

Mountain Institution

Joe Convict

There are a lot of prisoners who are terrified to speak out – even through written words that will be read by parliamentarians – for fear of retaliation from staff. There is so much wrong with the system, but I will try to keep my points brief.

“CSC BASHING” AND PUNISHMENT FOR PROTEST

There is now a mantra being pushed by all levels of Correctional Service Canada (CSC), including as a requirement for all participation in programs: there is a zero tolerance for “CSC Bashing”, which means you are forbidden to complain about their abuse. You can be expelled from a program if you raise too many abuse concerns in a session. They are even placing it in writing in the form of behaviour contracts, which prisoners are forced to sign. This agenda is also being pushed by every department within CSC: prison and parole officials, prison chaplains, Indigenous elder’s, psychology and health care, where psychologists and psychiatrists tell you out-right that they do not want to hear any “CSC Bashing” or they will terminate your interview if you continue. I believe this new brainwashing mantra is in response to CSC’s utterly corrupt and broken grievance system.

Further, there is a very real consequence of institutional charges, segregation, and even being sent to the max if a prisoner persists in naming an abusive staff member or accusing them of a crime. I have personally been told I may no longer use the word torture in anything that I write, in either a grievance or request, and if I do, I will incur the previous consequences. When I continued to demand a torture investigation be conducted by the Royal Canadian Mounted Police (RCMP), which to date has been refused, and to speak out about being medically tortured by doctors and nurses, refused the necessities of life, criminally neglected, criminally harassed, and criminally intimidated by staff to silence me and the like, I was charged repeatedly. When the institutional charges were heard, and I demanded a copy of the damning recordings of their criminal threats and harassment, institutional management destroyed the tapes.

I find it puzzling why little is being said in the public domain about CSC’s culture of extreme secrecy. Throughout the country, the greater majority of staff refuse to wear their name tags or identify themselves,

which they are required to do by law. If a prisoner actually dares to ask a guard for their name, it will result in a ballistic confrontation. I have been repeatedly charged institutionally and found guilty of being disrespectful for simply asking for a staff member's name. I have also been jumped by guards, handcuffed and thrown into the hole for asking to speak to the supervisor of guards who would not give me their name. All grievances and complaints about this are denied, including at the national level. Can you say: "Secret Police"?

DETERIORATING JUSTICE: THE CCRA, THE OCI AND THE POLITICS OF PUNISHMENT

That being said, I think your current study should move beyond the reforms that were enacted while the Conservatives were in federal power to look at our deteriorating justice system even before they came to office. I believe there should be a real review of the penitentiary system since the inception of the *Correctional and Conditional Release Act* (CCRA) and *Correctional and Conditional Release Regulations* (CCRR), which was made law in 1992 by a Progressive Conservative Government. The Conservatives of the day began with a broken model, knowing it would fail to meet reasonable or modern standards of justice. They created a penitentiary model that would allow them to continue to tinker with it for years, all in the name of perfecting their "tough on crime" credentials to which, previous Liberal governments, also jumped on board on occasion. Conservatives and the Liberals knew it would be a reservoir of political capital which they could mine for decades, until inevitably, a new system of laws would have to be created.

I have been in prison for the last twenty years straight and I can tell you the rot started long before the last Conservative government came to power. Remember it was the Liberals who took away personal computers, cooking pots and coffee makers from cell use. They have done away with advanced education subsidies and true rehabilitation training in the trades to name just a few.

There is a very systematic agenda of removing all correctional staff's accountability, through a mastery of propaganda campaigns and distractions such as all Office of the Correctional Investigator (OCI) reports. To explain, the OCI has not now nor have they ever been an Ombudsman. They are

a part of the *CCRA*, which is the same act that governs the penitentiary system. Nowhere in the *CCRA* does it use the word Ombudsman to refer to them. An Ombudsman is answerable to Parliament, which they are not. They are answerable to the federal Minister of Public Safety and whichever party happens to be in power. All of their reports give the illusion of accountability without there being any changes to policy because there is no teeth to their recommendations.

There is a flourishing culture of brainwashing, harassment and torture that the OCI has become a very real part of. Their omissions, refusals to investigate torture complaints and their determination to protect individuals guilty of blatant acts of torture, and criminal-level abuses, has become ethically and morally repugnant. If a prisoner complains of a serious crime or abuse being perpetrated against them by a CSC staff member, in their written responses, the OCI often sides with them based on the version of events the institution decides to put forward, despite all evidence to the contrary that indicates a crime being perpetrated against a prisoner.

This entrenched culture of corruption is meant to protect CSC against any allegations that would lead to a civil suit or undermine their appearance of legitimacy. Given the nature of the OCI's public mask of being above reproach in their findings, if they would more frequently find, in writing, to be in favour of the prisoner, it would give great weight to a prisoner's allegations in any court room. This would lead to more civil actions being filed and won against CSC. Ultimately, this would undermine Canada's propaganda of having a system where the rule of law and the human rights of its citizens are respected.

If you need further proof of the OCI's culture of corruption just look to their historic unethical hiring practices. They routinely hire staff right out of police forces and CSC, who obviously carry their previous loyalties with them. Further, an OCI official can find themselves investigating an institutional complaint, with the full knowledge they will be gainfully employed by CSC in near future.

If you think the abuse is just happening to prisoners, I have witnessed CSC and OCI staff victimizing each other. The RCMP has just begun to expose their harassment culture and I can tell you, CSC is far more corrupt than the RCMP, and more secretive to boot. A staff member who speaks out about abuse, either against one of their own, or on behalf of a prisoner, will be fired or driven out.

The *CCRR/CCRA* was supposedly meant to improve conditions and create an environment of prisoner accountability and rehabilitation. However, since its inception there has been a very systematic dismantling of its claimed purpose through more and more arbitrary interpretations of the Commissioner's Directives (CD) and institutional standing orders.

If the Liberals really wanted to be bold in this new world of incarceration, which borders on mass imprisonment for some populations like Indigenous peoples, they need to create a new justice model based on what works. Just think, a new model, using the dynamics of other countries' successes and Canada's own Indigenous justice concepts. They have a real opportunity to mold modern justice methods that would truly surpass the *CCRA/CCRR*, as one of rehabilitation, accountability, and true restorative justice. Bringing such a bold plan forward, would of course, be a boon for the narrative the Liberals are pushing that they are the progressive choice of the future. It would be difficult endeavour, but one I feel is worthy in the minds of many.

How long has it been since Prisoners' Justice Day began? More than four decades after its inception, prisoners are still being murdered and tortured to death by guards. Just look at the recent torture and outright murder of prisoner Hines in Dorchester Pen as recent proof. Prison guards brutally beat him as he was heard to scream: "please help me they're killing me, please don't let them kill me!" At the time of his death, his parents and the public were told he died of another cause. Evidence as to the cause of death shows his lungs were full of water. They literally water boarded him to death. They claim, however, that his lungs spontaneously filled with water because of pepper spray. CSC forgot to disclose to the public that he was found after death in the shower with his soaking wet t-shirt wrapped around his head and arms. This story is the epitome of oppression against the very vulnerable Canadian prisoner. This behaviour has become normalized inside prison walls.

Out of sheer boredom staff routinely look for a reason to brutalize, and if they cannot find one, they incite one. CSC guards see how the American Justice System turns a blind eye on cops and prison guards, who kill with impunity, and seemingly wish to emulate them. From my perspective, the current treatment of prisoners in Canada must be called what it is, a "national disgrace".

PRIVATIZATION OF PRISON ADMINISTRATION

Why is nothing being said about the Conservatives' privatization of several aspects of CSC administration and legislated responsibilities? Below are a few examples.

Prisoner Purchasing

All prisoner purchasing of allowable property, health supplements and the like is now done through a National Centralized catalogue. The supplier is out of Texas and has marked up products prisoners can buy locally by up to 300% to 400% percent. They have cut out local Canadian suppliers and retailers altogether. When you compound this with the abolition of food drives (i.e. prisoner's occasional group purchases of fresh foods from grocery stores and restaurants), there is a real multimillion dollar economic price being paid by local Canadian businesses in the form of lost revenues. Not to mention the fact that this is not in keeping with Canadian laws pertaining to a free and fair-market economy. This new privatized purchasing system is based on sheer greed and price gouging of one of the poorest demographic in Canadian society.

Health Care

One of the most life-threatening decisions was to privatise the provision of health care to federal prisoners. All CSC doctors are now contracted by a private corporate carrier, who holds the contract to provide doctors to a penitentiary. CSC has ceded its legislated responsibilities (CCRA, 85 to 87) to a private contractor, who will obediently carry out any CSC or state agenda. By law, CSC is responsible for the hiring of individual doctors and to ensure they meet provincially regulated standards. Currently, there is no federal oversight body who licenses doctors. There are also no federal laws to protect the prisoner from extreme medical neglect or abuse, and yes even medical torture is now routine. I speak about torture as defined by the *Istanbul Protocols* (I.P.) and the internationally accepted ethical standards of doctor's para. 51-73 of the World Medical Association (WMA). These protocols, among others were created for the UN to assist the world courts in determining what constituted torture. The above-mentioned paragraphs, define the ethical responsibilities of doctors who work for the state.

HEALTH PROFESSIONALS WITH DUAL OBLIGATIONS

The privatized medical contractors who work for CSC are placing their lucrative contracts above the health of their incarcerated patients.

Health professionals have dual obligations, in that they owe a primary duty to the patient to promote that person's best interests and a general duty to society to ensure that justice is done and violations of human rights prevented. Dilemmas arising from these dual obligations are particularly acute for health professionals working with the police, military, other security services or in the prison system. The interests of their employer and their non-medical colleagues may be in conflict with the best interests of the detainee patients. Whatever the circumstances of their employment, all health professionals owe a fundamental duty to care for the people they are asked to examine or treat. They cannot be obliged by contractual or other considerations to compromise their professional independence. They must make an unbiased assessment of the patient's health interests and act accordingly (United Nations, 1999).

Contrary to the above, CSC contract doctors, as a matter of continued employment, place the wants of CSC above the medical needs of the prisoner. Presently, CSC doctors can get away with refusing us proper medical treatment equal to that of community standards of professionalism (CCRA 86, 2) through serious jurisdictional loop-holes. For example, the provincial legislative body who created the "provincial by-laws" that enable doctors and other health care professionals to be licensed under a college of their peers, have absolutely no jurisdiction over a federally contracted doctor's behaviour. The reason for this is that these doctors are acting under the direction and pay of the private contractor who is beholden to the federal government, an institutional management for which a contract is held.

These doctors are not under the provincial healthcare system and blatantly refuse to give their full names or private practice addresses when requested by prisoners, interfering with formal complaints to provincial colleges. Doctors are given their legally binding marching orders because of their private contractor agreements to abide by CSC's determination of what medications and medical treatments should be available to prisoners. These unlegislated and unregulated, CSC-created, medical delivery protocols, are

known as “the national drug formulary” and “the essential medical services handbook”. This includes an unwritten (or written in contract agreements) rule that allows for the suffering of prisoners by refusing or severely restricting pain medications and other treatments as a matter of course.

Medications and medical treatments are being cut off as forms of punishment if you are accused – even without a shred of proof – of non-compliance with a doctor’s prescription parameters. In some instances, unsound medical demands ensue (e.g. I was told I would be cut off essential pain medication “as a punishment” if I did not take an unnecessary anti-psychotic drug, Stemetil, that I did not need or want). One month later a doctor at Mountain Institution carried out their threat and cut me off. Now as a matter of a directive from CSC national headquarters, I may not receive any form of pain therapy medication, see any pain specialist, or doctors who are not under the control of the contracted health care provider who would inevitably contradict the current “medical torture” agenda of Mountain institutional management and doctors. I have the above in writing.

Further, “suspicion” of the diversion of a medication by any staff member, even non-medical personnel, will result in being cut-off of all essential medications and medical treatments, including anti-psychotic and schizophrenic medications. Also, if staff want to target a prisoner with serious psychiatric disorders, doctors are ordered to cut the prisoner off of their necessary medications, so staff will then have a reason to go after that prisoner. These prisoners will inevitably have a psychotic or schizoid episode (i.e. a mental break from reality). These prisoners often become violent, begin to self-harm, and/or become the target of prisoner abuse because of bizarre and irrational behaviours. This leads to long terms spent in segregation where they are then seriously abused by guards in a secretive environment.

As sad and horrifying as these realities are, they say nothing about the fact that many prisoners are being routinely given unnecessary psychiatric drugs by unscrupulous psychiatrists and doctors as a form of power and control over prisoners (i.e. babysitter drugs or ‘bug juice’). These drugs are still being inappropriately prescribed.

The use of unnecessary drugs such as Seroquel have a cumulative effect on the brain and probably causes a deterioration in one’s ability to cope. This inevitably leads to behaviour problems which guarantee longer stays in the penitentiary, more time in segregation, more institutional charges and

security incident reports, as well as escalations in security classifications and placement into higher security facilities, and reoffending upon release.

Why, you may ask, would CSC employ these repugnant, immoral and unethical practices? It all boils down to job security and guarantees more income for federal government employees. The higher the security level, including segregation at any level, the higher the costs, not to mention what has become a grotesque waste of hundreds of millions of tax-payer dollars being unnecessarily paid in “over-time” for CSC guards. Remember, the prison industrial complex generates billions towards Canada’s GDP. The Canadian government, whether Conservative or Liberal, do not want to see this end, because the end of the criminalization of the poor, minorities, the uneducated, and the mentally ill would cost jobs. Alternatively, the reality is, more jobs would be created by a healthy populous ability to be gainfully employed, but it is more expedient in the short-term to lock people up, rather than better their plight.

Intentional medical neglect and the withholding of emergency medical and dental services, along with the use of a prisoner’s medical treatment needs as opportunities for abusive guards, are just some of the daily practices we endure. These practices have become so normalized that they can only be described as what they are, a government initiated “program”.

NEAR DEATH EXPERIENCES

My life has almost been repeatedly cut short by CSC’s agenda of medical torture and intentional neglect. Most terrifying is that this is a provable ongoing campaign to end my life in the most horrific and painful way possible. I have zero protection from this horror of an existence, as there are no mechanisms in place in Canada to protect me from my torturers. I am refused legal-aid and not a single organization or lawyer, from the hundreds I have contacted over the years, will help me. I cannot afford the \$70,000 to \$100,000 up-front costs to retain a lawyer for a medical malpractice and torture suit against CSC and their doctors.

What is most insidious about this form of torture is that government officials of all levels, including CSC staff and medical personnel, get to use my own body and medical needs as a weapon to cause me pain, suffering and my inevitable death. CSC gets to use my disease as their favourite point of contention and a convenient vehicle for the constant harassment and torment I receive for complaining.

For example, when I am listed for an outside healthcare appointment, escort guards will routinely subject me to humiliation sessions that can sometimes last for hours. This behaviour includes screaming profanities at me, name calling, refusing to feed me or give me water, degrading me by forced strip searches where females and other staff are walking around, mocking my body, making sexual comments, and in some instances I am even forced to use secure, but public toilets in the hospital with the door wide open while members of the public and hospital staff have a clear view of me. When I vigorously complained to Mountain Institution management, I was told that guards are allowed to exercise their absolute discretion in how they wish to treat a prisoner while on escort. Now because I refuse to be escorted by these abusive guards, I am refused all medical escorts.

Of note, not all guards engage in these practices and those who do are the minority. For me, however, because I have named the abusers, as part of CSC's harassment campaign to silence me by any means possible, I may have no other escorting guards except those who terrorize me. The reason for this is so when I die as a result of medical neglect they get to blame me, stating that I refused to be escorted to medical appointments. These tyrants get to sit back, watching me suffer a horrible preventable death, without raising a finger to help. In the end, they will be able to say I died of natural causes, when in fact they will be 100% responsible for causing my death. From my perspective here, living in this daily hell, this is the epitome of diabolical, premeditated murder through medical torture and neglect. This is also a clear example of the Canadian government's total loss of all human decency or respect for the rule of law.

If you think I am being too over-dramatic, I will relay just a few examples of what I am enduring and I will let you draw your own conclusions. For many months now I may no longer see any doctors except for corporately controlled doctors who are beholden only to the medical contract holder of Mountain Institution. If I refuse to see a doctor who has been abusive, negligent and torturing me, I am refused all medical treatment. In other words, these doctors can neglect and abuse me to death without fear of consequences, and I have zero protection or recourse left. I have even told these four doctors to their face that I do not want to be treated by them and want to see another doctor. Their responses (in writing) are that they do not care whether I consent to be seen by them or not. According to them and CSC, I have no choice – it is them or they will leave me to suffer and die.

I have been repeatedly hospitalized near death with blood pouring out of me, after what is now, more than a decade of neglect. I have been begging for years for help from every conceivable avenue. And I am always given the same responses, “It’s not my job”, “let me suggest so and so organization”, and so on. Everyone passes the buck or ignores me outright, refusing to respond in any way. The present Minister of Justice Jody Wilson-Raybould and the Minister of Public Safety Ralph Goodale are cases in point. After more than a year of begging and pleading for my life, and for them to help me to end the medical torture and neglect that I am enduring, both cabinet ministers, not to mention my own local MP, all refused to help me in any way or put a stop to my horror of an existence. Once again, I now face hospitalization and I am rushing to finish this letter before I am incapacitated for months. I am in a full blown ulcerative colitis flare-up, I am in crippling pain, bleeding internally, and have chronic bowel movements. The institutional management and medical staff have made it clear their agenda is to neglect me to death.

In 2015, after enduring more than ten years of neglect for internal bleeding due to CSC’s refusal to band two internal hemorrhoids which led to the complication of developing ulcerative colitis I was hospitalized. For approximately eight weeks, I was in an isolation cell in Kent Institution suffering from a full blown attack and was refused all forms of medical attention. The attending physician of Kent Institution refused to even examine me. Management isolated me in basically a deserted part of the institution to hide me from too many witnesses. Without a doubt, I was left to die. I was using the toilet about 70 to 80 times a day around the clock discharging bloody diarrhea. During the last few weeks there, I was literally screaming in agony every-time I used the toilet. Sometimes I would find myself on the floor after I had passed out from the pain. Over the last month prior to hospitalization, I developed more than six hemorrhoid thrombosis, both internal and external (which are basically massive blood blisters that swell from the size of a golf ball to a grapefruit and then burst causing hemorrhaging). Hemorrhoid Thrombosis usually form when the ulcerative colitis has reached the last stages of a flare up and it is the number one cause of death from those who die from an attack of this kind.

The day I was finally taken to hospital, I had one of these internal thrombosis, which was the size of a grapefruit burst and I began to hemorrhage in earnest. The problem was that the thrombosis had caused

a blockage in my bowels and was preventing me from having any bowel movements. After almost two days, my abdomen was massively swollen and distended, and my body took over as I sat on the toilet. My body, in an uncontrollable strain pushed until I literally heard and felt a pop inside of me as diarrhea and blood began gushing out. By the time I was done, I had filled the toilet to the top of the bowl. I began screaming for help and pushing my emergency medical button. The guard who responded refused to look at all the blood and finally called health care after I begged all day.

When two nurses showed up, I told them I was dying and needed to be taken to hospital immediately. At first, they began mocking me and said I was going nowhere, nor would they help in any way. It was then that I told them if they thought they would get away with murdering me through neglect they were wrong. I listed the many witnesses I had both inside and outside, including MPs and the media, that they were neglecting me to death. They then became obviously frightened and asked what I wanted them to do. I told them to send me to the hospital right now, because I was dying.

The receiving doctors in Chilliwack General Hospital told me when I finally arrived, I was suffering from extreme dysentery and was less than 24 hours from death, as I had already lost much of the blood of my body. They also said that mine was the worst case of neglect they had ever seen. I ended up receiving four blood transfusions and spending six weeks in hospital.

In 2016, after complaining of deteriorating health for ten weeks, I began begging for my life as a massive hemorrhoid thrombosis had formed in my bowels and was blocking my ability to use the toilet. This was the kind of ulcerative colitis attack which usually causes hemorrhaging and death, to which Mountain Institution doctors and nurses refused to send me to hospital. I also begged the OCI to help me and they refused to help. Three days before the thrombosis burst, while at health care, a nurse began throwing diapers at me while laughing, saying they were to soak up the blood with when I started to hemorrhage. I actually offered to beg on my knees to go to the hospital. This made them very angry and they ordered me to leave health care because according to them my behaviour was threatening and erratic.

That same month, the internal thrombosis burst and I began hemorrhaging. I began begging a guard to take me to the emergency room and was refused. Further, the Correctional Manager in charge of such decisions refused to see me. The message I was given by the guard was that “you should fuck off and die.” It would take me more than ten hours to be seen by medical staff and

taken to hospital as they refused to assist me in any way. I had to deal with guards, for hours, telling me I was faking it and if I was not that I deserved to die because they were sick of listening to me complain.

Over a period of almost two weeks that followed, a CSC contracted physician refused to stop the hemorrhaging for 9 days and had to be forced by a surgeon that my family had contacted. Over the first nine days I lost more than 15 liters of blood, requiring 8 blood transfusions. I know this because nurses collected and weighed each bleeding session in disposable bedpans every 30 minutes around the clock. On day two of my hospitalization while I was sitting on the toilet with blood spraying out of me, CSC's contracted doctor opened up the bathroom door and told me I would not be examined until a few days later. I showed the blood spraying out of me and asked, "are you going to let me hemorrhage here for two days with no treatment"? The first response was, "it will stop on its own". I said it will not stop on its own as I have already been bleeding for more than two full days. The doctor then became very aggressive and said, "you're lucky I'm seeing you at all. You were not scheduled to be seen for another month. So just be grateful I'm seeing you at all. Besides it's not two days". I again said, today is Monday and Wednesday is two full days away, what do you mean, it's not two days?" In response, I was told, "Today is almost over, so today doesn't count". The doctor then screamed at me, "you need to learn to keep your fucking mouth shut!" and slammed the bathroom door in my face.

I felt so helpless, humiliated and outraged. I could not even get up as blood was still spraying out of me. By the time I did manage to get up I was hysterical with absolute terror. I had the overwhelming feeling they were going to let me bleed out. I began screaming "Help me Dear God, Help me!" I told the guards I would not die without a fight and if they did not get me medical help right away I would force them to shoot me or I would dive out the window. At least this way I would leave this world fighting, on my terms by my own hands, and not tortured to death by sadistic doctors like many of my Jewish ancestors were.

Nursing staff came in, and between them and the two compassionate guards they finally managed to calm me down. Aside from occasional comfort, I endured abuse for 13 days at the hands of many nurses, doctors and guards. For 13 days, I was not allowed any form of entertainment. I was refused writing paper, magazines, books, a TV, and had to watch as guards played their DVD's and surfed the net. My only entertainment was to keep

track of how much blood I was losing. During my whole stay, low ranking guards had absolutely no supervision by superiors. I was refused all access to management level staff and any complaints were turned against me by abusive guards in toxic reports.

When I returned to Mountain Institution, in an effort to silence me, staff began a harassment campaign against me. They demanded I stop using the word torture or accusing anyone of torture or they would segregate me, send me to Kent Max or start institutionally charging me. They did charge me repeatedly, then destroyed the minor court recordings to cover up their crimes of criminal harassment, neglect causing harm, assault with restraint equipment, attempted assault, torture, intimidation, and intimidation of a justice system participant not to mention a host of *Charter* violations. This harassment went on for months until they thought I had stopped complaining. What I did instead was to change tactics. I began to finish a manuscript I have been working on for years about the torture and brainwashing culture within CSC.

For the record, the Correctional Investigator's Office was and is an active participant in the abuse and cover up of the crimes being committed against me. I have been told by an official there, "You know that we will never help you in any way, so why do you keep calling and wasting our time". They told me they were sick of me calling and banned me from calling to complain. They have said I may only write, and they refuse to investigate any CSC staff wrongdoing against me, even those staff whose neglect has just about cost me my life repeatedly. They also say that they have no jurisdiction to investigate complaints of medical neglect or medical torture. They also side with all CSC decisions even if it could cost me my life. Being tortured is now the norm for me.

PATHS FORWARD

There needs to be a full Canadian Auditor General's audit of CSC's historic non-compliance with:

1. Their obligation to provide the necessities of life to prisoners.
2. The Constitution and *Charter*.
3. All laws and acts of both provincial and federal parliaments.
4. Protecting prisoners against acts of torture and to provide a complaint process in which such criminal accusation is investigated.

Further, if a person does complain of torture against state officials they should be protected against those they have accused of torture.

As it stands now there is no mechanism in Canada by which a Canadian prisoner can lodge a formal torture complaint. Remember, the Correctional Investigator is answerable to the government of the day. They are not now, nor have they ever been a separate entity from CSC as their mandate exists within the same Act of Parliament. They function hand in hand with CSC to protect the staff of CSC from accusations of torture. If this is not the case, then how would it have ever been possible that Ashley Smith and other prisoners like her died in the first place?

REFERENCES

United Nations (1999) *The Manual on Effective Investigation and Documentation of Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment* (THE ISTANBUL PROTOCOL), Submitted to the United Nations Office of the High Commissioner for Human Rights – August 9.