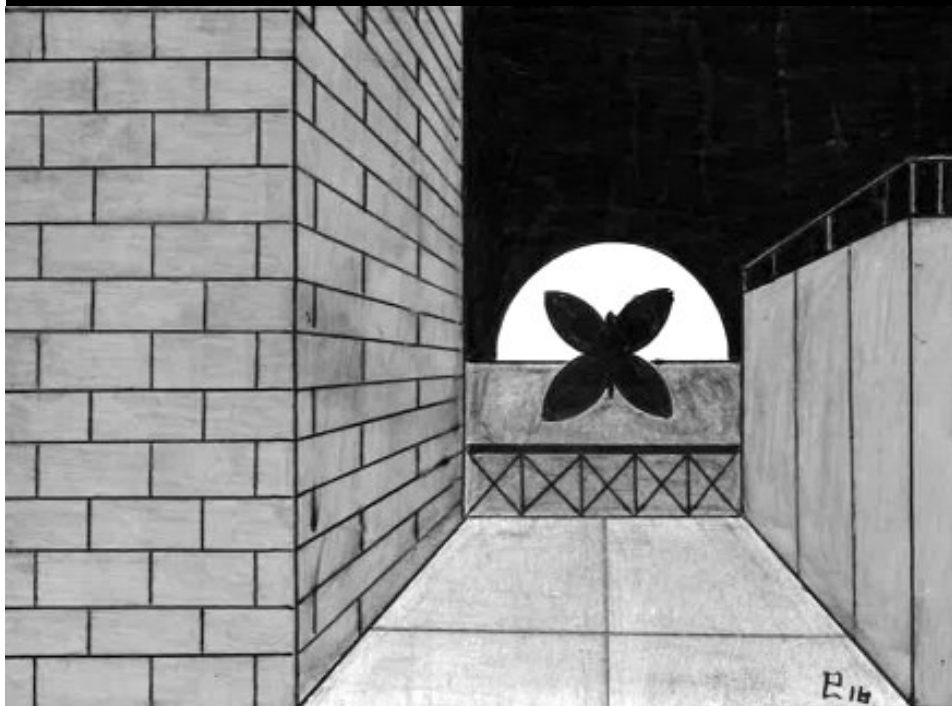


PRISON HEALTH NEWS

ISSUE 30 | FALL 2016



Artwork by LeRoy Sodorff

WHO WE ARE...

We are on the outside, but some of us were inside before and survived it. We're here to take your health questions seriously and make complicated health information understandable. We want to help you learn how to get better health care within your facility and how to get answers to your health questions. Be persistent—don't give up. Join us in our fight for the right to health care and health information.

Read on...

From

Elisabeth, Lucy, Suzy, and Teresa

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WRITE AN ARTICLE OR SEND US YOUR ART!

Would you like to see your art, writing or poetry in *Prison Health News*?

If you want to write an article on something you think is important for prison health, send it and we will consider publishing it in *Prison Health News*. Tell us your story of struggling to receive quality health care, either for yourself or others. Do you have tips and tricks for staying healthy and taking care of yourself behind the walls that could be useful to others in the same position? You can also write us first to discuss ideas for articles. If you want your full name kept confidential, you can sign your article with your first name or "Anonymous."

Please keep in mind that we may make small changes to your article for length or clarity. For any major changes to your work, we will try to get in touch with you first. Only for submitting your work, write to us at this address:

**PHN Submissions
C/o Institute for
Community Justice
1207 Chestnut St, 2nd
Floor
Philadelphia, PA 19107**

For all other inquiries write to the address on page 16.

LET THIS BE THE YEAR EDUARDO RAMIREZ

Let this be the year that keeps warm the feet of those who march towards freedom; let the light of day shine magnificently on the hearts of those who boldly proclaim their solidarity with justice; make still the violent winds of oppression so that the call for human dignity will be heard in the valley and upon the hill.

Let this be the year that fear is forfeited and bravery is born – nourished on an unwavering desire to be more than huddled masses, forgotten in the cold machine of politics; let the definitions of society and civility be reestablished to include all persons as mothers, fathers, brothers, sisters, friends, and lovers whose consent is sacred to the religiosity of democracy.

Let this be the year that hunger is met with the Bread of Angels, ignorance is confronted by the understanding hands of love, and greed is overcome by the will of The People who believe that investments should be made in the liberation of people rather than their confinement.

READER RESPONSE: NEW HEALTH RESOURCE IN CALIFORNIA

In the Winter 2016 issue of Prison Health News, we asked readers in California to let us know how the condom dispenser program there is going. We got this informative letter in response.

Dear Sir or Madam,

I recently read an article entitled "New Health Resource in California" in the *Prison Health News* publication. I am an inmate at the Mule Creek State Prison (a California Department of Corrections facility). I am writing to update you about the program.



While it is true that condoms are now made available to all inmates, it is not as effective as described. The prison officials had the condom dispensers installed inside the gym on each yard and at R&R (Receiving and Release). They are constantly monitored, and any inmate found to be taking a condom is documented and often harassed. This has had the opposite result by discouraging inmates from taking the condoms and instead having unprotected sex.

I was previously housed at Salinas Valley State Prison, where there were condom dispensers installed within each housing unit so that inmates could obtain them privately. In addition, inmates could request them from their medical professionals during private visits. So while there are condoms being made available at each institution, the policy is being applied differently at each facility, with mixed results.

I hope this information may be of use to you. I wish you all the best, and thank you for producing a quality publication.

Very sincerely,

Daniel Garcia

If you are going to be released, there are a lot of things to think about first. Are you going to get medical assistance? How will you continue to get medical care for your HIV? Where is a good medical provider you can see? What happens if you can't pay for medical care? How can you make sure that you won't miss any medications? Does your prison or jail give you a supply of medications, a medical discharge summary and/or the name of a doctor to see once you are out? There is a lot to plan for. Below are some tips to help you to plan for your HIV care on the outside.

Ask Your Doctor for a Written Summary of Your Medical Care

This is very important. In particular, your new medical provider will want to know the names and dosages of your medications. If your medical provider in prison has changed your medications, write down when they were changed and why (for example: bad side effects, resistance, etc.). This will help your new medical provider know what medications work for you. Even if you think you will be able to remember what your meds are, write this information down just in case. Ask a medical provider to go over it with you.

Try to get the prison/jail medical department to mail your records to your new provider, or at least write up a medical summary. If you are worried that your doctor on the inside won't do this for you, you can keep a journal or log of your health so when you meet your new medical provider on the outside, you can give them an understanding of what you need. Some things you can include in this journal are:

- CD4 count information:
 - ◊ Date of most recent CD4 test
 - ◊ CD4 count at that time
 - ◊ Date of lowest ever CD4 count
 - ◊ CD4 count at that time
- Viral Load test:
 - ◊ Date of most recent test
 - ◊ Viral Load count at that time
 - ◊ Date of highest ever viral load
 - ◊ Viral Load count at that time
- Any vaccines administered while in jail/prison
- Other important medical documentation/imaging (chest x-rays, mammograms, etc...)
- What HIV medications have you taken, and when did you start taking them? If you have changed medications, why and when?
- Did you get resistance testing?
- List all current prescriptions—all medications for all medical issues:
 - ◊ Name of medication
 - ◊ Date started
 - ◊ Dose information
 - ◊ Do you have a supply of every medication listed above?



A Supply of Your Meds on Release

Not all institutions will give you a supply. Check with the medical unit. Some facilities give a 30-day supply of certain medications. As you get close to your release, remind the medical department that you will be leaving soon. Ask whether you can take a supply of medications with you to last until your appointment on the outside. On the day that you are released, go to the medical department to pick up your medications. It can be easy to forget to go when you are so happy to be leaving. If you leave with a supply of your meds, make sure you understand how and when to take each pill. Have your prison medical provider write down instructions, if that would help you.

Scheduling a Medical Appointment

Ask the medical staff to help you contact a medical provider before you are released. If the medical department won't help, see if your counselor or social worker will make the call for you. If you are unable to find a doctor to make an appointment with for after your release, you can write to the AIDS Library (the address is on page 14), and they will research the nearest HIV treatment facilities. If there are no HIV clinics near your home, you can call the closest clinic and get a recommendation for where the nearest HIV medical provider is. It is recommended that you schedule a medical appointment before your release. This is especially important if you are leaving jail without a supply of medications to hold you over. It might be a few weeks before you can get an appointment, so start early!

How Can I Afford HIV Treatments?

The Ryan White HIV/AIDS Program (RWHAP) provides support to half a million people in the United States. RWHAP will help you receive HIV medical care and treatment services, dental care, medications, and other HIV support services. To be eligible you must:

- Be diagnosed with HIV or AIDS
- Have an income too low to pay for care
- Have no health insurance or not enough insurance to pay for the care you need

HOW TO ORGANIZE A MEMORIAL OR CELEBRATION

BY LISA STRAWN

I'm writing to give people in prison advice on how to put together a memorial or celebration. In June, I put together a Celebration of Life for the Orlando shooting victims at the facility where I'm housed.

Why a Celebration of Life

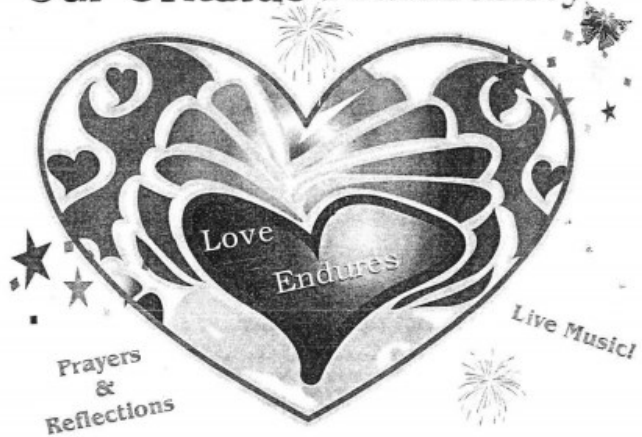
On June 12, a gunman burst into a popular gay bar called Pulse in Orlando, Florida, and killed 49 people. Most of those killed were Latino and Black LGBT (lesbian, gay, bisexual and transgender) people. I was in my cell when I heard the news. I cried the whole day.

The LGBT folks were deeply affected here. I knew I had to do something. The reason for a Celebration of Life is because they were in a club, laughing and dancing. And in an instant, that joy faded to darkness for those 49 lives. In the midst of the darkness, we are now the light. Not just as the LGBT community, but as human beings who are here together to stand for Equality and Love. I wanted to make it a day to reflect and remember the 49 lives taken too soon. Everything that they stood for as human beings can and will live on forever.

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Within three days, I had the program together.

Celebrating the Lives of Our Orlando Community



Come and enjoy the heartfelt
celebration of their contributions to
society!

Held on: July 1, 2016

Time: 09:30

Place: Chapel A



How to Put Together an Event

First piece of advice: Have a passion for what you are trying to do. You have to be able to sell your ideas.

Then have an agenda. If you want people to speak, sing, or participate in any way, try to get people on board that you can count on.

Take your ideas to a warden, superintendent, or chaplain. I took my idea about the Celebration of Life for the Orlando 49 to our facility chaplain. He was inspired. And in one hour, we came up with an agenda and put it in order.

Next, the chaplain ran it by the administration and chief medical doctor. They all were on board with the idea.

I found someone who is also incarcerated here to do the flyers, sign-up sheets and programs for the celebration.

Set a date for the event. Put up flyers about what your service or celebration is about. And sign-up sheets for other incarcerated people who want to attend. We have a ducat system here. So you have to sign up for events.

I was able to have four different groups to sing and have staff participate, because I had a passion for this. So everyone wanted to be on board with me.

I set up practice time for those who were going to sing. I asked one of the ministers for three hours of practice. That's all I needed, because the people I asked knew what to do.

Since this was a celebration of life, I got the LGBT community together, and we made cards for the Orlando LGBT Center, to be sent to them. I had over 100 cards collected and put them on a table for everyone at the celebration to see.

Also, the LGBT groups made a Pride sign and a Pride rainbow. Anyone can make a poster. Most prisons have an art department, or just put your art on paper and have it out at the service.

In a matter of nine days, I had an idea, agenda, flyers and sign-up sheets, music, speakers and a place, one of the chapels, to hold the event.

All staff were notified, and ducats went out on the 30th. July first, we celebrated the lives of the 49. Our program was done in an hour and 15 minutes, with great support from staff and people incarcerated here.



Justice and Equality for All People by James Diaz

COUNCIL FOR INCARCERATED AND FORMERLY INCARCERATED WOMEN AND GIRLS LAUNCHED

The National Council for Incarcerated and Formerly Incarcerated Women and Girls held its first organizing meeting in New York City on December 2015. Since then, the Council has been convening organizing meetings state by state. Thousands of formerly incarcerated women and girls have participated in the meetings. Our goal is to include the participation of women and girls in federal and state prisons, county and state jails, and immigrant detention centers.

The two primary purposes of the Council are:

1) To ensure that no policies, laws, practices, organizing and services are made about women and girls who are or were incarcerated without including our voices, experiences and ideas for creating more effective outcomes. Our mantra is **“Nothing about us, without us!”** Through support, awareness and advocacy, the Council is committed to collectively building new and just policy grounded in social justice, human rights and dignity.

2) To support the work of each of us, as incarcerated or formerly incarcerated women and girls, whether we act as individuals or as organizations. The Council is a place where members support one another by sharing the knowledge and powerful experiences of the women and girls most affected by current criminal legal policies who know the realities of incarceration, the many hurdles women face after returning home, and the harm prisons, jails and policing do to families and communities. We speak and organize from our own experiences and in our own voices.

Effective systems are based on **human rights**. Human rights are based on the principle of the dignity of each individual.

The Council advocates for changes in government policy and builds public awareness about conditions in prisons, jails and detention centers; prosecution, charging, sentencing and parole; re-entry after incarceration; and community-based justice reinvestment. Here are just a few of the many changes the Council is pushing for:

- Gender-specific medical care in prisons, jails and detention centers
- Appropriate education and care for incarcerated women with HIV, AIDS and hep C, including providing hep C treatment, which has proved effective for a cure
- Ending shackling during pregnancy, labor and delivery; providing quality prenatal and postnatal care
- Compassionate release for the aging, elderly and infirm
- Domestic violence and sexual abuse as recognizable mitigating factors in court
- Shifting from drug courts to community-based drug treatment on demand

Editors' Note: This is a shortened version of the Declaration of the Establishment and Purposes of the National Council for Incarcerated and Formerly Incarcerated Women and Girls. For the complete version, write to the Council or visit <http://thecouncil.us/>

The Council has just begun and is in the process of developing how it will function. Now is a great time to become a member, so you can help build it from the ground up! If you write to them and say you want to be a member, they will add you to the Council list. They do not have a newsletter yet, but they are planning on writing and mailing out a newsletter in the future. The Council welcomes trans women and gender nonconforming people.

For more information or to get involved, write to the Council:

NCIFIWG
42 Seaverns Avenue
Boston, MA 02130



GETTING TREATMENT FOR HEPATITIS C

BY SUZY SUBWAYS

Hepatitis C attacks the liver and can be deadly, but new medications can cure it in almost all cases. Hep C is common in prison. But most prisons don't even test people to find out if they have the disease, let alone provide medication to cure it. Drug companies have been allowed to set an extremely high price for the new drugs (also called "the cure"), because we live under a free-market economic system. Prisons are not willing to pay up.

What the new meds are:

These are some of the most highly recommended new drugs:

- Harvoni (ledipasvir-sofosbuvir)
- Epclusa (sofosbuvir-velpatasvir)
- Viekira Pak (dasabuvir, ombitasvir, paritaprevir, and ritonavir)
- Zepatier (elbasvir/grazoprevir)

These are also highly recommended new drugs, but none of them should be taken by itself—they are used in combinations:

- Daklinza (daclatasvir)
- Sovaldi (sofosbuvir)
- Olysio (simeprevir)
- Technivie (paritaprevir/ritonavir and ombitasvir)

Even newer medications will be available soon. *Prison Health News* will keep you informed. You can also write to HCV Advocate or Hepatitis Education Project and ask for info on hep C treatment. See pages 14 & 15 for their addresses.

Here are some things healthcare providers think about when deciding what to prescribe:

- What genotype of hep C you have
- Whether or not you've taken hep C medication before
- Whether or not you have cirrhosis (severe liver damage)
- Other conditions you may have, like kidney disease
- Other medications you are taking, especially certain HIV meds

Drug regimens with interferon are not recommended by medical experts anymore, because they are not as effective as the new regimens ("the cure"). Interferon has high rates of serious side effects like anemia and depression. The old drug ribavirin may still be used, but only in combination with new drugs.

In 25-30% of people who get hep C, the infection spontaneously clears without medication. This would happen within the first 6 months of someone becoming infected. When tested with the screening test (antibody), these people will always be positive, but when a confirmatory viral load test is done, it will be negative. It is important for anyone who has tested antibody positive in the past to ask their medical provider to run a confirmatory viral load test.

If you have chronic hep C, here are some other ways to stay as healthy as you can:

- Avoid alcohol, because it can damage your liver
- Make sure you are monitored regularly by an experienced healthcare provider

- Check with a health professional before taking any medications or nutritional supplements that are prescribed to you or from commissary
- Drink plenty of water
- Eat more low-fat foods and exercise
- Get vaccinated for hepatitis A and B
- Avoid cigarettes and recreational drugs, including other people's meds

Your legal right to hep C treatment:

In prison, a person must have enough time left on their sentence to complete the treatment. The new meds usually take 8 to 24 weeks. So a full year is no longer needed for treatment.

Some states have rules that say people in prison can only get treatment for hep C if they are close to dying of it. But all people in prison have a constitutional right to health care. Case law, also called legal precedent, is made up of decisions judges have made on lawsuits in the past that are used to decide cases now. Attorney Bret Grote of the Abolitionist Law Center says, "There's a lot of authority in the case law that standard of care in prisons is supposed to be consistent with the standard of care in the community." This means people in prison should be getting the same medical care as people outside.

The standard of care guidelines for hepatitis C are set by the American Association for the Study of Liver Diseases (AASLD) and the Infectious Diseases Society of America (IDSA). In October 2015, these organizations updated the guidelines. They now say everyone with chronic hep C should be cured, even those with mild liver disease. (Chronic hep C means the virus has been detectable for at least six months.) The only people the guidelines don't recommend the cure for are those who have a short life expectancy for reasons not related to hep C.

Grote says that some legal precedents mean that for prisons, the cost of medications can be a factor in the decision to deny treatment. But it can't be the only factor. And there is no clear way to draw a line between those who urgently need treatment and those who don't. Hep C is complex, and it doesn't progress in a predictable way. It's also hard to know whether hep C is causing other health conditions or not.

In a lawsuit Grote is working on to get the hep C cure for political prisoner Mumia Abu-Jamal, a federal judge ruled on August 31 that the way the Pennsylvania Department of Corrections (DOC) decides who gets hep C treatment violates the U.S. Constitution. "This is the first legal decision by a court in the United States establishing that prisoners with chronic hep C have a right to the cure," Grote says. The ruling should influence judges in other states and the federal system. (The case is *Abu-Jamal v. Kerestes* 3:15-CV-00967 in U.S. District Court, Middle District of PA.)

Class action lawsuits:

Lawyers in Pennsylvania (PA Institutional Law Project), Massachusetts (Prisoners' Legal Services and National Lawyers Guild), Minnesota (International Humanitarian Law Institute), and Illinois have filed class action lawsuits. They argue that denying the hep C cure in prison because of the cost is deliberate indifference to a medical need, which is cruel and unusual punishment and therefore violates the Eighth Amendment of the Constitution. Lawyers and activists in Tennessee (ACLU-TN, Disability Rights Tennessee, and No Exceptions Prison Collective) have filed a similar lawsuit seeking class action status.



GETTING TREATMENT FOR HEPATITIS C (CONTINUED)

A class action lawsuit affects everyone in the “class,” whether or not you are named in the lawsuit. So if these lawsuits win, everyone in prison with hep C in those states could be eligible to receive treatment in the future. Grote explains, “If the class action is successful, people can expect that the DOC will be forced to treat more people. But how many people, and how fast?” Even if you are in a state with a class action lawsuit, you may want to advocate for yourself to get the cure if you are sick. It could be years before the class action is resolved, after the judge has made a decision and the DOC appeals.

Advocating for yourself:

Before going into court, you’ll need to exhaust all administrative remedies, Grote says. You may need help from medical staff to find out what your hep C viral load and fibrosis level are. Ask about your platelet count and whether there has been anything abnormal in your blood tests. If you have loved ones outside who can call the medical staff and ask them to cure your hep C, that might help. You may need to sign a release form to let your loved one have your medical information.

Before filing a grievance, you’ll need to put the request on paper and get a denial of the request on paper. For a strong case, you have to prove that the decision to deny medication was based on the high cost. Your grievance can say, “Because there’s no medical reason for refusing the care, I request that this be remedied. Failure to do so would be deliberate indifference to a serious medical need.” Proper procedures can be different at every facility. It’s important to meet all deadlines and comply with all rules, so they consider the grievance on merits.

The prison may respond to your grievance by saying you are being treated already because medical staff are monitoring your condition with blood tests. This is still deliberate indifference, Grote says. “In prison, proving cruel and unusual punishment requires a higher standard than medical neglect,” Grote says. “The prison often says, ‘The plaintiff wants x treatment, but we gave him y treatment.’ But with hep C, there’s only one way to treat it. Other case law says providing treatment known to be less effective still exposes the person to unacceptable risk of injury. The key is to establish that the defendants were aware of risk to health and didn’t take reasonable measures to stop that.”

Finding a lawyer:

It can be very hard to find a lawyer when you’re in prison. It can help to ask jailhouse lawyers or old timers who to contact on the outside. Grote recommends asking around for a criminal defense attorney with a good reputation, or a lawyer who’s not afraid to go against the DOC. If a lawyer says they’re not available, ask if they can refer you to another lawyer. “Attorneys are more likely to return calls referred from other attorneys they trust,” Grote says.

The American Civil Liberties Union (ACLU) has an office in every state and Puerto Rico. It’s best if you write to the ACLU office closest to your facility. If they can’t represent you, ask them for the addresses of civil rights lawyers, attorneys who do prison litigation, and activist legal projects near you.

If you’re in a state with a class action lawsuit, you may want to write to the attorneys on that case to ask if they’ll consider representing you or referring you to another lawyer.

If you are very sick with advanced cirrhosis, ask the class action attorneys to consider seeking an injunction to get you treatment.

If there is no class action lawsuit in your state yet, Grote advises people to try to get one started. "People should reach out to lawyers in other states who have filed class action suits or those on the outside who can obtain filings from those lawsuits. Get the complaints, get the briefings, and present them to attorneys in your state," he says. "Lawyers will be more likely to be persuaded if they have these materials."

If you can't find a lawyer:

It's important to try to find an attorney, Grote says. "If a pro se litigant goes into court against the state, and the state calls its doctors and medical witnesses, it's unlikely the litigant will get far, unless they have a lot of data on their health and understanding of hepatitis C." An experienced lawyer can find doctors to serve as expert witnesses for you.

If you can't find an attorney, representing yourself (pro se) can be a good idea. It can even build the case law, setting good precedent, and help others. It's important to stay informed about the progress of cases like yours. One good way is to subscribe to *Prison Legal News* (see page 15).

Grote believes that it's only a matter of time before people in prison will get the cure for hep C. "We need to put up a more aggressive fight to make sure it happens more quickly," he says. "Incarcerated people have a right to the cure for hepatitis C, and they should seek to enforce that right."

Hepatitis C Legal Resources:

If you're in Massachusetts, or to ask for a copy of the class action complaint, write to:

*National Lawyers' Guild, Massachusetts
Chapter
14 Beacon St., Suite 407
Boston, MA 02108*

ONLY if you're in Pennsylvania, for info and referrals, write to:

*Abolitionist Law Center
P.O. Box 8654
Pittsburgh, PA 15221*

ONLY if you're incarcerated in Tennessee AND have hep C or another disability, for info and referrals, write to:

*Disability Rights Tennessee,
Attn: Intake Unit
2 International Plaza, Suite 825
Nashville, TN 37217*

For the address of the ACLU office near you, ask a librarian, counselor, or loved one on the outside.

For copies of the class action complaints, you may be able to find them using the law library or if a loved one outside can print and mail them to you:

abolitionistlawcenter.files.wordpress.com/2015/108/chimenti-v-doc.pdf

www.clearinghouse.net/chDocs/public/PC-MA-0042-0001.pdf

www.clearinghouse.net/chDocs/public/PC-MN-0003-0002.pdf

www.aclu-tn.org/graham-et-al-v-parker-et-al

Or, for the PA class action complaint, write to:

*PA Institutional Law Project
718 Arch St #304S
Philadelphia, PA 19106*

Information and Support Resources

AIDS Library

Philadelphia FIGHT
1233 Locust Street, 2nd Floor
Philadelphia, PA 19107

The library will answer questions about any health condition, not just HIV/AIDS. If you're in Pennsylvania, you can also request info for re-entry planning.

Center for Health Justice

900 Avila Street #301
Los Angeles, CA 90012
Prison Hotline: 213-229-0979

Free HIV prevention and treatment hotline Monday to Friday, 8 a.m. to 3 p.m. Those being released to Los Angeles County can get help with health care and insurance.

AIDS InfoNet

International Association of Providers of AIDS Care

2200 Pennsylvania Ave., NW,
4th Floor East
Washington, DC 20037

Free factsheets on HIV prevention and treatment in English and 10 other languages. Please ask for "Factsheet 1000." You can also request summaries of HIV and hepatitis C treatment guidelines, which tell doctors what care to provide in different medical situations.

POZ Magazine

212 West 35th Street, 8th Floor
New York, NY 10001

A lifestyle, treatment and advocacy magazine for people living with HIV/AIDS. Published 8 times a year. Free subscriptions to HIV-positive people in prison.

Hepatitis Education Project

911 Western Ave #302
Seattle, WA 98104

Write to request info about viral hepatitis and how you can advocate for yourself to get the treatment you need.

Jailhouse Lawyers' Handbook

c/o Center for Constitutional Rights
666 Broadway, 7th Floor
New York, NY 10012

Write for a free copy of *The Jailhouse Lawyer's Handbook: How to Bring a Federal Lawsuit to Challenge Violations of Your Rights in Prison.*

Inside Books Project

c/o 12th Street Books
827 West 12th Street
Austin, Texas 78701

Free national resource guide for people in prison, with listings of organizations that can send free books or info on finding legal help, pen pals, release planning, publications, and more.

SERO Project

P.O. Box 1233
Milford, PA 18337

A network of people with HIV and allies fighting inappropriate criminal prosecutions of people with HIV for nondisclosure of their HIV status, potential or perceived HIV exposure, or HIV transmission.

Just Detention International

3325 Wilshire Blvd, #340
Los Angeles, CA 90010

If you have experienced sexual harm in custody, write for their packet of info about rape and other sexual abuse, prisoners' rights, and how to get help via mail and phone. Survivors can write via **confidential, legal mail** to Cynthia Totten, Attorney at Law, CA Attorney Reg. #199266 at the above address.

Black and Pink

614 Columbia Rd.
Dorchester, MA 02125
An open family of LGBTQ prisoners and “free world” allies who support each other. Free newsletter and pen pal program for incarcerated LGBTQ people.

Men and Women in Prison Ministries

10 W. 35th Street # 9C5-2
Chicago, IL 60616
For those returning home to the Chicago area, they can answer questions about re-entry, faith, health, and other organizations that can help.

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. Another manual, *Navigating the Medical System*, is for women in California prisons.

PEN Writing Program for Prisoners

PEN American Center
588 Broadway, Suite 303
New York, NY 10012
Provides incarcerated people with skilled writing mentors and audiences for their work. Write for a free *Handbook for Writers in Prison*.

HCV Advocate

P.O. Box 15144
Sacramento, CA 95813
Write to ask for their frequently updated, free factsheets: *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.

If you need resources that are not listed here, **write to us!** We will help you track down answers to your specific questions.

Write to us if you know about a great organization that is not yet listed here.

Write to this address for the 3 resources on the right:

**PLN
P.O. Box 1151
1013 Lucerne Ave
Lake Worth, FL
33460**

Prison Legal News

Monthly 72-page magazine on the rights of people in prison and recent court rulings. Sample issue: \$3.50, unused stamps are OK. Subscription: \$30/year.

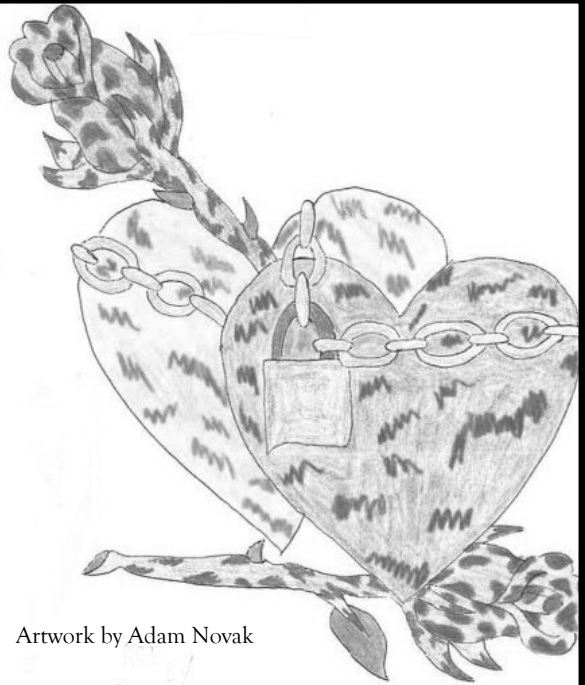
Protecting Your Health & Safety: A Litigation Guide for Inmates

325-page manual explains legal rights to health and safety in prison, and how to advocate for those rights when they are violated. A publication of the Southern Poverty Law Center. Make a \$16 check or money order out to *Prison Legal News*.

Prisoner Diabetes Handbook

A 37-page handbook written by and for people in prison. Free for one copy.

PRISON HEALTH NEWS



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Elisabeth Long

Lucy Gleysteen

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Teresa Sullivan

Envelopes stuffed and sealed with care by ICJ Volunteers. Extra thank you to Warren Lane for going above and beyond in his commitment to Prison Health News.

PHN is a project of the *AIDS Library* and the *Institute for Community Justice (ICJ)* at Philadelphia FIGHT.

For subscriptions, resources and all other inquiries write to us at:

Prison Health News
c/o Philadelphia FIGHT
1233 Locust Street,
5th Floor
Philadelphia PA 19107

Please write to this address if you would like a Spanish edition of PHN.

Please write to us if your address changes.

All subscriptions are FREE!

Jailhouse Lawyer's Manual Update

We are sorry that we do not have enough copies of the Jailhouse Lawyer's Manual for everyone who requested it. We are hoping to send a copy to each facility where people requested it from. If you get a copy, please share it with anyone who asks to use it, for free.