby (outside)
3. S. Selamio (inside)
4. B. Whitstone (inside)
- THIRD EVENT.....
1. A. Chalupiak (outside)
2. N. Bruneau (in-outside)
3. S. Bird (inside)
4. J. Norn (inside)

1985-86 CURLING LEAGUE CHAMPIONSHIP

- First Place Team.....
SKIP - Brian Myers
THIRD - Eddy Spiedel
SECOND - Kelly Tenhave
LEAD - Gordon Perrault
- Second Place Team.....
SKIP - Sam Selamio
THIRD - Don Fiddler
SECOND - Al Campeau
LEAD - Leroy Carter
- Third Place Team.....
SKIP - Ron Anderson
THIRD - Ray Grumbo
SECOND - Ted Lahache
LEAD - Rick Levins

Our thanks to Ron Anderson for providing the curling stats.

1985-86 FINAL LEAGUE CURLING STANDINGS

STUART ROBERTSON

<u>TEAM</u>	<u>WON</u>	<u>LOST</u>	<u>POINTS</u>
BRUNEAU	14	3	28
MAY	13	4	26
BIRD	12	5	24
TAYLOR	12	5	24
SELAMIO	11	6	22
MYERS	11	6	22
BURNETT	11	6	22
PROBE	11	6	22
ANDERSON R.	10	7	20
PETERS J.	8	9	16
JACKSON	7	10	14
DOWNS	7	10	14
HARDY	6	11	12
BOB	5	12	10
BILLETTE	5	12	10
RUNDLE	4	13	8
LADOU CER	3	14	6
SPIEDEL	3	14	6

Our thanks to R. Anderson for providing the curling stats.