

# BE ADVISED

Any and all illegal activity can/will be prosecuted criminally by the Virginia Beach Sheriff's Office (VBSO). To date, there have been 905 criminal convictions of inmates in the Virginia Beach Correctional Center (VBCC) by the Virginia Beach Sheriff's Office (VBSO) including: Assault, Fraud, Indecent Exposure, Possession of a Weapon, and Obstruction of Justice.

In addition, VBSO staff members will testify at sentencing and violation hearings, which could result in the revocation of suspended sentences.

If you have been sentenced to probation dependent on good behavior while incarcerated, your inmate violations will be used to violate that probation status.

**Bottom line:** Your behavior while an inmate in this facility can have criminal, as well as administrative consequences.

**Updated May 2019**

# FOREWORD

The Virginia Beach Correctional Center (VBCC) houses inmates awaiting trial; inmates serving local or state sentences; and inmates waiting transfer to a state penitentiary.

This booklet, a copy of which is provided to you at the time of orientation, is intended to inform you of the rules and regulations of the Virginia Beach Correctional Center and to clearly define restrictions, privileges, programs, and services, which will affect your stay here. It is your responsibility to read this so that you may better understand how to conduct yourself.

It is necessary that you understand the basic principles, which govern the management of this facility.

- **Security is the highest priority** - any action on the part of one or more inmates that jeopardizes or appears to jeopardize security will not be tolerated and will be dealt with in a swift, decisive manner.
- The safety of all persons in the VBCC, both inmates and staff, is equally important to security. Under the dictates of security and safety, all regulations of this facility are designed to promote efficiency and cooperation. Your attitude and conduct will play a major role in determining the quality and/or length of your stay, the availability of rehabilitation programs to you, and the amount of good time (under the trusty/work force programs) you may earn. Additionally, if you are transferred to the Department of Corrections, the VBCC staff comments and recommendations based on your attitude, behavior, and institutional violations, will be forwarded with you. These comments and recommendations may influence the quality and length of your stay in the penitentiary and the amount of good time you earn there as well.

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## RECEPTION & ORIENTATION

Upon admittance to this facility, inmates will be taken directly to Intake, where his/her entry will be recorded. All inmate records are considered confidential and any unauthorized or improper disclosure is prohibited. Inmates will be screened by Medical and Classification. Inmates refusing to be screened by Medical or Classification will be segregated. Inmates refusing Classification screening will be subject to disciplinary action.

Each inmate will be strip searched as appropriate for weapons and contraband, in private, by a staff member of the same sex. Body cavity searches may be conducted when there is reasonable suspicion an inmate is secreting contraband in such body cavity. Cavity searches will only be performed by a physician or registered nurse in a private location.

After being searched, each inmate will change into clean Correctional Center clothing (jumpsuit). If an inmate came in with authorized white clothing (e.g. t-shirt, underwear, thermals, etc.), they will only be authorized **one set**. All other clothing must be purchased from canteen. Authorized clothing is considered to be **all white and 100% cotton**, no attachments, no lace, no underwire, no padding, no buttons, no logos, and/ or no metal clasps. Females must have standard white brief panties, no thongs, and the **bra must be majority cotton**. Socks may have gray color on the toe and heel area. Property will have the final determination if an item is authorized or not. If a clothing item is medically required, medical must authorize before giving to inmate.

All personal effects will be inventoried and maintained in the Property Division. Property boxes are sealed and items will not be released unless special circumstances exist. Each inmate will be issued a copy of the receipt itemizing his/her personal belongings.

An identification card, for identification purposes, will be given to you and must remain in your possession at all times. Failure to comply is a direct violation of VBCC rules and regulations. No privileges, including canteen, visiting, phone, etc., will be granted to any inmate unless the identification card is properly displayed.

In accordance with the Code of Virginia (53.1-131.3), all inmates will be charged a room and board fee of \$3.00 per day for each day they are incarcerated. State Law allows for the collection of the \$3.00 per day while you are still physically located in this facility even after you become a Department of Corrections inmate. Inmates are charged \$1 per day while at the VBCC and an additional \$2 per day is added to each day upon release from the VBCC.

- Any inmate found not guilty, charge dismissed or having an offense nolle prossed shall be entitled to be refunded \$3.00 per day of their room and board fee for every day served on the dismissed or nolle prossed, jail able offense.
- It is the sole responsibility of the inmate to contact the accounting division of the VBCC to make the necessary arrangements for reimbursement.

Virginia Code (53.1-228.1) allows for the administrative recovery of cost associated with replacing or repairing facility owned or issued property intentionally damaged or destroyed by inmates. It shall be the policy of the Virginia Beach Sheriff's Office, whenever possible, to recover said costs.

### **Classification**

Those inmates that are unable to make bond will be interviewed by a Classification Officer. The Classification Officer will complete a screening interview. The inmate will also be told how to see a doctor, nurse, or dentist if the need arises. The inmate will be classified in terms of level of custody required. A housing assignment will then be made.

After being classified, each inmate will be given soap, a toothbrush, toothpaste, bedding, a towel, a washcloth, and a Rule Book by a Property deputy. The issuance of bedding, towels, wash clothes and facility clothing will be recorded and inmates held accountable.

### **Daily Inmate Schedule**

Subject to variations based on certain circumstances, the following daily schedule will be maintained:

0100	Reveille - Kitchen Trustees
0330	Morning Meal Commences
0400	Reveille - Inmate Population – Lights On
0430	Issuance of Cleaning Gear
0600	Headcount
0630	Razors issued (Saturday only)
0700	Lunch Bags commenced from kitchen
0800	ID Card check and headcount Cell Inspection
0900	Phones Turn On
1100	Mid-day Lockdown Commences
1300	Mid-day Lockdown Concludes
1530	Evening Meal Commences
1800	ID Card Headcount
2300	Lockdown - Lights Dim / Phones Turn Off/ ID Check

\*\*Every day at 0800 and 2300 each inmate will be required to get up out of their bunks with their jumpsuit on, stand by their assigned bunk, and display their identification card to the deputies who are conducting the ID check. This practice will happen 7 days a week, and for lockdown count.

## **BONDING**

When a person is arrested, he/she is entitled to a bond hearing. The individual is taken before a magistrate who has the authority to set a bond and will determine the type and amount of bond to be set.

If at such time the magistrate determines a Personal Recognizance (PR) bond is appropriate, he/she may set the bond amount and release the individual on their signature. If the magistrate requires surety, he/she will determine what amount is required and advise the inmate at that time. Once the magistrate sets the amount of bond, the individual may post cash or property.

If the individual cannot post a cash or property bond, he/she can still be bonded by a professional bonding agent. The telephone numbers for local bonding agents are displayed on the monitors in Intake and on the televisions in the cell blocks. Correctional Center staff will not recommend any bonding agency or bondsman. Telephones are available in holding cell areas. Inmates will have the opportunity to complete a free call with a 5 minute limit. A person can make as many calls as they like unless you become problematic. However, no international calls. The choice of the bonding agent rests solely with the inmate. Telephones are provided in each cell block. Inmates may continue to attempt to post bond on a daily basis.

## **INMATE PHONE USAGE & PROCEDURES**

Upon entering this facility, you are given an Inmate Telephone ID Number (TID) Release Form. In order to maintain the security of your telephone account, it is recommended that you set up your personal pin number and voice recording once you arrive in your assigned housing unit.

For English press (#1)      For Spanish press (#2)

Using the telephone key pad as an interface, a menu of options is given to you. You can learn all the functions by listening to the instructions later on, but for now the security of your account is very important.

At the main menu, press (#6). The system gives the number prompt (#1) for allowed number. Press # 1. You will be asked to create your personal five digit pin number. You will then be asked to re-enter the five digit pin number you just created.

To enter your voice recording in the inmate phone system for the first time, do the following: At the main menu press (#1). Enter the number 757-385-3044. At the tone, say your name and the call will be completed. All you are doing is recording your name at this point. Once you hear a ring, you can hang up; this call cannot be accepted. Your voice recording or pin number can be reset later. Keep your pin number and TID number secret, especially when dialing calls. Use your body or an object to cover the keypad so that other inmates cannot see the numbers you are dialing. In the event you require a new TID number, it will only be issued to you after an investigation has been conducted and valid data

has been found to change the TID number.

Third Party calling is **NOT PERMITTED** by this facility. When a 3<sup>rd</sup> party call is detected, the caller's number will be banned by the facility for 30 days and you will receive an institutional write up, which could result in loss of privileges.

The inmate telephone system turns on automatically at 9:00 a.m. and turns off automatically at 11:00 p.m. daily. All inmates have unlimited access to telephones during this time frame, with the exception of those housed in a Security Housing Unit or those that have had privileges suspended as a result of institutional rule violations.

The facility and the phone service provider are not responsible in any way for any loss of funds you may experience during your incarceration in the Virginia Beach Correctional Center.

## **INMATE TABLET USER AGREEMENT**

1. I understand that before I am given the privilege of using an electronic tablet, I am required to read and agree to all rules and procedures listed in the user's contract and follow all VBSO jail rules. I understand that failure to do so may result in the suspension of my tablet privileges.
2. I understand that my use of a tablet is a privilege, not a right and can be revoked at any time.
3. I understand that I am responsible for the tablet which includes ensuring the tablet is not damaged, lost, altered or otherwise changed from the format while in my possession.
4. I understand that I will not mark, label or deface the tablet with markings of any kind while in my possession.
5. I understand that intentionally damaging and/or defacing the tablet is considered vandalism and may result in criminal charges being filed against me and loss of tablet privileges for the full length of incarceration.
6. I understand that I will be given a unique tablet login pin number and it is my responsibility to not share my pin number with another inmate.
7. I understand GTL staff are the only ones who can reset any tablet pin numbers.
8. I understand that I am required to return the tablet to Jail Staff upon request.
9. I understand that the tablet is to be on the charging stations during feeding, during head count, during lock down, or anytime upon request by Jail Staff.
10. I understand that I will not tamper with or change any setting on the tablet and will only use the application made accessible by Jail Staff.
11. I understand that eating and drinking are not permitted when using the tablet at any time.
12. I understand that tablets must remain in the housing area they are assigned.

13. I understand that removal of any tablet outside of the facility may be considered theft and may result in criminal charges being filed against me.
14. I understand that using a tablet for criminal activity is strictly prohibited and is subject to possible criminal charges being filed against me.
15. I understand that proper jail clothing will be worn at all times when using the tablet for video visitation.
16. I understand the receiving of sexual explicit content, displaying gang signs, making any gang references, or threatening gestures will not be allowed while using the table and may result in suspension of my tablet privileges.
17. I understand that loud, disruptive, threatening, vulgar or abusive language will not be allowed while using the tablet.
18. I understand that there is no interfering with another inmate's tablet use privileges.
19. I understand I am responsible for my visitor's conduct while using the tablet for video visitation and any violations may result in disciplinary action and tablet privileges being suspended.
20. I understand that no nudity, real or simulated sex acts will be allowed by either party and may result in possible criminal charges and loss of tablet privileges.
21. I understand that all tablet use is subject to monitoring and/or recording.
22. I understand that tablet usage cannot interfere with daily duties, including lockdown, shift change, headcount or cell inspection.

## **COURT APPEARANCES**

If an inmate is unable to make bond, he/she will be arraigned the first day of court following incarceration. In Virginia Beach, arraignments may be conducted via closed circuit video. Normal court days for General District Court, Juvenile and Domestic Relations Court and Circuit Court are Monday through Friday. This schedule may vary due to holidays.

The inmate's attorney should be expected to advise him/her in advance of the time and date of future court appearances. The inmate should, after prior notification, be fully dressed and ready to exit the cell when called for court. Inmates will wear Correctional Center clothes for all court appearances with the exception of a jury trial in Circuit Court. Inmates are only permitted to take legal documents to court relating to the court case being heard that day. We do not release anything other than legal paperwork to an inmate for court purposes. An inmate can either release the items to anyone on the outside through a property release form, or by a court order to have the item brought over to the courthouse.



## **MEDICAL SERVICES**

**POLICY:** It is the policy of the Virginia Beach Sheriff's Office and the Virginia Beach Correctional Center to provide medical care to all inmates regardless of their financial status. However, the Virginia Beach Sheriff's Office is not required to pay for the medical treatment of an inmate for any injury, illness, or condition that existed prior to the inmate's commitment to the Virginia Beach Correctional Center.

Emergency and non-emergency medical and health care services are provided to inmates 24 hours a day / 7 days a week.

The VBCC medical staff will be solely responsible for determining if an inmate's medical condition is to be classified emergency or non-emergency. Inmates needing medical attention should state their problems in writing via a Medical Sick Call Slip during daily medical rounds conducted by the VBCC medical representatives.

**\*\*INMATES MAY REQUEST EMERGENCY MEDICAL CARE DIRECTLY THROUGH ANY STAFF MEMBER, AT ANY TIME. \*\***

Indigent inmates will never be refused medical care.

Medical rounds are done twice daily at each housing area and you need to show your I.D. for medical rounds. Medical Sick Call Slips are to be handed directly to a medical staff member from the specific inmate requesting services, **not** to a deputy or from another inmate.

Free medical services are as follows:

- Initial intake screening
- Initial physical assessment
- Initial dental screening
- Mental health screening
- Medical emergencies as determined by the medical staff
- Follow up medical visits as required by the medical staff

If you submit a sick call slip and refuse to keep your appointment, you will be charged \$5.00. The only exception will be a documented legal visit (i.e. lawyer or court).

The following medical services are offered at a fee:

- General Sick Call Appointment = \$10.00 per visit
- Doctor Visits (including mental health visits) = \$10.00
- Dentist Visits = \$10.00 per visit and \$2.00 per tooth (filled or extracted)
- Prescribed Medication (each medication) = \$5.00
- Medication Refills = \$5.00
- Appointment refusal = \$5.00

Fees charged for medical service will be deducted from your account prior to any canteen orders being filled.

If you are indigent, any monies received by you will be used to satisfy any negative balances that you may have.

Requests for glasses, dental work, or other specialized items will be provided only when lack of same would seriously affect the health of an inmate. This will be determined by a doctor or dentist.

## **AMERICANS WITH DISABILITIES ACT OF 1990** **(ADA)**

To ensure effective communication with individuals who are deaf, hard of hearing, or deaf-blind, the Virginia Beach Sheriff's Office will provide auxiliary aids and services, such as a qualified sign language interpreter, oral or tactile interpreter, videophones, and/or TTYs, free of charge.

The point of contact at the Virginia Beach Sheriff's Office for matters concerning the ADA is the Professional Standards Office. The person is Corporal M. Simmons. The address is 2501 James Madison Blvd, Virginia Beach, Virginia 23456. (757) 385-1971 or [PSO@vbso.net](mailto:PSO@vbso.net).

## **What You Should Know About Prison Rape and Sexual Violence**

**It is the policy of the Virginia Beach Sheriff's Office that, regardless of whether inmate or staff member, the Virginia Beach Sheriff's Office maintains zero tolerance for: sexual assault (rape), abusive sexual contact (provocative touching), sexual misconduct or sexual harassment of another person.**

**If you sexually assault/abuse another person you should know that:**

- A criminal and administrative investigation will take place. When appropriate, you will be charged and prosecuted criminally and administratively. If convicted, you may expect an additional sentence and life-long reporting requirements as a sexual predator after release. Your classification status will be modified accordingly and you risk loss of any accumulated good time.
- Sexually assaulting another person puts you at risk of contracting a wide variety of sexually transmitted diseases, including AIDS.
- If you have trouble controlling your actions, notify a staff member or the Medical Division. You may be referred to a social worker.

### **Definitions of Sexual Abuse in a Correction Facility:**

Sexual abuse includes-

- (1) Sexual abuse of an inmate, detainee, or resident by another inmate, detainee, or resident; and
- (2) Sexual abuse of an inmate, detainee, or resident by a staff member, contractor, or volunteer.

Sexual abuse of an inmate, detainee, or resident by another inmate, detainee, or resident includes any of the following acts, if the victim does not consent, is coerced into such act by overt or implied threats of violence, or is unable to consent or refuse:

- (1) Contact between the penis and the vulva or the penis and the anus, including penetration, however slight;
- (2) Contact between the mouth and the penis, vulva, or anus;
- (3) Penetration of the anal or genital opening of another person, however slight, by a hand, finger, object, or other instrument; and
- (4) Any other intentional touching, either directly or through the clothing, of the genitalia, anus, groin, breast, inner thigh, or the buttocks of another person, excluding contact incidental to a physical altercation.

Sexual abuse of an inmate, detainee, or resident by a staff member, contractor, or volunteer includes any of the following acts, with or without consent of the inmate, detainee, or resident:

- (1) Contact between the penis and the vulva or the penis and the anus, including penetration, however slight;
- (2) Contact between the mouth and the penis, vulva, or anus;
- (3) Contact between the mouth and any body part where the staff member, contractor, or volunteer has the intent to abuse, arouse, or gratify sexual desire;
- (4) Penetration of the anal or genital opening, however slight, by a hand, finger, object, or other instrument, that is unrelated to official duties or where the staff member, contractor, or volunteer has the intent to abuse, arouse, or gratify sexual desire;
- (5) Any other intentional contact, either directly or through the clothing, of or with the genitalia, anus, groin, breast, inner thigh, or the buttocks, that is unrelated to official duties or where the staff member, contractor, or volunteer has the intent to abuse, arouse, or gratify sexual desire;
- (6) Any attempt, threat, or request by a staff member, contractor, or volunteer to engage in the activities described in paragraphs (1)-(5) of this section;
- (7) Any display by a staff member, contractor, or volunteer of his or her uncovered genitalia, buttocks, or breast in the presence of an inmate, detainee, or resident, and
- (8) Voyeurism by a staff member, contractor, or volunteer.

“Voyeurism by an Appointee, Contractor, or volunteer” means the intentional or surreptitious viewing, broadcast or recording of an inmate or detainee dressing or undressing, or of the sexual or other intimate parts of such inmate or detainee for reasons unrelated to official duties, but for the purpose of sexual arousal or sexual gratification, amusement, entertainment, or profit, or from the purpose of defrauding or abusing a person.

Sexual harassment includes—

- (1) Repeated and unwelcome sexual advances, requests for sexual favors, or verbal comments, gestures, or actions of a derogatory or offensive sexual nature by one inmate, detainee, or resident directed toward another; and
- (2) Repeated verbal comments or gestures of a sexual nature to an inmate, detainee, or resident by a staff member, contractor, or volunteer, including demeaning references to gender, sexually suggestive or derogatory comments about body or clothing, or obscene language or gestures.

When a staff member of the opposite sex enters a housing area and announces their arrival, it is the inmate’s responsibility to remain in or get into an appropriate state of dress, or cover up.

### **Zero Tolerance**

The Virginia Beach Correctional Center has zero tolerance towards all forms of sexual abuse and sexual harassment. If you feel you are a victim of sexual abuse or sexual harassment, write the PREA coordinator.

*La Playa Centro Correccional de Virginia tiene tolerancia cero frente a todas las formas de abuso sexual y el acoso sexual. Si usted considera que ha sido víctima de abuso sexual o acoso sexual, escribe el coordinador de PREA .*

### **115.51 & 115.53 Reporting Abuse and Access to Confidential Support Services**

**If you feel you are being:**

- Sexually harassed or sexually abused
- Retaliated by staff or other inmates for reporting sexual harassment or sexual abuse
- Neglected by staff in responding, thus contributing to these incidents

**You May:**

- Write a Medical request
- Verbally report the incident to a staff member
- Write anonymously to a staff member
- Call the PREA hotline by entering your ID#, press 6, press 1 and you will automatically be connected to the **YWCA PREA hotline**.
- Third party reporting at [www.vbso.net](http://www.vbso.net)

**115.51 & 115.53 Denuncia de abuso y acceso a servicios de apoyo confidenciales**

**Si usted siente que está siendo :**

- *Sexualmente acosado o abusado sexualmente*
- *Tomó represalias por parte del personal o de otros internos , por informar de acoso sexual o abuso sexual*
- *Descuidado por el personal en la respuesta , lo que contribuye a estos incidentes*

**Puedes:**

- *Escribir una solicitud médica*
- *Informar verbalmente el incidente a un miembro del personal*
- *Escribe de forma anónima a un miembro del personal*
- *Llame a la línea de PREA el ID#, oprima 6, oprima, 1 la llamada es conectado automáticamente con **YWCA PREA línea**.*
- *Tercero que informa en [www.vbso.net](http://www.vbso.net)*

**115.78 Disciplinary Sanctions for Inmates**

- All Sexual Activity is prohibited  
*Se prohíbe toda actividad sexual*
- All sexual activity will result in charges before the Disciplinary Hearing Officer.  
*Toda la actividad sexual resultará en cargos antes de que el oficial de audiencia disciplinarian*

## **CELL INSPECTION & GENERAL GUIDELINES**

Cleaning materials will be made available to the cellblocks after conclusion of the morning meal. Any block refusing to use the cleaning gear will be subject to loss of privileges.

Each day prior to 0800, all bunks are to be made up and must remain made up until your block passes cell inspection. Bedding is to remain in cells throughout the day and evening.

All cells are to be swept, cleaned, and neatly maintained.

The day room area of each block is to be swept and mopped. All stairs, bars, and shower areas are to be cleaned. Trash and sweepings are to be emptied into trash receptacles.

At cell inspection, all inmates must be fully dressed in their jumpsuit with identification card displayed. Inmates who are housed in a cell will stand outside the cell door. Those not housed in a cell will stand at the end of their assigned bunks, with nothing in their hands or on their heads, to include do-rags when deputies arrive at the block. After cell inspection and within assigned block, the jumpsuit may be pulled down to the waist, but a T-shirt must be worn. Anytime an inmate is out of his/her bunk, they **MUST** have a jumpsuit on at least to their waist with a T-shirt. Anytime an inmate leaves their assigned housing area they must remain fully clothed, unless specifically authorized to remove any clothing or pull the jumpsuit down.

Being on lockdown, in Restricted Housing, Administrative Segregation, or Weekend Program **does not** exclude cell inspection as part of the inmates' daily routine.

Inmates who have caused or allowed a condition to exist which poses a health, safety or fire hazard may be written up and dealt with through the disciplinary and/or classification review process.

Those blocks, including catwalks, not maintained in a clean and orderly manner throughout the day will be subject to loss of any and/or all privileges.

Inmates and their living areas are subject to search for contraband at any time. All inmates are required to stand and display their identification card at meal times. This applies even if the inmate does not desire to take a tray.

An **ID card headcount** of all inmates will be completed at the beginning of each shift. All inmates are required to participate by displaying their ID card for ID verification, as directed by VBCC staff. Failure to participate or follow orders of VBCC staff during the ID card headcount will result in disciplinary action.

## **SAFETY**

In case of a fire, hurricane, or other natural disaster, and after a verbal or mechanical alarm has been sounded, inmates will calmly dress and stand by the nearest exit in their area. They will follow instructions of deputies, fire fighters, or other persons in charge. Inmates will travel single file to a specific safety area.

**Setting a fire of any size or tampering with any fire safety device will result in criminal charges placed against the responsible inmate.**

## **RULES AND REGULATIONS**

Rules and regulations have been established to facilitate the controlled operation of this facility. Inmates will conform to the rules and regulations established by the VBCC. Violation of these rules and regulations may result in disciplinary board hearings and an inmate being placed in disciplinary segregation, loss of good time, a combination thereof, and/or loss of privileges.

Contraband is prohibited within the VBCC. Contraband is considered to be money, alcohol, jewelry, narcotics, sharp instruments, any item(s) that could be fashioned into a weapon or escape tool, any item(s) beyond the approved limit, head wear (with the exception of do rags from canteen), empty containers, any altered clothing, any item(s) not specifically authorized, any item that has been altered from its original state, or tobacco products (with the exception of e-cigarettes purchased from VBCC Canteen). Pictures and publications, sexually explicit in nature, will not be allowed. Pornography of any kind is considered contraband and will include any writings, drawings, pictures, etc. intended to arouse sexual desire, or may be deemed offensive. All items confiscated as contraband will be disposed of in accordance with instructions of the Sheriff or his designee.

Contact or communication with the correctional center staff and volunteers will be in a respectful manner. Inmates having messages or requests for information from a staff member will use an Inmate Request Form.

Any contact or communication between inmates, outside of the day room area, recreational activities, or program participation where such contact is specifically approved, is considered unauthorized.

## **RULE VIOLATIONS**

Rule violations are actions that could result in disciplinary board hearings and an inmate being placed in disciplinary segregation, loss of good time, a combination thereof, and/or loss of privileges.

In addition, you may also be charged with a criminal offense under the applicable code section.

The following is a list of actions forbidden in this facility:

### **Assaults on Staff**

Physically assaulting, threatening to assault, or attempting to assault any staff member, to include contract workers and volunteers.

### **Assaults on Inmates**

Physically assaulting, threatening to assault, or attempting to assault any inmate. This is to include wrestling, sparring, or any other action that could be deemed horseplay.

### **Destruction of Property**

This includes destruction of any property, via any means, belonging to or in care of this facility. Inmates will also be charged recovery costs for damaged, destroyed, or lost items. Actions falling under this category include, but are not limited to, the following:

- Attempting to or setting a fire of any size.
- Altering, failing to return, or intentionally altering an issued razor.
- Destruction of items such as identification cards, sheets, blankets, mattresses, library books, etc.

### **Disruptive Behavior**

Disruptive behavior is any behavior which interrupts, delays, or otherwise alters the normal operations of this facility. Actions falling under this category include, but are not limited to, the following:

- Escape, attempted escape, hiding, or planning an attempt to break from the confines of one's housing area or while in the custody of a member of the Virginia Beach Correctional Center staff. This includes possession of plans and/or drawings of the Virginia Beach Correctional Center, its annexes, grounds, or equipment.
- Flooding/Threatening to flood ones cell and/or housing area. Inmate may also be held responsible for cost of cleanup and damage.
- Interfering with a staff member in the performance of his/her duties. This is to include feigning an illness that leads to staff calling an emergency code. This must be verified by a Medical staff member on scene.
- Inciting a riot, rioting, or advocating violence or rebellion against the authority under which the inmate is held.
- Refusing to obey a written or direct verbal order stated from a staff member of this facility.
- Deceiving, lying to, or misleading a staff member in any way. (e.g., inmate who refuse or falsely identify themselves, wearing a disguise, purposely hiding facts, false alarms, filing false written grievances, and providing false testimony or accusations.)
- Tampering with any safety or security device such as the intercom, cameras, door, cell locks, lights, or firefighting/fire safety equipment.
- Using verbal or written vulgar/insolent language towards a staff member.



- Unauthorized contact/communication with visitors, volunteers, contract workers, staff members, or inmates in the Correctional Center, in another Correctional Facility, another jail, detention center, etc. and/or correspondences prohibited by any court order or mandate of the court, or with the public while at court.
- Violation of the “Do Not Cross” line unless authorized to do so by a staff member.
- Interfering with headcount in any manner. This includes not standing by your bunk at 0600-1800 with your identification displayed.
- Being found in an unauthorized area (including the assigned bunk of another inmate), or loitering on the pod catwalk and/or stairs.
- Yelling, calling out, or making gestures into any area of the Correctional Center while being escorted from one area to another.
- Passing or causing the passage of any item(s) from one cell block area to or from another cell block area.
- Causing an unusual delay in abiding with an order verbally stated or written by a staff member.

### **Contraband**

Contraband, as defined in the “Rules and Regulations” section of this rulebook, is any item deemed unauthorized by the Virginia Beach Correctional Center and/or its staff. Actions falling under this category include, but are not limited to, the following:

- Possession of a weapon, sharpened instrument, or other unauthorized object that could be used to inflict bodily harm to another individual.
- Possession of any article of clothing or equipment normally worn by a deputy sheriff, to include copies or facsimiles of such items.
- Possession of/under the influence of drugs or passing intoxicants not prescribed by a medical representative of this facility.
- Possession and/or use of a tattoo kit (to include items altered to manufacture a tattoo kit). This includes obtaining new tattoos while incarcerated in this facility.
- Possession of any homemade alcoholic substance.
- Possession of any item not authorized or altered from its original state. This includes the possession of body fluids and inappropriate use of body parts, i.e. hair, and altering your radio/earbuds in any way.
- Possession of gang graffiti/property or participation in gang activities. This includes any recruiting of inmates to a gang.
- Possession of medication in excess of normal dosage or expired medications issued by the Medical Department.
- Possession of smoking materials. (e.g., tobacco, rolling papers, matches, lighters, etc.)
- Possession of items in excess of their basic issue without written permission from a staff member.
- Removing any item(s) from one’s housing unit when going to court, except legal materials specifically related to the court appearance.
- Attempting to mail out contraband. (e.g. e-cigarettes, sexually explicit

drawings, anything drawn or written on VBCC paperwork, bodily fluids, hair, hair extensions)

### **Sexual Behavior**

Sexual behavior is any behavior/action of a sexual nature that is deemed unauthorized or inappropriate by the Virginia Beach Correctional Center and/or its staff. Actions falling under this category include, but are not limited to, the following:

- Intentionally making an obscene display or exposure of their person, or private parts, to staff/personnel or other inmates. This type of behavior could result in the inmate becoming a registered sex offender.
- Soliciting or attempting to solicit a relationship with a Virginia Beach Sheriff's Office staff member, medical staff, volunteer, or contract worker.
- Making improper sexual advances toward staff members, civilians, or the general public, verbally, by gesture, in writing or by whistling in a suggestive manner.
- Participating in sexual behavior of any kind, forcible or consensual.

### **General Housekeeping**

Inmates not maintaining their authorized living area up to basic, uncluttered, hygienic conditions may be found in violation of this action. Actions falling under this category include, but are not limited to, the following:

- Failure to keep one's person, cell, or day room neat and clean; failure to pass cell inspection. (Includes bunk made up in an orderly fashion and personal items neat and orderly).
- Permitting an untidy or unsanitary condition to exist in the inmate's immediate area.
- Failure to maintain proper personal hygiene.
- Covering cell light fixtures, hanging pictures, pinups, illustrations, or graffiti on cell walls, vents, bars, windows, and/or cell doors in the pods or blocks.
- Placing, attaching, or hanging any items (to include clothing) to or from the bars, ladders, or bunks. This includes the bars on windows and cell doors in the pods.
- Improper use of dayroom tables, chairs, or walls within housing areas, recreation areas, or visitation areas. This is to include, but not be limited to, sitting on tables, putting feet on chairs and/or walls, or using any above mentioned item to assist one with exercises.
- Unauthorized cell, living area, or clothing exchange.
- Linens will remain in bunk area not in day room unless authorized.
- Being found in cell, day room, or any other area without a jumpsuit on or jumpsuit up to waist with a T-shirt.
- Using any cup other than the Correction Center issued cup at feeding.

## Defrauding

Defrauding the Virginia Beach Correctional Center is defined as any action by an inmate with the direct intent of depriving this facility, staff member, or another inmate of their right, property, or money for one's own private gain. Actions falling under this category include, but are not limited to, the following:

- Tampering with, stealing, or attempting to steal any item.
- Conspiring to defraud the Sheriff's Office (i.e. attempting to use indigent envelopes to mail correspondences to another inmate in another facility/ program without permission from Classification).
- Failure to return library books, magazines, etc. or removing program block books/magazines from said block without prior approval.
- Using another inmate's PIN number to use the telephone or order canteen.
- Indigent inmate giving an indigent envelope(s) to another inmate who is not on indigent status, or receiving an indigent envelope(s) from another inmate and not currently on indigent status.
- Unauthorized altering of canteen records or other receipts in order to affect a monetary gain.
- Calling or attempting to call any office in the Correctional Center and/or any other phone call made with the intent to deceive the recipient or obtain a three way call.

Inmates in violation of rules and regulations face penalties of various degrees. Generally, there are two categories for violation consequences: violations that require a Disciplinary Board Hearing and violations that do not require a Disciplinary Board Hearing. Below is a listing of procedures for both categories:

- Violations not requiring a Disciplinary Board Hearing (often referred to as a Loss of Privilege violation)
  - Usually a result of less serious offenses
  - Common penalties are Loss of Privileges such as:
    - Canteen
    - Visitation (except legal visits)
    - Recreation
    - Education/Rehabilitation Programs
    - Television
    - Telephone
  - Inmates may also receive a written reprimand
  - At the time the inmate is served with the violation report he/she will be offered the opportunity to appeal the sanctions.
  - Appeal forms must be submitted in writing within 24 hours of being served the violation report.
- Violations that require a Disciplinary Board Hearing

- Usually a result of more serious or repeated offenses
  - Common penalties include:
    - Loss of certain or all privileges
    - Assignment to Disciplinary Housing
    - Removal from Trusty/Workforce programs
- Inmates referred to a Disciplinary Board Hearing for institutional offenses will receive, at a minimum, the opportunity to:
  - Receive written notice of the charge and basis for it at least 24 hours prior to a board hearing.
  - Have the assistance of a staff member or a fellow inmate in defending the charge.
  - Have the charges heard in his/her presence; unless a serious security threat exists, in which case the hearing will be heard in his/her absence.
  - Prior to the board hearing, submit witness statements and/or documentary evidence in his/her defense.
  - Appeal any finding of guilt to the Appeals Officer. Appeal Forms will be given to the inmate at the conclusion of the board hearing. Appeals must be in writing and made within 24 hours of the hearing.
  - Inmates will be found guilty if they refuse to come to the bars/slider when summoned.
- Inmates are advised that their behavioral record will follow them to the Department of Corrections and can impact their classification status.

## **INMATE SERVICES**

Inmates are permitted to voluntarily participate in religious services and/or counseling during scheduled hours.

Depending on specific requirements prohibiting inmate participation, inmates may take advantage of religious, educational, rehabilitative, community work force, or trustee programs established within the facility. Requirements for acceptance into these programs differ; therefore, inquiries should be made to the Inmate Program Coordinator for each program.

Certain program blocks do not allow inmates to keep their e-cigarettes and radios in their possession while in the program block. Those items will be held in the Property Supervisors Office while the inmates are in the program.

When you enter into one of the program blocks that do not authorize these items, please ensure no canteen orders are placed for any e-cigarettes or radios/earphones, as you run the chance of not receiving those items upon completion of program.

- **Only Ten (10) E-Cigarettes** will be held.
  - All others will be placed in the inmate's property box and will not be returned.
- **Only One (1) Radio with One (1) Set of Batteries and One (1) Set of Earphones** will be held.
  - All others will be placed in the inmate's property box and will not be returned.

### **Substance Abuse Programs**

The AA and NA programs are for those inmates who have substance abuse problems and who desire to alter their behavior and lifestyle. Those inmates wishing to participate in either program should submit their request to the Inmate Program Coordinator.

### **Life Empowerment Program (LEP)**

The Life Empowerment Program (LEP) offers inmates a three-phase, Biblically-based opportunity to improve their basic life skills. The three phases are progressive in nature and offer increasing levels of life skills and self-discipline. The program lessons are structured around Biblical life-skills. All new program participants will begin in Phase I. Satisfactory completion of one phase will qualify participants to progress to the next phase. Graduates receive certificates upon successful completion of each phase.

## **Veteran's Block**

The Veteran Block offers participants the opportunity to connect with those services offered from Disabled American Veterans (DAV), VA Medical Center, Virginia Employment Commission (VEC), and Virginia Veteran and Family Support come in to speak about services they can assist with. Typically, one representative visits each week at an average of four visitors per month.

You will need to submit a request form to Corporal Kidd or Deputy Broderick. You will also need to provide proof of your Veteran status.

## **Educational Programs**

Inmates who have been classified to general population may request to attend educational classes through the Educational Program and potentially earn their GED. The educational instructor will select inmates on a needs and space available basis. The teacher and Inmate Program Coordinator reserve the right to terminate or suspend a student from the program based upon his/her performance or behavior in the program.

The Jail Education Program (JEP) offers an educational program for inmates under the age of twenty-two (22) who qualify for special education services and support under ***The Individuals with Disabilities Education Act*** (IDEA). Interview sheets are completed by the inmate. Upon review of the information, the program coordinator determines if the inmate qualifies for services.

## **Good Time Credit**

Inmates may earn good time credit by participating in institutional work programs.

Exemplary Good Time (EGT) – Good conduct credit given at the discretion of the Sheriff pursuant to 53.1-116 (A) for offenders with voluntary performance in institutional or work programs at a maximum rate of 5 days credit per 30 days of program participation.

EGT Exemptions:

- Inmates serving a mandatory sentence may not earn EGT during the mandatory portion of their sentence.
- Inmates serving a sentence for Failure to Pay Support may not earn EGT if an inmate has been given a purge clause in addition to the sentence.
- Felony offenders sentenced to one year or more may earn EGT until the Department of Corrections issues a Custody Responsibility Date (CRD).

Once the court has sentenced an inmate, Inmate Services and Records (ISR) will review the sentence order from the court. VBSO staff will determine the appropriate method of time computation and potential release date based on the following:

- type of sentence
- offense date
- length of sentence
- any time already served for the offense
- any specific requirements imposed by the judge in the sentencing order
- any EGT earned

Inmates may have their EGT forfeited due to a rule violation. The Classification Division will notify the Department of Corrections on any loss of EGT. The Records Department will re-compute an inmate's release date based upon information received from Classification.

### **Alternative Sentencing Program (ASP)**

Alternative Sentencing Programs are offered to provide offenders with alternatives to being incarcerated in the jail for the length of their sentence. ASP includes the Weekender Program, Offender Support Unit (OSU), and Electronic Home Incarceration Program (EHIP). The Alternative Sentencing Program will accept request forms directly from offenders (inmates) for the Electronic Home Incarceration Program and OSU only. Do not submit request forms for the Weekender Program to the Sheriff's Office; requests must be made through your attorney to the courts. Only those candidates ordered by the court are eligible to participate in the Weekender Program.

If you are court appointed to ASP, you will report to the collections office to complete the appropriate application. For each ASP, all of your outstanding VBCC fees must be paid before you are eligible to participate. Each program offers different alternatives and pricing, see below for details on each one. To be approved for the Electronic Home Incarceration Program and Offender Support Unit you will need approval from your sentencing court, and have a limited criminal history in general. You must also be within the Code of Virginia guidelines for alternative sentencing, and the Sheriff's Office policy and procedures. The screening for each program is lengthy and extensive.

**Weekender**- Weekendenders report to VBCC at 7 p.m. on Friday and released on Sunday (two days), unless you have a specific court order to allow you to start during the week, i.e. job or school. You spend the entire two days in VBCC. You will be charged a onetime \$50.00 processing fee and a daily participation fee, while you're on the program.

**Offender Support Unit (OSU)** - OSU participants will report to VBCC at 7 a.m. every day until your sentence is complete. You will work in various places in the

facility or you may be sent to work at other city departments. Each participant must pass a drug screening before being admitted to the program. You will be charged a one-time \$50.00 processing fee. You must be caught up with all outstanding incarceration fees prior to participation in the program. You must be within ninety days of your release date and have demonstrated a good work ethic as evidenced by your participation in the Trusty or Work Force programs.

**Electronic Home Incarceration Program (EHIP)** - EHIP participants will be permitted to go to work, home, and any court ordered meetings. Participants will wear a monitoring device every day of their sentence. You will be monitored through GPS tracking and required to have a cell phone. Each participant must pass a drug screening before being admitted to the program. You will be charged a onetime \$50.00 processing fee. You will be charged a \$19 per day program fee. If you are approved for the EHIP, you will not earn any good time and will have to serve one hundred percent of your sentence.

Community Assistance Resource Listing and contact numbers are available upon release at the Release window and the Visitation lobby area.

### **Reentry Program**

The Reentry Program is designed to reduce recidivism by providing offenders with basic, important skills needed to successfully integrate back into the community. Key resources are offered to aid offenders overcome obstacles that may have contributed to past criminal activity or behavior. Resources and information provided include: employment skills, money management skills, community resources, effective communication, anger management, problem solving decision making skills, improving health and wellness, family dynamics, and goal setting.

**Males**-You may request to enter the Reentry Program if you are within 6 months of your release date. You will need to send a request form to the Reentry Coordinator and you will be evaluated for the program.

**Females**- Substance Abuse and Reentry work together to provide female offenders with services. In order to participate in Reentry, you need to be accepted to the Substance Abuse Program. You will need to submit a request form to the Substance Abuse Program to be considered.

If interested send an inmate request form to the Re-Entry Coordinators Corporal K. Kidd or Deputy M. Broderick.



## **DMV ID CARD PROGRAM**

The qualifications to obtain an identification card from the Department of Motor Vehicles are:

- You must have good behavior in the jail with no more than three inmate violations.
- You must be sentenced to serve six months or have less than six months remaining to serve.
- All inmates must be able to provide a birth certificate from the state you were born in. **ONLY** those inmates that were born in the State of Virginia can pay \$12.00 and receive a copy of their birth certificate. If you were born in any other state you must obtain your birth certificate through a family member, a friend, or the mail system.

**Note:** The VA DMV ID Program is not for replacing damaged or expired identification cards, but are for those individuals who have no way of proving their identity once released from jail.

Social Security number applications are also available for inmates to take to the Social Security Administration **their selves** once released from jail.

## **VISITATION**

All visits will be conducted in an authorized Visitation Room. **Contact visits are strictly prohibited.** **Note: Jail visits are subject to monitoring and recording.**

Visitation is a privilege and will be treated as such. Any visitor entering the Virginia Beach Correctional Center is subject to search. A visitor not consenting to a search will not be allowed to enter the facility. Inmates are allowed to receive one twenty-five (25) minute visit per week by appointment. Each new week starts on Sunday. Workforce and Trustee inmates receive two fifty-five (55) minute visits per week by appointment. A maximum of three (3) visitors are allowed for each inmate, this includes juveniles. Juveniles will not be left unattended at any time and must be controlled. **All** visitors under the age of 18 must be accompanied by a parent or legal guardian with a valid ID. Violation of any visitation rule will result in immediate termination of the visit and/or loss of future visitation privileges.

### **Visitation Attire**

Visitors may wear casual dress that is reasonable and appropriate. The VBSO reserves the right to refuse admittance to inappropriately dressed visitors.

- No bare feet. Footwear is required.
- No revealing or see-through clothing. The body must be covered.
- Hems, slits or splits of miniskirts, culottes, shorts, etc., may not exceed 4 inches above mid-knee.
- Underwear is required. Females must wear bras and panties. Males must wear underpants or undershorts.
- No halter tops, tank tops, or tube tops.
- No pocketbook or handbags are allowed in the visitation room.

**The VBSO is not liable for lost, stolen, or damaged property.**

**Visitation is by appointment only and can be made through the visitation desk at 385-4493 (Mon – Fri, 0900 – 2100), 24 hours in advance.**

**Regular visitation hours are Sunday - Friday as follows:**

0900 – 1030

1300 – 1500

1900 – 2100

**Saturday as follows:**

1230 – 1500

1900 – 2100

### **Clergy Visits**

During regular visiting hours.

### **Legal Visits**

All attorneys and associates, Pretrial Officers, Probation and Parole Officers and Bonding representatives have **No Restrictions** if conducting official business. Professional visits such as command visits, social workers and representatives of volunteer organizations may be granted visiting privileges in accordance with current procedures and schedules.

Emergency visit requests and/or emergency messages may be arranged through the on-duty Watch Commander or higher authority once the emergency has been verified. Each emergency will be verified by the Chaplain or the Watch Commander.

Inmates may decline visits by particular individuals, news media, etc.

### **Restrictions to Visiting**

Inmates in disciplinary segregation will not be allowed to visit with family or friends. Medically isolated inmates may not be permitted personal visits with family or friends if the medical staff and/or Watch Commander determine they will do harm to themselves or others.

The following items will not be allowed in the visitation area:

- Food
- Cell Phones
- Drinks
- Cameras or any other recording devices
- Sexually explicit materials or photographs

## **INMATE PROPERTY**

The VBSO is not responsible for personal items stolen by other inmates during your incarceration.

When an inmate receives notification their property box is full, it is the inmate's responsibility to release any excess items to someone outside of the facility, utilizing the property release form. Items will be returned to the inmate if the property box is full and no further items will fit into the property box. Property does not offer additional storage for excessive items.

**VBSO is not responsible for excess items confiscated. Those items will be disposed of as contraband. It is the inmate's responsibility to send all excess items to their property bin.**

Items intended for inmates will be checked into the Property Window, located next to the Magistrate's Office.

- **Note:** Only court clothes for jury trial, eyeglasses, and valid photo identification will be accepted. Inmates wishing to release personal items from their property box for pickup need to submit a Property Release Form. Inmates must list on the form specifically what is to be released (I.e. wallet, two visas, one set of keys, etc.) "Release All Items" "Wallet with all contents" will not be accepted. Clothing, Driver's Licenses, ID Cards, and medication will not be released.

### **Property Window Operation hours:**

Monday – Friday	1200-2000
Saturday –Sunday	1600-2000
Holidays	Closed

Prescription medication and medical devices may be brought to the visitation lobby to be reviewed by the medical department.

Canteen and/or hygiene products from other facilities will not be allowed in the facility. Such items will be placed into the inmate's property box. Open food items will be destroyed.

Inmates may keep these standard items in their living spaces:

- One (1) VBCC Jumpsuit
- One (1) pair VBCC shower shoes
- One (1) each(VBCC towel and washcloth
- One (1) VBCC mattress
- One (1) VBCC blanket
- Two (2) VBCC sheets
- One (1) VBCC laundry bag

- Misc. hygiene products
- One (1) issued cup and spork

Inmates may keep the following personal clothing items in their living space. These items must be purchased from canteen

Male and female inmates are allowed:

- Six (6) white T-shirts (crewneck or V-neck only)
- Six (6) pair white socks
- Two (2) thermal sets top/bottom
- One (1) pair crocs (purchased from canteen)
- One (1) pair tennis shoes (purchased from canteen)
- Three (3) pair gym shorts (purchased from canteen)
- One (1) sweat suit (shirt and pants purchased from canteen)

MALES ONLY

6 pair of boxers or briefs  
(No snaps)  
(Cotton only; White)

FEMALES ONLY

6 pair of panties  
(Cotton only; White)  
6 bras, no under wire

Clothing items cannot be altered in any way. **Added markings or other alterations made to any clothing item (to include footwear) will result in the item being confiscated as contraband.**

Do-Rags may be purchased from Canteen to be worn in the **common living area only**. Any alterations to Do-rags purchased or homemade Do-Rags will be confiscated and destroyed.

**Gym Shorts and Sweat Suit**

Gym shorts and any part of the sweat suit may only be worn inside the inmate's housing unit. Inmates must be fully dressed in a jumpsuit during cell inspection. While wearing shorts, inmate must wear a t-shirt. Shorts and sweat pants must be worn at the waistline and cannot sag below it. Shorts cannot have their legs rolled up. They must be worn as designed. Only one pair of gym shorts may be worn at a time. Sweats suits and gym shorts (either parts) are not allowed out of the housing units or worn underneath jumpsuits.

The following list is provided as a guideline for authorized materials allowed to be kept in the cell.

- Five (5) books (including religious books)
- One (1) dictionary
- Three (3) newspapers (no more than 3 days old)
- Three (3) magazines (no more than 30 days old)
- Two (2) writing tablets
- Personal papers, religious materials, VBCC materials/receipts, and legal materials/copy of your warrants
- Five (5) unframed photographs (no larger than a 4 x 6, no Polaroid's)
- Multiple images within a 4 x 6 page will be counted as one (1) photo **OR**

One (1) photo album (must be purchased through the Caremart website) containing up to 36 pictures (all must be in the photo album)

- One (1) radio purchased from canteen (may have up to 4 batteries, purchased from canteen, 1 set of headphones, for use in radio)
- Addresses and telephone numbers
- Writing materials

Separate housing will be provided for those inmates for whom it has been deemed necessary to restrict their movement and/or privileges. Inmates who are assigned to Disciplinary Segregation or a Security Housing Unit will only be allowed the following items in their cells:

- Two (2) sheets
- One (1) blanket
- One (1) mattress
- One (1) laundry bag
- One (1) jail-issued cup & spork
- Three (3) T-shirts
- One (1) thermal top
- One (1) thermal bottom
- Three (3) sets of underwear.
- Three (3) pairs of socks
- One (1) pair of shower shoes
- One (1) jumpsuit
- One (1) toothbrush
- One (1) tube of toothpaste
- One (1) bar of soap
- One (1) bottle of "Maximum Security" brand shampoo
- One (1) bottle of "Maximum Security" brand deodorant
- One (1) comb or brush
- One (1) washcloth & one (1) towel
- Inmate will be given a reasonable amount of toilet paper to use for bodily functions, upon request.
- Five (5) envelopes
- One (1) pen
- One (1) writing tablet
- One (1) pair of glasses
- Required medication(s)
- Two (2) books or magazines
- Legal paperwork

Personal property will be returned to the individual upon release. Written acknowledgment of receipt will be made by the inmate. If the inmate is sent to another institution, ONLY AUTHORIZED items will be forwarded with him/her. The VBSO will not be held liable for any personal property not accepted by any other institution during the time of transfer. Any other property will be mailed to an address provided by the individual. If no address is provided, the property will be held for 30 days before being deemed abandoned and disposed of. P.O. boxes will not be accepted.

## **MAIL**

All inmates will be afforded the same correspondence privileges. The Virginia Beach Sheriff's Office only provides outgoing first class mail. No other mailing services are provided. There is no limit on the number of letters an inmate may send or receive. Excessive amounts of mail and correspondence can be placed in the inmate's property box. All incoming mail/packages MUST have a 'Return Address.' If the individual does not provide a mailing address, any remaining property will be considered abandoned and will be disposed of in accordance with section 53.1-228 and 15.2-1719 of the Code of Virginia.

All incoming and outgoing inmate mail is subject to inspection and may be opened and searched prior to delivery to the inmate and the United States Postal Service. All legal mail will be opened and inspected in the presence of the inmate.

**ALL** outgoing mail must be addressed properly with **NO DRAWINGS OR COLORINGS** anywhere on the outside of the envelope.

All mail sent out by inmates must be sealed by the inmate. The inmate's full return address with OMS number, must be listed on the outside of the envelope. All outgoing mail will be sent daily except on Sundays and holidays.

The Inmate mailing address is:

**Inmate Name and OMS #  
Virginia Beach Correctional Facility  
P.O. Box 6098  
Virginia Beach, Virginia 23456**

All incoming mail received for an inmate must utilize the inmate mailing address, with an exception of legal mail.

Incorrect address, missing inmate information, and/pr package from unauthorized book sellers will be refused and returned to sender.

All mail that has been returned back to the Virginia Beach Sheriff's Office will be given to the Virginia Beach Sheriff's Office Intelligence Unit to be determined if the letter is unauthorized communication between inmates. A Mail Seizure Form will be filled out informing the inmate that their letter has been placed in their property box. If the letter is determined to be unauthorized communication between inmates and the second inmate can be identified then the inmate who sent the letter will be written up on a violation.

Incoming mail will be delivered without undue delay.

Sexually explicit materials are defined as pictorial depictions of sex acts involving any person of any age, or written depictions of sex acts involving violence, sadomasochism, sex with animals, or sex with any person who is under age 18 (or, if the person's age is not stated in the text, who could reasonably be thought to be under age 18). The term sex acts means actual or simulated sexual acts,

including sexual intercourse, oral sex, or masturbation. In addition, pictorial materials which depict exposed, full frontal view of uncovered human genitalia, exposed genitalia from the rear and/or the female breast are specifically deemed to be a threat to institutional order, security and safety and a threat to inmate rehabilitation. This prohibition shall not apply to patently medical, artistic, anthropological or educational commercial publications, including but not limited to *National Geographic*, works of art displayed in public galleries, i.e., Art News, anatomy texts or comparable materials. Sexually explicit material is considered contraband.

Inmates may not correspond with other inmates who are incarcerated in the Virginia Beach Correctional Center or any other facility. Inmates may request permission from the Classification supervisor to correspond with **immediate family members** that are also incarcerated at the Virginia Beach Correctional Center or another facility. Immediate family member is defined as father, mother, sibling, child, spouse, or those who have a child in common. Proof of such relationship **must be provided** directly to the Classification Division from someone outside the facility.

Per United States Postal Service regulations, the maximum thickness of the envelope to mail out first-class mail letters is ¼" thick. Due to this regulation and the machine that is used to sort the mail at the post office, folded origami and / or similar folded material is prohibited.

Photographs printed from a computer will need to be no larger than 4"x 6". All full page computer print outs will no longer be accepted and will be seized as oversized photographs, regardless of the number of photographs on the paper. It is the responsibility of the sender to ensure the photographs are the correct size. We will not cut the photographs down to size.

Religious material must be provided by a religious organization and screened by the Chaplain if deemed necessary.

Any outgoing inmate mail written on any form of VBCC paperwork will be considered contraband and will not be sent through the U.S. Postal Service. Any other incoming or outgoing mail containing body fluids, liquids, hair or hair extensions will also be considered contraband and will be destroyed.

### **Books**

- Must have a soft cover and come directly from the publisher or well-known book store.
- Used books are not authorized.
- Magazines and newspapers must be a subscription.
- Maximum of five books, daily, per inmate. All excess will be seized and placed in your property box. You will not be authorized to swap out books.



- Authorized Book Publishers (Not All-Inclusive):
  - Amazon
  - Barnes & Noble
  - Better World Books
  - Books-A-Million
  - Not Authorized (Not All-Inclusive):
    - Amazon Marketplace
    - Appalachian Prison Project
    - Books for Prisoners
    - Books Through Bars
    - EBay
    - Thriftbooks
    - Third Party Mailings

The Virginia Beach Correctional Center's Inmate Library will still offer free books from the Library Cart throughout the facility.

**MAIL CONTRABAND**

The Following items are considered **CONTRABAND** and are **not permitted** in the facility:

- Photographs larger than 4"x 6", Polaroid Photos, and/or Photos that are deemed inappropriate.
- Any Tobacco Products and/or Paraphernalia
- Cash and/or Checks
- Any Gang-Related Material (Photographs, Letters, Books- Fact and Fiction)
- Any Sexually Explicit Material (Photographs, Letters, Books – Fact and Fiction)
- Any Tattoo Related Material or Tattoo Paraphernalia
- Any Material Depicting or Describing Procedures for Brewing Alcohol or Manufacturing of Drugs
- Any Material Written in Code
- Planning, Attempted, or Completed Escape Plots and/or Criminal Activity
- Envelopes, Letters, Greeting Cards, Photographs, etc. containing the following (Handmade and/or Purchased from Store):
  - Correction Tape and/or Correction Fluid
  - Tape, Glue, Staples, paperclips
  - Stickers, Glitter, and any other forms of Attachment
  - Lotion, Cologne and/or Perfume
  - Liquids, Lipstick, and/or Unknown Substances
  - Anything Drawn or Written in Marker, Sharpie, Crayon, Highlighter, and/or Glitter Pens
- Cards larger than 9"x 11" when fully Opened
- Unauthorized Correspondences
- Publications that violate the U.S. Postal Regulations or advocate
- Matter that is detrimental to the security, good order, or discipline of the institution, or it might facilitate criminal activity:

- Advocates violence, overthrowing and/or rebellion against any government authority
- Advocates civil disobedience
- Depicts, describes and/or encourages activities which may lead to the use of physical violence or group disruption.
- Publications and/or autobiographies depicting true crime, extremists, hate groups
- Threats, extortion, obscenity, or gratuitous (uncalled for) profanity
- violence and/or rebellion against any government authority
- Magazines and Books not sent directly from the Publisher/Bookstore
- No Hardback or Spiral Bound Material
- Any Correspondence with information about the fabrication of weapons and/or explosives
- Any Correspondence with information about electrical, plumbing, computer technology/coding and/or information detrimental to the safety and security of the facility (This includes educational material containing this information)
- No Ordering Forms or Advertisements with Ordering Forms stating, "Bill me later".
  - Only exception is for Prison Legal News
- Any Correspondence without a Return Address
- Any Forwarded Business and/or Personal Mail
- Blank Stationary, Blank Paper, Blank/Stamped/Postage Paid Envelopes, Stamps, Writing Instruments, and/or any other Office Supply
- Any Correspondence on Colored Paper
- Gift Items (e.g. Gift Cards, Bus Passes, Pre-Paid Phone Cards, Food, etc.)
- Hazardous Materials, Biohazards, and/or any objects deemed a threat to Safety and Security

### **Mail Appeal Process**

By Order of the Sheriff:

- The sender and inmate are allowed the opportunity to challenge the seizure of mailed contraband with the Virginia Beach Sheriff's Office staff member who is empowered to reverse the seizure.
  - The **sender** may do this by contacting the Property Supervisor at 757-385-8685, filing a complaint at [www.vbso.net](http://www.vbso.net), or by sending a correspondence with an explanation of the appeal.
  - ⊖ The **inmate** may dispute the decision by sending an inmate request form to the Property Supervisor.
- Both parties have 30 days from the date of the notice to file an appeal.
- The final decision rests with the Sheriff after appealing through the Chain of Command.

- After 30 days with no Appeal items may be disposed of.
  - To prevent this from happening, the **inmate** may simply request that the seized items be placed in their property box or returned to sender on an inmate request form.
  - Unauthorized Correspondences and Gang-Related Material are Confiscated and Disposed of.

## **LAUNDRY**

This is a guideline for personal laundry pick-up and jumpsuit exchanged. You are expected to have your personal laundry ready when the laundry deputy comes to your assigned housing area. This schedule may be adjusted in certain circumstances.

You are required to show your ID card to the laundry deputy to drop-off and pick-up anything sent to laundry. Laundry will not be given to another inmate to pass to another inmate.

It is your responsibility to tie your laundry bag in a knot to prevent items from coming out of your laundry bag.

**Blanket exchange is done once per month.**

Personal laundry, including towels and linen, **will be washed once per week.** Work Force personal laundry is picked up daily.

- Monday
  - A2A, A2B, A2C, A2D, A2F, A2E, A2EDR, A224
  - C3C, C3E, C3F
- Tuesday
  - A3A, A3B, A3C, A3D, A3F, A3E, A3EDR, A3Q
  - B3A, B3B, B3C, B3D1, B3D2, B3E, B3F, B3J
- Wednesday
  - B2B1, B2B2, B2D, B2E, B2G, Medical Isolation
  - C2A, C2D, C2F
- Thursday
  - A2G, A2H, A2J, A2K, A2L, A2M, A2N, A2P
  - B114, B116, B118, B120
- Friday
  - A3G, A3H, A3J, A3K, A3L, A3M, A3N, A3P
  - C3B, C3D, C3A
- Saturday
  - B2F1, B2F2, B2H1, B2H2, B2J, B2K
  - B1A, B1C

- B3G, B3H1, B3H2, B3J, B3K1, B3K2, B3L, B3M
- Sunday
  - C2B, C2D, C2E

Jumpsuits **will be exchanged at least twice a week**. Work Force and Trusty jumpsuits are exchanged daily.

- Monday
  - A2nd, C3rd
- Tuesday
  - A3rd, B1A, B1C, B3rd
- Wednesday
  - B2nd, C2A, C2B, C2E, C2F
- Thursday
  - A2nd, B114, B116, B118, B120
- Friday
  - A3rd, C3rd
- Saturday
  - B1A, B1C, B2nd, B3rd
- Sunday
  - B114, B116, B118, B120
  - C2A, C2B, C2D, C2E, C2F

The laundry deputy will not give out items the inmate **no longer has** (i.e. washcloth, towel, etc.). It is the responsibility of the floor deputy to verify at cell inspection, if an inmate does not have an item.

If an inmate requires a **replacement**, the inmate will put that item in their laundry bag so the laundry deputy can inspect and replace the item if necessary.

If it has been determined that an item has been damaged or lost, the inmate will be charged a replacement fee.

# CANTEEN

Deposits to the inmate canteen fund can be made as follows:

1. Money Order, Certified or Cashier's checks can be mailed address to:  
Inmate's Name and OMS#  
C/O Virginia Beach Sheriff's Office  
Inmate Account  
PO Box 6186  
Virginia Beach, VA 23456
2. Online - Debit/Credit Cards at the website:  
[www.connectnetwork.com](http://www.connectnetwork.com)
3. Kiosk Machine – Cash, Debit/Credit Cards  
Locations: Magistrate's Office – open 24 hours/7 days a week  
Visitation Lobby – M-F - 8:00 am – 9:00 pm  
SAT - 12:30 pm – 9:00 pm  
SUN – 9:00 am – 9:00 pm
4. Collection Office: Cash, Money Orders and Certified or  
Cashier's Checks **ONLY**  
Hours: Monday to Friday 8:00 am – 4:30 pm

Money mailed to the VBSO Canteen should not contain any correspondence. Inmate mail will only be accepted via the U.S. Postal Service

Inmates must place their canteen order via telephone using their assigned PIN number, no later than Monday by 2300hrs (11:00 pm). All products depicted (in images and text) are subject to change or may be substituted. Because of availability issues that arise from time to time, it may be necessary to substitute different product(s) of the same kind. All products are of equal or greater value.

The canteen delivery cycle for the entire facility will begin on Tuesday and will be completed by Monday the following week. Inmates that have been moved between the time their order was placed and Saturday, will receive their canteen on the following Thursday. This does not apply to inmates coming out of Disciplinary Housing. Inmates coming out of Disciplinary Housing will have their canteen delivered the week following their release from said housing.

If inmates purchase clothing or linen items from canteen, these items must not exceed the authorized amount as specified in the "Inmate Property" section of this rule book. All excess clothing will be treated as contraband.

All canteen sales are final (**no refunds**). If you are released prior to receiving your canteen order, you will have 3 business days after your date of release to arrange pickup of your order. It is your responsibility to contact the VBSO Accounting Office directly to schedule a pick up. Commissary not picked up by the end of business on the 3<sup>rd</sup> day, will be either destroyed or donated to a

charity designated by the VBSO. The Accounting Office phone number is 757-385-8687.

Should you receive an item from Canteen or CareMart that is damaged, you must immediately send an Inmate Request Form to the canteen office. The request must state what the item is and how it is damaged. You must then hold onto the damaged item to be replaced. Canteen will not replace any items unless you have the damaged item to trade out.

Ordering canteen for another inmate or using another inmate's account to order canteen is considered an abuse of the canteen system. This will result in a 90-day suspension of your canteen privileges.

Inmates will be given a pin number that allows them access to use the phone. The inmate will need to use this number when making phone calls. This pin number is connected to the inmate's canteen account and allows their canteen account to be charged automatically. The Sheriff's office is not responsible for lost or stolen canteen.

### **Fresh Favorites Unlimited**

There is no limit on the number of Fresh Favorites an inmate can order and receive at one time. For example: if an inmate orders three Fresh Favorite meals at the same time, he/she will receive all three Fresh Favorite meals at the same time. Deliveries will begin at 1400 hours (2:00pm) each day. Inmates will have until 1730 hours (5:30pm) to consume all of the meals. Promptly at 1730 hours, **all** meal containers will be collected. Inmates are not permitted to keep any food not consumed. **When placing an order, only order the amount of food that can be consumed in one short sitting. Also, please make this request known to anyone ordering from CareMart.**

### **Fresh Favorites schedule** (This schedule is subject to change)

A-Wing 3 <sup>rd</sup> :	Monday
A-Wing 2 <sup>nd</sup> :	Tuesday
B-Wing:	Wednesday
C-Wing 2 <sup>nd</sup> :	Thursday & make up meals
C-Wing 3 <sup>rd</sup> :	Friday

### **Late Night Snack Bags Unlimited**

There is no limit on the number of Late Night Snack Bags an inmate can order and receive at same time. For example: if an inmate orders three Late Night Snack Bags at the same time, he/she will receive all three Late Night Snack Bags at the same time. Deliveries will begin at 1430 hours (2:30pm) each day. Inmates will have until lockdown to consume all of the meals. Promptly at lockdown, **all** meal containers will be collected. Inmates are not permitted to keep any food not consumed. **When placing an order, only order the amount of food that can be consumed in one short sitting. Also, please make this request known to anyone ordering from CareMart.**

### **Questions/Concerns**

Questions/Concerns regarding **Canteen** must be submitted via an Inmate Request form within 30 days following the delivery of the order in question.

Questions/Concerns regarding the contents of **CareMart** orders must be submitted within 60 days by the CareMart customer.

### **E-cigarettes**

E-cigarettes may be purchased through Canteen and will be delivered during normal canteen delivery times. Inmates are allowed to purchase up to seven (7) e-cigarettes at one time and have up to ten (10) e-cigarettes in their possession. Any amount of e-cigarettes above these amounts will be treated as contraband and disposed of by VBCC staff. E-cigarettes are only authorized to be smoked inside an inmate's cell. If an inmate is housed in a section without individual cells, e-cigarettes are only authorized to be smoked while on the inmate's bunk.

### **Cash Vouchers**

Upon permanent release, inmates are allowed to redeem ONE (1) \$20.00 cash voucher purchased through Canteen or Caremart and any subsequent vouchers will be treated as a deposit into the inmate's account. All Sheriff's Office rules regarding how inmate accounts are reconciled upon release will apply. A \$2.00 processing and handling fee applies. To ensure redemption of a cash voucher, the voucher must be purchased at least TWO WEEKS prior to an inmate's permanent release from the Virginia Beach Sheriff's Office.

### **Non Delivery of CareMart Orders**

Within 60 days of purchase, the customer that places the CareMart order must submit an email by following the "Contact Us" link on the [www.vbsocaremart.com](http://www.vbsocaremart.com) website to resolve any issues with non-delivery of items.

**(Note: only approved personal hygiene items will be issued to inmates in Disciplinary Housing).**

**\*\*LATE ORDERS WILL NOT BE ACCEPTED\*\***

## **INDIGENT INMATES**

An indigent inmate (an inmate having less than the cost of five first class stamps in his/her account for 15 days) will be eligible to receive the following items once every fifteen days: 1 writing pad, 1 writing utensil, 5 envelopes (these envelopes are included in the 5 first class letters allowed per week). 1 bar of soap, 1 tube of toothpaste, 1 toothbrush, 1 mini deodorant, 1 4oz shampoo. The cost of indigent canteen and indigent postage will be deducted from any funds received by an indigent inmate.

Indigent inmates receive indigent canteen once every fifteen days. An Indigent Canteen Request Form must be submitted each time to receive the items.

Indigent inmates will have a postage allowance of no more than five (5) first class rate letters each week, to include legal mail. Postage allowance will be made available upon request. An Indigent Postage Request Form must be submitted.



## LIBRARY

All inmates will have access to library books. The book cart will be brought to each floor at least once a month. **Note:** All books must be soft back.

Inmates may request services from the Law Library through inmate correspondence request. The request may include legal information for charges, addresses for businesses or agencies, photocopying of documents, and notary services.

All inmates shall be given the ability to obtain legal material and information to prepare for their court case.

**If the inmate is 'Pro-Se,'** the law library will provide reference materials for current legal charges, to file an appeal, file a writ of Habeas Corpus, or to challenge a specific condition of their confinement under Title 42 U.S.C., 1983.

Photocopies of legal paperwork can be obtained through correspondence request. These are photocopies that will support the inmate's case in accessing the courts and legitimate legal matters. If you have a lawyer, the lawyer's copy machine should be available to him for multiple copies of LEGAL paperwork. The library will provide initial copy.

You are responsible for keeping all books, magazines, and other materials secured when you borrow them. If you are careless and someone else damages/loses the item, you must notify the librarian immediately with an Inmate Request Form.

Please be responsible and show the librarian any damage you find **before** you check the book out to avoid being written up on an inmate rule violation. If the book, magazine, or other material is damaged after you check it out, you will be written up on an inmate rule violation.

All books, magazines, and other materials must be returned to the library monthly before new items can be checked out.

If a deputy removes your book(s) during a cell search or for other reasons, you must submit an Inmate Request Form to the librarian with the deputy's name and the date the book was taken.

## **RECREATION**

Recreation is offered on a regular basis in accordance with all Virginia Department of Corrections minimum standards and VBSO policy. Recreation is provided in accordance with current security/health requirements, weather conditions, and recreation yard availability. Recreation is a privilege.

- When coming out of the block: only jumpsuit, footwear and ID is allowed. All other contraband will be disposed of.
- When traveling to/from recreation no talking or communicating with other blocks or inmates is allowed.
- No sweatpants or sweatshirts will be allowed to be worn under jumpsuit.

## **GRIEVANCE PROCEDURE**

The grievance procedure is available to all inmates with a guarantee against reprisal.

### **Prerequisites to Grievance Request**

1. Prior to requesting a grievance the inmate shall demonstrate that they have made a good faith effort to resolve their issue through general means of communication with staff. This should be accomplished by means of an Inmate Request Form or verbally.
2. Once the Inmate Request Form has been submitted, the inmate must allow for five (5) working days for staff response before a grievance can be requested.
3. After exhausting these prerequisites and the inmate feels their issue has not been resolved, then they may request an Inmate Grievance Form from the Grievance Coordinator.

### **Filing a Grievance**

1. After an inmate has exhausted all prerequisites of the grievance procedure, they may request an Inmate Grievance Form from the Grievance Coordinator.
2. Under normal circumstances, the inmate will receive a written response within nine (9) working days from the date submitted, unless otherwise notified by the Grievance Coordinator.
3. In the event the inmate has a legitimate grievance appeal, they must request a grievance appeal form from the Grievance Coordinator. Appeals must be filed by the inmate within 24 hours after receiving their grievance appeal form. Inmates cannot appeal grievance responses that are deemed non-grievable. Emergency grievances cannot be appealed.
4. When an Emergency Grievance is requested by an inmate, the deputy will determine whether or not the issue meets the requirement of an **Emergency**

**(any complaint or situation which threatens the life, health, safety of an inmate, or missed meals, due to no fault of the inmate).** If the deputy cannot resolve the situation and it is deemed an emergency, then a supervisor will be notified.

5. If the situation or condition meets the definition of an emergency and the supervisor cannot resolve the issue, an Emergency Grievance form will be given to the inmate.
6. Inmates, who knowingly file false grievances, make false accusations, and/or abuse the system, will be subject to disciplinary actions.
7. Inmates are to file only one (1) grievance per form. Grievance Forms submitted that are repetitive, contain threatening or vulgar language will be returned to the inmate by the Grievance Coordinator.
8. All requests (Standard Grievance/Appeals) to the Grievance Coordinator must be made on an Inmate Request Form.

The following are grievable and non-grievable issues:

**Grievable**

- An alleged violation of civil, constitutional, or statutory rights or policy.
- An alleged criminal or prohibited act of a staff member.
- A situation within the facility that creates unsafe, inhumane, or unsanitary living conditions.
- Selective application or lack of application of facility policies and procedures.
- Denial or reprisals from using the grievance procedure.
- Allegations of sexual abuse.

**Non-Grievable (the following matters are NOT grievable)**

- State or Federal Court decisions.
- State or Federal Laws and Regulations.
- Parole decisions.
- Institutional offense rulings/decisions, since they may be appealed through other procedures.
- VBSO inmate programs (i.e. inmates not eligible for work programs due to charges, disciplinary problems, and medical problems that require daily medical service.)
- Any matter that is determined beyond the control of the Sheriff's Office.  
    Moves or housing assignments.

## GENERAL HYGIENE

Each inmate will be allowed to shower regularly and shave on scheduled days; however, inmates must shower twice weekly.

Razor distribution will be done weekly on Saturday mornings. Individuals having court will need to request a razor 48 hours before their court date and it must be handed to a supervisor. Each request will be approved /denied on a case by case basis, after verification of court case.

Barring any medical or disciplinary restrictions, each inmate will be offered the opportunity to use a new razor on scheduled issuing days.

Nail clippers and electric hair clippers are made available to all inmates on a rotating schedule. Inmates are responsible for their own hair care. Inmates may purchase their own health and comfort items through canteen. (Note: all canteen items must remain in the original container)



- Plaque is a sticky, invisible film that contains bacteria. It is the major cause of tooth decay and gum disease.
- Bacteria in plaque combine with sugar in foods to cause cavities and decay teeth.
- Gingivitis is caused by bacteria in plaque collecting beneath the gum line and irritating gum tissue.
- Plaque if not removed, hardens and turns into tartar, which also irritates gum tissue.

How to care for your teeth and gums:

1. Thoroughly brush teeth at least once daily.
2. Hold tooth brush at a 45 degree angle to your gum line.
3. Brush teeth gently up and down using short strokes and covering a few teeth at a time.
4. Make sure to brush the top and both sides of the teeth including the back teeth.
5. Floss as recommended by the dentist.

## DENTAL HYGIENE PROCEDURE

- Plaque is a sticky, invisible film that contains bacteria. It is the major cause of tooth decay and gum disease.
- Bacteria in plaque combine with sugar in foods to cause cavities and decay teeth.
- Gingivitis is caused by bacteria in plaque collecting beneath the gum line and irritating the gum tissue.
- Plaque, if not removed, hardens and turns into tartar, which also irritates the gum tissue.
- To remove plaque and care for the teeth:
  - Thoroughly brush the teeth at least once daily
  - Hold tooth brush at 45-degree angle to gum line
  - Brush gently up and down using short strokes and covering a few teeth at a time
  - Make sure to brush the top and both sides of the teeth including the back teeth
  - Floss teeth as recommended by the dentist

## How to Brush

### Teeth- Brushing Techniques

### What Is the Right Way to Brush?

Proper [brushing](#) takes at least two minutes — that's right, 120 seconds! Most adults do not come close to brushing that long. To get a feel for the time involved, try using a stopwatch. To properly brush your teeth, use short, gentle strokes, paying extra attention to the [gum line](#), hard-to-reach back teeth and areas around [fillings](#), [crowns](#) or other restoration. Concentrate on thoroughly [cleaning](#) each section as follows:

- Clean the outer surfaces of your upper teeth, then your lower teeth
- Clean the inner surfaces of your upper teeth, then your lower teeth
- Clean the chewing surfaces
- For fresher breath, be sure to brush your tongue, too



Tilt the brush at a 45° angle against the gumline and sweep or roll the brush away from the gumline.



Gently brush the outside, inside and chewing surface of each [tooth](#) using short back-and-forth strokes.



Gently brush your tongue to remove bacteria and freshen breath.

## How to Brush Teeth

### What Type of Toothbrush Should I Use?

Most dental professionals agree that a soft-bristled brush is best for removing [plaque](#) and debris from your teeth. Small-headed brushes are also preferable, since they can better reach all areas of the mouth, including hard-to-reach back teeth. For many, a powered toothbrush is a good alternative. It can do a better job of cleaning teeth, particularly for those who have difficulty brushing or who have limited manual dexterity.

### How important is the Toothpaste I Use?

It is important that you use a toothpaste that's right for you. Today there is a wide variety of toothpaste designed for many conditions, including cavities, [gingivitis](#), [tartar](#), stained teeth and sensitivity. Ask your dentist or dental [hygienist](#) which toothpaste is right for you. Find the right Colgate toothpaste for you.

### How Often Should I Replace My Toothbrush?

You should replace your toothbrush when it begins to show wear, or every three months, whichever comes first. It is also very important to change toothbrushes after you have had a cold, since the bristles can collect germs that can lead to reinfection.

## Apply For Trusty and Workforce

1. Earn between **3 and 5 Days Good Time** every 30 days(**Get out of Jail Early**)
2. Helps time pass faster and keeps you busy
3. **Receive TWO 55 minute Visits Every Week**
4. Learn valuable skills that could help you get a job when you are released
5. **POSSIBILITY OF WORKING OUTSIDE**

Fill out the back of this form and turn it into any Floor Deputy for screening.

## Apply Today

DO NOT WAIT, SPACES ARE LIMITED

TURN PAGE OVER, FILL OUT TO APPLY

# Application for Trusty/Workforce

Name: (Last) \_\_\_\_\_ (First) \_\_\_\_\_

Inmate #: \_\_\_\_\_ Housing Location: \_\_\_\_\_

## Trusty

Here is a list of possible places you could work:

Floor Trusty

Inmate Kitchen

Staff Kitchen

Laundry

Canteen

Buffing Crew

Buffing Crew

Medical Trusty

Paint Crew

Cleaning Crew

## Workforce

Here is a list of skills you can learn:

Landscaping

Riding Mowers

Weed Eaters

Blowers

Painting

Office Cleaning

Stripping/Waxing/Buffing Floor

Small Engine Repair/Maintenance

**Inmate Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_