I am a first-time prisoner and came into the federal penitentiary system a few years ago. Upon arriving to the system, I quickly learned of the slow, punitive and non-rehabilitative mentality under the Conservatives. There is no incentive to be rehabilitated or change, because no matter your efforts to do so, there are constant roadblocks to discourage you like:

- (1) The elimination of APR (accelerated parole review) and programs. I have made a relentless effort to see what programs I can do that would be recognized, to have a fighting chance, so that when it is time for me to go before the Parole Board I can show my progress, what I have changed, how I can be successful. The reality is I do not have much to offer except all the volunteer programs which are not institutionally recognized, along with my honesty and transparency. There are no core programs for me as I do not qualify because I am a first-time prisoner. There used to be in my opinion a second chance, an incentive prior to 2011, an early release for first-time, non-violent prisoners, who if they behave as role models in the institutions they could be granted release. This was taken away by the Conservatives and APR needs to be reinstated.
- (2) Opportunities for post-secondary education, employable skills and trades have declined. I have tried to upgrade my post-secondary education for the past two years with no success. I was able to have a bursary for 1 out of the 8 courses in Construction Management available at the time. After I completed the first course, they told me I could not continue due to the fact the course was no longer available through correspondence, only online, which meant that the option for me to upgrade my education in the field I want and will be working after my release was gone. Prisoners need options to gain employable skills or learn a trade.
- (3) *Family and support via visits has been undermined*. I understand and agree there has to be security measures to eliminate the attempt for any type of contraband in the institutions, but the measures have to be consistent and unbiased. When it is solely relied upon, the ion scanner has been proven to be inaccurate, due to so many things that can influence its accuracy like medication, creams, colognes or just the fact of having a job that puts you in contact

with many people. All these things and many more can impact the accuracy of the machine. Screening measures need to be in place that are accurate and do not deter visitation that promotes prisoner reintegration.

I do not have much else to contribute as I have not been in the system that long, but I do see how only punishment and no rehabilitation can bring only negative outcomes. All I, along with other prisoners ask for, is for an opportunity to help ourselves become productive, contributing members of society, as we will be released one day into the community and will be your neighbours.