

Mule Creek Post

Mule Creek State Prison, MCIC AW
P.O. Box 409090
Ione, CA 95640-9090



August 19, 2020

TO: W. GOEHLER, CDCR# K77832, C13-208
FROM: FRANKLIN LEE, LEAD REPORTER
RE: COVID UPDATE

Dear Mr. Goehler;

I hope you are doing well on C-Yard. I have a special request/assignment for you. I was just informed that an inmate in MCSP had died from COVID. Being that C-yard is the only COVID yard, I am assuming he was an inmate on C-yard. Could you find that out for me and send it up to me at the Mule Creek Post. This might be something worthy to mention in our next newspaper.

IF it is someone on C-Yard and you know him or if someone who is close to him want to write an memorium about him, please do and send it to us ASAP. It does not have to be long, a couple of paragraphs would do just fine.

Please let us know how things are going on C-Yard especially with the COVID there. Let us know how the program is run, how people are feeling, even do a few interviews with inmates and staff (especially medical!!!)

Thank you once again for your continue support. I look forward to your next article.

Sincerely,
Franklin Lee
Lead Reporter

22 August 20

BTB readers,

PLEASE FORWARD THE FOLLOWING TO THE ABOVE

I had written a BTB Post addressed to LIFE SUPPORT ALLIANCE alerting them of the situation at "C" Facility as it was developing, which I hope someone reading this will print out and send to you. Perhaps they will even investigate the death here and send you the details.

Isn't anyone curious how there was a flood of transfers from "A" to "C" Facilities during an outbreak of covid cases here? The initial shock of having our property pillaged and reduced to 6 sq. ft. was a brutal welcome, where several in my group received RVR's.

But then when we were housed in a quarantine building where new cases were being diagnosed... well, it was mind-boggling. None of us were pleased with this transfer! Several even locked themselves in the showers demanding to be sent to Ad-Seg, where they'd be safe pending transfer back to "A" Facility — less a lot of their property, and pending RVR's.

Fortunately for me, I have an enemy here now, and I've been sent to Ad-Seg, pending transfer to "B" (hopefully). Sadly, I've lost a lot of personal property during this ordeal. Maybe this will all weigh in my favor when parole suitability is considered.

I'm sorry that I'm not in circulation out there to conduct another survey sir. Nor am I able to gather intell here in Ad-Seg., tho I for one feel much safer from COVID here where I'm alone in an empty cell. There is much to be said for alone-time during this crisis.

The names included in my report to Life Support Alliance, all remain out there at "C" Facility, if you want to contact them for their point of view on events here. Well, at least what little you'll actually be permitted to print, that is.

If at all possible, I'd like to receive your paper while I'm here in Ad-Seg., if you can manage that. Keep up the good work.

For the Love of Truth
William Goehler



20 August 20

Placement in Ad-Seg can be difficult.

This Activity Book was created for you. This book contains puzzles, games, quotes, pictures, suggestions and tips, and drawings (you can fill them in with different patterns).

You can use this book to deal with boredom or to challenge yourself.

We hope you enjoy it. Remember, staff is always available if you want to talk to someone. If you want to talk to mental health staff, just let any staff member know, or ask for a health care request form.

Sincerely,

Mental Health Program staff

I desperately need writing paper (blank or line) and embossed envelopes sent to me at:
W. Goehler #KT7932
PO Box 409060 Ad-Seg
Lone, CA 95640

Subscriptions to
News Magazines, etc.
are welcome here too.

Thank You

CALIFORNIA DEPARTMENT OF
CORRECTIONS AND REHABILITATION



ADMINISTRATIVE SEGREGATION UNIT

IF YOU NEED HELP READING THIS,
ASK FOR HELP FROM STAFF

SI USTED NO HABLA INGLÉS PUEDE PEDIR ESTA INFORMACIÓN EN ESPAÑOL. DIGALE A UNO DE LOS EMPLEADOS QUE HABLA ESPAÑOL QUE NECESITA ESTA INFORMACIÓN EN ESPAÑOL. TAMBIEN PUEDE DECIR "I NEED THIS IN SPANISH."

SOME REASONS WHY ASU CAN BE STRESSFUL

- It is a sudden change in housing with restricted privileges. For some people this includes:
 - Loss of a good cellmate or friendships
 - Opportunities for exercise
 - Yard time – interactions, exercise, etc.
 - Loss of property
 - Changes in program
- Some inmates do not know exactly how long they will be in ASU.
- Some inmates do not feel safe in ASU.
- Some inmates do not understand or agree with the reasons they are in ASU.

- Some inmates are worried about getting more time.
- Some inmates are waiting for a transfer, and don't know what to expect in a new placement.
- Some inmates are already facing difficulties (family problems, medical problems, personal problems like debts, etc.) and being put in ASU may make them feel worse.
- Some inmates have mental health concerns, such as:
 - feeling stressed
 - feeling anxious
 - feeling worried
 - problems sleeping
 - depression
 - hearing voices

These inmates may feel worse while in ASU.

WHAT CAN YOU DO

HOW TO HELP YOURSELF:

- Exercise in your cell or in the walk alone yard
- Draw
- Write down your thoughts or anything that comes to mind
- Practice relaxation
- Try to go to bed and wake up at the same time each day
- Write letters

HOW TO GET HELP:

If you need help you may:

1. Ask any staff member for help OR
2. Ask staff for a health care request form (CDCR 7362). If you need help filling it out, any staff person can help you. A psychiatric technician (PT) or another mental health staff person will come by your cell each day to see how you are doing.

Ask to speak to a mental health clinician if you are:

- worried
- upset
- angry
- feeling hopeless
- thinking about suicide
- having trouble eating or sleeping
- having trouble thinking clearly
- or are experiencing any problems coping

YOU CAN ASK TO TALK TO A MENTAL HEALTH STAFF PERSON IN A PRIVATE SETTING IF YOU CANNOT TALK OPENLY ABOUT YOUR ISSUES.

IF YOU FEEL LIKE HURTING OR KILLING YOURSELF RIGHT NOW, TELL A CUSTODY OR MENTAL HEALTH STAFF MEMBER RIGHT AWAY.

- Give yourself a chance to talk to someone about how to deal with your situation without hurting yourself or anyone else.
- You have made it through a lot of difficult times. Give us a chance to help you find solutions to your problems.
- If you don't want to talk to a mental health staff person, ask to talk to a Chaplain or someone else you trust.

If you do not need help coping right now, but you do later, you can ask to talk to a mental health clinician at any time.