

ADMISSION AND ORIENTATION HANDBOOK



FEDERAL CORRECTIONAL INSTITUTION
CUMBERLAND, MARYLAND

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Director's Message to Inmates

As Director of the Federal Bureau of Prisons, it is my responsibility to ensure the safety, security and good order of all 117 prisons, 38,000 staff, and 217,000 inmates. It is also my responsibility to provide you opportunities for self-improvement. In this message, I will explain some of the ways I intend to carry out my duties and also explain my expectations for how you carry out your responsibilities.

Over the past few weeks, I have reminded all staff of the BOP's core values: respect, integrity and correctional excellence. This means that everyone is to be treated with dignity and respect: staff, inmates, visitors, and members of the public. You are expected to demonstrate respect as well, to staff, to your fellow inmates and to the rules in place at the prison. You may want to reread the inmate rights and responsibilities information to be sure you are familiar with the expectations we have for you. Inmates who disrespect the rules by engaging in prohibited activities (especially the most serious prohibited acts including possession of intoxicants, weapons, or other contraband) pose a serious threat to the safety and security of the institution and will be subjected to disciplinary action. Participation in any type of gang activity will not be tolerated. In an attempt to ensure the environment is safe for all, inmates who participate in behavior which disrupts the orderly running of the institution may be considered for institutions with greater controls, such as higher security facilities or special management units. You are expected to behave responsibly and to live peacefully with other inmates, regardless of their background or culture.

Nearly all of you will release from prison one day and return to the community. We want you to be prepared to be a productive, law-abiding member of society. Accordingly, we will help you make the best possible use of your time in prison to learn skills, get treatment, build a resume, etc. Regardless of how many days, months, or years you may have time to serve, it is critical that you begin your preparation for reentry today! Ideally, preparation for reentry begins on the first day of incarceration. The Bureau of Prisons has developed tools to identify your needs and programs to address these needs, in the areas of education, work, recreation, health services, psychology, religious services, and more. The career resource centers at every institution can help you in many ways, and the full-time Mentor Coordinators can connect you with mentors while incarcerated who can continue to assist you after release. Staff can and will assist you to get on the path to a successful community reentry, but you must accept responsibility for your own future; you must work hard at the programs recommended for you and make every effort to prepare for release.

The staff of the BOP understand that incarceration can be a difficult experience and that some inmates are overwhelmed by feelings of hopelessness. If you or someone you know is feeling or talking about a sense of hopelessness or suicide, please bring this to the attention of a staff member as soon as possible; the staff are there to help you. Seeking help is a sign of your strength and determination to prevail. Helping yourself or a fellow inmate in a time of crisis is the right thing to do.

Another area of concern to me is sexual assault. If you are being threatened or pressured to engage in sexual behaviors, or are fearful about being sexually assaulted, please discuss your concerns with staff as soon as possible. We take all allegations of sexual abuse or sexual assault very seriously, and are committed to providing assistance to any victims. Please help us prevent this type of incident from occurring by identifying problematic circumstances or perpetrators so we can take appropriate action.

It is my hope that you use your term of incarceration to acquire the skills needed to live successfully in the community. We are here to help you prepare to successfully release from prison and become a productive citizen. Take advantage of the many programs that are available; get help in overcoming problems you have faced; improve skills you have acquired previously; strengthen your spiritual or religious connection. I challenge each of you to use each day to make a positive difference, whether it be for one another, the staff who work with you, your families, or communities.

Mensaje del Director a los Reos

Como Director de la Agencia Federal de Prisiones (BOP, siglas en inglés), soy responsable de garantizar la seguridad, protección y buen orden para todas las 117 prisiones, para los 38,000 miembros del personal, y los 217,000 reos. También tengo la responsabilidad de ofrecerles a ustedes oportunidades para superación personal. En este mensaje explicaré algunas de las formas en que pretendo realizar mis deberes, además de mis expectativas de cómo ustedes cumplirán con sus responsabilidades. Durante las últimas semanas le he recordado a todo el personal sobre los valores fundamentales de BOP: respeto, integridad y excelencia en el desempeño correccional. Dichos valores significan que cada persona debe ser tratada con dignidad y respeto, ya sean miembros del personal, reos, visitantes o el público en general. También se espera que usted le muestre respeto al personal, a los otros reos, y a los reglamentos vigentes en la institución penal. Es conveniente que lea nuevamente los derechos de los reos para estar seguro de quedar familiarizado con las expectativas que tenemos de usted. Los reos que no respeten los reglamentos al cometer actos prohibidos (especialmente los actos prohibidos de mayor gravedad, entre ellos, la tenencia de estupefacientes, armas, u otros artículos de contrabando) suponen una grave amenaza a la seguridad y protección de la institución y serán sometidos a acción disciplinaria. No se habrá de tolerar participación alguna en ningún tipo de actividades de pandillas. Los reos que participen en conducta que perturbe al funcionamiento ordenado de la institución pueden ser trasladados a instituciones de control más restrictivo, tales como a instalaciones de mayor seguridad o unidades de supervisión especial, con el propósito de así preservar un ambiente seguro para todos. Se espera que usted se comporte de forma responsable y que conviva de manera pacífica con los reos, sin importar su origen o cultura.

Casi la mayoría de ustedes serán puestos en libertad algún día y volverán a vivir en la comunidad. Por tanto deseamos que usted esté preparado para ser un miembro de la sociedad productivo y respetuoso de la ley. Por consiguiente, le ayudaremos a que haga el mejor uso posible de su estadía en prisión y así aprenda nuevas habilidades y destrezas, reciba tratamiento, redacte una hoja de vida (*resumé*), etc. ¡No importan cuantos días, meses, o años le queden por cumplir en su sentencia, es sumamente importante que desde hoy comience los preparativos de reingreso a la comunidad! Lo ideal es que tal preparación comience desde el primer día de encarcelamiento. La Agencia Federal de Prisiones ha elaborado métodos para identificar sus necesidades y ha desarrollado programas en las áreas de educación, trabajo, esparcimiento, servicios de salud, atención psicológica, servicios religiosos, entre otros, para así dar respuesta a sus necesidades. Los centros para recursos de carreras (*career resource center*) ubicados en cada institución pueden ser útiles de varias maneras. Además, los Coordinadores de Consejería a tiempo completo (*full-time Mentor Coordinators*) pueden ponerlo en contacto con consejeros durante su encarcelamiento, los cuales a su vez pueden seguir brindándole ayuda luego que sea puesto en libertad. El personal puede ayudarle y le brindará ayuda para colocarlo en una trayectoria que lo lleve a un reingreso exitoso a la comunidad. Sin embargo, queda de su parte aceptar la responsabilidad por su futuro. Usted debe esforzarse al máximo en todos los programas que le han sido recomendados y hacer todo lo posible por estar preparado una vez sea excarcelado.

El personal de BOP comprende que el encarcelamiento puede ser una experiencia difícil y que algunos reos pueden sentirse abrumados por sentimientos de desesperación. Le rogamos que le haga saber a un miembro de personal lo antes posible si usted siente o escucha alguien que conoce comentar sobre sentimientos de desesperanza o ganas de suicidio. El personal está disponible para ayudarle. Procurar ayuda es indicio de fortaleza, de estar determinado a prevalecer. Lo más indicado en momentos de crisis es ayudarse a sí mismo o brindar ayuda a otro reo.

Otra área que me preocupa es la agresión sexual. Si usted se ve amenazado o presionado a participar en conductas sexuales, o teme ser agredido sexualmente, le pido de favor que mencione sus preocupaciones al personal lo antes posible. Dichas alegaciones de agresión sexual son tomadas muy en serio y estamos comprometidos a brindar ayuda a cualquier víctima. Le pedimos que nos ayude en la prevención de este tipo de incidentes, identificando las circunstancias problemáticas o al autor del delito, para así poder tomar acción adecuada.

Es mi gran esperanza que usted aproveche su plazo de encarcelamiento para adquirir las habilidades y destrezas necesarias que le sirvan para forjarse una vida satisfactoria en la comunidad. Estamos aquí para

ayudarlo a prepararse para ser excarcelado de prisión con éxito y logre convertirse en un ciudadano productivo. Aprovechese de la gran cantidad de programas disponibles. Consiga ayuda para superar los problemas que ha encarado. Mejore sus habilidades y destrezas que ha aprendido anteriormente. Fortalezca su conexión espiritual o religiosa. Le hago el desafío a cada uno de ustedes para que marquen una diferencia positiva cada día, ya sea entre ustedes, con el personal que trabaja por ustedes, con sus familias, o en las comunidades.

Memorandum for all Inmates (January 27, 2012)

**Inmate Information Handbook
Federal Bureau of Prisons
FCI Cumberland**

INTRODUCTION

The purpose of this handbook is to provide incoming inmates with general information regarding the Bureau of Prisons, its programs, and institution rules and regulations. It is not a specific guide to the detailed policies of the prison system or all procedures in effect at each Bureau of Prisons institution. That information is available in the Program Statements located in the inmate law library. Rather, the material in this handbook will help new inmates more quickly understand what they will be encountering when they enter prison, and hopefully assist them in their initial adjustment to institution life.

INTAKE, CLASSIFICATION AND THE UNIT TEAM

ADMISSION & ORIENTATION

Inmates are given social and medical screening at the time of arrival and will be screened by the Psychology personnel.

Ordinarily, for the first two weeks of an inmate's stay at this institution, the inmate will be assigned to the Admission and Orientation (A&O) Program. While in A&O, inmates will learn about the programs, services, policies, and procedures regarding this facility. Inmates in A&O will also receive presentations from various staff regarding their programs and departments. At the end of the A&O Program, inmates will be assigned to a job as long as they are medically cleared for duty.

CLASSIFICATION TEAMS (UNIT TEAMS)

This institution, as with almost all other Bureau of Prisons institutions, is organized into a unit management system. A unit is a self-contained inmate living area that includes both housing sections and office space for unit staff. Each unit is staffed by a Unit Team directly responsible for the inmates living in that unit. The unit staff offices are located in the units so staff and inmates can be accessible to each other. The unit staff includes a Unit Manager, two Case Managers, two Counselors and one Unit Secretary. A Staff Psychologist, Education Advisor and Unit Officer are also considered to be unit staff, and may be present during Unit Teams.

Inmates are assigned to a specific Unit Team and generally, the resolution of issues or matters of interest while at the institution are most often initiated with the Unit Team. Unit Team members are available to assist in many areas, including visiting matters, release planning, personal and family problems, counseling and assistance in setting and attaining goals while incarcerated. Ordinarily, a member of the unit staff will be at the institution weekdays from 7:30 a.m. to 9:00 p.m., and from 7:30 a.m. to 4:00 p.m. on weekends and holidays. The Unit Team members usually schedule their working hours in such a manner that at least one staff member will be available at times when inmates are not working.

GENERAL FUNCTIONS OF UNIT STAFF

UNIT MANAGER

The Unit Manager is the administrative head of the unit and oversees all unit programs and activities. He or she is a Department Head at the institution and has a close working relationship with other departments and personnel. The Unit Manager is the "Chairperson" of the team, and reviews all team decisions, and ordinarily chairs all Unit Discipline Committees.

CASE MANAGER

The Case Manager is responsible for the majority of all casework services, Inmate Skills Development System (ISDS) information and prepares classification material, progress reports, release plans (e.g., social security cards/birth certificates), correspondence and other materials relating to the inmate's commitment. He or she is responsible to the Unit Manager on a daily basis. The Case Manager serves as a liaison between the inmate, the administration and the community. The Case Manager is a frequent member of the Unit Discipline Committee.

CORRECTIONAL COUNSELOR

The Counselor provides counseling and guidance for inmates in their assigned unit regarding institutional adjustment, personal difficulties, implementing Inmate Financial Responsibility Plans, Visiting forms, and plans for the future. He or she plays a leading role in all segments of unit programs and is a member of the Unit Team. As applicable, the Counselor will visit inmate work assignments regularly and is the individual to approach for daily problems. The Counselor is a frequent member of the Unit Discipline Committee.

UNIT SECRETARY

The Unit Secretary performs clerical and administrative duties for unit staff. The Secretary may sit in as a member of the Unit Team.

UNIT OFFICER

The Unit Officers have direct responsibility for the day to day supervision of inmates and the enforcement of rules and regulations. They have safety, security and sanitation responsibilities in the unit. Unit Officers are jointly supervised by the Unit Manager and the Captain during his/her unit assignment.

COMMUNICATIONS

There is usually a unit staff member available each day of the week and most evenings until 9:00 p.m. Personal questions and requests should be submitted to staff members in person and/or utilizing the Inmate Request to Staff Member; paper form or electronic version (Cop-out). The unit bulletin boards contain written communication of interest to inmates. Unit Managers may utilize Town Hall meetings at his/her discretion to foster improved communications.

PROGRAM REVIEWS

Initial Classifications will be held within 28 days of the inmate's arrival to FCI Cumberland. Program reviews will be held within 90 days for inmates with one year or less remaining to be served, or within 180 days for inmates with more than one year remaining. These are held by the Unit Teams to review program participation, work assignments, custody, FRP payment compliance, institutional

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adjustment, obtaining identification for release purposes (e.g., social security card and birth certificate), etc. The Unit Team also makes recommendations regarding transfers and Residential Reentry Center placements. This is also the opportunity for inmates to request program changes (i.e., transfers and RRP consideration).

TOWN HALL MEETINGS

Town hall meetings are held periodically to make announcements and discuss changes in the policy and procedures. Inmates are encouraged to ask pertinent questions of staff and any guest speakers who are present. These questions should pertain to the unit as a whole, rather than personal questions or problems. Personal questions will be resolved by unit staff members during Open House hours.

REENTRY PLANNING

The success of your reentry starts the day that you are incarcerated!

As part of your initial classification and program review, The ISDS tool will be utilized by your Unit Team. It consists of 9(nine)skill areas and is used to identify your strengths and weaknesses in relation to release readiness. Reentry preparation starts at the beginning of your sentence, waiting until the end is too late. At each team meeting your skills will be assessed and programs will be recommended to address your skill deficits. If you are not honest or open when you answer the questions, the team cannot accurately identify your needs to make appropriate recommendations in preparation for your current adjustment in the institution and in your future in the community.

Skill Areas

1. Academic
2. Vocational/Career
3. Interpersonal
4. Wellness
5. Mental Health
6. Character
7. Cognitive
8. Daily Living
9. Leisure

Components contributing to ISDS

1. Education
2. Health Services
3. Psychology
4. Unit Team
5. Recreation
6. Religious Services
7. Work Detail Supervisor
8. Other staff you interact with
9. You (the inmate)

IDENTIFICATION

In order to assist with employment readiness upon release, you will need two forms of identification. You may already have valid identification you currently have mailed to the Unit Team which has been placed in your central file for use upon release. Forms of identification include:

Driver's license or state/federal picture identification

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Birth certificate (A copy can be requested from your state's vital statistics agency for a fee. Specific information is available in the Law Library or Career Resource Center.)

Social Security card (Replacement card applications can be obtained from the Unit Team.

CHILD SUPPORT

Basic Information Regarding Child Support:

1. Child support orders are often present for parents who do not live with their children. Sometimes a parent does not know there is a child support case.
2. If a parent has a child support order, the obligation does not go away automatically if the parent is unemployed or incarcerated. The arrearage adds up quickly and many states also charge interest.

Frequently asked questions regarding incarcerated/reentry population:

Q. Is it possible for a parent to not know about a child support order?

A. It is very possible for someone to not know he/she has a child support order in place. Child Support Enforcement agencies take steps to ensure both parties are present when child support matters are addressed. However, when a party fails to appear at the hearing, the order may be set by default.

Q. How can someone with no reported income have a child support order set at such a high amount?

A. If the administrative hearing officer or judge the order has no wage information or other proof non-custodial parent, the order amount is set in a number of ways, depending on the jurisdiction. Some jurisdictions will base the order on 40 hours of work at minimum wage; others will use past employment as a basis for their calculations. For example, if the parent worked construction, the order would be set at the going rate for construction work at 40 hours per week. Practices for setting the amount of child support vary among states.

Q. What can you do to reduce your child support order while incarcerated?

A. Many states have laws permitting the reduction of orders during incarceration. Each state handles these issues differently. The Law Library and/or the Career Resource Center may have information on your state's process. Contact the Reentry Affairs Coordinator for further assistance, if needed.

You should contact the child support enforcement agency if you have concerns or wish to apply for an adjustment to your child support order. A list of child support enforcement agencies will be made available to you.

VETERANS' BENEFITS

Please be sure to inform Unit Team that you are a Veteran.

Sentenced inmates are eligible for some reduced benefits while they are incarcerated. In some cases your family may still be able to receive benefits.

Local VA representative visits the institution to assist with general information and personal benefit issues.

You must have a copy of your DD-214 for any inquiry about VA benefits.

You may receive care from a VA medical center while incarcerated at an RRC.

Further information is available at the Career Resource Center.

SOCIAL SECURITY ADMINISTRATION'S ELIGIBILITY CRITERIA

SSI eligibility - People who are age 65 or older, who are blind or disabled, and whose income and resources are below certain limits are eligible. No benefits are payable for any month in which you reside in a jail, prison or certain other public institutions. If you were already receiving SSI, your payments are suspended while you are in prison. Benefits to your spouse or children will continue as long as they remain eligible.

To reinstate - The Social Security Administration must be contacted and provided a copy of your release documents. See your Unit Team for further information and local procedures. If your confinement lasts for 12 consecutive months or longer, your eligibility for SSI benefits will terminate and you must file a new application for benefits.

You are eligible to receive benefits while on home confinement.

SELECTIVE SERVICE

A. All males in the U.S. between the ages of 18 and 26 must register. This includes non-citizens. If you do not register before the age of 26, you can permanently lose federal benefits.

B. You can register on-line or by mail. See the Career Resource Center for further information.

If you are not registered and are over the age of 26, you can submit a Status of Information Letter (SIL) which can reinstate your benefits. (Not required if you were born before 1960.)

Men born between March 29, 1957, and December 31, 1959, are not required to register.

EDUCATION AND REENTRY

There is a federal law that limits some people with criminal records from being eligible for federal financial aid. However, restrictions only apply if you were convicted of a drug offense (a misdemeanor or felony) while you were receiving financial aid. And, even if you have a drug conviction that occurred when you were receiving financial aid, the law may not apply to you if a certain period of time has passed since the conviction or if you have completed drug treatment. Visit the Career Resource Center for more information.

The Reentry Affairs Coordinator may be reached at Mainline, on Trulinks, and through cop-out via the institution mail.

DAILY INMATE LIFE

CELL ASSIGNMENT

Each Unit at FCI Cumberland has two-man and three-man cells. Since two-man cells are at a premium and are earned as an incentive for maintaining clear conduct, programming, maintaining high standards of sanitation, etc., the Correctional Counselor for each Unit maintains a seniority list for the two-man cells. Although not all encompassing, and may be subject to change based on institutional needs, below is a list of general guidelines for cell assignment procedures at FCI Cumberland:

- Upon arrival to FCI Cumberland, inmates will be assigned to a three-man cell and placed on the bottom of the seniority list for a two-man cell.
- When an inmate returns from WRIT, he will return to the place on the seniority list he was prior to departing for WRIT. If an inmate was in a two-man cell prior to departing for WRIT; and a two-man cell is unavailable, the inmate will be placed at the top of the seniority list and will be offered the next available two-man cell.
- Inmates can refuse a cell assignment; however, if an inmate refuses a cell assignment, they will be placed at the bottom of the two-man seniority cell list and may be subject to disciplinary action.
- Inmates already in an assigned two-man cell do not have any input as to the placement of another inmate in that cell. Inmates not accepting a new cell mate can request to be placed in a three-man cell and will be placed on the bottom of the two-man cell list. Refusing to accept a cell mate can result in an incident report and/or placement in the Special Housing Unit (SHU).
- Inmates completing the Residential Drug Abuse Treatment Program (RDAP) and who are moved to other Units after completion of the program, will be placed in a three-man cell and at the bottom of the two-man seniority list for that Unit.
- Inmates can rotate only from one two-man cell to another two-man cell with the approval of the Unit Correctional Counselor. The same process is in effect for moves from one three-man cell to another three-man cell. All requests must be made in writing, with signatures of all effected inmates.
- If an inmate is charged with a Prohibited Act violation, is placed in SHU, and is subsequently found guilty by the Unit Discipline Committee (UDC) or the Discipline Hearing Officer (DHO), he will be assigned to a three-man cell upon return to the Unit in the general population and he will be placed on the bottom of the two-man seniority cell list effective the date he is released from the SHU.
- If an incident report is expunged, the inmate will return to the place on the two-man seniority cell list he was prior to his placement in SHU. If the inmate was previously in a two-man cell, and a two-man cell is unavailable, the inmate will be placed at the top of the seniority list and will be offered the next available two-man cell.
- Inmates who receive a sanction of "Loss of Preferred Housing" will be returned to the two-man seniority cell list on the date the sanction expires.
- Inmates in Inmate Financial Responsibility Program (IFRP) REFUSE status will be

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placed in a three-man cell and removed from the two-man seniority cell list. He will be placed at the bottom of the two-man cell list on the date he is removed from IFRP REFUSE status.

CELL SANITATION

It is the inmate's responsibility to check his living area immediately after being assigned there and to report damage to the Correctional Officer, Case Manager, or Counselor. An inmate may be held financially responsible for any damage to his assigned cell.

All inmate quarters will be in order prior to the 7:30 a.m. work call. It is expected that all inmate quarters will be ready for inspection between the hours of 7:30 a.m. to 4:00 p.m. Failure to follow the below listed sanitation expectations will result in a possible disciplinary action, to include, Loss of Quarters, Commissary, Recreation privileges, Loss of Job, Confiscation of Contraband, Impounding of Personal Property, Extra Duty and Restriction to Quarters.

- All beds are to be made daily in military fashion including a 6" collar. Beds will be made each weekday by 7:30 a.m. On weekends and holidays, beds will be made by 10:30 a.m. If an inmate is unassigned, on day off or vacation, he may lay on top of the made bed without the use of sheets or blankets. Each inmate is responsible for the cleaning and sanitation of his room. At no time will a mattress be removed from a bunk and placed on the floor.
- Cell floors will be swept and mopped daily, and periodically stripped and waxed with the permission of the Unit Manager. The only items authorized to be on cell floors are shoes, which will be neatly aligned underneath the beds. Any other personal property items, to include, food items, bowls, books, toilet paper, detergent boxes, soda cans, towels, blankets, legal materials, hobby craft items, photo albums, etc., is unauthorized for storage on the floor or underneath the bed, and will be confiscated.
- Trash cans will be emptied daily prior to the 7:30 a.m. work call and as often as necessary to ensure proper sanitation. Trash bags are not permitted for placement in trash cans, and will not be used to store shoes, clothing or other items.
- Retention of containers in which the original contents have been consumed, are prohibited, i.e., juice bottles, peanut butter jars, etc. Cleaning supplies will not be stored in containers as noted above, nor will unit cleaning supplies be kept in individual cells for convenience. This includes, but is not limited to brooms, dust pans, scouring powder/pads, etc.
- Except when explicitly authorized in writing, removal of food from the dining room is not permitted.
- The only items authorized for placement on top of the locker are one religious book and one picture frame. All other authorized photographs should be placed on the bulletin boards. Towels and other coverings on top of lockers are prohibited and will be subject to confiscation.
- Each inmate is responsible for ensuring lights, vents, windows, and door windows are not covered and/or blocked in any fashion. These areas will be cleaned daily and free of dust. The physical structure of the room will not

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be altered in any manner.

- Homemade clothing lines of any type are prohibited. Additionally, clothing will not be hung from light fixtures, vents, bed rails or windows.
- Cooking utensils to include bowls and cups will be appropriately stored in a locker. If necessary, bowls and cups in plain view, for example, on the shelf will be limited to one each per person, and will be cleaned prior to placement on the shelf. All others will be considered excessive and subject to confiscation. Additionally, bowls will not be stored in lockers with perishable food inside. All bowls found in lockers with perishable food will be considered contraband and disposed of accordingly.
- Personal photos, calendars (not depicting people), and the food service menu cannot be posted on the wall, but can be posted on the bulletin boards. Pictures torn from magazines are not permitted on bulletin boards or desk.
- Towels, blankets or sheets will not be placed on the floor as rugs or draft stoppers. If found, these items are subject to confiscation.

PERSONAL PROPERTY LIMITS AND STORAGE

Only items issued through regular channels, purchased at the commissary or through special purchase orders are authorized for retention. The number of items which may be retained by an inmate are limited for sanitation and security reasons. The following list is not all-inclusive, but is a guide to the kind of items an inmate may be authorized. A complete list of the types and numbers of approved personal property can be found in the appropriate Institution Supplement and posted on bulletin boards in the housing units. Inmates may not give any items of value to another inmate, (i.e., radio, watch, sneakers and Commissary items).

STORAGE SPACE - Storage space consists of an individual locker which can be secured with locks purchased in the institution commissary. Footwear may be neatly placed under the bed. The amount of personal property each inmate is allowed is limited to those items which can be neatly and safely placed in the space designated. Under no circumstances will any materials be accumulated to the point where they become a fire or sanitation hazard.

CLOTHING - Civilian clothing of any type (except athletic apparel) is not authorized. All clothing is to be neatly stored in the individual locker. A limited number of personal sweatshirts, sweat pants and thermal underwear is permitted. Individual wash cloths and towels are issued to inmates.

SPECIAL PURCHASE ITEMS - Special Purchase items will be authorized only to the point where they can be contained in the storage area provided for personal property.

LEGAL MATERIALS - Legal material must be stored in your locker. Under no circumstances will legal material be stored outside of lockers, without authorization from the Unit Manager. If approval is granted, those legal materials will not be stored in card board boxes.

HOBBY CRAFT MATERIALS - Hobby shop raw materials are only to be stored in the recreation area with permission of the Recreation Supervisor. Completed hobby craft work must be disposed of within 30 days of completion. In most cases, hobby craft materials are not permitted in the housing unit.

COMMISSARY ITEMS - Special limits apply for items such as stamps, books, etc. All Commissary items must be stored in an inmate's individual locker.

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FOOD STORAGE - Food items that are left open create a health hazard. These items must be properly sealed at all times. Containers must be disposed of immediately upon being emptied of their original content.

LETTERS, BOOKS, PHOTOGRAPHS, NEWSPAPERS AND MAGAZINES - An inmate will be limited to five magazines less than three months old, five books (excluding current school and VT books) and newspapers less than two weeks from the publishing date. One picture in a frame without glass may be displayed. Nothing is to be tacked, glued, or scotch taped to any surface outside of the lockers.

SPORTS AND MEDICAL EQUIPMENT - A limited amount of sports equipment and a harmonica may be maintained in the unit. Inmates are allowed to play musical instruments in designated musical areas only.

RADIOS, WATCHES AND MP3 PLAYERS - An inmate may not own or possess more than one approved radio, one set of headphones, one watch, and one MP3 player at any one time. Proof of ownership through appropriate property receipts will be required. Watches may not have a value exceeding \$100.00. Radios with a tape recorder and/or tape player are not authorized. Only walkman-type radios are permitted, and headphones are required at all times.

JEWELRY - Inmates may have a plain wedding band (without stones) and, with prior approval, a chain and religious medal without stones. The value of these items is not to exceed \$100.00 each.

UNIT ACTIVITIES

In order to minimize maintenance costs, permit uniform inspection and search procedures, and maintain orderly congregate living, institutions impose reasonable regulations on inmate conduct and furnishings in housing units. Unit staff will inspect the unit and the individual rooms on a daily basis. Failure to follow the below listed unit rules will result in a possible disciplinary action, to include, Loss of Quarters, Commissary, Recreation privileges, Loss of Job, Confiscation of Contraband, Impounding of Personal Property, Extra Duty and Restriction to Quarters.

- Each individual will conduct himself in a manner that creates an atmosphere of order and respect for the rights of others.
- Loud talking, running, horseplay, etc., will not be tolerated. The gymnasium and recreation field are the proper places for gymnastics and exercises. They will not be permitted in the unit.
- Table games to include dominoes, cards, chess, checkers, etc., are to be played in the unit's common area. Participation with these games between the hours of 7:30 a.m. and 4:00 p.m. Monday through Friday is at the discretion of the Unit Officer, Captain, and/or Unit Manager. Inmates assigned to be working during these times are strictly prohibited from game playing during their work hours. Inmates are permitted to play games in the common area from 4:30 p.m. to 10:00 p.m. Monday through Fridays and all day on weekends and holidays. All common area games will cease at 10:00 p.m. Games will not be permitted in the television rooms. Table games cannot be stored in individual cells. Loud and/or aggressive game playing will not be tolerated and may result in disciplinary action.
- Inmates will not misuse Government property (eg., microwaves, mattresses,

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showers, televisions, sitting on tables, etc.), and will maintain their assigned chair at all times. Misuse of Government property may result in disciplinary action.

- Gambling and/or Tattooing in any form is strictly prohibited.
- Orderlies will work 37 hours per week and are responsible for the unit sanitation. However, everyone is responsible for cleaning after themselves. Trash and wastebaskets are to be emptied prior to 7:30 a.m. each day.
- Showers are available Monday through Friday between the hours of 6:00 a.m. and 7:30 a.m. and after the 4:00 p.m. count clears until lock down. On weekends, showers are open all day. However, inmates may not be in the shower during an official count. Food Service workers and others with irregular work shifts may shower during the day in the shower designated for that purpose as long as showering does not interfere with the cleaning of the unit. Cleaning times will be posted in every unit.
- Monday through Friday, during the hours of 7:30 a.m. to 4:00 p.m., with the exception of federal holidays, inmates are required to wear the khaki uniform with the shirt tail tucked in. The exception to this is for those inmates who are on idle, vacation or on their days off. However, during the serving of the noon meals on work days, all inmates attending the dining hall will be in the required khaki uniform with the shirt tucked in. Sweat shirts must be worn under the khaki shirt.
- Steel-toed safety shoes must be worn to work, including orderly positions in the unit. Shoes or sneakers are to be worn in the dining room area.
- Unit televisions may be viewed during established off-duty hours, which generally coincide with the hours rooms are unlocked. During normal working hours, the television may be viewed at the discretion of the Unit Officer.
- Personal radios may be played in an individual's room, but headphones must be used. Radios and headphones will not be allowed in the dining room.
- Every room is equipped with a duress button. These are to be used for emergency purposes only. Any inmate who misuses this equipment may be subject to disciplinary action.

SAFETY

SAFETY INSPECTIONS

Inspections for sanitation, misuse of equipment, safety of hazards and the presence of contraband will be made by staff on a daily basis. Failure to comply with these standards on an individual basis may result in disciplinary action.

- Card board boxes as well as shoe boxes creates a fire hazard, and will not be used under any circumstances to store legal materials, food and/or supplies. If found, all boxes will be disposed of appropriately.
- Spray bottles and other cleaning supplies will be issued from the unit sanitation supply rooms. Under no circumstance will an inmate be allowed to possess a personal spray bottle. All spray bottles will be issued as needed and returned upon completion. Inmates will not leave spray bottles in their assigned quarters unattended. Once finished, the spray bottle will be returned to the unit sanitation supply room. All spray bottles must bear the appropriate label of contents.

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- Toilet paper will be issued once a week. Only one roll per inmate will be issued. Excess toilet paper will not be stored in the individual cells. Each inmate is authorized no more than two rolls of toilet paper at a time. Any excess toilet paper will be confiscated by staff.
- Make-shift and/or spliced electrical cords constitute a safety hazard and will not be permitted.
- Equipment must be used with care at all times. Abuse may result in barring inmates from using the equipment and the receipt of an Incident Report.

PERSONAL PROTECTIVE EQUIPMENT

Personal Protective clothing and equipment shall be provided and worn in accordance with 29 CFR, OSHA 1910 & 1926, or as deemed necessary by the Safety Manager.

Types of personal protective equipment:

- Safety Shoes
- Hearing Protection
- Eye Protection
- Other (i.e. respirators, hard hats, rubber gloves)

INMATE TRAINING

All inmates shall be provided a safe work area, proper equipment with which to work, and detailed instructions in the safe way to perform work through the following;

- Initial training received during the A & O program.
- Initial Job Orientation (IJO) training received upon assignment to a job.
- Initial Job Orientations are updated annually.

CHEMICAL HAZARD COMMUNICATION PROGRAM-OSHA 1910.1200

RIGHT TO KNOW LAW - All persons working with and in the area of hazardous chemicals have the right to know of any risks involved.

MATERIAL SAFETY DATA SHEETS - Material Safety Data Sheets are located in all areas that each particular chemical is being used.

CONTAINERS - All chemical containers, including spray bottles, will be properly labeled and appropriately stored. Inmates are not permitted to store chemicals in their cells.

DISPOSAL - All chemicals must be disposed of in an appropriate manner.

RECYCLING

At FCI Cumberland, products are recycled to include cardboard, white paper, newspaper, magazines, plastic, glass, tin cans, aluminum cans, tires, batteries, and antifreeze.

SMOKING/NO SMOKING AREAS

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FCI Cumberland is a tobacco free institution. Smoking or chewing of tobacco in any form is STRICTLY PROHIBITED. Inmates found to be in possession and/or utilizing any form of smoking or chewing tobacco will be subject to disciplinary action. The only exceptions are those services authorized by Religious Services.

INMATE ACCIDENT COMPENSATION

Inmate Accident Compensation may be awarded to inmates for injuries sustained while performing work assignments involving the operation or maintenance of a federal correctional facility, or in approved work assignments for other federal entities.

Lost-time wages may be awarded to inmates assigned to paid institutional work assignments involving the operation or maintenance of a federal correctional facility, or in approved work assignments for other federal entities for work-related injuries resulting in time lost from the work assignments.

Whenever an inmate worker is injured while in the performance of assigned duty, regardless of the extent of the injury, the inmate shall immediately report the injury to his work detail supervisor.

If an inmate worker is involved in successive accidents on a particular work site in a comparatively short period of time, regardless of whether injury occurs, and the circumstances of the accidents indicate an awkwardness or ineptitude that, in the opinion of the inmate's work supervisor, implies a danger of further accidents in a task assigned, the inmate shall be assigned to another task or detail more suitable to the inmate's ability.

Work-related injuries, which may result in time lost from the work assignment, will be presented to the Safety Committee. The committee will make a determination of the injury's work-relatedness based on the available evidence and testimony. A determination of work-relatedness for purposes of awarding lost-time wages is not confirmation on the validity of any subsequent claim to receive compensation for work-related physical impairment or death.

An inmate may receive lost-time wages at the rate of 75% of the standard hourly rate for the number of regular work hours absent from work due to injury sustained in the performance of the assigned work. Lost-time wages are paid for time lost in excess of three consecutively scheduled workdays. The day of injury is considered to be the first workday regardless of the time of injury.

INMATE ACCIDENT FOR PERMANENT PHYSICAL IMPAIRMENT OR DEATH

No compensation for work-related injuries resulting in physical impairment shall be paid prior to an inmate's release.

Compensation may only be paid for work-related injuries or claims alleging improper medical treatment of a work-related injury.

Compensation is not paid for injuries sustained during participation in institutional programs to include programs of a social, recreational, or community relations nature, or from maintenance of one's own living quarters. Furthermore, compensation shall not be paid for injuries suffered away from the work location (e.g., while the claimant is going to or leaving work, or going to or coming from lunch outside of the work station or area).

Injuries sustained by inmate workers willfully or with intent to injure someone else, or injuries suffered in any activity not related to the actual performance of the work assignment are not compensable, and no claim for compensation for such

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injuries will be approved. Willful violation of rules and regulations may result in denial of compensation for any resulting injury.

No more than 45 days prior to the date of an inmate's release, but no less than 15 days prior to this date, each inmate who feels that a residual physical impairment exists as a result of an industrial, institution, or other work-related injury shall submit an FPI 43, Inmate Claim for Compensation on Account of Work Injury.

Each claimant shall submit to a medical examination to determine the degree of physical impairment. Refusal or failure to submit to such a medical examination shall result in the forfeiture of all rights to compensation.

EXCLUSIVENESS OF REMEDY

Inmates who are subject to the provisions of these Inmate Accident Compensation regulations are barred from recovery under the Federal Tort Claims. Recovery under the Inmate Accident Compensation procedure is the exclusive remedy in the case of work-related injuries.

SECURITY PROCEDURES

LOCKDOWN COUNTS

One of the first realities of institutional life is Official Counts. It is necessary for the staff to count inmates on a regular basis. Cell doors will be locked during all official counts. During a count, inmates are expected to stay quietly in their cells until the count is announced clear. All inmates are expected to be standing during the 4:00 p.m. count and 10:00 a.m. count on weekends and holidays.

When an Official Count is announced, each inmate must return to his room and remain there quietly until it is announced clear. Official Counts will ordinarily be taken at 12:00 midnight, 3:00 a.m., 5:00 a.m., 4:00 p.m. (stand-up) and 10:00 p.m. (stand-up). An additional stand-up count will be conducted at 10:00 a.m. on weekends and holidays, and other counts may occur during the day and evening.

Staff may take disciplinary action if an inmate is not in his assigned area during a count. Disciplinary action may also be taken against inmates for leaving an assigned area before the count is cleared. The inmate must actually be seen at all counts, even if the inmate must be awakened.

CALL-OUTS

Call-outs are a scheduling system for appointments (which include hospital, dental, educational, team meetings and other activities), and are posted each day after 4:00 p.m. on the day preceding the appointment. It is the inmate's responsibility to check for appointments on a daily basis. All scheduled appointments are to be kept. Inmates are subject to disciplinary action for failure to report to call-outs.

CONTROLLED MOVEMENT

FCI Cumberland is regulated by controlled movement seven days a week. The purpose of controlled movement is to ensure that the movement of inmates is orderly. On weekdays from 7:30 a.m. to 4:00 p.m., controlled movements will begin on the half hour and continue for the next 10 minutes. After 4:00 p.m. and on weekends and holidays, the move periods will begin approximately five minutes before the

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hour and end 5 minutes after the hour. The beginning and end of each move will be announced by staff over the intercom system. During the 10 minute period of controlled movement, inmates may move from one area of the institution to another without a pass or staff escort.

CONTRABAND

Contraband is defined as any item or thing not authorized or issued by the institution, received through approved channels, or purchased through the commissary. Each inmate is responsible for all items found in their assigned living area and should immediately report any unauthorized item to the unit officer. Any item in an inmate's personal possession must be authorized, and a record of receipt of the item should be kept in the inmate's possession. Inmates may not purchase radios or any other items from another inmate, or loan items to other inmates. Items obtained in this manner are considered contraband and will be confiscated. An altered item, even if an approved or issued item, is considered contraband. Altering or damaging government property is a violation of institutional rules and the cost of the damage will be levied against the violator.

SEARCHES

Any staff member may search an inmate's person and/or room to retrieve contraband or stolen property. It is not necessary for the inmate to be present when his room is inspected. The property and living area will be left substantially in the same general condition as found. These inspections will be unannounced and random.

DRUG SURVEILLANCE

The Bureau operates a drug surveillance program that includes mandatory random testing, as well as testing of certain other categories of inmates. If a staff member orders an inmate to provide a urine sample for this program, and the inmate does not do so, that inmate may be subject to receiving an Incident Report.

ALCOHOL DETECTION

A program for alcohol surveillance is in effect at this institution. Random samples of the inmate population are tested on a routine basis, as well as those suspected of alcohol use. A positive test may result in the issuance of an Incident Report. Refusal to submit to the test may also result in an Incident Report.

FIRE PREVENTION AND CONTROL

Fire prevention and safety are everyone's responsibility. Inmates are required to report fires to the nearest staff member. Piles of trash or rags in closed areas, combustible material, items hanging from fixtures or electrical receptacles, or other hazards cannot and will not be tolerated. Regular fire drills will be conducted and fire inspections will be made by qualified professionals.

PROGRAMS AND SERVICES

IDENTIFICATION CARDS

Inmates are required to have their identification card in their possession whenever they leave the housing unit. Inmates may not give their identification card to another inmate for any reason. If the inmate loses, destroys, damages, or inappropriately neglects his identification card, he will be responsible for a \$5.00 replacement cost for the new I.D.

WAKE-UP

General wake-up for all inmates will be when the cell doors are unlocked. It is the inmate's responsibility to leave the unit for work. Late sleepers who are unable to maintain a clean room or arrive at work on time may be subject to disciplinary action.

CLOTHING EXCHANGE & LAUNDRY

The laundry exchange line will open for the entire population, Monday Through Friday from 6:00 a.m. to 7:00 a.m. **Last call will be announced at 6:50 a.m.**

Exchanges and alterations will be by appointments only. The appointment will be made by submitting an Inmate Request to Staff Member to the laundry staff during the laundry exchange line. The inmate will then be placed on the call out for his appointment.

On linen exchange day, the inmates will drop off and pick up at the same time. Sheets and pillow case **must** be exchanged as a set. The inmate must bring two sheets and one pillow case to exchange these items.

The laundry will issue hygiene items on the 2nd and 4th Thursdays only.

The following is the daily exchange line schedule:

- Monday- Bag wash day entire population. One bag only per inmate (white or dark, no mixing). Pick up the bag from Fridays exchange.
- Tuesday- Bag wash day entire population. One bag only per inmate (white or dark, no mixing). Pick up the bag from Monday exchange.
- Wednesday- Linen exchange for entire population. Two sheets and one pillow case **must** be presented for linen exchange. Pick up the bag from Tuesday exchange.
- Thursday- Bag wash day entire population. One bag only per inmate (white or dark, no mixing). No bag pick up. Hygiene items and stationary supplies issue.
- Friday- Bag wash entire population. One bag only per inmate (white or dark, no mixing). Pick up the bag from Thursday exchange.

COMMISSARY

Inmate funds are retained by Centralized Banking (Lock Box) in a trust fund, from which the inmate may withdraw money for personal spending in the institution commissary, family support, or other approved purposes. Accumulated institutional earnings and moneys sent from outside are given to the inmate upon release, or may

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be mailed home. FCI Cumberland utilizes TRUFACS (Trust Fund, Accounting and Commissary System) computerized commissary withdraw system that simplifies purchasing and gives the inmate an improved, up-to-date record of all account activity.

Each inmate is required to register on the fingerprint identification system prior to conducting any commissary sales. Sales are conducted using TRUFACS after positive fingerprint identification of the inmate. The commissary will conduct sales according to the inmates housing unit. Commissary shopping lists will be accepted from 11:00 a.m., until work call is announced, for the unit shopping that evening. Inmates will be permitted to shop once per week. After shopping, inmates must return to their units to store their purchases before going to other areas of the institution.

On Monday and Wednesday an Over the Counter Medication sale will be conducted from 11:00 a.m., until work call is announced. On Fridays, a photo ticket and Over the Counter Medication sale will be conducted from 11:00 a.m., until work call is announced.

Regular sales will be conducted after the 4:00 p.m. count until 8:30 p.m. on Monday through Thursday. For evening shift workers who are working on their scheduled shopping night, there is an afternoon sale on Wednesday from 1:30 p.m. to 3:00 p.m. Only those inmates who are on the approved shopping list for this early sale will be permitted to shop. Evening shift inmates must have their names submitted by their work detail supervisor no later than 4:00 p.m. Tuesday of the same week. All commissary shopping lists for this afternoon sale must be submitted from 11:00 a.m. to until work call is announced.

The shopping day sequence for FCI Cumberland will be rotated on a quarterly basis and the schedule will be posted on the commissary bulletin board along with a current shopping list.

If you have any problems or questions with your account, submit an Electronic Inmate Request to Staff Member to the Trust Fund Department or Business Office. Be sure to maintain any receipts or papers you may need to document your problem.

ITS (INMATE TELEPHONE SYSTEM)

Inmates may only use the telephone in their housing units. Telephones are to be used to maintain family and community ties within lawful boundaries. Disciplinary sanctions may be imposed for abuse of the telephone privileges. During the Institution Admission and Orientation, the Trust Fund Representative will review the operation of the Inmate Telephone System (ITS).

Making V-PIN Calls from Inmate Telephones:

1. The V-PIN speaker identification registration process requires you to dial 111 and enter your PAC number. The system will then prompt you to; clearly state your first and last name after the tone. The system will store your name with your PAC number and you will then be prompted to confirm your first and last name by restating them after the tone. If the registration names match then the voice recording will play back to you, and will make your registration complete.
2. It is important that you clearly state your first and last name as it appears on your Commissary card. Speak directly into when stating your name.
3. On each subsequent call the system will prompt you to clearly state your

first and last name. The system will match your name and voice to the name and voice stored during the registration process in step 1. Only the name and speaker's voice used in step 1 will allow you to make calls. You will be allowed up to three attempts per call to match your name with your registered name and PAC without having to redial.

4. Your registered name will be played to the called party on all phone calls.
5. If you do not remember how you said your name, please dial 112 and your PAC number and it will play the recorded voice from Step 1. Once heard, hang up and dial again.

Dialing Instructions:

Local Call:

1. Listen for a dial tone.
2. Enter the ten digit telephone number.
3. Wait for the new dial tone.
4. Enter your Phone Access Code (PAC).
Example: (301)555-1234-357926819

Long Distance Call:

1. Listen for the dial tone.
2. Enter 1, area code, and telephone number, for collect calls enter 0, area code, and telephone number.
3. Wait for the new dial tone.
4. Enter your Phone Access Code (PAC).
Example: 1-202-555-1234-357926819

International Call:

1. Listen for the dial tone.
2. Enter 011, country code, city code, and telephone number.
3. Wait for the new dial tone.
4. Enter your Phone Access Code (PAC).
Example: 011-35-24-426974-357926819

With ITS, the called party shall have the capability to deny and /or block further telephone calls from inmates through their home telephone. A voice prompt will direct them through the process. Once a telephone number is blocked by the intended recipient via his/her telephone, that same number can be unblocked by the recipient only upon receipt of a written request for reinstatement by the intended recipient to the Trust Fund Staff. To ensure the called party's identity, the request for reinstatement must include a copy of a recent telephone bill. Trust Fund staff will process this request expeditiously.

The Phone Access Code (PAC) is a nine-digit number which allows an inmate access to the ITS. This code will be established for an inmate upon his arrival at any institution. All inmates should treat their code number as strictly confidential and shall not share this number with any other inmate. Sharing or selling of the PAC numbers between inmates will result in disciplinary action. To obtain a new or Replacement PAC number for any reason, the inmate will be required to complete a BP-199 (Request for Withdraw of Inmate Funds) in the amount of \$5.00 charge to help defray the cost of establishing the number.

In order for an inmate to utilize the debit system of the ITS, the inmate will be required to purchase phone credits through the phone system. Inmates may purchase phone credits anytime the phone system is operational, each weekday and anytime during the weekend. The system will allow two transfers per day. Telephone credits will not be deducted from the inmate's monthly spending limit. ITS

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credits will not be credited back to the inmates commissary account except for the following:

- Inmates on telephone restriction for more than thirty (30) days
- Release from the institution.
- In rare or unusual instances as the Warden deems appropriate.

All calls are limited to 15 minutes, the system provides a warning tone approximately one minute before the call is disconnected. Upon completion of a telephone call, inmates will not be permitted to make another call for 15 minutes. **Inmates are only authorized to make up to 300 minutes per month of debit calls or collect calls.** Revalidation to your 300 minutes is based on your commissary revalidation date.

The Bureau of Prisons collect call provider is Value Added Communications (VAC). VAC provides collect call services and pre-paid accounts for persons receiving calls from inmates. VAC can be contacted by persons receiving calls from inmates at 1-800-913-6097 (for domestic long distance), and 1-972-367-0070 (for international calls).

All inmate telephones are subject to monitoring and recording. In order to arrange an unmonitored attorney call, inmates will need to submit a Copout (Inmate Request to Staff member) to a member of their Unit Team. Inmates are allowed a total of 30 approved telephone numbers on their telephone list. This includes numbers for collect calls. All changes to you phone list must be completed in TRULINCS. Once a phone number is placed in TRULINCS, you should be able to place a call to that number within 15 minutes.

The telephones will normally be operational during the following hours:

Monday through Friday	6:00 a.m. to 8:00 a.m. 10:30 a.m. to 12:30 p.m. 3:00 p.m. to 11:30 p.m.
Saturday, Sunday, & Holidays	6:30 a.m. to 11:30 p.m.

** One phone in each unit will remain operational from 6:00 a.m. to 11:30 p.m. **
The use of a telephone must not interfere with institution schedules, programs, work assignments, or counts.

TRULINCS (TRUST FUND LIMITED INMATE COMPUTER SYSTEM)

The Trust Fund Limited Inmate Computer System (TRULINCS) is a program currently being conducted by the Federal Bureau of Prisons to provide inmates with some limited capabilities to send and receive electronic correspondence without having access to the Internet. TRULINCS terminals are to be used to maintain family and community ties within lawful boundaries. Disciplinary sanctions may be imposed for abuse of the TRULINCS privileges.

All inmates have access to TRULINCS. To access the system they will log in using their register number, PAC number, and PIN number. Your PIN number can be obtained from the commissary. If you get locked out of TRULINCS by three (3) failed attempts of entering the wrong information, you will need to submit an Inmate Request to Staff Member to the Trust Fund Supervisor or Trust Fund Specialist to have your account unlocked.

All inmates should treat their PAC, PIN, numbers as strictly confidential and shall not share this number with any other inmate. Sharing or selling of the PAC numbers between inmates will result in disciplinary action. To obtain a new or Replacement PAC number for any reason, the inmate will be required to complete a

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BP-199 (Request for Withdraw of Inmate Funds) in the amount of \$5.00 charge to help defray the cost of establishing the number.

You are authorized 100 contacts in TRULINCS (30 e-mail addresses & 30 phone numbers). All contact information requires the full name, address, city, state, and zip code. E-mail addresses need to be entered into the TRULINCS accurately. **Special attention should be given to the spelling and capitalization of the e-mail address.** Example: jdoo@anywhere.com is not the same as JDOE@anywhere.com. Inmates enter the e-mail addresses and phone numbers into TRULINCS with their contact information. Changes to your contact information can be completed anytime TRULINCS is operational.

Note: All mail leaving the institution requires a mailing label. Mailing labels can be printed in education. You can print up to 5 labels per day. This is a free service.

In order for an inmate to utilize the Electronic Messaging Portion (e-mail) of TRULINCS, the inmate will be required to acknowledge the electronic Inmate Agreement for Participation in TRULINCS Program form. At the beginning of every session, the inmate will be given the opportunity to purchase TRU-Units. This is the only opportunity during a logon session that TRU-Units can be purchased. TRULINCS credits will not be deducted from the inmate's monthly spending limit. TRULINCS credits will not be credited back to the inmate's commissary account except for the following:

- Inmates on TRULINCS restriction for more than thirty (30) days
- Release from the institution.
- In rare or unusual instances as the Warden deems appropriate.

Removal from the TRULINCS program

With TRULINCS, the e-mailed party has the capability to deny and/or block further correspondence from inmates through their computer. Once an e-mail address is blocked by the intended recipient, that same e-mail address can be unblocked by the recipient only upon receipt of a written request for reinstatement by the intended recipient to the Trust Fund Staff. Trust Fund staff will process this request expeditiously. All logon sessions are limited to 60 minutes.

Upon completion of a session, inmates will not be permitted to logon again for another 15 minutes. All e-mail messages are subject to monitoring. The TRULINCS terminals will normally be operational during the following hours:

Monday through Sunday & Holidays 6:00 a.m. to 11:30 p.m.

The use of the TRULINCS terminals must not interfere with institution schedules, programs, work assignments, or counts.

Spending Limitation

The Bureau expenditure limitation will be computed on various times throughout the month depending upon the fifth digit of the inmate's register number. The following is the validation schedule:

Fifth Digit	Day of the Month
0	1 st
1	4 th
2	7 th
3	10 th
4	13 th
5	16 th
6	29 th
7	22 nd
8	25 th
9	28 th

The monthly spending limit will be determined in accordance with Program Statement 4500.07. The spending limit is currently \$320.00 per month. Stamps, phone credits, TRULINCS, copy cards, and over the counter medications are not charged against the monthly spending limitation. Special Purchase orders with a unit cost of \$100.00 or more must be approved in writing by the Chief Executive Officer.

No more than one SPO is processed per month for any inmate. Ordinarily, SPO's are entered by the close of business on the third work day following receipt by the Trust Fund Staff.

Inmates that are FRP delinquent will be limited to a monthly spending limitation of \$25.00.

Account Information

All account information can be viewed on TRULINCS. Account transactions can be viewed in a 30 day period for the past 90 days. The account transaction can be printed for a fee of .15 cents per page. Commissary receipts can be viewed or printed for the last 90 days. There is also a fee of .15 cents per receipt.

Finality of Sales

Shoppers are advised that after the inmate has left the sales window, the sale is final. The commissary cannot accept returns or exchanges and they cannot grant refunds. Items are to be inspected at the time of purchase at the sales window. All shoes that are purchased will be tried on at the sales window to ensure proper size and all clothing items will be checked for the proper size.

Inmate Conduct During Sales Hours

Inmates are expected to conduct themselves in an orderly fashion during sales hours. Failure to maintain conduct in accordance with Bureau and Institution policy will result in an incident report. The following are special rules for shopping during sales hours:

- No more than 20 inmates in the sales lobby at one time.
- The shopping list must contain the inmate's name and register number.
- No eating in or near the commissary.
- No loitering in or near the commissary.
- No arguing with the Commissary staff or inmate workers for any reason.

Special Purchase Orders

Special purchase orders can be requested for hobby craft items, religious articles and certain supplies. Request for special forms may be obtained from Recreation Staff, Chaplin, and Unit Counselor. Special Purchase orders with a unit cost of

\$100.00 or more must be approved in writing by the Chief Executive Officer.

Deposits to Accounts

All funds being sent to inmates in the Bureau of Prisons custody must be sent to the National Lock Box at the following address:

Federal Bureau of Prisons
Insert Inmate Committed Name
Insert Inmate Register Number
Post Office box 474701
Des Moines, IA. 50947-0001

Please Notify all persons who send you funds that they must send all funds to the national Lock Box mailing address above and they must adhere to the following to avoid unnecessary delays in posting:

- Print the inmate's committed name (no nicknames or aliases) and register number on all negotiable instruments and envelopes.
- Print legibly on both the negotiable instrument and envelope.
- Print the return address legibly in the upper left hand corner of envelope to ensure that funds can be returned in the event the funds cannot be posted to the inmate's account.
- Use regular-sized envelopes (letter or legal size).

DO NOT send funds directly to the institution. These funds will be returned to the sender.

DO NOT send greeting cards, letters, pictures, or any other personal items in the envelope. These items will be destroyed.

DO NOT send cash, coins, or personal checks.

DO NOT send legal documents or forms. These cannot be forwarded to the inmate.

Deposits to the Inmate Deposit Fund Accounts from outside sources are accomplished through the Lock Box Program (Centralized Banking). Checks and other Negotiable Instruments will be received and posted in accordance with Program Statement 2000.2, Chapter 10967. All domestic and foreign negotiable instruments shall be placed on hold. All non-postal money orders and non-government checks processed through the National Lockbox will be placed on a 15-day hold. Foreign negotiable instruments payable in U.S. Dollars shall be held 45 days. The holding period shall begin the day Lock Box enters the instrument into TRUFACS (Trust Fund, Accounting and Commissary System). Negotiable instruments with expired validity dates shall not be accepted.

The following items are not held and funds are immediately available to the inmate. However, some negotiable instruments may require a hold if they are deemed a financial risk:

- U.S. Postal Money Orders.
- U.S. Government-issued checks (Federal, State, county, municipal).
- Privately contracted correctional facility checks.
- **Postal** money orders issued by Anguilla, Antigua and Barbuda, Bahamas, Barbados, Belize, British Virgin Islands, Coronado, Dominica, Grenada, Montserrat, St. Christopher, Nevis, St. Lucia, and St. Vincent and the Grenadines.

- Canadian postal money orders payable in U.S. dollars.

In addition to the lock box program inmate families and friends may also send inmate funds through Western Union's Quick Collect Program and Money Gram Express Payment. All funds sent via Western Union's Quick Collect and Money Gram Express Payment will be posted to the inmate's account within two to four hours, when those funds are sent between 7:00 a.m. and 9:00 p.m. EST (seven days per week including holidays). Funds received after 9:00 p.m. EST will be posted by 9:00 a.m. EST the following morning. Funds sent to an inmate through Western Union Quick Collect may be sent via one of the following ways:

Western Union Quick Collect Information:

- 1) **At an agent location with cash:** The inmate's family or friends must complete a Blue Quick Collect Send Form. To find the nearest agent they may call (800)325-6000 or go to www.westernunion.com.
- 2) **By phone using a credit /debit card:** The inmate's family or friends may simply call (800)634-3422 and press option 2.
- 3) **Online using a credit/debit card:** The inmate's family and friends may go to www.westernunion.com.
 - 1) Select Bill Payment
 - 2) Select Quick Collect

For each Western Union quick Collect transaction, the following information must be provided:

- 1) Inmate Register Number
- 2) Inmate Committed Name
- 3) City Code: FBOP
- 4) State Code: DC

Please note that the inmate name and register number must be entered correctly. If the sender does not provide the correct information, the transaction cannot be completed.

The City Code will always be: FBOP and the state Code will always be: DC.

Each transaction is accepted or rejected at the point of sale. The sender has the sole responsibility of sending the funds to the correct inmate. If an incorrect register number and/or name are used and accepted and posted to that inmate, funds may not be returned.

Any questions or concerns regarding Western Union Transfers should be directed to Western Union by the sender (general public). Western Union customer service can be reached at (800)634-3422.

Money Gram Express Payment:

All funds sent via Money Gram Express Payment will be posted to inmate accounts within two to four hours, when those funds are sent between 7:00 a.m. and 10:00 p.m. EST (seven days per week, including holidays). Funds received after 9:00 p.m. EST will be posted by 9:00 a.m. EST the following morning. Funds sent to an inmate through Money Gram Express Payment will be on a cash basis only, so the sender must go to a Money Gram Agent to deposit funds.

**At an agent location with cash: The inmate's family
Or friends must complete a Money Gram Express Payment**

Service Form. To find the nearest agent they may call
1-800-926-9400 or go to www.moneygram.com.

For each Money Gram transaction, the following information must be provided:

Inmate Register Number
Inmate Name
Receive Code: 7932

Please note that the inmate name and register number must be entered correctly, if the sender does not provide the correct information, the transaction cannot be completed. The Receive Code will always be: **7392**

Each transaction is accepted or rejected at the point of sale. The sender has the sole responsibility of sending the funds to the correct inmate. If an incorrect register number and/or name are used and accepted and posted to that inmate, funds may not be returned.

Money Gram will charge the public up to \$9.95 fee for U.S. cash transfers up to \$5,000 processed at Money Gram agent locations. Any questions or concerns regarding Money Gram transfers should be directed to Money Gram by the sender (general public).

Commissary Fund Withdrawals

All BP-199's need to be completed in TRULINCS. After the form is saved and printed (**this is a free service**), the form needs to be delivered and signed by you in the presence of your Unit Staff. The Unit Staff will deliver the hard copy to the Trust Fund Department for processing. Unit Managers are the approving officials for withdrawals up to \$500.00. Any request for withdrawal exceeding \$500.00 shall be approved by the Associate Warden (Programs). Withdrawals for education and leisure time items must be approved by the Supervisor of Education.

If you need to void a BP-199 that has not been processed by the Trust Fund Department you need to go to the manage funds section on your TRULINCS account and delete that transaction.

Note: Payments to the institution (I.D.Cards, PAC numbers, copies, or DHO sanctions for monetary restrictions) are to be completed on the green bubble form (BP-199) and are not to be completed in TRULINCS. The bubbles on this form do not need to be filled in. The only information that is needed is Name, Register Number, Dollar Amount, Reason, and sign the form in the presence of your Unit Staff.

JOB ASSIGNMENTS

All inmates are expected to maintain a regular job assignment. Most job assignments are controlled through the Performance Pay System which provides monetary payment for work. The current pay scale is as follows;

Grade 4 - \$.12 per hour
Grade 3 - \$.17 per hour
Grade 2 - \$.29 per hour
Grade 1 - \$.40 per hour

Failure to pay fines and other monetary obligations, being sanctioned for a Code 100/200 Prohibited Act violation involving drugs/alcohol, or failure to participate in the required drug education or to show progress towards educational goals may result in pay restrictions. In most instances, Unit staff approve job changes and see that the changes are posted on the Daily Change Sheet.

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To request a change in detail assignment, submit a Cop-out to the detail requested. If approved, have the request approved by the losing detail and submit the signed Cop-out to unit staff. Inmates are to remain on a job assignment for 90 days before being reassigned unless approved by the Unit Manager.

FEDERAL PRISON INDUSTRIES

Federal Prison Industries (FPI) employs and trains inmates through the operation of, and earnings from, factories producing high-quality products and services for the federal government. FPI at FCI Cumberland produces signs for various government agencies. Profits from FPI fund other inmate programs as well as provide hands-on industrial training for inmates.

INDUSTRIAL PAY: FPI provides five (5) standard hourly rates, (which are subject to change), as follows:

GRADE	HOURLY RATE	DAY	ESTIMATED MONTHLY PAY (21 DAYS)
5	.23	1.73	36.33
4	.46	3.45	72.45
3	.69	5.18	108.78
2	.92	6.90	144.90
1	1.15	8.63	181.23

To be promoted above Grade 4, inmates must have a verified high school diploma or have obtained a GED.

All overtime pay is computed on a double time basis. The normal working day is 7.5 hours. To receive overtime pay you must first have 7.5 hours on the day you work overtime. Inmate payrolls are computed in the Business Office and forwarded to the Commissary the first week of the month following the month being paid. Questions about payroll will be resolved by the detail foreman whenever possible. If you are not satisfied with the Foreman's answer you may submit a Copout to the Business Manager.

All inmates working in FPI receive pay for 10 holidays per year. To be eligible for holiday pay, you must be in FPI work status the work day before and the workday following the holiday.

LONGEVITY - Inmates who have worked in Federal Prison Industries for 18 months will be eligible to receive \$.10 for each hour in pay status. Inmates who have worked FPI for 30 months will be eligible to receive \$.15 extra for each hour in pay status. Inmates who have worked for FPI for 42 months will be eligible to receive \$.30 extra per hour in pay status.

Inmates who have been in Grade 1 positions for six months or more are eligible to be considered for premium pay which is an additional \$.20 over base pay. Premium pay is used to reward inmates who regularly and routinely make contributions to FPI operations that exceed the standards required of them. Such inmates should assist in training new inmate workers, demonstrate leadership qualities and make contributions to the efficiency of production and operations. Premium pay is limited to 10% of all Grade 1 workers.

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FOOD SERVICE

Inmates at FCI Cumberland are provided nutritious and appealing meals in accordance with the National menu. Food portions will be rationed for all items served off the serving line. All items not served from the serving line but provided on the hot bars or salad bars are considered non-rationed items and are self-served. Non-rationed items will ordinarily be provided as long as there is no excess waste. A Certified Religious Diet is available upon approval from Religious Services. Inmates may make their request for placement to the Certified Religious Diet program through a written request to the Chaplain.

The only authorized headgear in the food service area is Muslim or Rastafarian Kufis, Native American headbands or Jewish Yarmulkes. Items such as radios, laundry bags, books, personal plates, silverware, or cups are not permitted in the Food Service department. Inmates are not permitted to take any food products out of the dining hall. The meal hours established at FCI Cumberland are as follows:

BREAKFAST	Monday-Friday	6:00 a.m.
LUNCH	Monday-Friday	11:00 a.m.
DINNER		Daily after the 4:00 p.m. count has cleared
COFFEE HOUR	Weekends/Holidays	7:00 a.m.
BRUNCH		Weekends/Holidays 10:45 a.m.

All holiday and picnic meals will be served on a schedule as designated by the Food Service Administrator, and will be reflected on the cycle menu.

After all housing units have been called to mainline a Last Call announcement will be made. This provides inmates with a final opportunity of approximately ten minutes to report for the mainline meal. All inmates (with the exception of handicapped inmates) must enter the side door entrance of food service. Only handicapped inmates or food service inmate workers reporting to work will be allowed through the exit doors located in front of food service.

FCI Cumberland utilizes a scanner to track inmates who eat more than once per meal. Those inmates identified as eating more than once per meal may receive a Incident Report and be charged a \$2.00 fee. Also inmates attempting to bypass the meal track system are subject to a incident report. Inmates must use their ID card when coming through the meal track system. Any inmate that comes to Food Service without a ID card will be sent back to the housing unit to retrieve their ID. If a inmate's ID card is lost or stolen it is to be reported to the Operations Lieutenant immediately and a temporary paper ID will be issued. Inmates with temporary ID's will only be allowed to eat at Last Call.

EDUCATION PROGRAMS

The Education Department at FCI Cumberland offers a variety of programs for all skill levels. Some of the activities that are available include GED classes, ESL classes, VT classes, Apprenticeship programs, ACE classes, Correctional Learning Network (CLN) classes, Parenting classes, Hope House Book Reading program, leisure time activities and library services. As new educational activities become available, flyers are posted in the units, education, and recreation. The flyers will contain information about each class to include sign-up procedures. Both a law library (electronic law library) and leisure library are maintained in the Education Department.

More information about the Education Department is discussed during the Admission and Orientation program.

RECREATION, LEISURE AND SOCIAL PROGRAMS

Leisure activities and recreational programs are also supervised by the Recreation Department. These programs help develop an individual wellness concept for participants. Programs include indoor and outdoor activities, and range from individualized arts and crafts programs to intramural team sports such as softball, basketball and volleyball. Physical fitness weight reduction and wellness awareness programs are also important activities for inmates and contribute to mental health, good personal relations and stress reduction. In addition, inmates can learn to use their free time constructively.

A variety of activities are available on the recreation yard, in the gymnasium, and in the leisure center for 'off-duty' inmates. Special events, including unit or institution-wide tournaments, are held on all major holiday and weekends.

Intramural Code of Conduct

The primary purpose of our intramural sports program is to provide an organized, safe, and enjoyable form of recreation for all interested inmates. Emphasis is placed on creating a positive, non-threatening atmosphere in which players, coaches, officials, and spectators can relax and enjoy the social interaction and physical benefits of athletic competition.

As such, there will be no tolerance for unsportsmanlike conduct or for those who cannot maintain control of their actions and/or emotions while participating in the intramural program. The integrity of the Recreation Department's intramural program will not be compromised by inmates who cannot conform to the general rules of sportsmanship, as well as posted intramural rules.

All participants are advised that violations of intramural rules, in many cases, constitutes a violation of Bureau policy and may result in disciplinary actions above and beyond those stated in the following intramural rules and regulations.

Rules of Conduct

1. Any player or coach ejected from a game is suspended from all intramural competition for a minimum of two games and up to two months. This will depend on the severity of the infraction. A player with two technical fouls (basketball) or a red card (soccer) will be ejected from the game and the minimum 2 game suspension issued. A participant suspended from one league cannot play in another league (basketball, volleyball, soccer, and softball) while under suspension. A violation of this rule will result in suspension from the intramural program for a minimum period of 1 year.
2. Participants will treat staff and officials with respect at all times. Abusive language and threatening gestures or behavior will not be tolerated. Violations will result in an immediate expulsion from the game and a minimum of 2 months suspension. Such incidents may involve additional disciplinary action as determined by Recreation Staff, Correctional Services, Unit Team, or the Disciplinary Hearing Officer (DHO).
3. Any player or coach placed on suspension a second time, from any intramural sport, within 6 months from the date of eligibility from the previous suspension, will be suspended from all intramural participation

for a minimum period of 1 year. This includes soccer, basketball, volleyball, softball, regular season, practice games, special tournaments, etc.

4. If any recreation property (jerseys, whistles, gloves, balls, etc.) is confiscated from an inmate's person or property, that inmate will be suspended from all intramural sports for a minimum of 6 months, and will be subject to receiving an incident report for possession of contraband.

5. Any coercive action (threats, bribes, etc.) made to any official before, during, or after a game by any player or coach can result in suspension from all intramural sports for a minimum period of 1 year.

6. Officials who threaten players or coaches are subject to the same disciplinary actions as players.

7. Coaches are responsible for their team's conduct while participating in the league. The coach may be ejected from the game if he cannot control his players' behavior. Coaches ejected will be subject to the same penalty as players.

8. Any player involved in any type of physical altercation is subject to disciplinary action and suspension from all intramural activities for a minimum of 1 year.

9. Participants who throw or kick basketballs, softballs, soccer balls, or volleyballs, against the walls, ceilings, etc. are suspended for a minimum of 2 games and will be held financially responsible for any damage to property and/or equipment.

10. To be considered for participation in a varsity game an inmate must have clear conduct for a minimum of one year.

11. Participation without signing the code of conduct may result in a minimum two game suspension and forfeiture of all games played prior to signing.

PSYCHOLOGICAL PROGRAMS AND ACTIVITIES

There are many alternatives for inmates who have personal problems and desire to correct them. These options include Narcotics and Alcoholics Anonymous, Wellness programs and other voluntary groups (i.e. Anger Management). Inmate participation in these activities will be encouraged upon staff's assessment of inmate needs, but participation in such activities is voluntary. However, when recommended by the inmates Unit Team, they are strongly encouraged to participate. Staff in each unit is available for informal counseling sessions and formal group counseling activities.

Inmates who were sentenced or had release revoked after September 1991, and meet one of the following criteria are required to participate in substance abuse counseling (the Drug Education Program):

- Have a judicial recommendation for institutional drug treatment
- Drug or alcohol use contributed to the commission of the instant offense
- Drug or alcohol use was one of the reasons for a violation of supervised release, parole, or community corrections center placement

- Other interested inmates may contact the Drug Abuse Counselor by Copout to express their desire to participate in the Program.

Residential Drug Abuse treatment is available to any inmate who qualifies for admission based on documentation of a history of severe substance abuse. FCI Cumberland has a Residential Drug Abuse Treatment Program which is based in Unit D-2. This is an intensive nine-month treatment program which also includes a community corrections component of up to six months of community based treatment. Non-violent offenders are also eligible for a sentence reduction of up to one year upon successful completion of this program. Inmates who are not eligible for placement in a half-way house are also not eligible for residential program participation. The presence of detainers and pending charges generally precludes an inmate from participating in residential treatment. Such issues must be resolved by the inmate prior to application for the program. Non-Residential drug abuse treatment is also available for inmates at FCI Cumberland. This program is designed for inmates who wish to receive treatment for substance abuse problems, but who do not qualify for residential drug treatment, lack sufficient time remaining on their sentence for participation in residential drug treatment or who have too much time remaining on their sentence for participation in residential drug treatment. A financial incentive of \$30 is awarded to each participant upon completion of this program. In addition, AA/NA is offered on a twice weekly basis in the Chapel. This is an inmate-facilitated program sponsored by Psychology Services. An inmate can enroll in any Psychology Service program including drug treatment services by submitting to cop-out to Psychology. The cop-out can simply be addressed to "Psychology" and staff will direct it to the appropriate staff member.

PSYCHOLOGICAL SERVICES

The Psychology Services Department at FCI Cumberland is available to the inmate population Monday through Fridays from 7:30 a.m. to 3:30 p.m. on an appointment basis only. Appointments for routine concerns can be made by submitting a Copout to Psychology Services or speaking directly with a department staff member. Psychology Services generally holds Open House hours twice per week on Tuesday and Thursday from 11:30 am until the afternoon work call. During this time, inmates may walk-in and talk with either a psychologist regarding mental health concerns or a drug treatment specialist for issues regarding drug programming. Emergency situations are managed on a no-wait basis. Inmates experiencing an emergency situation to include serious depression or suicidal thoughts should report this to the nearest staff member. Under these circumstances, inmates are generally seen immediately by Psychology staff. An on-call Psychologist is available after hours to deal with emergency situations which may arise on evenings or weekends.

Inmates are screened upon arrival by the psychologists for the presence of a mental illness. Inmates identified as in need of services during incarceration are seen on at least a monthly basis. Generally, this includes inmates currently taking psychiatric medications, inmate with past psychiatric hospitalizations and inmates with histories of suicidal behavior. Psychology Services staff also work closely with a consulting Psychiatrist and Health Services staff in order to provide treatment to inmates who require monitoring and management of psychological conditions.

SEXUAL ABUSE/ASSAULT PREVENTION AND INTERVENTION PROGRAM

This information is an overview for offenders concerning the Sexual Abuse/Assault Prevention and Intervention Program. No one has the right to pressure you to engage in sexual acts.

You do not have to tolerate sexually abusive behavior or pressure to engage in unwanted sexual behavior from another inmate or a staff member. Regardless of your age, size, race, ethnicity, or sexual orientation, you have the right to be safe from sexually abusive behavior.

What Can You Do To Prevent Sexually Abusive Behavior?

Here are some things you can do to protect yourself and others against sexually abusive behavior:

- . . Carry yourself in a confident manner at all times. Do not permit your emotions (fear/anxiety) to be obvious to others.
- . . Do not accept gifts or favors from others. Most gifts or favors come with strings attached to them.
- . . Do not accept an offer from another inmate to be your protector.
- . . Find a staff member with whom you feel comfortable discussing your fears and concerns.
- . . Be alert! Do not use contraband substances such as drugs or alcohol; these can weaken your ability to stay alert and make good judgments.
- . . Be direct and firm if others ask you to do something you don't want to do. Do not give mixed messages to other inmates regarding your wishes for sexual activity.
- . . Stay in well-lit areas of the institution.
- . . Choose your associates wisely. Look for people who are involved in positive activities like educational programs, psychology groups, or religious services. Get involved in these activities yourself.
- . . Trust your instincts. If you sense that a situation may be dangerous, it probably is. If you fear for your safety, report your concerns to staff.

What to do if you are Afraid or Feel Threatened?

If you are afraid or feel you are being threatened or pressured to engage in sexual behaviors, you should discuss your concerns with staff. Because this can be a difficult topic to discuss, some staff, like psychologists, are specially trained to help you deal with problems in this area.

If you feel immediately threatened, approach any staff member and ask for assistance. It is part of his/her job to ensure your safety. If it is a staff member that is threatening you, report your concerns immediately to another staff member that you trust, or follow the procedures for making a confidential report.

What to do if you are Sexually Assaulted?

If you become a victim of a sexually abusive behavior, **you should report it immediately to staff** who will offer you protection from the assailant. You do not have to name the inmate(s) or staff assailant(s) in order to receive assistance, but specific information may make it easier for staff to know how best to respond. You will continue to receive protection from the assailant, whether or not you have identified him or her (agree to testify against him/her).

After reporting any sexual assault, you will be referred immediately for a medical examination and clinical assessment. Even though you may want to clean up after the assault it is important to see medical staff BEFORE you shower, wash, drink, eat, change clothing, or use the bathroom. Medical staff will examine you for injuries which may or may not be readily apparent to you. They can also check you for sexually transmitted diseases, pregnancy, if appropriate, and gather any physical evidence of assault. The individuals who sexually abuse or assault inmates can only be disciplined and/or prosecuted if the abuse is reported. Regardless of whether your assailant is an inmate or a staff member, it is important to understand that you will never be disciplined or prosecuted for being the victim of a sexual assault.

How Do You Report an Incident of Sexually Abusive Behavior?

It is important that you tell a staff member if you have been sexually assaulted. It is equally important to inform staff if you have witnessed sexually abusive behavior. You can tell your Case Manager, Chaplain, Psychologist, SIS, the Warden or any other staff member you trust. BOP staff members are instructed to keep reported information confidential and only discuss it with the appropriate officials on a need to know basis concerning the inmate's/victim's welfare and for law enforcement or investigative purposes. There are other means to confidentially report sexually abusive behavior if you are not comfortable talking with staff.

- **Write directly to the Warden, Regional Director or Director.** You can send the Warden an Inmate Request to Staff Member (Cop-out) or a letter reporting the sexually abusive behavior. You may also send a letter to the Regional Director or Director of the Bureau of Prisons. To ensure confidentiality, use special mail procedures.

- **File an Administrative Remedy.** You can file a Request for Administrative Remedy (BP-9). If you determine your complaint is too sensitive to file with the Warden, you have the opportunity to file your administrative remedy directly with the Regional Director (BP-10). You can get the forms from your counselor or other unit staff.

- **Write the Office of the Inspector General (OIG)** which investigates allegations of staff misconduct. OIG is a component of the Department of Justice and is not a part of the Bureau of Prisons. The address is:

**Office of the Inspector General
P. O. Box 27606
Washington, D.C. 20530**

Understanding the Investigative Process:

Once the sexually abusive behavior is reported, the BOP and/or other appropriate law enforcement agencies will conduct an investigation.

The purpose of the investigation is to determine the nature and scope of the abusive behavior. You may be asked to give a statement during the investigation. If criminal charges are brought, you may be asked to testify during the criminal proceedings.

Counseling Programs for Victims of Sexually Abusive Behavior:

Most people need help to recover from the emotional effects of sexually abusive behavior. If you are the victim of sexually abusive behavior,

whether recent or in the past, you may seek counseling and/or advice from a psychologist or chaplain. Crisis counseling, coping skills, suicide prevention, mental health counseling, and spiritual counseling are all available to you.

Management Program for Assailants:

Anyone who sexually abuses/assaults others while in the custody of the BOP will be disciplined and prosecuted to the fullest extent of the law. If you are an inmate assailant, you will be referred to Correctional Services for monitoring. You will be referred to Psychology Services for an assessment of risk and treatment and management needs. Treatment compliance or refusal will be documented and decisions regarding your conditions of confinement and release may be effected. If you feel that you need help to keep from engaging in sexually abusive behaviors, psychological services are available.

Policy Definitions:

Prohibited Acts: Inmates who engage in inappropriate sexual behavior can be charged with following Prohibited Acts under the Inmate Disciplinary Policy.

Code 114/(A): Sexual Assault

Code 205/(A): Engaging in a Sex Act

Code 206/(A): Making a Sexual Proposal

Code 221/(A): Being in an Unauthorized Area with a Member of the Opposite Sex

Code 300/(A): Indecent Exposure

Code 404/(A): Using Abusive or Obscene Language

Staff Misconduct: The Standards of Employee Conduct prohibit employees from engaging in, or allowing another person to engage in sexual, indecent, profane or abusive language or gestures, and inappropriate visual surveillance of inmates. Influencing, promising or threatening an inmate's safety, custody, privacy, housing, privileges, work detail or program status in exchange for sexual favors is also prohibited.

What is sexually abusive behavior?

According to federal law (Prison Rape Elimination Act of 2003) sexually abusive behavior is defined as:

a. **Rape:** the carnal knowledge, oral sodomy, or sexual assault with an object or sexual fondling of a person **FORCIBLY** or against that person's will; The carnal knowledge, oral sodomy, or sexual assault with an object or sexual fondling of a person not forcibly or against the person's will, where the victim is **incapable of giving consent** because of his/her youth or his/her temporary or permanent mental or physical incapacity; or the carnal knowledge, oral sodomy, or sexual assault with an object or sexual fondling of a person achieved through the **exploitation of the fear or threat** of physical violence or bodily injury.

Carnal Knowledge: contact between the penis and vulva or the penis and the anus, including penetration of any sort, however slight.

Oral Sodomy: contact between the mouth and the penis, the mouth and the vulva, or the mouth and the anus.

b. **Sexual Assault with an Object:** the use of any hand, finger, object, or other instrument to penetrate, however slightly, the genital or anal opening of the body of another person (**NOTE:** This does NOT apply to custodial or medical personnel engaged in evidence gathering or legitimate medical treatment, nor to health care provider's performing body cavity searches in order to maintain security and safety within the prison).

c. **Sexual Fondling:** the touching of the private body parts of another person (including the genitalia, anus, groin, breast, inner thigh, or buttocks) for the purpose of sexual gratification.

d. **Sexual Misconduct (staff only):** the use of indecent sexual language, gestures, or sexually oriented visual surveillance for the purpose of sexual gratification.

An incident is considered **Inmate-on-Inmate Abuse/Assault** when any sexually abusive behavior occurs between two or more inmates. An incident is considered **Staff-on-Inmate Abuse/Assault** when any sexually abusive behavior is initiated by a staff member toward one or more inmates. It is also considered **Staff-on-Inmate Abuse/Assault** if a staff member willingly engages in sexual acts or contacts that are initiated by an inmate.

NOTE: Sexual acts or contacts between two or more inmates, even when no objections are raised, are prohibited acts, and may be illegal. Sexual acts or contacts between an inmate and a staff member, even when no objections are raised by either party, are always forbidden and illegal. Inmates who have been sexually assaulted by another inmate or staff member will not be prosecuted or disciplined for reporting the assault. However, inmates will be penalized for knowingly filing any false report.

Contact Offices:

U.S. Department of Justice
Office of the Inspector General
950 Pennsylvania Avenue, NW Suite 4322
Washington, D.C. 20530-0001

Central Office
Federal Bureau of Prisons
320 First Street, NW
Washington, D.C. 20534

Mid-Atlantic Regional Office
302 Sentinel Drive, Suite 200
Annapolis Junction, Maryland 20701

North Central Regional Office
Gateway Complex Tower II, 8th Floor
400 State Avenue
Kansas City, KS 66101-2492

Northeast Regional Office
U.S. Customs House, 7th Floor
2nd and Chestnut Streets
Philadelphia, Pennsylvania 19106

South Central Regional Office
4211 Cedar Springs Road, Suite 300
Dallas, Texas 72519

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Southeast Regional Office
3800 North Camp Creek Parkway, SW
Building 2000
Atlanta, GA 30331-5099

BEDSIDE VISITS/FUNERAL TRIPS

Bedside visits and funeral trips may be authorized by the Warden for an inmate when an immediate family member is seriously ill, in critical condition or has passed away. Depending on the inmate's custody classification, one or two staff members will escort the inmate. All expenses will be borne by the inmate, except for the first eight hours of each day that the employee is on duty. There are occasions when an escorted trip is not approved, even when all policy-required conditions have been met. This may be based on a determination that the perceived danger to Bureau of Prisons staff during the proposed visit is too great, or the security concerns about the inmate outweigh the need for the emergency trip.

CENTRAL INMATE MONITORING SYSTEM

The Central Inmate Monitoring System (CIMS) is a method for the Bureau's Central and Regional Offices to monitor and control the transfer, temporary release, and participation in community activities of inmates who pose special management considerations. Designation as a CIMS case does not, in and of itself, prevent an inmate from participating in community activities. All inmates who are designated as CIMS cases will be so notified by their Case Manager.

TREATY TRANSFERS FOR NON-U.S. INMATES

Inmates who are not U.S. citizens may be eligible for a transfer to their home country to serve the remainder of their sentence in a prison there. This is only possible for inmates whose country has a formal prisoner exchange treaty with the United States. The Unit Team is the source of information about these transfers, and can tell an inmate if their home country has signed this kind of agreement with the United States.

ACCESS TO DIPLOMATIC REPRESENTATIVES

If you are a foreign national and wish to correspond with your diplomatic representative, contact a member of your Unit Team and they will provide you with the address and/or telephone number in order to facilitate contact with your country of citizenship.

MARRIAGES

If an inmate wishes to be married while incarcerated, the Warden may authorize him to do so under certain conditions. All expenses of the marriage will be paid by the inmate. Government funds may not be used for marriage expenses.

If an inmate requests permission to marry he must:

- Have a letter from the intended spouse which verifies her intention to be married.
- Demonstrate legal eligibility to marry.
- Be mentally competent.

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The Chaplains are available to discuss with the inmate and fiancée the issue of marriage while incarcerated.

RELIGIOUS PROGRAMS

FCI Cumberland offers a wide range of religious programs to inmates. Staff chaplains as well as contract and volunteer representatives of other faiths are available to assist inmates. Special religious diets, holiday observances, and other worship activities are coordinated through the Chaplain's office. Information about these programs is available in the orientation program, and from the Chaplains.

INMATE FINANCIAL RESPONSIBILITY PROGRAM

Working closely with the Administrative Office of the Courts and the Department of Justice, the Bureau administers a systematic payment program for court-imposed fees and costs. All designated inmates are required to develop a financial plan to meet their financial obligations. These obligations may include;

- Special assessments imposed under 18 USC 3013
- Court Ordered restitution
- Fines and court costs
- Judgments in favor of the United States
- Other debts owed the Federal Government and other court-ordered financial obligations to include child support, alimony and other judgments

Institution staff will assist in planning, however, the inmate is responsible for making all payments required, either from earnings within the institution, and/or from outside resources. The inmate must provide documentation of compliance and payment. If an inmate refuses to meet his obligations, the inmate cannot work for Unicor nor receive performance pay above the maintenance pay level (a maximum of \$5.25/month). Additionally, an inmate in refuse status may be subject to limited participation in community based programs, will not be considered for transfer, will be placed in the least desirable housing and will have a spending limit of \$25.00 per month in the Commissary.

The status of any financial plan will be included in all progress reports, and will be considered by staff when determining Security/Custody level, job assignments, eligibility for community activities and institutional program changes.

You may be identified for priority consideration for UNICOR employment if you have a large court ordered financial obligation. The minimum payment for inmates assigned to Unicor will be \$25.00 per quarter for Grade 5. Grades 1, 2, 3 and 4 will pay a minimum of 50% of their earnings towards their financial obligation.

VISITING

Inmates are encouraged to have visits in order to maintain family and community ties. Visiting hours are provided to inmates so they can advise their prospective visitors. The visiting hours for general population inmates are 4:30 p.m. to 8:30 p.m., on Fridays, and from 8:30 a.m. to 3:00 p.m. on weekends and all federal holidays. Visiting hours for Special Housing Unit inmates are the same except they will terminate at

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8:00 p.m. on Fridays, and 2:30 p.m. on weekends and holidays. The visiting hours for Trans-seg inmates are 4:30 p.m. to 8:30 p.m. on Mondays. Each inmate will be allowed no more than six weekend and holiday visiting days per month. There are no limitations on weekday and non-holiday visits. Unused weekend and holiday visiting days from one month cannot be carried over to the following month. Any visit, regardless of the length, will constitute one day of visiting.

All inmates are asked to submit a visiting list which will be given to their Counselor for approval. Members of the immediate family (wife, children, parents, brothers, sisters) will be placed on the approved list subject to verification through the Pre-Sentence Investigation (PSI) report for a period of 30 days after the inmate's arrival at FCI Cumberland. During this 30 day time period, the inmate should mail a Visiting Questionnaire form to all proposed visitors including immediate family members. In the event a Visiting Questionnaire form is not returned to the unit team within 30 days, the name of the immediate family member will be removed from the inmate's visiting list until the appropriate form is completed. A common-law spouse will usually be treated as an immediate family member if the common-law relationship has previously been established in a state which recognizes such a status. Other relations and friends may be approved after certain checks are made. Requests for approval for these additional visitors and/or special visits should be made to the Counselor at least three weeks in advance of the intended visit. Request for emergency visits should be made through the Unit Team.

At any given time, inmates are authorized to have a total of three adults and three children from their approved visiting list visit them. Any request for additional visitors/changes in this procedure should be made to the Counselor for approval from the Captain at least three weeks in advance of the intended visit.

All visits will begin and end in the visiting room. Kissing, embracing, and handshaking are allowed only on arrival and departure.

Inmates must be properly dressed in order to be admitted to the Visiting Room. Clothing must be neat and clean. Inmates are required to wear their khaki uniform with institution issued shoes/boots. Personal tennis shoes purchased from the commissary are not to be worn in the Visiting Room. Inmates must present their identification card to the Visiting Room Officer upon entrance into the Visiting Room.

There are limits on the number and type of articles that can be taken into the visiting room. Items that may be taken into the Visiting Room by an inmate are limited to a comb or pick, wedding band, prescription glasses, handkerchief and a religious medal. All items purchased in the visiting room will be consumed there, and will not be brought into the institution.

Visitors must be properly dressed. Short shorts, halter tops, sweat clothing and other clothing of a suggestive or revealing nature will not be permitted in the visiting room. Footwear must be worn by all visitors. Visitors are not allowed to bring food, gifts, games, needlework, pocket books, baby strollers, electronic devices, or packages into the Visiting Room. It is the inmate's responsibility to notify their visitors of institution visiting rules.

VISITATION FOR CHILDREN

Children under sixteen (16) years of age are not required to complete the Visiting Questionnaire. However, all children must be accompanied by an approved adult visitor for that inmate. Visitors who are 16 or 17 years of age and not accompanied by a parent, legal guardian, or immediate family member at least 18 years of age, must have written approval of a parent or legal guardian. All adult visitors will be expected to maintain control of their children at all times.

VISITOR IDENTIFICATION

Identification is required for visitors. This may include a State Driver's License or State Identification Card, or three other forms of identification (credit cards, Social Security Card, birth certificate, etc.) with full names and signatures affixed. One of the forms of identification must have a photograph. Persons without proper identification will not be permitted to visit.

Visitors may be asked to submit to a search and will be checked with a metal detector. In addition, random visitors will be checked using the ION Scanner. This device is used to detect traces of narcotics. Visitor's purses, attorney's briefcases, etc., may also be searched. Other personal articles belonging to visitors must be placed in lockers provided by the institution or may be left in their cars. Individuals failing to pass the ION Scanner and/or metal detector will not be permitted to visit.

Visitors are permitted to bring money (e.g., coinage) into the Visiting Room to purchase items from the vending machines. Also, a limited amount of diapers and other infant care items and sanitary napkins may be brought into the Visiting Room. As vending machines are available for visitor use, food may not be brought into the visiting room. Under no circumstances are inmates allowed to receive personal items from their visitor.

Inmates are not allowed to handle any type of money while in the Visiting Room. Only visitors may utilize the vending machines. Photograph tickets may be purchased in the commissary. The maximum amount an inmate may purchase or have in his possession is 25.

Visitors will not be allowed to leave the visiting room to retrieve any items left outside the institution. Once the visitor leaves the visiting room, the visit is terminated. The only exception is to administer medication that requires a syringe.

Inmates are not allowed to receive either coins or money for their Commissary account while in the visiting room. Money for Commissary accounts should be sent through the mail using a U.S. Postal Money Order to the National Lock Box (see page 17-Deposits to Accounts).

INSTITUTION DIRECTIONS, TRANSPORTATION AND LODGING

The Cumberland Federal Correctional Institution is located approximately six miles south of the city of Cumberland, Maryland, within an area designated as the Allegany County Industrial Park. Directions to the institution from some major areas are as follows:

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Baltimore, MD./Washington, D.C. areas:

1. Take I-70 West to Hancock, MD.;
2. Take I-68 West at Exit 1A from I-70 and proceed to Cumberland, MD.;
3. Take Exit 43B, Industrial Boulevard/State Route 51 South;
4. Turn left on Howard Street at the end of the exit;
5. Turn right after .1 mile onto Industrial Boulevard/State Route 51;
6. Proceed South for 5.6 miles on State Route 51 to the Allegany County Industrial Park area;
7. Turn right on PPG road for 1.6 miles;
8. Turn left at the Institution entrance;
9. Proceed .4 miles to the FCI Administration Building;
10. Parking facilities are available in the right side parking lot.

Pittsburgh, PA./Morgantown, W.V. areas:

1. From Pittsburgh - Take I-79 South to Morgantown, W.V.
2. From Morgantown, W.V. - Take I-68 East and proceed to Cumberland, MD.
3. Take Exit 43B, Industrial Boulevard/State Route 51 South;
4. Proceed South for 5.6 miles on State Route 51 to the Allegany County Industrial Park area;
5. Turn right on PPG road for 1.6 miles;
6. Turn left at the Institution entrance;
7. Proceed .4 miles to the FCI Administration Building;
8. Parking facilities are available in the right side parking lot.

Public Transportation

Public transportation is also available to inmate visitors. Below is a list of commonly used services:

Allegany County Transit 1000 Lafayette Avenue Cumberland, MD. 21502 (301) 722-6360	Yellow Cab Company 1116 Virginia Avenue Cumberland, MD. 21502 (301) 722-4050	Queen City Taxi 825 Virginia Avenue Cumberland, MD. 21502 (301) 722-2800
Platinum Coach 773 Fayette Street Cumberland, MD. 21502 (301) 722-1988	Cumberland Regional Airport Wiley Ford, WV. (304) 738-0002	Crown Taxi LLC 17600 E. Wilson Rd. SE Oldtown, MD. 21555 (301) 759-4090

Lodging

Below is a list of available lodging for inmate visitors:

Fairfield Inn & Suites 21 N. Wineow Street Cumberland, MD. 21502 (301) 722-0340	Diplomat Hotel 17012 McMullen Highway Cumberland, MD. 21502 (301) 729-2311	Holiday Inn 100 South George St. Cumberland, MD. 21502 (301) 724-8800
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Maryland Apartments 11901 Bedford Road, NW Cumberland, MD. 21502 (301) 722-2836	Red Roof Inn 12310 Winchester Rd. LaVale, MD. 21502 (301) 729-6700	Super 8 Motel 1301 National Highway LaVale, MD. 21502 (301) 729-6265
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MEDICAL SERVICES

SICK CALL PROCEDURES

Sick call sign up for emergency sick call is held Monday through Friday, from 6:30 a.m. to 7:00 a.m. Inmates must present their identification cards to the Triage Nurse, and a determination will be made as to the plan of care. In order for inmates to be released from their work detail, the appointment slip, if issued, must be shown to their detail supervisor.

For routine Sick Call sign up, inmates may submit a request electronically through TRULINCS by sending it to the CUM/INMATEToHealthSrcs box, or obtain a sick call signup sheet from their housing unit officer. This form will be completed and turned into the collection box inside the front entrance of the Health Services Department. All Sick Call signup sheets are collected at 10:00 a.m. Monday through Friday. Appointments to include the date and time will be posted on the Call-outs. Inmates may be subject to disciplinary action for failure to report to call-outs.

If an inmate arrives late without a verified excuse from a staff member, the appointment will be canceled and the process will have to be restarted. It is the inmate's responsibility to notify his detail supervisor of the appointment ahead of time in order to be on time.

Upon arrival at the scheduled appointment time, inmates will sign in at the Medical Records Office. Once signed in, inmates must remain seated in the waiting room until their names are called. Once inside Health Services, inmates will not be permitted to leave the area until released by medical staff. No personal belongings such as books, radios, laundry bags, water bottles, etc. will be permitted in the health services unit. All inmates will be properly dressed, in uniform during working hours.

There is a \$2.00 co-pay for all inmate requested visits to health care providers. The law that permits the Bureau of Prisons to collect this money is called the Federal Prisoner Health Care Co-payment Act of 2000. Inmates must pay a fee for health care services of \$2.00 per health care visit for the following: health care services in connection with a health care visit that the inmate requested; are found responsible through the Disciplinary Hearing Process to have injured an inmate, who, as result of the injury, requires a health care visit, or visits.

The following health care services will be provided without a co-pay fee:

- a. Health care services based on health care staff referrals;
- b. Staff-approved follow-up treatment for a chronic condition;
- c. Preventative health care services;
- d. Emergency services;
- e. Diagnosis or treatment of chronic infectious diseases;
- f. Mental health care;
- g. Substance abuse treatment;
- h. Urgent treatment; and
- I. Treatment of acute injuries.

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Some of the health care services based upon staff referrals, follow-up treatment for chronic conditions, and preventative health care include, but are not limited to:

- a. Blood pressure monitoring;
- b. Glucose monitoring;
- c. Insulin injections;
- d. Chronic care clinics;
- e. Testing for tuberculosis;
- f. Vaccinations;
- g. Wound care; and
- h. Patient education, etc.

Based upon the health care provider's clinical evaluation and diagnosis of the inmate, Health Services Staff will determine whether a co-pay fee will be charged. All visits will be entered into the TRUFACS system by registration number and pay status. If inmates are indigent (an inmate who has not had a trust fund account balance of \$6.00 for the past 30 days) they will not be charged for the visit. Inmates who are not indigent but do not have the funds available in their trust fund account will still be charged and their account will go into a negative balance.

SICK CALL PROCEDURES DURING FOG WATCH

During fog watch there will be no emergency medical/dental sick call conducted during the normal times. All call outs that were on during the times of fog watch will resume once fog watch is over. If you have an emergency sick call issue during fog watch you must have your unit officer notify the Duty Nurse and a time will be arranged for you to be seen.

DENTAL SICK CALL PROCEDURES

The emergency dental sick call is held Tuesday and Wednesday from 6:30 a.m. to 7:00 a.m. at the FCI and Thursday at the FPC. Inmates must present their identification cards to sign up for emergency Dental sick call. There is only a limited number of emergency dental sick call appointments issued each day.

The procedures to receive routine care and cleanings are to submit a paper or electronic cop out to the dental department. You will receive a response informing you of your treatment plan. In the event you experience an urgent situation concerning your dental health prior to your scheduled appointment you may sign up for dental sick call. Inmates placed in Special Housing are not eligible for routine dental treatment until that have been there for one year. Inmates with less than a 12 month sentence are not eligible for routine dental treatment. Dental cleanings are for healthy individuals and limited to once a year. There is a \$2.00 co-pay for Dental Sick Call and routine Dental Examinations.

On arriving in the dental office, inmates must present their identification cards to the dental staff. After signing in, inmates will remain seated in the waiting room until their name is called. Inmates will not be permitted to leave the area until released by medical staff. Everyone who requests care will be placed on Callout when they move to the top of the waiting list.

EMERGENCY MEDICAL CARE

Inmate injuries or illnesses of an emergency nature must be brought to the attention of the work supervisor, recreation supervisor, unit officer, or any other staff member immediately. They will notify Health Services for instructions PRIOR to your release from the area you are in. Your supervisor must notify the Health Service Department PRIOR to your release from the area you are in. Emergencies are considered to be chest pains, active severe bleeding, broken bones, or life-threatening situations. All non-emergencies will be handled through sick call only. Injuries must be reported to a staff member immediately, and the staff member must then notify health services. An injury will be considered suspicious if it is not reported immediately and an accident report has not been completed. All suspicious injuries will be reported to the Operations Lieutenant. All emergencies of a dental nature should be directed to the dental office by your supervisor.

REQUESTS TO SEE THE DOCTOR

The Doctor schedules appointments by either referral through the Mid-Level Practitioners or by the submission of a Cop-out written to them, or through chronic care clinic appointments. All medical problems should be handled through Sick Call before requesting an appointment with the doctor. Doctors/Mid-Level Practitioners will not see walk-in patients. The Doctor normally will not see patients who have signed up for sick call.

HIV EDUCATION

An HIV Education Program for inmates is available periodically. HIV information is available from the Health Services Department. You must have a current HIV test to be released on furlough, halfway house, parole, etc.

INMATE REQUEST TO STAFF MEMBER (COP-OUT)

Questions regarding medical care should be taken care of through sick call. Questions regarding the Health Services Department should be addressed to the specific person or area via Copout. Questions or requests pertaining to the Health Services Administrator or Assistant Health Services Administrator must first be addressed via Cop-out. If a meeting is found to be necessary, the administrator or his/her assistant will respond to your Copout and give you an appointment time. All correspondence directed to the Health Services Department must be on the standard form entitled Inmate Request to a Staff Member, (Cop-out). The Health Service Administrator and Assistant Health Service Administrator conducts an open house located in Health Services Monday, Tuesday, Thursday and Friday at the FCI and Wednesday at the FPC during mainline times. We are available to answer administrative questions. This is not a sick call open house.

MEDICAL/DENTAL APPOINTMENTS

The majority of medical appointments appear on the Call-outs. It is the inmate's responsibility to check the Call-outs each day to see if they are scheduled for any such appointment. Failure to appear for scheduled appointments may adversely affect the continuity of care you are to receive. Those not reporting for their Callout may receive an Incident Report.

PHYSICALS

All newly committed inmates will receive a physical examination within 14 days of arrival. (Includes parole violators, RRP returns, and escapees). A complete physical examination will be required for inmates who are out of BOP custody for more than 30 days (e.g. furlough, writ, or Residential Re-entry Center (RRC) failure).

Periodic health examinations including age-specific preventative health examinations (e.g. cancer screening) for the inmate population will be provided at the Clinical Director's discretion.

Inmates being released from custody may request a medical evaluation if he has not had one within one year prior to the expected date of release. This examination should be conducted according to Program Statement 6031.01, page 29.

All inmates must have a PPD on a yearly basis. This will be done during the inmate's birth month. All inmates must have current PPD and/or chest x-ray, or remain symptom-free prior to transfer to any bureau facility.

INTAKE SCREENING

All new arrivals will have medical screening performed by medical staff upon arrival at the institution, and prior to being placed in general population. All sentenced/designated inmates will receive a complete physical examination, including lab tests, within 14 days of their arrival. Normally, physical examinations will be scheduled on Thursday mornings.

SPECIAL HOUSING UNIT INMATES

A Physician's Assistant or Registered Nurse will make rounds in the Special Housing Unit on a daily basis. Requests for consultation with the Clinical Director, or the Dental Officer, will be processed in the same manner as those of general population. Pill Line medications will be given as required by medical staff on a daily basis. Inmates will be escorted to the Health Services Department only if the medical request or problem cannot be adequately addressed in the Special Housing Unit.

PHARMACY/PILL LINE PROCEDURES

Inmates must present their identification and pill line cards to receive pill line medication. Inmates must also show their identification card to pick up prescribed medication. There will be no exceptions. Inmates may purchase over the counter medications at the commissary. If you are unable to do so, you may report to sick call to be seen, and a prescription will be written if deemed clinically necessary. Over the counter medication will not be given out at the pharmacy without a prescription. Some prescriptions have refills available. (This information will be annotated on the label.) Information regarding refills is printed on the label and is available from the Pharmacist. All prescriptions must be picked up from the pharmacy within four days of the prescription being written, or they will be returned to stock, and the inmate will have to obtain a new prescription from sick call. Certain medication cannot be given to inmates except at pill line in single doses. When you are prescribed this type of medication, you will receive a pill line pass.

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PILL LINE TIMES

WEEKDAYS

TIMES	GENERAL NOTES
6:00am-7:00am	Diabetic card holders first followed by morning dose pills
3:30pm-3:45pm	Accu-checks for non-insulin diabetics pick ups and refills
4:45pm-5:00pm	Insulin only pill line Restricted pill line
7:00pm-7:30pm	Bedtime doses pill line pick up medications and refills

WEEKENDS AND HOLIDAYS

TIMES	GENERAL NOTES
7:00am-7:30am	Morning doses and insulin. Diabetics must go to coffee hour, not brunch.
10:30am	Diabetic insulin pill line only
4:45pm-5:00pm	Insulin pill line only Restricted pill line
7:00pm-7:30pm	Bedtime doses only pick up medications and refills

OVER-THE-COUNTER MEDICATIONS

This program establishes a program allowing inmates improved access to Over-The-Counter (OTC) Medications by making them available for sale in the commissary and improves the allocation of medical resources so that inmates' medical needs will continue to be met.

During institution triage/sick call, medical staff will refer inmates to the commissary in response to complaints related to cosmetic and general hygiene issues or symptoms of minor medical ailments.

Examples of these complaints are:

- a. Occasional constipation
- b. Seasonal allergies
- c. GI upset
- d. Dandruff
- e. Uncomplicated Athlete's Foot
- f. Acne
- g. Chapped Lips
- h. Dry skin
- i. Muscle Aches from Exertion

Inmates will purchase OTC medications from the commissary with their personal funds. However, inmates will be given OTC medications at the institution pharmacy if they are determined to be indigent (have less than a \$6.00 balance in their trust fund account for the last 30 days).

PATIENT RIGHTS AND RESPONSIBILITIES

See Attachment C.

MEDICAL RECORDS

An inmate may request a copy of his medical record by sending a Copout to Medical Records. Inmates will be charged for copies exceeding 180 pages. Inmates are not permitted to receive a copy of their HIV results while incarcerated.

ON-THE-JOB INJURIES

If an inmate is injured while performing an assigned task, he must immediately report the injury to his work supervisor. The work supervisor will then report the injury to the institution Safety Manager. The inmate may be disqualified from eligibility for lost-time wages or compensation if he fails to report a work injury promptly to the supervisor.

If injured while performing an assigned duty, a claim for compensation may be submitted. A medical evaluation must be included in the claim before any compensation can be considered.

LIVING WILLS

Living wills are not used in general population institutions to withhold resuscitative services. If resuscitative services are required while in the general population of a Bureau of Prisons institution, or while in transit to a community hospital or MRC from a general population institution, all necessary resuscitative services shall be provided despite the presence of a living will. When it is determined that the terms of the living will should be carried out, either the community based hospital or the Bureau of Prisons referral center will implement the terms based upon current circumstances. See Attachment D.

MRSA

Staphylococcus Aureus is a common bacteria found on many individuals' skin usually not causing any problems. However, once inside the body, for example inside the skin or lungs, it can cause serious infections such as boils or pneumonia. Methicillin Resistant Staphylococcus Aureus (MRSA) refers to the bacteria that are resistant to the antibiotics that were formerly used to treat it.

MRSA is frequently found in prison populations since this bacteria is frequently found on many surfaces. Good hygiene, especially good hand hygiene, is the best way to stop the chain of infection of MRSA. Another way to prevent the chain of infection of MRSA is to ensure that all areas including housing units, equipment used in the Recreation Department, seat backs in the Food Service Department, etc., are cleaned frequently. At FCI Cumberland, the most common cause of MRSA infections has been tattooing. Tattooing is a prohibited act inside the Bureau of Prisons. MRSA is just one more reason to **NOT** get a tattoo while incarcerated.

Once it is determined that an individual has an MRSA infection or boil, the most common course of treatment is incision and drainage of the wound. Sometimes it is necessary to put an infected individual on antibiotics; however, incision and drainage are effective at treating these infections most of the time. Frequently inmates report having "spider bites" which turn out to be MRSA infections. If you notice that you have a boil, "spider bite," pustule, or anything else that may fit that description, report to sick call for evaluation.

CONTACT WITH THE COMMUNITY AND PUBLIC

TELEPHONE

The Bureau of Prisons extends telephone privileges as part of its overall correctional management. Telephone privileges are a supplemental means of maintaining community and family ties that will contribute to an inmate's personal development. An inmate may request to call a person of his or her choice outside the institution on a telephone provided for that purpose.

You may only place calls to your list of approved telephone contacts. Only you may use your telephone account or speak on calls placed on your telephone account. Anyone found using another inmate's telephone account may subject both individuals to disciplinary action. If you have questions regarding what we allow on the telephone, you should ask a staff member before using the telephone.

We prohibit any immediate forwarding or relaying of your telephone call or communication by your called party. For example, calls may not be electronically forwarded to another telephone. You may not make three-way calls or have your called party relay information from you to a third-party while you are on the telephone. You may not talk in code or participate in a conference call. You may not use the telephone to arrange, plan or commit criminal or prohibited acts.

We impose disciplinary sanctions for abuse of the telephone privileges. If you discover your called party is committing a prohibited activity, e.g., three-way call, forwarding the call to another number, relaying communications to another party, etc., immediately hang up the telephone and report the incident to a staff member.

With Inmate Telephone System (ITS), the called party can deny or block future telephone calls from inmates through their home telephone. A voice prompt will direct them through the process. After the intended recipient blocks their telephone number via his/her telephone, we can only unblock the number after recipient of a written request requesting reinstatement. Reinstatement requests should be sent directly from the intended recipient by mail to the institution marked for the attention of the Trust Fund Supervisor.

To ensure the called party's identity, the request for reinstatement must include a copy of a recent telephone bill. Trust Fund staff will then process this request expeditiously.

All calls are limited to 15 minutes. The system provides a warning tone approximately one minute before the call is disconnected. Upon completion of a telephone call, inmates are not permitted to make another call for 15 minutes. Inmates are only authorized to make up to 300 minutes per month of debit calls or collect calls. The use of a telephone must not interfere with institution schedules, programs, work assignments or counts.

Inmates in Disciplinary Segregation and Administrative Detention may make a limited number of calls utilizing the Inmate Telephone System (ITS). Inmates in the Special Housing Unit requesting legal calls should submit a Copout to a member of their Unit Team.

CORRESPONDENCE

In most cases, inmates are permitted to correspond with the public, family members and others without prior approval or the maintenance of a correspondence list. Outgoing mail is placed in mailboxes located in the housing units. Outgoing mail must be unsealed when deposited in the unit mailbox. The outgoing envelope must have the inmate's name, registration number, and full return address in the upper left hand corner and include 'Federal Correctional Institution' as opposed to 'FCI.' Inmates must assume responsibility for the content of all letters. Correspondence containing threats, extortion, etc., may result in prosecution for violation of Federal laws. Inmates may be placed on restricted correspondence status based on misconduct or as a matter of classification. The inmate will be notified of this placement and will have the opportunity to respond.

INCOMING CORRESPONDENCE

First class mail is distributed Monday through Fridays by the evening watch housing unit officer. Newspapers and magazines may also be delivered at this time. Legal and special mail will be delivered by Unit Staff Monday through Friday. Inmates must have their identification cards with them. The designated Unit Staff member will open incoming special mail only in the presence of the inmate for inspection for physical contraband, and the qualification of any enclosures as special mail. The correspondence may not be read or copied if the sender is adequately identified on the envelope, and the front of the envelope is marked 'Special Mail - Open only in the presence of the inmate.'

Without adequate identification as Special Mail, staff will treat the mail as general correspondence. In this case, the mail may be opened, read and inspected. It is the inmate's responsibility to notify the legal representative of these requirements, via (Attachment F) Special Mail Notice(BP-S493.058).

The number of incoming letters an inmate may receive will not be limited unless the number received places an unreasonable burden on the institution. There will be no mail delivery on weekends and holidays.

Inmates are asked to advise those writing to them to put the inmate's register number and unit on the envelope to aid the prompt delivery of mail. Inmate packages (weighing in excess of 16 oz.) received at the institution must have prior authorization. All outgoing and incoming mail should be addressed:

Inmate Committed Name (as shown on your ID card, no alias/nicknames)
Inmate Register Number (ex.: 12345-678)
Federal Correctional Institution (Must be spelled out)
P.O. Box 1000
Cumberland, MD 21501-1000

INCOMING PUBLICATIONS/MAIL

The term "publication" means a book, single issue of a magazine or newspaper, or materials addressed to a specific inmate, such as advertising brochures, flyers, and catalogs. All incoming publications, newspapers, soft & hard cover books, magazines, and calendars must be able to fit inside the inmate's locker and must come directly from the publisher or bookstore. Inmates may receive personal photographs.

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However, nude, sexually explicit and/or sexually suggestive photographs will NOT be permitted. All Polaroid (double-faced) photos will be returned to the sender. All nuisance contraband (e.g., electronic greeting cards, buttons, pins, locks of hair, plant shavings, glitter, etc.) is prohibited and will also be returned to the sender. It is the inmates' responsibility to know that all publications/mail must be stored in the locker provided as no extra locker or storage space will be authorized.

The Warden may reject a publication/mail if it is determined to be detrimental to the security, good order or discipline of the institution, or if it might facilitate criminal activity. Publications/mail which may be rejected include, but are not limited to;

- It depicts or describes procedures for the construction or use of weapons, ammunition, bombs, or incendiary devices.
- It depicts, encourages or describes methods of escape from correctional facilities, or contains blueprints, drawings, or similar descriptions of Bureau of Prisons' institutions.
- It depicts or describes procedures for the brewing of alcoholic beverages or the manufacture of drugs.
- It is written in code.
- Any sexually explicit material which poses a threat to the security, good order or discipline of the institution to include sado-masochistic material, bestiality, or material that involves children.
- It encourages or instructs in the commission of criminal activity.

OPEN HOUSE

The Inmate Systems Department will conduct an open house on Tuesday and Thursday from 11:00 a.m. until 10 minutes after the announcement of the closing of the noon meal. During this time, staff will be available to answer questions regarding mail, detainers, or personal property.

SPECIAL MAIL

'Special Mail' is a category of correspondence which may be sent out of the institution unopened and unread by staff, which includes correspondence to:

- President and Vice-President of the United States
- U.S. Department of Justice to include the Bureau of Prisons
- U.S. Attorney's Offices
- Surgeon General
- U.S. Public Health Service
- Secretary to the Army, Navy or Air Force
- U.S. Courts
- U.S. Probation Officers
- Members of the U.S. Congress
- Embassies and Consulates
- Governors

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- State Attorney General
- Prosecuting Attorneys
- Directors of State Departments of Corrections
- State Parole Commissioners
- State Legislators
- State Courts
- State Probation Officers
- Other Federal and State law enforcement officers and attorneys
- Representatives of the news media.

Outgoing legal mail should be taken to the Inmate Systems Department Monday through Friday from 11:00 a.m. until 10 minutes after the announcement of the closing of the noon meal. Inmates must have their identification cards with them when delivering their legal mail.

INMATE CORRESPONDENCE WITH REPRESENTATIVES OF THE NEWS MEDIA

An inmate may write through Special Mail procedures to representatives of the news media if the representative is specified by name or title.

The inmate may not receive compensation or anything of value for correspondence with the news media. The inmate may not act as a reporter, publish under a byline, or conduct a business or profession while in the Bureau of Prisons.

Representatives of the news media may initiate correspondence with an inmate. Correspondence from a representative of the news media will be opened, and inspected for contraband, qualification as media correspondence, and for content which is likely to promote either illegal activity or conduct contrary to regulations.

CORRESPONDENCE BETWEEN CONFINED INMATES

An inmate may be permitted to correspond with an inmate confined in another penal or correctional institution. This is permitted if the other inmate is either a member of the immediate family, or is party in a legal action in which both parties are involved. The following additional limitations apply:

- Such correspondence may always be inspected and read by staff at the sending and receiving institutions. It may not be sealed by the inmate.
- The Superintendent/Warden at both institutions must approve the correspondence. Inmates may request correspondence privileges with another inmate by submitting a Copout to the appropriate Case Manager.
- When both inmates are confined in BOP institutions, correspondence must be approved by the Unit Managers for both inmates.

REJECTION OF CORRESPONDENCE

The Warden may reject correspondence sent by or to an inmate if it is determined to be detrimental to the security, good order, or discipline of the institution, to the protection of the public, or if it might facilitate criminal activity. Examples include:

- Matter which cannot be mailed under law or postal regulations.
- Information of escape plots, plans to commit illegal activities, or to violate institution rules.
- Direction of an inmate's business (prohibited act 408-an inmate may not direct a business while confined). This does not, however, prohibit correspondence necessary to enable an inmate to protect property or funds that were legitimately his at the time of his commitment. Thus, for example, an inmate may correspond about refinancing a mortgage for his home or sign insurance papers; however, the inmate may not operate (for example) a mortgage or insurance business while confined in the institution.

NOTIFICATION OF REJECTION

The Warden will give written notice to the sender concerning the rejection of mail and the reasons for the rejection. The sender of the rejected correspondence may appeal the rejection. The inmate will also be notified of the rejection of correspondence and the reasons for it. The inmate also has the right to appeal the rejection. The Associate Warden of Programs shall refer the appeal to a designated officer other than the one who originally disapproved the correspondence. Rejected correspondence will ordinarily be returned to the sender.

MAILING OF INMATE PROPERTY

Inmates wishing to have personal items mailed into the institution will send a Copout to the department head responsible for the requested item as follows:

- *Health Services Administrator* - Prosthetic devices and hearing aids that cannot be provided by the institution.
- *Unit Manager* - Release clothing and prescription eyeglasses.

The department head will inform the inmate of the decision. If the request is approved, the department head will complete the appropriate authorization form. The Mail Room Officer will not accept any item or package for delivery unless this approval form is on file.

CHANGE OF ADDRESS/FORWARDING OF MAIL

Upon release, an inmate's first class mail will be forwarded for 30 days after release using the inmate's listed release address. Bulk rate mail (e.g., newspapers, etc.) will be returned to sender. After 30 days, all mail will be returned to sender with the exception of special mail.

CERTIFIED/REGISTERED MAIL

Inmates desiring to use certified, registered, or insured mail may do so, subject to procedures established at the institution. Inmates are not provided services such as express mail, private carrier services, COD, or stamp collecting while confined.

FUNDS RECEIVED THROUGH THE MAIL

No funds should be forwarded directly to an inmate. The Federal Bureau of Prisons' requires that all funds being mailed to inmates be sent to the Federal Bureau of Prisons' National Lock Box. The funds should be sent as follows:

Federal Bureau of Prisons
Insert Inmate Name
Insert Register Number
Post Office Box 474701
Des Moines, Iowa 50947-0001

It should be noted that to assure the correct posting of accounts, cash, and personal checks should not be forwarded to the Lock Box. An inmate's committed name and register number must be printed on all money orders; U.S. Treasury, state, and local government checks; any foreign negotiable instruments payable in U.S. Currency; and envelopes.

ACCESS TO LEGAL SERVICES

LEGAL CORRESPONDENCE

Legal correspondence from attorneys will be treated as Special Mail if it is properly marked. The envelope must be marked with the attorney's name and an indication that he/she is an attorney. The front of the envelope must be marked "Special Mail - open only in the presence of the inmate." It is the responsibility of the inmate to advise his attorney about this policy via Attachment F. If legal mail is not properly marked, it will be opened as general correspondence.

ATTORNEY VISITS

Attorneys should ordinarily make advance appointments for each visit. Attorneys are encouraged to visit during the regular visiting hours. However, visits from an attorney can be arranged at other times based on the circumstances of each case and available staff. Attorney visits will be subject to visual monitoring, but not audio monitoring.

LEGAL MATERIAL

During attorney visits, a reasonable amount of legal materials may be allowed in the visiting area with prior approval. Legal material may be transferred during attorney visits, but is subject to inspection for contraband. This material will be treated in a similar manner as the special mail procedures described above. Inmates are expected to handle the transfer of legal materials through the mail as often as possible.

ATTORNEY PHONE CALLS

In order to make an unmonitored phone call between an attorney and an inmate, the inmate must submit a Copout to his Unit Manager including the Attorney's name and phone number. Ordinarily, legal calls are facilitated only when the inmate has an imminent deadline before the court and has exhausted all other means to contact their Attorney. Phone calls placed through the regular inmate phones are subject to monitoring.

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LAW LIBRARY

The law library contains a variety of legal reference materials for use in preparing legal papers. Reference materials include the United States Code Annotated, Federal Reporter, Supreme Court Reporter, Bureau of Prisons Program Statements, Institution Supplements, Indexes, and other legal materials. The Law Library is open Monday through Saturday, 7:30 a.m. to 8:30 p.m., excluding count and meal times. The Law Library is closed on Sundays and Federal holidays. An inmate Law Library Clerk is available for assistance in legal research. Legal materials are also available in the Special Housing Unit ordinarily via a delivery system or satellite collection.

TYPEWRITERS

Inmates wishing to use typewriters in the law library for legal work must purchase print wheels, typing ribbon and correction ribbon from the commissary for this purpose. Indigent inmates may be provided a manual typewriter as authorized.

COPIES OF LEGAL MATERIALS

In accordance with institution procedures, you may copy materials necessary for research or legal matters. A copy machine is available for inmate use utilizing the debit card. Individuals who have no funds and who can demonstrate a clear need for particular copies, may submit a Copout to their Unit Team to waive the cost of photocopying. Inmates who are temporarily without funds may be required to complete a BP-199 so any funds received in the inmate's commissary account may be deducted to reimburse the government for the copying expense. In this situation, the cost of copying will be at the same rate as that of the commercial copier in the law library.

FEDERAL TORT CLAIMS

If the negligence of institution staff results in property loss, or damage or personal injury to an inmate, it can be the basis of a claim under the Federal Tort Claims Act. To file such a claim, inmates must complete a Standard Form 95. This form may be obtained from the Safety Manager for damage or personal injury and the Unit Team for property loss.

FREEDOM OF INFORMATION/PRIVACY ACT OF 1974

The Privacy Act of 1974 forbids the release of information from agency records without a written request by, or without the written consent of, the individual to whom the record pertains, except for specific instances. All formal requests for access to records about another person and/or agency record other than those pertaining to the requester shall be processed through the Freedom of Information Act, 5 U.S.C. 552.

INMATE ACCESS TO CENTRAL FILE AND MEDICAL FILE

You may request to review and obtain copies of the disclosable portions of your central file and medical file at any time. This can be accomplished by submitting a Copout to the appropriate Case Manager (Central File) and Health Services (Medical File).

INMATE ACCESS TO OTHER DOCUMENTS

You can request access to the "Non-Disclosable Documents" in your central file and medical file, or other documents concerning yourself that are not in your central file or medical file, by submitting a "Freedom of Information Act Request" to the Director of the Bureau of Prisons. Such requests must clearly describe the records sought to include the approximate dates covered by the record. You must also provide your full name, register number, current address, and date and place of birth, for identification purposes. The address is;

Director
Federal Bureau of Prison
Attention: FOIA Request
320 First Street, NW
Washington, DC 20534

You may review and copy Bureau of Prisons Program Statements which contain the rules and regulations through the institution's law library. You are responsible for the costs of making personal copies of these documents. Requests for access to all other Program Statements shall be processed through the Freedom of Information Act.

A request on behalf of an inmate by an attorney, for records concerning the inmate, will be treated as a "Freedom of Information Act Request" if the attorney has forwarded an inmate's written consent to disclose materials. If a document is deemed to contain information exempt from disclosure, any reasonable part of the record will be provided to the attorney after the deletion of the exempt portions.

PROBLEM RESOLUTION

ADMINISTRATIVE REMEDY PROCESS - The Bureau of Prisons emphasizes and encourages the resolution of complaints on an informal basis. Hopefully, inmates can resolve a problem by personal contact with staff members, Request to Staff Member forms (Copouts), or with an Informal Resolution form. When those attempts are unsuccessful, a formal complaint can be filed as an Administrative Remedy. (Complaints that have a different statutory authority, like the Federal Tort Claims Act, Inmate Accident Compensation Act, Freedom of Information Act or Privacy Act requests, are not generally appropriate for acceptance under the Administrative Remedy Process.)

INFORMAL RESOLUTION - The first step of the Administrative Remedy Process is to attempt an informal resolution. This is accomplished by meeting with your assigned Correctional Counselor to discuss the problem or issue.

FOR INMATES IN THE GENERAL POPULATION - The Correctional Counselor will assist you in your attempt to resolve your problem. If resolution is not immediately made, the Counselor will complete an Informal Resolution form and it will be the responsibility of the inmate to contact the appropriate department head in order to resolve the issue. This will ordinarily be done within five work days. If necessary, the Correctional Counselor can assist in coordinating an appointment with the department representative. The Informal Resolution form will then be returned to the Correctional Counselor who will call you in to discuss the results of the informal resolution process.

FOR INMATES IN THE SPECIAL HOUSING UNIT - The Correctional Counselor will assist you in your attempt to resolve your problem. If resolution is not immediately made, the Counselor will issue a Counseling Worksheet (SHU informal resolution form), which you will complete, in part, and return to the Counselor, who will contact the affected department for conflict resolution.

A reply from the applicable department and the Counselor's response will then be returned on the Counseling Work Sheet (SHU Informal Resolution form).

ADMINISTRATIVE REMEDY PROCESS

If a complaint or grievance was not resolved at that stage, the Counselor will issue a BP-229 (BP-9) form. Inmates will complete Part A of the form, and return the BP-229 to the Counselor who will review the material to ensure a copy of the informal resolution is included. The Counselor will forward the BP-229 complaint to the Administrative Remedy Coordinator for processing. Complaints must be filed within 20 calendar days from the date of the incident or cause for appeal, unless it was not feasible to file within that period of time. The BP-229 complaint will ordinarily be acted on within 20 calendar days with a written response provided to you. This time limit for the response may be extended for an additional 20 calendar days, and you will be notified of the extension.

When a complaint is determined to be of an emergency nature and threatens your immediate health or welfare, the reply must be made as soon as possible or within three calendar days from the receipt of the complaint.

If an inmate is not satisfied with the response to the BP-229, he may file an appeal to the Regional Director. This appeal must be received in the Regional Office within 20 calendar days from the date of the BP-229 response. The Regional Appeal is written on a BP-230 (BP-10) form, and must have a copy of the BP-229 response attached. The Regional Appeal must be answered within 30 calendar days, but the time limit may be extended an additional 30 days. This form can be obtained from the Counselor. You will be notified of the extension.

If an inmate is not satisfied with the response by the Regional Director, he may appeal to the Central Office of the Bureau of Prisons. The National Appeal must be made on a BP-231 (BP-11) form, and must have copies of the BP-229 and BP-230 responses. This appeal must be received in the Central Office within 30 calendar days from the date of the BP-230 response. The BP-231 form can be obtained from the Counselor. The National Appeal must be answered within 40 calendar days, but the time limit may be extended 20 days with proper notification.

When writing a BP-229, BP-230, or BP-231, the form must contain the following information:

- Statement of Facts
- Grounds for Relief
- Relief Requested

Requests that do not meet the minimum standards required in policy cannot be accepted, will be rejected, and the inmate's issue will not be investigated. Common errors that cause delays in processing administrative remedy complaints and will be cause for rejecting the complaint include:

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- Not attempting informal resolution
- Not including the Informal Resolution Form with the complaint
- Not stating the complaint on the BP-9 form
- Not placing all information on the BP-9 form (who, what, when)
- Forgetting to sign and date the form
- Waiting more than 20 days to start the process

SENSITIVE COMPLAINTS

If an inmate believes a complaint is of such a sensitive nature that he would be adversely affected if the complaint became known by staff in the institution, he may file the complaint on a BP-9 form to the Regional Director. The address is:

Regional Director, Bureau of Prisons
Mid-Atlantic Regional Office
302 Sentinel Drive, Suite 200
Annapolis Junction, MD 20701

An inmate must explain in writing, the reason for not filing the complaint with the institution. If the Regional Director agrees that the complaint is sensitive, it shall be accepted and a response to the complaint will be processed. If the Regional Director does not agree that the complaint is sensitive, the inmate will be advised in writing of that determination. The inmate may then pursue the matter by filing a BP-229 (BP-9) at the institution.

DISCIPLINARY PROCEDURES

It is the policy of the Bureau of Prisons to provide a safe and orderly environment for all inmates. Violations of Bureau rules and regulations are dealt with by the Unit Discipline Committees (UDC), and for more serious violations, the Disciplinary Hearing Officer (DHO). Inmates are advised upon arrival at the institution of the rules and regulations, and are provided with copies of the Bureau's Prohibited Acts as well as local regulations.

INMATE DISCIPLINE INFORMATION

If a staff member observes or believes they have evidence that an inmate has committed a prohibited act, the first step in the disciplinary process is writing an Incident Report. This is a written copy of the charges against the inmate. The Incident Report shall ordinarily be delivered to the inmate within 24 hours of the time staff become aware of the inmate's involvement in the incident. An informal resolution of the Incident Report may be attempted by a Lieutenant if the charge is a Moderate or Low Moderate category.

If an informal resolution is accomplished, the Incident Report will be removed from the inmate's central file. If an informal resolution is not accomplished, the Incident Report will be forwarded to the Unit Disciplinary Committee (UDC) for an initial hearing.

INITIAL HEARING

Inmates must ordinarily be given an initial hearing within five work days of the time staff become aware of the inmate's involvement in the incident, excluding the day staff became aware of the incident, weekends

and holidays. The inmate is entitled to be present at the initial hearing. The inmate may make statements or present documentary evidence in his behalf. The UDC must give its decision in writing to the inmate by the close of business the next work day. The UDC may extend the time limit of these procedures for good cause. The Warden must approve any extension over five days. The inmate must be provided with written reasons for any extension. The UDC will either make final disposition of the incident or refer it to the DHO for final disposition.

DISCIPLINARY HEARING OFFICER (DHO)

The Disciplinary Hearing Officer (DHO) conducts disciplinary hearings on serious rule violations. The DHO may not act on a case that has not been referred by the UDC.

When an Incident Report has been referred to the DHO, the inmate will be provided with advance written notice of the charges no less than 24 hours before the inmate's appearance before the DHO. The inmate may waive this requirement. If requested, an inmate will be provided with a full-time staff member to represent him. An inmate may make statements in his own defense and may produce documentary evidence. The inmate may present a list of witnesses and request they testify at the hearing. Inmates may not question a witness at the hearing. The staff representative and/or the DHO will question any witness for the inmate. An inmate may submit a list of questions for the witness(es) to the DHO if there is no staff representative. The DHO will request a statement from all unavailable witnesses whose testimony is deemed relevant.

The inmate has the right to be present throughout the DHO hearing, except during deliberations. The inmate charged may be excluded during appearances of outside witnesses or when institution security could be jeopardized. The DHO may postpone or continue a hearing for good cause. Reasons for a delay must be documented in the record of the hearing. Final disposition will be made by the DHO.

APPEALS OF DISCIPLINARY ACTIONS

Appeals of all disciplinary actions may be made through Administrative Remedy Procedures. Appeals of UDC actions are made to the Warden (BP-229). Appeals of DHO actions are made to the Regional Director (BP-230), and the General Counsel (BP-231). On appeal, the following items will be considered:

- Whether the UDC or DHO substantially complied with the regulations on inmate discipline.
- Whether the UDC or DHO based its decisions on substantial evidence.
- Whether an appropriate sanction was imposed according to the severity level of the prohibited act.

SPECIAL HOUSING UNIT STATUS

There are two categories of the Special Housing Unit. These are Administrative Detention and Disciplinary Segregation.

ADMINISTRATIVE DETENTION - Administrative Detention separates an inmate from the general population. To the extent practical, inmates in Administrative Detention shall be provided with the same general privileges as inmates in general population. An inmate may

be placed in Administrative Detention when the inmate is in holdover status during transfer, is a new commitment pending classification, is pending investigation or a hearing for a violation of Bureau regulations, is pending investigation or trial for a criminal act, is pending transfer, for protection or is finishing confinement in Disciplinary Segregation.

DISCIPLINARY SEGREGATION - Disciplinary Segregation is used as a sanction for violations of the Bureau rules and regulations. Inmates in Disciplinary Segregation will be denied certain privileges. Personal property will usually be impounded. Inmates placed in Disciplinary Segregation are provided with blankets, a mattress, a pillow, toilet tissue and shaving utensils. Inmates may possess legal and religious materials while in Disciplinary Segregation. Inmates in Disciplinary Segregation shall be seen by a member of the medical staff daily to include weekends and holidays. A member of each Unit Team will visit the Special Housing Unit on a daily basis. Inmates in both Administrative Detention and Disciplinary Segregation are provided with regular reviews of their housing status.

RELEASE

SENTENCE COMPUTATION

The Designation and Sentence Computation Center (DSCC) located in Grand Prairie, Texas will be completing all computation of inmate sentences. An inmate will be given a copy of his sentence computation once it is completed and audited by the DSCC. The ISM Department will be able to answer general questions about good time, detainers, and/or pending charges.

FINES AND COSTS

In addition to jail time, the court may impose a committed or non-committed fine and/or costs. A committed fine means that the inmate will stay in prison until the fine is paid, makes arrangements to pay the fine, or qualifies for release under the provisions of Title 18 USC, Section 3569 (pauper's oath). Non-committed fines have no condition of imprisonment based upon payment of fines or costs. Payment for a non-committed fine or cost is not required for release from prison or transfer to a contract Community Corrections Center.

DETAINERS

Warrants (certified copies) based on pending charges, overlapping, consecutive, or unsatisfied sentences in federal, state, or military jurisdictions, will be accepted as detainers. Detainers and untried charges can have an effect on institutional programs. Therefore, it is very important that the inmate initiate efforts to resolve such cases.

Case Managers may provide assistance to offenders in their efforts to resolve detainers, warrants or pending charges. The degree to which the staff can assist in such matters will depend on individual circumstances. Ultimately it is the inmate's responsibility to resolve any detainers, warrants or pending charges sent by the respective jurisdiction to the Records Department.

State detainees may be quickly processed under the procedures of the "Interstate Agreement on Detainers." This agreement applies to all untried indictments based on detainers for pending charges which have been lodged against an inmate by a "member" state, including the U.S. Government, regardless of when the detainer was lodged, except in the states of Louisiana and Mississippi. For an inmate to use this procedure, the warrant must be lodged with the institution. If no detainer is actually lodged at the institution, but the inmate knows of pending charges, it is important for the inmate to contact the court and district attorney because, in some states, the detainer notice of pending charges may start the time running for a Speedy Trial Act Agreement.

GOOD CONDUCT TIME

This applies to inmates who were sentenced for an offense committed on or after November 1, 1987.

The Comprehensive Crime Control Act became law November 1, 1987. The two most important changes in the sentencing statutes deal with good time and parole issues. There are no provisions under the new law for parole. The only good time available will be 54 days Good Conduct Time for every year actually served. This may not be awarded until the end of the year, and may be awarded in part or in whole, contingent upon behavior during the year. Once awarded, it is vested and may not be forfeited. There is no statutory good time or extra good time for people sentenced for crimes committed after November 1, 1987.

Inmates who were sentenced for an offense committed prior to November 1, 1987, and who have questions regarding good time should refer to the law library, unit staff or the records office of ISM.

INMATE SKILLS DEVELOPMENT SYSTEM (ISDS)

The Inmate Skills Development System is an automated web-based application incorporating the Inmate Skills Assessment (ISA) instrument to address the nine skill areas determined critical to an offender's successful return to the community. Each inmate is expected to work closely with the Unit Team, Health Services, Education, Psychology, and other Departments throughout the institution, to develop an ISD Plan that will identify each inmate's specific skill deficits and strengths and provide a mechanism to document goals and progress to address their individual needs while incarcerated and to promote the greatest likelihood for a successful reintegration upon release from prison.

RELEASE PREPARATION PROGRAMMING

The Release Preparation Program is designed to assist inmates in preparing themselves for release. Inmates will be given aid in developing plans for their personal lives and for work. This program offers classes and information seminars concerning the personal, social, and legal responsibilities of civilian life. Routinely scheduled information sessions with U.S. Probation Officers and other agencies and Mock Job Fairs with potential employers are available.

RELEASE PLANNING

Release planning for all inmates begins upon the inmate's arrival at the institution. Each inmate should work with his assigned unit team to develop a release plan that is verifiable by the U.S. Probation Office.

Inmates will be assisted in their release planning by participating in institutional and unit release preparation.

SECOND CHANCE ACT OF 2007

The Second Chance Act of 2007 allows the Federal Bureau of Prisons (FBOP) to consider inmates for a maximum placement in Residential Reentry Centers (RRC's) for periods of up to 12 months. In addition, the FBOP is no longer restricted by the 10 percent date, except for placement to home confinement. Inmates do not need to request review for the Second Chance Act. Each inmate will be reviewed for an RRC eligibility and placement on a case-by-case basis 17-19 months from his release date.

There are five factors that are considered for each inmate when referring for a RRC. These five factors include:

- 1). Available community resources.
- 2). The nature and circumstances of the offense history.
- 3). The history and characteristics of the inmate including established release residence, community ties, educational accomplishments, length of incarceration, and employability.
- 4). Statements on the Judgment and Commitment Order regarding Community Corrections placement at the time of sentencing.
- 5). Sentencing Commission policy.

The Bureau's Community Corrections and Detention Division supervises services provided to offenders housed in contract facilities and participating in specialized programs in the community. The Community Corrections Manager (CCM) links the Bureau of Prisons with the U.S. Courts, other Federal agencies, State and local governments, and the community. Located strategically throughout the country, the CCM is responsible for developing and maintaining a variety of contract facilities and programs working under the supervision of the appropriate Regional Administrator.

COMMUNITY-BASED RESIDENTIAL PROGRAMS

Community-based residential programs available include both typical Residential Reentry Centers and local detention facilities. Each provides a suitable residence, structured programs, job placement and counseling while monitoring the offender's activities. They also provide drug testing and counseling, and alcohol monitoring and treatment. While in these programs, employed offenders are required to pay subsistence to help defray cost of their confinement. The inmate's payment rate during RRC residence is 25% of the inmate's gross income.

Most Bureau of Prisons community-based residential programs are provided in Residential Community Centers (RRC's). These facilities contract with the Bureau of Prisons to provide residential correctional programs near the offender's home community. RRC's are used primarily for three types of offenders:

- Those nearing release from a BOP institution, as a transitional service while the offender is finding a job, locating a place to live, and re-establishing family ties.
- Those under community supervision who need guidance and supportive services beyond what can be provided through regular supervision.

- Those serving short sentences of imprisonment and terms of community confinement.

Each RRC now provides two components within one facility, a pre-release component and a community corrections component. Both components assist offenders in making the transition from an institutional setting to the community. The community corrections component is utilized when RRC placement is needed but it is necessary to restrict the available privileges. Except for employment and other required activities, the offenders in this second, more restrictive component must remain at the RRC where recreation, visiting, and other activities are provided in-house. The other option for community-based residential programming is local detention facilities. Some of these local facilities have work release programs similar to the Community Corrections Component in a RRC, serving to facilitate the transition from the institution to the community. In these facilities, offenders are employed in the community during the day and return to the institution at night.

CONCLUSION

The information contained in this Admission and Orientation Handbook will assist inmates through their first days of Federal custody to the completion of their Federal sentence. New commitments should feel free to ask any staff member for assistance, particularly Unit Staff and other Departmental Staff, or to consult the law library to obtain information relative to particular questions.

The information contained in this handbook is not meant to resolve all issues that you may have during your incarceration and is subject to change with the issuance of Policy, Procedures and laws that govern the daily operation and management of the Federal Bureau of Prisons. All inmates are encouraged to review the bulletin boards in the housing units, and general program areas, to keep abreast of any changes and/or updated information.

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ATTACHMENT A
INMATE RIGHTS AND RESPONSIBILITIES

RIGHTS

1. You have the right to expect that as a human being, you will be treated respectfully, impartially, and fairly by all personnel.
2. You have a right to be informed of the rules, procedures, and schedules concerning the operation of the institution.
3. You have the right to freedom of religion affiliation, and voluntary religious worship.
4. You have the right to health care, which includes nutritious meals, proper bedding and clothing, and a laundry schedule for cleanliness of the same, an opportunity to shower regularly, proper ventilation for warmth and fresh air, a regular exercise period, toilet articles and medical and dental treatment.
5. You have the right to visit and correspond with family members, and friends, and correspond with members of the new media in keeping with Bureau rules and institution guidelines.
6. You have the right to unrestricted confidential access to the courts by correspondence (on matters such as the legality of your conviction, civil matters, pending criminal cases, and conditions of your imprisonment.)
7. You have the right to legal counsel from an attorney of your choice by interviews and correspondence.

RESPONSIBILITIES

1. You have the responsibility to treat others, both employees and inmates, in the same manner.
2. You have a responsibility to know and abide by them.
3. You have the responsibility to recognize and respect the rights of others in this regard.
4. It is your responsibility not to waste food, to follow the laundry and shower schedule, maintain neat and clean living quarters, to keep your area free of contraband, and to seek medical and dental care as you need it.
5. It is your responsibility to conduct yourself properly during visits, not to accept or pass contraband, and not to violate the law of Bureau rules of institution guidelines through your correspondence.
6. You have the responsibility to present honestly and fairly your petitions, questions and problems to the court.
7. It is your responsibility to use the services of an attorney honestly and fairly.

INMATE RIGHTS AND RESPONSIBILITIES (Continued)

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| 8. You have the right to participate in the use of the law library reference materials to assist you in resolving legal problems. You also have the right to receive help when it is available through a legal assistance program. | 8. It is your responsibility to use these resources in keeping with the procedures and schedule prescribed, and to respect the rights of other inmates to the use of materials and assistance. |
| 9. You have the right to a wide range of reading materials for educational purposes and for your own enjoyment. These materials may include magazines and newspapers sent from the community, with certain restrictions. | 9. It is your responsibility to seek and utilize such materials for your personal benefit, without depriving others of their equal rights to the use of this material. |
| 10. You have the right to participate in education, vocational training and employment as far as resources are available, and in keeping with your interests, needs and abilities. | 10. You have the responsibility to take advantage of activities which may help you live a successful and law abiding life within the institution and in the community. You will be expected to abide by the regulations governing the use of such activities. |
| 11. You have the right to use your funds for commissary and other purchases, consistent with institution security and good order, for opening bank and savings accounts, and for assisting your family. | 11. You have the responsibility to meet your financial and legal obligations, including but not limited to, court imposed assessments, fines and restitution. You also have the responsibility to make use of your funds in a manner consistent with your release plans, your family needs, and for other obligations that you may have. |

ATTACHMENT B

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE

GREATEST CATEGORY

<u>CODE</u>	<u>PROHIBITED ACTS</u>	<u>SANCTIONS</u>
100	Killing.	A. Recommend parole date rescission or retardation.
101	Assaulting any person, or an armed assault on the institution's secure perimeter (a charge for assaulting a person at this level is to be used only when serious physical injury has been attempted or accomplished).	B. Forfeit and/or withhold earned statutory good time or non-vested good conduct time (up to 100%) and/or terminate or disallow extra good time (an extra good time or good conduct time sanction may not be suspended).
102	Escape from escort; escape from any secure or non-secure institution, including community confinement; escape from unescorted community program or activity; escape from outside a secure institution.	B.1. Disallow ordinarily between 50% and 75% (27-41 days) of good conduct time credit available for year (a good conduct time sanction may not be suspended). C. Disciplinary segregation (up to 12 months).
103	Setting a fire (charged with this act in this category only when found to pose a threat to life or a threat of serious bodily harm or in furtherance of a prohibited act of Greatest Severity, e.g., in furtherance of a riot or escape; otherwise the charge is properly classified Code 218 or 329).	D. Make monetary restitution. E. Monetary fine. F. Loss of privileges (e.g., visiting, telephone, commissary, movies, recreation). G. Change Housing (quarters).
104	Possession, manufacture, or introduction of a gun, firearm, weapon, sharpened instrument, knife, dangerous chemical, explosive, ammunition, or any instrument used as a weapon.	H. Remove from program and/or group activity. I. Loss of Job. J. Impound inmate's personal property.
105	Rioting.	K. Confiscate contraband.
106	Encouraging others to Riot.	L. Restrict to Quarters.
107	Taking Hostage(s).	M. Extra Duty.

FCI CUMBERLAND
ADMISSION & ORIENTATION HANDBOOK

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

GREATEST CATEGORY

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| 108 | Possession, manufacture, introduction, or loss of a hazardous tool (tools most likely to be used in an escape or escape attempt or to serve as weapons capable of doing serious bodily harm to others; or those hazardous to institutional security or personal safety; e.g., hacksaw blade, body armor, maps, handmade rope, or other escape paraphernalia, portable telephone, pager, or other electronic device). | (SANCTIONS A-M) |
| 110 | Refusing to provide a urine sample; refusing to breathe into a Breathalyzer; refusing to take part in other drug-abuse testing. | |
| 111 | Introduction or making of any narcotics, marijuana, drugs, alcohol, intoxicants, or related paraphernalia, not prescribed for the individual by the medical staff. | |
| 112 | Use of any narcotics, marijuana, drugs, alcohol, intoxicants, or related paraphernalia, not prescribed for the individual by the medical staff. | |
| 113 | Possession of any narcotics, marijuana, drugs, alcohol, intoxicants, or related paraphernalia, not prescribed for the individual by the medical staff. | |
| 114 | Sexual assault of any person, involving non-consensual touching by force or threat of force. | |

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

GREATEST CATEGORY

- 115 Destroying and/or disposing (SANCTIONS A-M)
of any item during a search
or attempt to search.
- 196 Use of the mail for an
illegal purpose or to commit
or further a Greatest
category prohibited act.
- 197 Use of the telephone for an
illegal purpose or to commit
or further a Greatest
category prohibited act.
- 198 Interfering with a staff
member in the performance of
duties most like another
Greatest severity prohibited
act. This charge is to be
used only when another charge
of Greatest severity is not
accurate. The offending
conduct must be charged as
"most like" one of the listed
Greatest severity prohibited
acts.
- 199 Conduct which disrupts or
interferes with the security
or orderly running of the
institution or the Bureau of
Prisons most like another
Greatest severity prohibited
act. This charge is to be
used only when another charge
of Greatest severity is not
accurate. The offending
conduct must be charged as
"most like" one of the listed
Greatest severity prohibited
acts.

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

HIGH CATEGORY

200	Escape from a work detail, non-secure institution, or other non-secure confinement, including community confinement, with subsequent voluntary return to Bureau of Prisons custody within four hours.	A.	Recommend parole date rescission or retardation.
201	Fighting with another person.	B.	Forfeit and/or withhold earned statutory good time or non-vested good conduct time up to 50% or up to 60 days, whichever is less, and/or terminate or disallow extra good time (an extra good time or good conduct time sanction may not be suspended).
203	Threatening another with bodily harm or any other offense.	B.1.	Disallow ordinarily between 25% and 50% (14-27 days) of good conduct time credit available for year (a good conduct time sanction may not be suspended).
204	Extortion; blackmail; protection; demanding or receiving money or anything of value in return for protection against others, to avoid bodily harm, or under threat of informing.	C.	Disciplinary segregation (up to 6 months).
205	Engaging in sexual acts.	D.	Make monetary restitution.
206	Making sexual proposals or threats to another.	E.	Monetary fine.
207	Wearing a disguise or a mask.	F.	Loss of privileges (e.g., visiting, telephone, commissary, movies, recreation).
208	Possession of any unauthorized locking device, or lock pick, or tampering with or blocking any lock device (includes keys), or destroying, altering, interfering with, improperly using, or damaging any security device, mechanism, or procedure.	G.	Change housing (quarters).
		H.	Remove from program and/or group activity.
		I.	Loss of job.
		J.	Impound inmate's personal property.
209	Adulteration of any food or drink.	K.	Confiscate contraband.
211	Possessing any officer's or staff clothing.	L.	Restrict to quarters.
		M.	Extra duty.

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

HIGH CATEGORY

- 212 Engaging in or encouraging a group demonstration. (SANCTIONS A-M)
- 213 Encouraging others to refuse to work, or to participate in a work stoppage.
- 216 Giving or offering an official or staff member a bribe, or anything of value.
- 217 Giving money to, or receiving money from, any person for the purpose of introducing contraband or any other illegal or prohibited purpose.
- 218 Destroying, altering, or damaging government property, or the property of another person, having a value in excess of \$100.00, or destroying, altering, damaging life-safety devices (e.g., fire alarm) regardless of financial value.
- 219 Stealing; theft (including data obtained through the unauthorized use of a communications device, or through unauthorized access to disks, tapes, or computer printouts or other automated equipment on which data is stored).
- 220 Demonstrating, practicing, or using martial arts, boxing (except for use of a punching bag), wrestling, or other forms of physical encounter, or military exercises or drill (except for drill authorized by staff).

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

HIGH CATEGORY

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| 221 | Being in an unauthorized area with a person of the opposite sex without staff permission. | (SANCTIONS A-M) |
| 224 | Assaulting any person (a charge at this level is used when less serious physical injury or contact has been attempted or accomplished by an inmate). | |
| 225 | Stalking another person through repeated behavior which harasses, alarms, or annoys the person, after having been previously warned to stop such conduct. | |
| 226 | Possession of stolen property. | |
| 227 | Refusing to participate in a required physical test or examination unrelated to testing for drug abuse (e.g., DNA, HIV, tuberculosis). | |
| 228 | Tattooing or self-mutilation. | |
| 229 | Sexual assault of any person, involving non-consensual touching without force or threat of force. | |

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

HIGH CATEGORY

- 296 Use of the mail for abuses (SANCTIONS A-M)
other than criminal activity
which circumvent mail
monitoring procedures (e.g.,
use of the mail to commit or
further a High category
prohibited act, special mail
abuse; writing letters in
code; directing others to
send, sending, or receiving a
letter of mail through
unauthorized means; sending
mail for other inmates
without authorization;
sending correspondence to a
specific address with
directions or intent to have
the correspondence sent to an
unauthorized person; and
using a fictitious return
address in an attempt to send
or receive unauthorized
correspondence).
- 297 Use of the telephone for
abuses other than illegal
activity which circumvent the
ability of staff to monitor
frequency of telephone use,
content of the call, or the
number called; or to commit
or further a High category
prohibited act.
- 298 Interfering with a staff
member in the performance of
duties most like another High
severity prohibited act.
This charge is to be used
only when another charge of
High severity is not
accurate. The offending
conduct must be charged as
"most like" one of the listed
High severity prohibited
acts.

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

MODERATE CATEGORY

300	Indecent Exposure.	A.	Recommend parole date rescission or retardation.
302	Misuse of authorized medication.	B.	Forfeit and/or withhold earned statutory good time or non-vested good conduct time up to 25% or up to 30 days, whichever is less, and/or terminate or disallow extra good time (an extra good time or good conduct time sanction may not be suspended).
303	Possession of money or currency, unless specifically authorized, or in excess of the amount authorized.		
304	Loaning of property or anything of value for profit or increased return.		
305	Possession of anything not authorized for retention or receipt by the inmate, and not issued to him through regular channels.	B.1.	Disallow ordinarily up to 25% (1-14 days) of good conduct time credit available for year (a good conduct time sanction may not be suspended).
306	Refusing to work or to accept a program assignment.	C.	Disciplinary segregation (up to 3 months).
307	Refusing to obey an order of any staff member (may be categorized and charged in terms of greater severity, according to the nature of the order being disobeyed, e.g. failure to obey an order which furthers a riot would be charged as 105, Rioting; refusing to obey an order which furthers a fight would be charged as 201, Fighting; refusing to provide a urine sample when ordered as part of a drug-abuse test would be charged as 110).	D.	Make monetary restitution.
		E.	Monetary fine.
		F.	Loss of privileges (e.g., visiting, telephone, commissary, movies, recreation).
		G.	Change housing (quarters).
		H.	Remove from program and/or group activity.
		I.	Loss of job.
		J.	Impound inmate's personal property.
308	Violating a condition of furlough.	K.	Confiscate contraband.
309	Violating a condition of a community program.	L.	Restrict to quarters.
310	Unexcused absence from work or any program assignment.	M.	Extra duty.

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

MODERATE CATEGORY

- 311 Failing to preform work as instructed by the supervisor. (SANCTIONS A-M)
- 312 Insolence towards a staff member.
- 313 Lying or providing a false statement to a staff member.
- 314 Counterfeiting, forging, or unauthorized reproduction of any document, article of identification, money, security, or official paper (may be categorized in terms of greater severity according to the nature of the item being reproduced, e.g., counterfeiting release papers to effect escape, Code 102)
- 315 Participating in an unauthorized meeting or gathering.
- 316 Being in an unauthorized area without staff authorization.
- 317 Failure to follow safety or sanitation regulations (including safety regulations, chemical instructions, tools, MSDS sheets, OSHA standards).
- 318 Using any equipment or machinery without staff authorization.
- 319 Using any equipment or machinery contrary to instructions or posted safety standards.
- 320 Failing to stand count.
- 321 Interfering with the taking of count.

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

MODERATE CATEGORY

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|-----|---|-----------------|
| 324 | Gambling. | (SANCTIONS A-M) |
| 325 | Preparing or conducting a gambling pool. | |
| 326 | Possession of gambling paraphernalia. | |
| 327 | Unauthorized contacts with the public. | |
| 328 | Giving money or anything of value to, or accepting money or anything of value from, another inmate or any other person without staff authorization. | |
| 329 | Destroying, altering, or damaging government property, or the property of another person, having a value of \$100.00 or less. | |
| 330 | Being unsanitary or untidy; failing to keep one's person or quarters in accordance with posted standards. | |

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

MODERATE CATEGORY

- 331 Possession, manufacture, (SANCTIONS A-M)
introduction, or loss of a
non-hazardous tool,
equipment, supplies, or other
non-hazardous contraband
(tools not likely to be used
in an escape or escape
attempt, or to serve as a
weapon capable of doing
serious bodily harm to
others, or not hazardous to
institutional security or
personal safety) (other non-
hazardous contraband includes
such items as food,
cosmetics, cleaning supplies,
smoking apparatus and tobacco
in any form where prohibited,
and unauthorized
nutritional/dietary
supplements).
- 332 Smoking where prohibited.
- 333 Fraudulent or deceptive
completion of a skills test
(e.g., cheating on a GED, or
other educational or
vocational skills test).
- 334 Conducting a business;
conducting or directing an
investment transaction
without staff authorization.
- 335 Communicating gang
affiliation; participation in
gang related activities;
possession of paraphernalia
indicating gang affiliation.
- 336 Circulating a petition.

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

MODERATE CATEGORY

- 396 Use of the mail for abuses (SANCTIONS A-M)
other than criminal activity
which do not circumvent mail
monitoring; or use of the
mail to commit or further a
Moderate category prohibited
act.
- 397 Use of the telephone for
abuses other than illegal
activity which do not
circumvent the ability of
staff to monitor frequency of
telephone use, content of the
call, or the number called;
or to commit or further a
Moderate category prohibited
act.
- 398 Interfering with a staff
member in the performance of
duties most like another
Moderate severity prohibited
act. This charge is to be
used only when another charge
of Moderate severity is not
accurate. The offending
conduct must be charged as
"most like" one of the listed
Moderate severity prohibited
acts.
- 399 Conduct which disrupts or
interferes with the security
or orderly running of the
institution or the Bureau of
Prisons most like another
Moderate severity prohibited
act. This charge is to be
used only when another charge
of Moderate severity is not
accurate. The offending
conduct must be charged as
"most like" one of the listed
Moderate severity prohibited
acts.

FCI CUMBERLAND
ADMISSION & ORIENTATION HANDBOOK

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

LOW CATEGORY

402	Malingering, feigning illness.	B.1.	Disallow ordinarily up to 12.5% (1-7 days) of good conduct time credit available for year (to be used only where inmate found to have committed a second violation of the same prohibited act within 6 months); Disallow ordinarily up to 25% (1-14 days) of good conduct time credit available for year (to be used only where inmate found to have committed a third violation of the same prohibited act within 6 months) (a good conduct time sanction may not be suspended).
404	Using abusive or obscene language.		
407	Conduct with a visitor in violation of Bureau regulations.		
409	Unauthorized physical contact (e.g., kissing, embracing).		
498	Interfering with a staff member in the performance of duties most like another Low severity prohibited act. This charge is to be used only when another charge of Low severity is not accurate. The offending conduct must be charged as "most like" one of the listed Low severity prohibited acts.	D.	Make monetary restitution.
		E.	Monetary fine.
		F.	Loss of privileges (e.g., visiting, telephone, commissary, movies, recreation).
499	Conduct which disrupts or interferes with the security or orderly running of the institution of the Bureau of prisons most like another Low severity prohibited act. This charge is to be used only when another charge of Low severity is not accurate. The offending conduct must be charged as "most like" one of the listed Low severity prohibited acts.	G.	Change housing (quarters).
		H.	Remove from program and/or group activity.
		I.	Loss of job.
		J.	Impound inmate's personal property.
		K.	Confiscate contraband.
		L.	Restrict to quarters.
		M.	Extra duty.

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ADMISSION & ORIENTATION HANDBOOK*

PROHIBITED ACTS AND DISCIPLINARY SEVERITY SCALE (Continued)

NOTE: Aiding another person to commit any of these offenses, attempting to commit any of these offenses, and making plans to commit any of these offenses, in all categories of severity, shall be considered the same as a commission of the offense itself.

ATTACHMENT C

FEDERAL BUREAU OF PRISONS
HEALTH CARE RIGHTS AND RESPONSIBILITIES

While in the custody of the Federal Bureau of Prisons you have the right to receive health care in a manner that recognizes your basic human rights, and you also accept the responsibility to respect the basic human rights of your health care providers.

RIGHTS

1. You have the right to health care services, based on the local procedures at your institution. Health services include medical sick call, dental sick call and all support services. Sick call at FCI Cumberland is conducted Monday through Friday (emergency sick call) from 6:30am to 7:00pm.
2. You have the right to be offered a "Living Will", or provide the Bureau of Prisons with "Advance Directives" that would provide the Bureau of Prisons with instructions if you are admitted, as an inpatient, to a hospital in the local community, or the Bureau of Prisons.
3. You have the right to participate in health promotion and disease prevention programs including education regarding infectious diseases.
4. You have the right to know the name and professional status of your health care providers.
5. You have the right to be treated with respect, consideration and dignity.
6. You have the right to be provided with information regarding your diagnosis, treatment and prognosis.

RESPONSIBILITIES

1. You have the responsibility to comply with the health care policies of your institution. You have the responsibility to follow recommended treatment plans that have been established for you by institution health care staff, to include proper use of medications, proper diet, and following all health related instructions with which you are provided.
2. You have the responsibility to provide the Bureau of Prisons with accurate information to complete this agreement.
3. You have a responsibility to maintain your health and not to endanger yourself, or others, by participating in activity that could result in the spreading or contracting of an infectious disease.
4. You have the responsibility to respect these providers as professional and follow their instructions to maintain and improve your overall health.
5. You have the responsibility to treat staff in the same manner.
6. You have the responsibility to keep this information confidential.

FCI CUMBERLAND
ADMISSION & ORIENTATION HANDBOOK

FEDERAL BUREAU OF PRISONS
HEALTH CARE RIGHTS AND RESPONSIBILITIES (Continued)

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| 7. | You have the right to be examined in privacy. | 7. | You have the responsibility to comply with security procedures. |
| 8. | You have the right to obtain copies of certain disclosable portions of your health record. | 8. | You have the responsibility of being familiar with the current policy to obtain these records. |
| 9. | You have the right to address any concern regarding your health care to any member of the institution staff including you physician, the Health Services Administrator, members of your Unit Team and the Warden. | 9. | You have the responsibility to address your concerns in the accepted format, such as the Inmate Request to Staff Member form, open houses or the accepted Inmate Grievance Procedures. |
| 10. | You have the right to receive prescribed medications and treatments in a timely manner, consistent with the recommendations of the prescribing health care provider. | 10. | You have the responsibility to comply with prescribed treatments and follow prescription orders. You also have the responsibility not to provide any other person your medication or other prescribed item. |
| 11. | You have the right to be provided healthy and nutritious food. You have the right to be instructed regarding a healthy choice when selecting your food. | 11. | You have the responsibility to eat healthy and not abuse or waste food or drink. |
| 12. | You have the right to request a physical examination, as defined by Bureau policy. Periodic health examinations including age-specific preventative health examinations (e.g. cancer screening) for the inmate population will be at the discretion of the Clinical Director. You may request a physical examination if you are being release from custody and you have not had a physical examination within one year prior to the expected date of release. | 12. | You have the responsibility to notify medical staff that you wish to have an examination. |

FEDERAL BUREAU OF PRISONS
HEALTH CARE RIGHTS AND RESPONSIBILITIES (Continued)

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| 13. | You have the right to dental care as defined in Bureau policy to include preventive services, emergency care and routine care. | 13. | You have the responsibility to maintain your oral hygiene and health. |
| 14. | You have the right to a safe, clean and healthy environment, including smoke free living areas. | 14. | You have the responsibility to maintain a safe and clean environment in consideration for others. You have the responsibility to follow smoking regulations. |
| 15. | You have the right to refuse medical treatment in accordance with Bureau policy. Refusal of certain diagnostic tests for infectious diseases can result in administrative action against you. | 15. | You have the responsibility to be counseled regarding the possible ill effects that may occur as a result of your refusal. You are also responsible for signing the treatment refusal form. |

ATTACHMENT D

P.S. 6000.05
Attachment VI-C, Page 1

DECLARATION

TO MY FAMILY, DOCTORS, AND ALL THOSE CONCERNED WITH MY CARE:

I, _____, being of sound mind, willfully and voluntarily make known my directives to be followed if I am in a terminal and irreversible condition and become unable to participate in decisions regarding my health care. I understand that my health care providers are legally bound to act consistently with my wishes, within the limits of reasonable medical practice and other applicable law. I also understand that I am able to revoke this declaration at any time.

It is my wish that my dying will not be artificially prolonged under the circumstances set forth below and do hereby declare:

If at any time I should have an incurable injury, disease, or illness certified to be a terminal and irreversible condition by two persons who qualify as health care providers, and the health care providers have determined that my death will occur whether or not life-sustaining procedures are utilized and where the application of life-sustaining procedures would serve only to prolong artificially the dying process, or that I have entered a persistent vegetative state, I direct that such life-sustaining procedures be withheld or withdrawn. It is further my wish that I be permitted to die naturally with only the administering of medication or the performance of any medical procedure deemed necessary to provide me with comfort care.

In the absence of my ability to give directions regarding the use of such life-sustaining procedures, it is my intention that this declaration shall be honored by my family and health care providers as the final expression of my legal right to refuse medical or surgical treatment and accept the consequences from such refusal.

I recognize that my health care providers will attempt to act consistently with my instructions, within sound medical judgment and subject to legitimate governmental interests. I hereby authorize them to enter and participate in any judicial or administrative proceeding necessary to review or to uphold this declaration. I agree that this proceeding should be a private and speedy one, so that my wishes can be complied with as soon as practicable.

I understand that such proceeding would be performed on my behalf and, when applicable, the Federal Bureau of Prisons has my permission to file pleadings in my name and to request that judicial or administrative costs or other kind of payment not be assessed against the Bureau of Prisons.

I hereby request that the following person(s) be notified of my condition and my wishes as expressed in this declaration as soon as it is practicable and after my health care providers have certified that I have suffered a terminal and irreversible condition:

Name (s) Address and Telephone Number	Relationship

Further instructions.

Should any portion of this declaration be declared invalid, such invalidity shall not affect other parts of the declaration, which can be given effect independent of the invalid portion.

I understand the full import of this declaration, and I am mentally competent to make this declaration and do so without duress of any kind.

_____ Signature	_____ Date and Time
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City, Parish, and State of Residence

The declarant is personally known to me, and I believe the declarant to be of sound mind. I certify that the declarant voluntarily signed this declaration.

Signed,

Witness' Signature

Witness' Address

_____ Date	_____ Time
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Reminder: Keep a copy of the signed declaration and return the original so it can be placed in your health record.

ATTACHMENT E

FCI ADMISSION & ORIENTATION SCHEDULE

TUESDAY (DAY ONE)

12:30 p.m. Roll Call/A&O Counselor
12:35 p.m. Introduction, Orientation, Expectations while incarcerated
12:45 p.m. Financial Management
1:15 p.m. Associate Warden-Programs/Operations
1:30 p.m. Administrative Remedy process/Executive Assistant
1:45 p.m. Facility Operations (Mechanical Services)
2:00 p.m. Federal Prison Industries (UNICOR)
2:15 p.m. Religious Services
2:30 p.m. Education/Recreation
3:00 p.m. Psychology
3:30 p.m. Closing Remarks/A&O Counselor

WEDNESDAY (DAY TWO)

12:30 p.m. Roll Call/A&O Counselor
12:45 p.m. Correctional Services
1:00 p.m. Safety
1:15 p.m. Health Services
1:30 p.m. Food Service
1:45 p.m. MRSA course/Recreation Staff
2:30 p.m. Case Management Coordinator/ISM
3:00 p.m. Closing Discussion/A&O Counselor

FPC ADMISSION & ORIENTATION SCHEDULE

WEDNESDAY 7:45 a.m. Roll Call
8:00 a.m. Food Service
8:30 a.m. Safety/Sanitation
9:00 a.m. Case Management Coordinator
9:30 a.m. AIDS Film/Break
10:15 a.m. Health Services
10:30 a.m. Education/Recreation
11:00 a.m. Lunch
12:00 p.m. Roll Call
12:15 p.m. Religious Services
12:30 p.m. Financial Management (Business Office)
1:00 p.m. Inmate Systems Management
1:30 p.m. Correctional Services
2:00 p.m. Facilities Operations
2:20 p.m. Psychology/RDAP
3:00 p.m. Camp Unit Manager
3:30 p.m. Federal Prison Industries (UNICOR)

**FCI CUMBERLAND
ADMISSION & ORIENTATION HANDBOOK**

ATTACHMENT F

SPECIAL MAIL NOTICE

U.S. DEPARTMENT OF JUSTICE FEDERAL BUREAU OF PRISONS

To The Inmate:

It is suggested you provide this instruction sheet for special mail privileges to your attorney(s) who is representing you, at the earliest opportunity, when you write to or visit with your attorney(s).

To The Attorney:

The Bureau of Prisons Program Statement on Correspondence provides the opportunity for an attorney who is representing an inmate to request that attorney-client correspondence be opened only in the presence of the inmate. For this to occur, Bureau policy requires that you adequately identify yourself as an attorney on the envelope and that the front of the envelope be marked "Special Mail - Open Only in the Presence of the Inmate" or with similar language clearly indicating that your correspondence qualifies as special mail and that you are requesting that this correspondence be opened only in the presence to the inmate. Provided the correspondence has this marking, Bureau staff will open the mail only in the inmate's presence for inspection for physical contraband and the qualification of any enclosure as special mail. The correspondence will not be read or copied if these procedures are followed. If your correspondence does not contain the required identification that you are an attorney, a statement that your correspondence qualifies as special mail, and a request that the correspondence be opened only in the presence of the inmate, staff may treat the mail as general correspondence and may open, inspect, and read the mail.