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Board of State and Community Corrections
2590 Venture Oaks Way
Sacramento, CA 95833

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“Community Insights on California Jails” Survey - Hard Copy Narrative Responses

Dear Members of the Adult Titles 15 and 24 Regulations Revisions ESC and BSCC Board:

A coalition of California community organizations created and widely distributed the “Community Insights on California Jails” Survey to learn about the personal experiences of individuals recently confined in county jails. We distributed an online survey for individuals recently released and a hard copy version for those currently in county jails. We published a summary of the online survey responses on August 11, 2021.¹ We are now publishing an abridged summary narrative of the hard copy responses. Our questions provided numerous opportunities for respondents to expand upon their answers. These direct insights into California’s jails are powerful. They are also a cause for serious alarm. We have listed them below in an abbreviated format. Please note the responses were lightly edited for clarity and ease of reading.

Respondent 1: I don't eat a lot of the food because the kitchen people will serve food on dirty trays. I noticed that most of the inmates will throw the complete tray in the trash. Some food is tampered with by the kitchen help and some food is already going bad. When I was first arrested, I lost 86 lbs. in the first 60 days. Now I have gained back 40 lbs. since my diet has changed. My first 19 months I could not access the phone! Yes, several judges knew about it and told me point-blank the court was not a part of the jail! Yes, I spoke up in court about my constitutional right. (COVID): Deputies and nurses that go out then come back to work and touch the inmates or anything that the inmates touched was not good. I've worked in the semiconductor industry and contamination could happen due to the untrained personnel here in the jail. My family came from Arizona, got here 5 minutes late. It turned into a video visit instead of in-person. On July 23rd I made a call to Arizona for 31 minutes. I was told that the call would cost me 21 cents a minute. Yet I was charged \$9.99.

Respondent 2: This individual did not include substantial written responses in their submission.

Respondent 3: I do not feel safe in jail because if me or anybody tries to tell a deputy or somebody outside of the jail about a problem or a concern that they are having, the deputy will make it seem like you are a snitch. Also the cleaning is not good in here and can get someone sick easily. If you don't have

¹ Center on Juvenile and Criminal Justice (CJCJ), et al. (August 11, 2021). “Community Insights on California Jails” Survey: Summary of Findings. At: http://www.cjcj.org/uploads/cjcj/documents/Community_Insights_on_California_Jails_Survey_Findings_8.11.2021.pdf.

money on your books, you can receive the same item once a week. The quality of toothpaste and soap is so bad, it's not worth getting. All of the sheets, blankets, and clothing is nasty and dirty. People wipe just about everything with the laundry and they just put it back in rotation. I've worked in laundry here and the way they wash is not an efficient way to wash. This jail is not clean, we have to work out in the day room and there's sweat all over the carpet and that can lead to staph and other contagious illnesses. They also make us work out in our jail clothes and then expect us to put back on sweaty clothes after we shower. There are many more unclean situations but those are the two situations I feel are a real problem. There are plenty of times I have gone hungry because the quality of food is so bad it makes you not want to eat it, you get fed the same food all year long and just by the hours they feed will make you hungry by the end of the day. The quality of food is so poor and the meat for all regular and some diet trays is soy. I have never received a real piece of meat.

From the first time I came here up until COVID-19, time out of the cell has changed. They used to give 2 hours in the morning and at night but because that wasn't enough time, a hunger strike occurred and that's when it changed to 4 hours in the morning and at night. Because of COVID-19 they put on split tier so now we're back to just two hours in the morning and at night. For some reason there's always staff problems or some type of reason why we can't come out on time at all. So really we are only getting 2 to 3 hours a day out of our cells. I would like 4 hours out of my cell in the morning and at night. I felt it was good because it gave everybody in the unit time to work out, take a shower, and call their family and friends like most would like to do. Here at Santa Rita they have this little space that they call a yard. Every pod has it once a week for an hour. Other than that we don't go outside unless we are going to court or something like that. I have some sort of a learning disability and I would like to have my brain examined to find out where I stand and then find out what kind of programs and activities are available for me. Unless you act like your physical or mental health problem is an emergency, you will not be seen. If you want to see a doctor or nurse you have to put in a sick slip and by the time I see you, your problem will probably be over. You have to put in a sick call to see any kind of medical staff. They have told us the precautions for COVID-19 but by the staff's actions it makes no sense. I have done a number of grievances but because the grievances only get looked at by jail staff, they just get denied. Because of covid-19, there hasn't been any in-person visiting. I have seen situations where staff could tell an inmate to stop fighting or step in. But most deputies would rather use a Taser, which is painful. There are times when staff are on a power trip and do stuff to make an inmate react so they can discipline them. Most of the time when an inmate is disciplined, they take away visits, calls, and/or canteen. I have even seen some inmates be put on a liquid diet. From my understanding at Santa Rita Jail, staff is supposed to do a safety check every hour. But most just do it when they want to. The safety checks aren't sufficient because most of the time staff is not really checking on people. They are just walking, might look in the cell but that's it. They aren't making sure you are alive or anything like that. I'm on the max side of the jail and they don't give us the programs that they have on the lower side of the jail. I know jail isn't supposed to be fun, but it isn't supposed to be a living hell, either. There is nothing they do well here at Santa Rita except take our families' money and talk on the phone all day. If I had my wish I would start with the staffing and the way this jail is run.

Respondent 4: There is a lack of protection, police watch fights and don't help the victim until after damage is done, the victim receives no real medical attention or compensation. Gangs are able to thrive and control units. You get fungus on your feet from the shower. The mattress causes major back pain like sleeping on cement or metal. After a person moves out, the wall and toilet are not wiped down. Holding cells upon entry are filthy. It's a flip of a coin moving into a new cell. I have gone to bed hungry because I did not have enough food. They're small portions, beans every 4 days for dinner, occasionally two hot dogs for dinner. Breakfast is a small soy patty and oatmeal made for school kids. Lunch is meat

or peanut butter. The food was not a good source of nutrition. We get soy, same beans, rice, and we're lucky if we get a soy patty or processed fish patty. You get 3 to 4 hours outside if you're lucky on main line. If you're in administrative segregation you get 1 hour a day if lucky or 1 hour every other day. When you get 1 hour you use 15 minutes to shower. You must wait 15 minutes or longer to get cleaning supplies. School papers are brought to the unit once a week but there are no college credits. I got caught with an extra mattress trying to avoid back pain. Doctors come when they desire unless you say you want to hurt yourself. There's only a fast response if you claim you feel like hurting yourself. They allow pod workers to go to quarantine areas masked. No wipe downs, masks are not mandatory, so officers don't use masks. The psych doctor coughing, it's obvious something is going on. Reporting issues does nothing; grievances are always rejected or denied. I was made to strip after being shackled all day. I had to bend over, spread my buttocks while squatting. Punishment can be loss of food, or phone time. For safety checks, there is a flashlight in your face from 11 p.m. to 5 a.m., slamming doors, radio feedback, torture, and keys. It feels like torture because they keep you awake; they could do this quietly because some people do need to be checked on. The commissary is too expensive; tablet prices take advantage, food menu horrible, not enough legal help. We need thicker mattresses. The door should be unlocked after lockdown, so when guards walk through [it does not cause] sleep deprivation. We are locked in cells, no one is going anywhere. Lower phone call prices, more pod time, four flushes at least I mean smelling crap is torture.

Respondent 5: The guards are nowhere around when you need them. The nasty soy meat is no good. The food is overcooked, or has too much water in it. The jail is not clean at all. Santa Rita is only giving us once a week yard, about an hour only. I would want more sunlight outside, mental health support, and a law library. I am fighting to get Alameda County Sheriff to restore my speaker on tablet. They disabled it in July of 2021 and I use two hearing aids. I have since I was 16 years old. Alameda County is going to deny you 9 out of 10 grievances and they hold off about 14 days. Food, showers, and out of cell time was withheld as a form of discipline. They just lock you up, and keep you isolated from friends and family!

Respondent 6: We received some hygiene items, but not deodorant. They feed us beans, beans, everyday for dinner. Oatmeal everyday in the morning, while the kitchen workers get whatever they want to eat. I did go to bed hungry because I did not have enough food. The jail is not comfortable at all and the buildings are nasty. The sinks and walls are dirty. We hardly get yard. My skin is white now because of no sun. Deputies sometimes say they aren't going to take the COVID-19 shot.

Respondent 7: I've been called the n-word. I've been the victim of technological devices that emit extremely high levels of heat and deprive me of sleep. My family has even been harassed and my current lawyer has been disrespected by the sergeants and captains at the jail. I don't go to bed hungry, but only because I have family and friends who support me. But, I've seen plenty of others who are less fortunate say they were starving because then meals here at Santa Rita Jail aren't sufficient. There are unidentifiable substances including dried up feces and urine on the walls. I still possess the grievances I wrote in hopes of acquiring better conditions, but the deputies here show blatant disregard for human life other than their own. I have been vindictively misclassified with the predominantly mentally ill and left in a cell for 48 hours at a time here. They only give you one hour of outside exercise. We are rushed from outside straight to a cell without a shower. Most times everyone can't use the phone or shower due to the lack of time we get. I have been placed in solitary confinement because the deputies were retaliating against me. They had me in solitary confinement for over a year. The cell was one of the worst I've seen. I have over 50 grievances that I filed attempting to be moved somewhere else, but the deputies show blatant disregard for human life. The only time deputies allow you to see a psychologist

or counselor is when they are trying to give you a certain stigma. All grievances get denied. We were provided masks, but the deputies would search cells, pour out disinfectant, and confiscate hand wipes amid the pandemic. I can provide dates that have transpired, too. I wasn't given any opportunities to communicate with my loved ones. Actually the deputies wrote me up for reaching out to my family and friends through someone else because they deactivated my PIN number. For approximately a year I had to find ways to keep in contact with my loved ones. To this day, since August of last year, every call I make is either tampered with or terminated. I keep a log of it all. I can provide you with over fifty grievances that I have written and submitted, that were denied. I can only see my children for 30 minutes each day and visiting is only 3 days. So overall for an hour and 30 minutes out of 7 Days. Awful! Deputies are supposed to do safety checks every 15 minutes, but ours will go by before you see a deputy. And then when you do, they will blatantly ignore you upon trying to gain their attention. Some technicians respond when you press the emergency button and often they are our only vehicle to a deputy. For eight months I was placed on loss of privileges. No food, visits, phone calls, and I only came out of my cell once every 2 days. The building cameras will corroborate that. The disciplinary measures in the jail were cruel and unusual. The jail specializes in punishment and torture, which is why four deputies were fired not long ago. Now the deputies take a more clandestine approach and surreptitiously place technological devices in vents of certain cells and use heat and vibrations to torture the incarcerated. When you speak out about it, it will sound so outlandish no one will believe you. But you can't make this type of stuff up. Part of the reason why these deputies get away with these nefarious deeds is they remain hidden and lawyers are afraid to combat the Sheriff's Office.

Respondent 8: We sometimes go weeks without yard time. The food sometimes has bugs. Beans a lot of the time. We need a clean environment, clean up the mold.

Respondent 9: We get 1 to 2 hours outside of our cell sometimes every other day. It's too short for my shower and dealing with legal work on the phone. I would like to be able to play football. I was assaulted, but they sent me back to the same building even after I told them my life was in danger. It takes months to get an appointment with a doctor or nurse. We need bigger food portions with more fruit and vegetables.

Respondent 10: This is the worst food I have ever tasted or smelled in my 59 years. I spend about 1 hour a day out of my cell. It sucks here. At this jail you are treated like s*** by deputies and medical workers. You're lucky if you get yard. The walls have s*** on them and the toilets have green and brown in it that cannot be cleaned out of them. I got COVID-19 here. They put me right back in the same building after I got it and I caught it a second time. The grievances are always turned down. They do not care about us no matter what we put down. We are always wrong and they are always right in their eyes. I have doctor's orders to be housed lower. The deputies put me up top. I had kind of a seizure and now I'm in a wheelchair with a messed up neck and back, because they overlooked doctors and do not care, they put me upstairs anyway. Staff restrain me all the time. They have withheld resources from me as punishment for as long as months and years.

Respondent 11: They keep the Blacks outnumbered in every jail and pod. A lot of staff and deputies favor their race besides the Blacks. If you do not get money on your books, all they give you is a toothbrush, a small soap that lasts 3 days, deodorant that doesn't work, a cheap razor only good for 1 shave a week. Sheets are half blood stained, white t-shirts are so dirty they look gray, blankets itch you to death, and the mattress is too thin. It's like sleeping on the cement block, which hurts your back. The new Indio Jail is clean, but as far as the other jails in Riverside County are all nasty, you don't want to touch anything. There's a lot of rust and the holding cells and transport cells are nasty and filthy. We get

a small bag of cereal, two boiled eggs, and a banana at 3AM, then a hot meal at 11AM, then just a sandwich at 3pm and that's it for the day if you don't get store. The portions are small, and the food is not cooked all the way most of the time. My celly caught COVID-19, they didn't move him then I caught it just like the rest of the pod. They did not put new inmates in quarantine and just checked their temperatures and housed them with us. We didn't get information about COVID-19 until months after they put us on lockdown, like in June or July. You write grievances but they do not do anything, the staff back up each other and higher ups make excuses. A lot of staff and deputies are rude and unprofessional. They want to start race problems between inmates. A corporeal even talked about an inmate's mom and said everyone in jail is guilty and criminal. Since COVID-19 I haven't been able to see my children still till this day. Every time you talk back to deputies or make them mad, they use restraints and even beat you while chained up. Any time you piss a deputy off, he will keep you locked down, turn off phones and TV, or not let you shower until you can get out of the cell. The deputies are rude and treat you like you're not humans and the food is nasty and not enough. The commissary is high and overpriced and we need more meat added to it. You have to let the water sit for an hour to taste good.

Respondent 12: The sheriffs had a "Gang", no cameras, and sheriffs constantly used violence and divide and conquer tactics. The soap dissolves after one use, the deodorant exacerbates the stench, showers were offered two to three times a week, and the housing is humid and creates an unhealthy environment. The sleeping mats were filthy and smelled of bad odor. Fire retardant would fall on food and clothes. There are food droppings, insects buzzing, and mice droppings in almost all living areas. Cleaning supplies are minimal. The three meals are small portions but some serving trays are all dilapidated and dirty. Fruits are non-existent, veggies are oversteamed, and nothing is balanced. I get less than one hour out of my cell on a usual day. It's stressful, and strenuous. There's no movement because the cells have no room for it. 2500-2700 are a prime example, they created a hostile environment. Without outdoor time, it creates a violent person, and a drug abuser. I would have liked resources like college courses, one on one with counselors, sports teams with rewards, mental health counseling, work programs, life skills.

Respondent 13: It's not safe anywhere you go, you're never comfortable in a county jail. We need more games and books. There is not enough recreation time or time to use the phone or shower, we need at least an hour. There is not enough therapy time, only once a week. I could have in-person visits behind a glass window or a video call.

Respondent 14: I've been in jail approximately 4 years. Six of my last seven birthdays, unfortunately. I don't feel safe in jail, especially not at West Valley Detention Center, employees fail to prevent unnecessary/excessive uses of force against inmates; intentionally exposes inmates to harmful excessive usage of motivated violence, malicious harassment & hazardous environment placing. I only received personal hygiene items after repeatedly asking that some not all are provided, no shampoo, razors, deodorant, and the quality of products given are inadequate. I and others have been intentionally denied/deprived access to showers two weeks or longer straight in a row. I and others also have been forced to be confined days without mattresses, they don't clean them either. At West Valley Detention Center, we're receiving unreasonably nasty, dirty, filthy, inadequate sleeping pads, bed sheets, blankets, clothing, and mattresses. We are breathing harmful/hazardous fiber particles in the air supply. There is no safe drinking water supply, and the environment is toxic. At WVDC, we're being exposed to diesel engine exhaust, which is known to cause cancer. Multiple sheriffs' deputies have deprived daily food servings to me and others, [this] just happened to me in August. I and others have been denied our Religious Diets and intentionally served allergic food each week over a year now, even after they've been warned about the issues through multiple grievances. We are served rotten fruits daily. No meat,

just pork products that cause severe headaches. I've been intentionally given bell pepper every week for the last 14 months, even after explaining that I'm allergic to them. We're awakened out of a peaceful state of mind at 5am for a 30-minute shower/phone time. Traumatized by slamming metal doors that also causes extremely painful headaches, anxiety, and mental anguish. We only get rec yard once a week, like 2 hours. We can't get enough fresh air to breathe or necessary sunlight. It's not sufficient for my religious beliefs, physical/mental being, or emotional health. When we're outside of our cells, we walk or stand in a thirty-foot hallway. There's no time for adequate exercise, no access to sports, we're denied law library, there's no art or music programs, no other hobbies/activities are allowed. Very unethical code of duty from staff, like motivated violence, and rigging stages for brutal/fatal battles. It highly upset me to write about not getting the treatment I've needed, because it's a very touchy topic - it has left me permanently disfigured with disabilities. [It is] physically, mentally, and emotionally painful. The COVID-19 precautions weren't ever sufficient, not even now. They haven't followed the federal capacity rule; every cell is full if not overfilled. Staff use restraints most during what they call court-pull and morning/afternoon court dates at holding cells at the courthouse. We have made complaints of being in agonizing pain from excessively tightening of handcuffs, leg shackles, belly chains, etc., causing bleeding, bruises, scars.

Respondent 15: The officers are violent towards other inmates. The mattresses are filthy and absorb body fluids such as sweat, urine, blood, and fecal matter. The mattresses smell of mildew, mold, and spoiled eggs. A real health hazard. We get an hour and a half out of our cells in the day and 30-45 minutes at night. It's not enough time to exercise, shower, etc. San Mateo county jail is prohibited from playing sports. I've been denied therapy for my back; I've had two major back surgeries. They denied me an extra mattress for support while lying down. I saw a psychologist upon my arrival, but for unexplained reasons, they discontinued my medication and no longer consider me CCCMS. I've been with the CCCMS program for years and taking as needed medication for anxiety and depression. Staff is very retaliatory when it comes to writing grievances against them. Sometimes they will throw the grievance away or not sign it. Usually when a grievance is filed here the sergeant or lieutenant deny it and give a vague response. Some officers simply throw the grievance away. All in-person visits are behind glass and/or video visits. Staff used belly chains for contact visits with lawyers, without lawyer discretion. In this county they place people in the hole 3-5 days for not getting up for count and making beds up like boot camp. In solitary confinement they only allow you to be out 10 minutes. They covered the windows so you can't see outside, and allow you to have a bible and nothing else, it's cruel! They treat people who are continued in solitary with torture tactics. Someone needs to investigate this county jail seriously. They do not have any rehabilitating programs in general population here at the Maguire Correctional Facility. [I would change] the cleanliness and how they treat the mentally ill that are incarcerated here. They have a lot of abuse in solitary confinement.

Respondent 16: You do not get any mattress, sleeping bed, bed sheets, blankets, or clothing for up to 3-4 days, plus you're sleeping on the dirty floor for days until classified. There's piss, feces on walls, floors, and toilets are full of feces in many cells and holding tanks. The food is disgusting; I wouldn't feed my dog this. There's practically no yard time, it would help physically and emotionally if there was yard time. I wish there were church, NA, AA, self help programs, at least a library. Medical care isn't a priority here, they say they are too busy and there are too many inmates. It took me at least 6 months to see a psych. doctor or a therapist. I had to call the outside advocate to come and see me. In 24 hours they were here in person to push paper to work on this situation.

Respondent 17: [There was] unpredictability about severely mentally disabled individuals within such close proximity. Low quality soap, no deodorant. Showers are dirty and have mildew on the walls.

Clothes smell like dirty diapers. The mattress is not sanitized. Housing pods were filthy, rarely cleaned... [Since August 2020 they're] cleaned better, but to no standard. No deputies or sergeants check the cleanliness. Same food daily for breakfast, no taste, low quality, and halal and kosher is the same food as a regular diet, but with a sticker. Cruel and unusual due to excessive amounts of time spent isolated in the cell. 1-2 hours a week [spent outdoors]. Need sunlight and physical activity on a daily basis. No [mental health] therapists are available. Quarantined inmates were intermingling with brand new inmates. Grievance process is a joke. Some could get killed or commit suicide in a cell, [safety checks] needs to be done on a regular schedule.

Respondent 18: Shampoo and deodorant, they don't give us. When you go to your next cell there is a mattress there that the other person left. There are lots of cockroaches still living here. They need to put more food and the commissary price [is expensive]. Sometimes they give us fake meat... It's nasty and no one eats it. [As a form of discipline, I experienced] no out of cell time for 30 days and no visits or calls for 30 days.

Respondent 19: Basic items were provided and canteen (commissary) items were lowered to make them affordable. I have been sleeping on a 2-inch flat mattress for over 3 years. I'm close to 300lbs. They do not issue 2 mattresses even in special circumstances. The food is horrible, often unrecognizable and soy-based. We eat dinner at 4:00pm-4:30pm, if you don't have commissary you often go to sleep hungry. Those in charge would not eat the food themselves. I have gained 100lbs in the last 16 months due to restricted program. I have not been outside for fresh air or sun in 7+ years. Once I graduated high school there were no more options [for any activities or programs]. [I could see a mental health professional] at times if I signed up. However, in an emergency situation or if you request an on-the-spot interview it's usually denied.

Respondent 20: I don't feel safe because deputies have come to work with COVID. Inmates have tested positive and deputies kept that information away from inmates. They've brought inmates in the module and asked, "Why you guys haven't beat him up yet." Then after he's been beat up they bring him back and say, "just let him stay in your room, you guys are going to probably roll him up tonight." I have [received personal hygiene items], but it's never on a regular basis. They might have it today then not again for a week and if you don't have money then you're out of luck unless inmates bought some and feel nice. The mattresses sometimes have rust marks on the plastic that covers it and the clothes we get sometimes have bowel marks in the underwear. The shirts and socks are dirty. You'd be lucky to get new stuff. I was placed in a dirty room during COVID that had urine, blood, and all other kinds of other things in it with no cleaning staff. The deputy just kept saying, "I'm working on it." When I asked for cleaning supplies, I had to use my body soap to clean the room. It's never enough food to fill a man up, not even a kid. If you can't afford food on commissary, you'll sleep hungry a lot. I give a lot of food away because people are hungry. To me, all the food is microwaved and that can't be healthy. When they do cook boiled eggs, they're uncooked and the food is old and has mold on it. [The out of cell time] is just not enough time. 21 hours in a cell under a light. It's hard and stressful. By the time free time is over, my family is still at work, so it gets lonely. The days are over for us at 1:30pm or 3:00pm. The yard is really small... there's no privacy. I try to call my son as much as possible, but phone prices are really high. We don't get activities. They don't offer any college courses. They only offer courses on GED, drugs and domestic violence. There's no help here, period. I was placed in a 10-day lockdown... for a mistake the deputy made. The response wasn't reasonable and the deputy responded by trying to fight me. When I first came to jail I had a broken hand, [the nurse and officers didn't respond appropriately]. Mental health staff did not help me. It takes weeks to see a doctor. They usually just send a lot of pain pills. The officers came to work knowing they and family members had tested positive for COVID-19. Sometimes

they'll take the grievance and you'll never hear about it again. The jail [did not allow children during in-person visits] because of COVID-19. [Disciplinary measures] are very unfair. [Under disciplinary confinement], you can't order food, you only come out of your cell for an hour 3 days a week. [For safety checks], they just walk by fast. Sometimes they don't even look, but a quick flash of light and they're gone. [County jail] is a terrible place. Food prices are super high. It's not safe. The water is not clean.

Respondent 21: In Administrative Segregation, they've been known to pop doors to stage fights (inmates against inmates). They make you pay for [hygiene items] which are overpriced, generic products, and unhealthy food. It is bad for us internally and externally. [The sleeping items] are not clean... People get rashes or catch body lice/bugs. [Staff] use the same rags for everything... same mops for the cells, dayrooms, bathrooms, and waste. They give very small portions and the food is unhealthy and disgusting. Breakfast and dinner are always cold and the lunch meat is rotten many times... It's usually rotten or too small. They give rotten food and generic peanut butter and jelly. There are lines for the phones, showers, hair clippers, and newspapers. There is not enough time to exercise outside or reduce stress. We're developing mental health issues by being in the cell all day. You catch a brief shot of fresh air, but it's not enough time to decompress. [Solitary confinement] made matters more difficult, with no access to the law library and fights were being set-up and staged. They denied you adequate access to medical treatment and still do. [Psychologist/counselor/therapist] break confidentiality all of the time and act unethically, which violates HIPAA. Medical staff share confidential information with custody staff. They deny you adequate health treatment. Inmates and deputies who were sick with COVID-19 shared spaces and infected others. Staff circumvent grievances and they are not processed properly. The jail did not allow family and friends to visit -in-person for over a year. I've witnessed staff exercise excessive and/or unwarranted use of force. I've heard stories of correctional staff sexually abusing inmates. [The facility withheld basic resources as a form of discipline] for some rule violations. The jail provided tablets twice a week which helped deal with being in a cell all day. The jail should allow inmates to see our files, given numerous errors in them. My experience was horrible, jail is worse than prison. We're in our cells all day, canteen price gauges inmates, they mix mental health inmates with regular inmates, and the food is gross.

Respondent 22: Men only receive 1 pair of underwear and laundry comes twice a week. I have to hand wash them or I wear dirty underwear for multiple days. We need more personal/floor towels to clean our cells and more cleaning products. The food is not enough for an adult. All meals are not kosher and portions are smaller since the pandemic started. Sometimes food, such as fruit, is rotten. I spent 3 hours a week outdoors. I would have wanted more classes that actually run, such as those on parenting, anger management, etc. [Mental health staff] are so overwhelmed with caseloads, it's lucky if you see them once a month. No deeper [mental health] issues can be addressed. I tested positive for COVID-19, but they let me out of quarantine in 3 days because I had no symptoms. The jail has a history of failing to resolve grievances. I've seen staff assault inmates after they were down, if it was a staff assault issue. The jail has put a person on the "brick" meal for a write-up. The hardest part of doing time is the separation from my kids.

Respondent 23: [I received] limited personal items. The county jail lives to make you purchase overpriced hygiene items and if you can't afford them, your personal hygiene will suffer severely. I don't sleep on mats. The LA County Jail is notoriously dirty. The canteen has not processed my list and given no explanation. So, I have gone to sleep constantly hungry. I do not eat jail food whatsoever. The food is not a good source of nutrition, although they try to hit all the food groups. Whatever out of cell time I'm allowed is great for my mental and physical health. All outdoor activities help with being social, releasing

stress, and exercising. The LA County Jail [medical care] is slightly better [than CDCR], but still a horrible experience. For the first couple of months, the county jail's response was sufficient. After there was no more scrutiny they went back to being the filthy disgusting county jail they have always been. [I received] one pamphlet [on COVID-19]. [Grievances] is a wholly insufficient process. LA County Jail consistently lies and tries any and all tricks they can to screw up your grievance and give generic answers. Every single time you are handcuffed it is excessive. [Regarding disciplinary measures] there is nothing we can do. This is a hopeless feeling amongst all inmates. Always [basic resources were withheld as a form of discipline]... we all feel hopeless against it. No one cares. There are some officers who are human and there are a lot who show no human decency whatsoever.

Respondent 24: The Los Angeles County Men's County Jail (MCJ) Sheriffs are not practicing social distancing. [Hygiene] kits are only granted once a month. Some inmates have been in MCJ over ten months and will not receive kits. The showers are always dirty. I have been deprived of hot dinner meals, which has continued for 11 months. Always ice cold. MCJ does not pass out clean masks. In order to be seen by a doctor, it took over five months. The staff don't always [respond] when inmates ask for some assistance. The staff are very corrupt and ineffective with help.

Respondent 25: My teeth (front) are losing enamel and getting very thin. There is nothing the jail can do for me, given limited procedures and standards. [An individual] receives loss of privileges and lockdown if you get a write-up. The jail was dirty, we shared toilets and sinks. If I had no money for commissary, I would go to bed hungry every day. The jail had poor hygiene products. [Sleeping materials were] sometimes clean, sometimes not. I'm locked down 21 hours a day. We can't even get a Tylenol if we don't call triage first, [but] by that time the pain is gone. It takes too long to talk to a doctor or dentist. Too much lockdown, 21 hours a day.

Respondent 26: [I did not feel safe] even knowing cameras are watching, but no one is watching the camera screens. The sheriffs only view the camera's when someone needs medical attention from a fight or overdose. Inmates die because medical [staff] take their time to get to an inmate. The shoes the sheriffs give an inmate are the same shoes we have to take a shower in. I've went over a period of 48 hours without a shower numerous times. 52 inmates are forced in showers that only have 25 shower heads for 5 minutes. The mattresses are never clean, a lot of them are cut in half. Plus, you're lucky if you're housed in a cell with a mattress. Sometimes, inmates go without mattresses for days. The blankets are always dirty, the boxers are always small, the towel looks like it was used to clean the cell floors. Mostly all of the county blues are very old, ripped up, and filthy. The cells have graffiti and burn marks all over every single wall in Men's Central Jail (MCJ), plus the toilet leaks all over the floors for days, sometimes weeks before [being] fixed (all while still being housed inside the cell). Inmates only get 1 hot meal (dinner), 1 sack breakfast: 1.7 oz. cereal, 2 pieces of bread, 2 oz. peanut butter, 1 oz. jell and 236 ml of milk (no bowl), and 1 sack lunch: 2 pieces of baloney, 2 pieces of break, 1 pack of mayo, and 1 gram of colorless Kool-Aid, and 14.1 grams of Lay's Chips. The food served is maybe enough for kids in preschool. We don't even know what kind of meat we are eating. The only time we had yard time was once a week for 3 hours. I can recall times when inmates didn't get called to the yard for months. We also went out for showers every other day for 5-minute showers. Cell living drove me mentally crazy, no sunlight. No windows. Living like an animal in a cage not knowing what time it is. I have also been in cells for 2 years with no TV. [There were] too many inmates on the small yard, and not enough space. If it's too hot, you don't wake up in time, you won't get yard until next week. The only thing we can do at the yard is exercise. Never ever do we get library time. No art. No music programs. The dorm I'm currently housed in has had a leaking toilet for 2 months. I put in a request for psychiatric medication. I was approved but never received any medication until I filed a grievance. It takes months to see a

psychologist and because of that I've been suicidal twice. When I did finally talk to the psych it was very brief. I never got a chance to express myself. The medication I needed (that I was previously receiving) they would no longer give to me. The medication I'm currently receiving isn't working, it makes me sick. I've needed a tooth pulled since January 2020. Inmates that were positive for COVID-19 were housed in my cell, causing me to get sick. A week later I was housed back to general population without being tested. Inmates didn't receive masks until about 3 months into the pandemic. We didn't know anything about the pandemic, if it wasn't for the news. All grievances were never answered. Deputies will institute collective disciplinary action, when he has an issue with one inmate so others will fight the inmate. Deputies just [conduct safety checks] without observing inmates. Put somebody other than sheriffs in charge of the grievance form process. It makes no sense to complain to a sheriff about a sheriff.

Respondent 27: I personally feel safe... However many are not safe. [Hygiene bags are] very poor quality and small amounts once per week. Many showers are broken and/or no hot water. The mattresses here are horribly disgusting!! Very, very rarely are they cleaned or wiped down causing mold, very bad odors etc. The only parts which are cleaned regularly and properly by inmate workers are the staff areas. Every time cut backs are made, the first thing impacted is our food and quality. The amounts are... small... inconsistent because the servings aren't monitored properly. We get next to zero meat. We only get one "hot" [meal] a day... a rotation of only 3 different meals... the other meals (sack lunches) are a variety of the same two. Many units are on minimal numbers out program for their time. This causes time to be split into 3 hour increments. 80 percent of people here are "pre-trial" and not yet guilty of anything, yet we get the worst treatment, less program and punished more severely [than individuals already convicted]. It's usually one day a week [outside time] (2 to 3 hours). The recreation yard has 2 small "cages" in it. 4 people (sometimes 8) are put into each cage. The facility advertises lots of school programs and self-help activities, but these are very limited (e.g. not for my unit, no staff available). We are so limited to the number of people we're allowed to socialize with. It's seriously more harmful than good. The cells are the filthiest, most disgusting I've ever seen!! COVID-19 spread and death occurred in solitary isolation due to conditions. For "mental health", it takes a very long time to be seen. The facility advertised and claimed [COVID-19 precautions] that didn't happen. This grievance system is severely flawed. I was allowed out of my cell for 30 minutes a day with only my cellmate. During unit searches, cuffs are squeezed super tight as punishment. No in-person [re-entry] help or instruction is provided. A lot of things here are very bad. Some even criminal. But, who do we reach out to? Who is going to police the police? The commissary prices are absolutely criminal!

Respondent 28: They charge everyone that orders an indigent [hygiene] kit \$4.31 so this county makes the poor more poor! Most [mattresses] are dirty... old and missing pieces. When we go to court we are shackled down, legs, belly, throughout the whole day. If we need to use the restroom... we would have to struggle. It's inhumane. A discipline consists of 30 minutes [in the] dayroom, no visits, no calls with loved ones. The phones recently are getting bad reception to where our family cannot hear our conversation.

Respondent 29: The quality of products given is of the poorest anywhere. They are so bad that they are not even sold in stores and they all don't work. Mattresses are too thin to provide any comfort. When blankets are exchanged, I have to choose to exchange the one I sleep on or the one I cover myself with. So, blankets are always dirty. Not only is [food] not enough, the schedule is 4AM breakfast, 10am lunch, and 4pm dinner so by 7PM everyone is hungry. Food for kosher dinners is soy for every meal... the worst processed meat, and fake processed cheese. There is no reason for the modified day room hours [given COVID-19, because everyone has gone through quarantine and vaccinations]. Protective custody

inmates do not have access to the programs that are available to main line inmates. We deserve equal treatment. It is almost impossible to see a doctor and they do not provide proper pain or mental health medication. I almost died once and have permanent pain, and loss of motion because the jail will not follow doctor's orders. We get the absolute minimum of everything. Food is not fit for a dog. They do not give teeth cleaning.

Respondent 30: [The food] is horrible. The jail does not provide shaving razors and deodorant. I spent 1 hour out of my cell on a usual day. No sun, sometimes no phone or shower, given the long lines. I'm trying to take my GED and this county keeps telling me no, but it's my right.

Respondent 31: [If the housed inmates] don't clean, [the jail] will stay filthy. There's only a 3-course menu due to COVID-19. We've been fed this for over a year now. If you don't have money for commissary, you starve. The fruit is spoiled, the bread falls apart. We are charged for a welfare kit \$4.31, which comes with 1 small soap, 1 toothbrush, 1 toothpaste, 1 small comb, 3 envelopes, no deodorant. The mattresses are very dirty, ripped up not a full mattress, rust stained sheets, the blankets are also ripped up, and the clothing is really old. Mental health inmates cannot handle isolation. I've been on a waiting list [for activities or programs] for a long time. Some [medical] requests take weeks. It took 3 weeks to see a psychologist or more. I've been waiting to see the Ear, Nose, and Throat Specialist for over 6 months. When COVID-19 first started, I caught it [and] got really sick. The facility or whoever answers the grievances fixes it for their benefit. It will take 30-35 minutes sometimes before the phone will allow your call to go through and sometimes the phone calls will just drop. We have no assistance with reentry programs or resources, nothing!! [The jail should provide] proper mental health care for mentally ill and provide access to coping materials.

Respondent 32: [The jail had] deplorable conditions... men's cells covered in urine and feces. Kitchen serves the same meals for breakfast every day. [We go out] once [every] 2 weeks for yard. I'm not getting enough fresh air and sun. I've been in solitary confinement for the last 4 years. [Medical staff] won't come out half the time, when requested. Grievance unit is a joke, detour to a dead end. The jail needs more accountability for deputies.

Respondent 33: We receive hygiene items and stationery, but San Bernardino County jails charges us for them and our debts keep going up until we get released from jail. The mattresses are not always good and they only give us one set of clothing and do laundry twice a week. The kitchen staff kept downsizing our meals... I go to bed hungry when I can't get soup from somebody. We should have extra clothing. The eight man cells... [were] maxed out with ten men... keeping the inmates at risk of COVID-19. [T]hey keep us handcuffed and shackled all day in the cells until we get back to our housing unit. When you are broke, you have nothing coming.

Respondent 34: I did not [feel safe]. Five people died [in the jail]. I was assaulted violently and sexually by a deputy [while in handcuffs]. I do not have any adult family support so I have no commissary and what they provide for the indigent is illegal and inadequate. My mattress and blankets were stolen... staff threw me in hole. The food is insufficient. I have weight loss issues and I'm under fed. The food tastes like it came from the garbage. We are in pods/cells with a SHU type yard for 1 hour on Fridays with no shower after. You have to pay for everything (exploitation). My diet tray is being violated. My medical needs... [were] denied.

Respondent 35: The deputies are evil and do whatever they want. The only thing they give is soap, a hotel size small bar. [Bedding] is old and dirty. We have been eating the same old lunch meat for lunch

and dinner for over a year straight. We only get 1 ½ hours [outside of a building] twice a week... not enough fresh air or time to even work out. [Solitary confinement] feels like you've been abandoned and you are all alone... it's the very worst. I've been in solitary confinement for years for no reason. It takes forever to get treated. I've been waiting 18 months for Hepatitis C treatment. I've been in three fights already [since my sexuality and/or gender identity impacted my safety]. You can report [grievances], but nothing ever gets done ever. The deputies write you up for nothing and you are always found guilty. I haven't even been found guilty yet and they already mistreat me. I still own all my rights just like you. Why am I being punished already? We are treated worse than dogs.

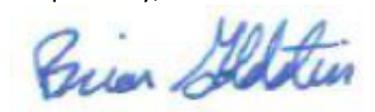
Respondent 36: [I have] experienced and still do racial discrimination, disability discrimination, inhumane living conditions, and cruel and unusual treatment. [The jail has a] filthy holding tank... unclean housing cells... dirty showers and meal trays. Jail does not provide daily required calorie intake! Issued items on meal trays that are labeled "not for human consumption." Unable to eat because of food contamination from food handlers not wearing hair/face nets!! Unable to receive visits, or shower properly due to the discrimination [against] my disability needs. [Seeing a mental health professional] would take days, then they would attempt to violate doctor-patient confidentiality by trying to speak to you in the unit through the cell door. No [disability] accommodations for showering. [There is] continued exposure to COVID-19. Officers refusing to supply cleaning supplies, as well as wear masks, overcrowded booking cells. [I've received] reprisals for filing complaints... refused food, showers, and out of cell time.

Respondent 37: Riverside County Jail does not accommodate indigent inmates as they should. Clothing/linen [received] during weekly exchange is filthy. Cleaning supplies themselves are filthy!! Shoes are horrible. Jails only feed us to keep us alive. We go to bed hungry every night. COVID-19 had us slammed down 23 ½ hours per day. I have mental illness. I've told mental health workers... nothing has been done. I'm afraid of "cracking" one day. Wait times [for health care] are horrible. So many COVID-19 guidelines are being violated. Shackles are often too tight, left on all day long leaving pains, bruises, cuts, etc.

Respondent 38: The jail itself is clean... But cells are filthy. If you have no money for commissary, you will go hungry. The food we receive has no nutritional value whatsoever. Just empty calories. One orange a day for half the year, and one apple a day for the other half year. [I spent] 45 minutes a day [out of my cell] in administrative segregation. I haven't had a breath of fresh air or any sunlight for 68 months. I've been trying to get some serious dental work done for three years now. They refuse to spend the money. I got [attacked] while handcuffed behind my back.

Our hope is that you incorporate these responses into the revised Adult Titles 15 and 24 Regulations. This will support the health and safety of people in California's jails. Please do not hesitate to reach out to me (brian@cjic.org) with any questions or requests for additional information.

Respectfully,



Brian Goldstein
Director of Policy and Development
Center on Juvenile and Criminal Justice