

## Employees of the Year

HONORED DURING CORRECTIONAL OFFICERS' WEEK IN MAY



**Antonio Orozco**

RCC Correctional Officer of the Year



**Jason James**

LCCF Correctional Officer of the Year



**Manuel Jauregui**

PNM Correctional Officer of the Year



**Sgt. John Paul Valdez**

SCC Correctional Officer of the Year

Orozco has been with the Corrections Department for close to 3-1/2 years. He is married and has four children. In his off-time, he enjoys spending time with his family, going out to eat, swimming, camping, watching movies and sporting events.

James has been employed by LCCF for over 8 years and has been in S.T.I.U. since March 2008. He is married and has one daughter. His hobbies include hunting, fishing, going to the lake, water skiing, tubing, and having barbecues.

Jauregui has been with the Corrections Department for over 7 years. He enjoys working with his fellow officers, and says, "I've learned that my life, work, and safety isn't just about me; it's about my family - we're a brotherhood."

Valdez has been with the Corrections Department since NMCD took over the New Mexico Boys' School 3-1/2 years ago. He is married and has three children. He enjoys spending time outdoors hunting, fishing and shooting.

**NOT PICTURED:** John Branch, PNM Custody Supervisor of the Year and Lawrence Valdez, PNM Non-Custody Employee of the Year

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Caterina Spinaris  
Tudor, Ph.D.

### "Shameful" Secret?

#### Post-traumatic Symptoms in the Corrections Ranks

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*The anecdotes presented below are used with permission. Some details are changed. If your own issues get triggered as a result of reading this, please see suggestions for help at the end of the article.*

When I began talking and counseling with corrections personnel in the year 2000, I noticed that several of them suffered from post-traumatic symptoms. Some even exhibited full-blown PTSD, often self-medicated with alcohol.

I also noticed that, in the proud corrections culture, staff abhorred to admit that they had been negatively affected by traumatic work experiences. They'd often say, "I'm good. It was just an inmate." But their eyes had the 2,000-yard stare.

It didn't take me long to realize that staff feel ashamed about being affected by life-threatening or horrifically violent work-related circumstances. Due to lack of understanding of what psychological trauma does to people's brain, soul and spirit, some corrections staff even call traumatized coworkers "weak." Consequently, trauma sufferers may refuse

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# Employees of the Year continued...



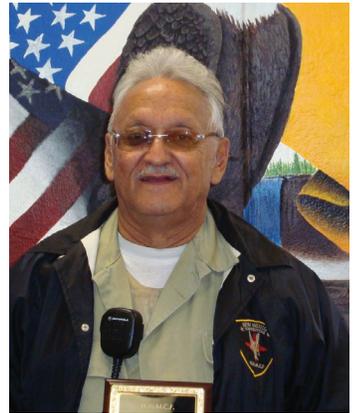
**Ruben Archuleta**  
SNMCF Correctional Officer  
of the Year-(no information available)



**Stephen DeBerry**  
CNMCF Correctional  
Officer of the Year



**August Tiumalu**  
NMWCF Employee of the  
Year



**Denny Archunde**  
WNMCF Correctional  
Officer of the Year



**Jeff Serna**  
Central Office  
Employee of the Year

DeBerry has been with the Corrections Department for close to 1-1/2 years. He takes pride in keeping the inmates and staff safe. He is married, has one daughter and enjoys working on vehicles in his spare time.

Tiumalu has been with CCA-NMWCF for 7 years and currently works in the maintenance department. He is happy to have his job and likes the daily challenges of his job. He is married and has one daughter and a son on the way.

Archunde has been with the Corrections Department for 25 years. He says that he loves running around and keeping busy at work. He enjoys going fishing at Ramah lake and watching sports.



**Tina Perez**  
SNMCF Non-Custody  
Employee of the Year



**Jessica Garcia**  
SNMCF Non-Custody  
Supervisor of the Year



**Ivan Silva**  
SNMCF Custody  
Supervisor of the Year



**Jasen Thornton**  
LCCF Non-Custody  
Employee of the Year



**Lupe Rivas**  
LCCF Supervisor of  
the Year



**Jacqueline Archuleta  
Fernandez**  
SCC Employee of the  
Year



**Patrick Kowalski**  
PNM Non-Custody  
Supervisor of the Year



**Barry Wilkinson**  
RCC Supervisor of the  
Year



**Tricia Hart**  
RCC Non-Custody  
Employee of the Year



**Andrew Saiz**  
CNMCF Custody  
Supervisor of the Year



**Heather Gonzales**  
CNMCF Non-Custody  
Supervisor of the year



**Terry Molina**  
CNMCF Non-Custody  
Employee of the year



**Billy Lopez**  
WNMCF Custody  
Supervisor of the Year



**Yvonne Mandagaran**  
WNMCF Non-Custody  
Supervisor of the Year



**Jody Cordova**  
WNMCF Non-Custody  
Employee of the Year

## Shameful Secret continued...

treatment, sentencing themselves to long-term torment.

Psychological trauma occurs (a) when people are exposed to circumstances that threaten their life or physical integrity or the life or physical integrity of others; and (b) when they experience intense fear for their lives, helplessness because they cannot stop the traumatic event, or horror due to the gruesome scenes of injury or death they witness.

What does psychological trauma look like in the corrections ranks?

Here I offer some examples, by category of PTSD symptoms. For simplicity's sake I'll use the term "C.O." and "he." However, these examples are not limited to security staff or males. They are found among both genders and in all ranks and positions.

### Physiological Arousal

▶ C.O. suffers from insomnia, so much so, that he has been consuming large amounts of alcohol to fall asleep. While sleeping, he thrashes about and grinds his teeth. He fights inmates in his nightmares to the point that he has elbowed and punched his wife as she slept next to him. She now sleeps in the spare bedroom. Sometimes he wakes up at 2:00 AM and cannot go back to sleep.

▶ C.O. seeks help after becoming terrified that he may hurt family members without meaning to. His 4-year old daughter walked into her parents' bedroom one night after having had a bad dream. As she tried to climb onto their bed, she bumped against him. C.O. became fully awake due to his wife's screaming, "No! It's Susie!" C.O. realized that, startled in his sleep, he had grabbed his daughter by the throat and was hauling off to punch her in the face. All that had happened in an instant, before he could become fully conscious.

▶ C.O. is almost always irritable. To release his anger—to have an adrenaline dump, as he calls it—he purposely provokes inmates by staring at them and by saying humiliating things to them in front of their "homies."

▶ As he gets ready for work, C.O. begins to sweat profusely. Sometimes he has to change his undershirt and shirt before leaving the house, because dark stains start to show under his armpits and on his chest and back. He of course does not want inmates or staff to notice. The sweating, at times accompanied by a slight uncontrollable shaking and "weak" knees, worsens as he gets through the prison gate. He also sweats at night to the point that in the morning the mattress is soaked.

▶ C.O. has become prone to rages. After particularly hard shifts he drives home at 90mph in 65mph zones screaming at the top of his lungs.

▶ C.O. can see fear in his children's eyes when he approaches them. His wife has pleaded with him to not give her "the prison look" anymore. She has told him that when he gets enraged at her, she is afraid he wants to kill her.

▶ Wherever C.O. goes, he believes people are watching and studying him. He hides behind dark sunglasses. To lessen his anxiety, he avoids public places as much as possible. His wife does all the shopping now. When he cannot avoid going to a public place, he feels vulnerable, in danger. To him everyone he comes across may be affiliated with a gang or be an inmate family member. At times he gets so worked up in a public venue that he goes to the bathroom and vomits.

▶ A C.O. is confronted by a "road rage" young guy who, at a stop sign, jumps out of his car and starts screaming at him. In a flash, the C.O. bolts out of his vehicle and lifts the guy off the ground. He raises him up over his head and body-slams him on the pavement. He then restrains him and talks to him, like he would with an inmate. "Dude, it's over now. Just relax and let go." C.O. realizes that he only remembers the beginning and the end of the event. Later on his wife fills him in. She witnessed the event while sitting petrified in their vehicle.

▶ C.O. worries greatly about his family's safety. He has installed several security devices in his home and has hidden weapons in key locations in his house. After an inmate escapes from a nearby prison, C.O. "booby traps" his back door and patrols his living room every night, fully armed, until the inmate is apprehended.

▶ C.O. becomes so afraid that it's going to be his life or an inmate's life, that he does the unthinkable. When he gets home, he takes a steak knife and practices putting it through his belt buckle. He even tapes the handle with black tape to make it blend with his belt. He then rehearses pulling it out rapidly. In his mind he practices slashing the inmate's throat with one swift move as the inmate is coming at him. C.O. goes to work armed with the knife hidden under his jersey. C.O. is so locked onto the moment, what he believes is the battle for his life, that he does not consider consequences of his actions. He never stops to ask himself what may happen to him and his family if he indeed hurt the inmate. Having seen so much killing and wounding, he has lost his inhibition about causing serious injury or even death to someone. Thankfully, miraculously, the inmate pleads to have all animosities between the two of them dropped and asks to be put in segregation.

### Intrusive Memories

▶ C.O. who was assaulted by an inmate has a flashback of the attack while driving. To avoid the inmate in his mind's eye, he ducks and swerves, driving his vehicle into the ditch. As the flashback subsides, he sits in his car shaking until he can compose himself enough to drive to his destination.

▶ C.O. has nightmares about the violent incident he witnessed. The nightmares are like a movie playing or a slide show of the event. The images remain unaltered, identical to those on the day of the incident. He wakes up with a start, sweating, heart racing. To avoid reliving the event in his sleep, he tries to stay

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## Shameful Secret continued...

awake as much as he can.

▶ When anyone mentions a gruesome inmate murder that C.O. witnessed, he “sees” the image in his mind’s eye, “hears” the gurgling last sounds of the stab victim and “smells” the blood all over again. The rest of the day he keeps having images of the murder pop up in his mind unbidden and causing him grave distress. At night he has 10 beers before he can go to sleep.

### **Avoidance & Emotional Numbing**

▶ Since a life-threatening incident at work, C.O. has withdrawn from social activities in his community. He now feels safe only at home because he believes that he can control what happens there.

▶ C.O. now sends his family members to get the mail from the mailbox in front of his house. He is uncomfortable getting the mail himself because “you never know who may be driving by and see me standing there.”

▶ When asked by family about how is doing at work, C.O.’s response is typically “Not much is going on” or “I don’t want to talk about it.”

▶ C.O. now avoids friends who do not work in corrections. He cannot relate to them, their interests and their ways of having fun. Instead, he spends hours playing computer and video games at home.

▶ C.O. is told by coworkers that in the heat of responding to a prolonged, particularly life-threatening incident, he did and said things that he does not remember doing or saying.

▶ C.O. avoids going to grocery stores or malls. He is afraid that some “punk” there may provoke him by staring at him or by saying something, and that he’ll lose self-control and get arrested for taking him down or worse.

▶ C.O.’s young daughter comes to him crying after she falls and skins her knees while bicycling. While tending to her injury, he realizes that he cannot feel compassion for her like he used to. He remembers that he felt nothing while performing CPR on the dead body of an inmate who had committed suicide by hanging.

▶ C.O. feels like his life has lost its flavor and color. Even pleasant family activities that he used to enjoy now feel to him to be empty, meaningless.

▶ C.O. is haunted by the fear that he will die soon. When he goes to bed at night he wonders if he’ll be alive the next day. He particularly fears dying by the hand of an inmate. To defy these fears, he dares death by taking serious risks while riding his motorcycle on winding mountain roads.

▶ Fearing he may get attacked by inmates, C.O. trains himself on his own time to endure physical pain and

duress in order to be able to fight in spite of pain or injury. He takes that to the extreme, putting his health and safety at risk.

These are some examples of post-traumatic symptoms experienced by correctional workers. Even if an employee suffers from only one symptom, home life and work performance are impacted, affecting one’s overall quality of life. That is why the issue of post-traumatic stress needs to be addressed in corrections in depth, as is currently done in the military. And, as you probably know, several corrections employees are also war veterans, compounding the risk of post-traumatic stress and its dire consequences.

Administrators and supervisors, let your staff know that corrections workers do get affected by what they experience at work, and that these effects have nothing to do with weakness. Terror and horror leave hard-to-erase imprints on people’s brain, soul and spirit. These traumatic memories and associated reactions can pop up again and again, unexpectedly and out of control, unless they are processed and “digested.”

I implore those of you who relate to these symptoms to get appropriate help to get better and to prevent hurting yourself, your loved ones, those at work or innocent bystanders.

If you’ve been triggered by reading this, you have several good options. Contact Desert Waters at 719-784-4727 or [desertwaters@desertwaters.com](mailto:desertwaters@desertwaters.com). Call our Corrections Ventline at 866-YOU-VENT. Write us at [youvent@desertwaters.com](mailto:youvent@desertwaters.com). Seek professional help through your EAP, mental health specialists in posttraumatic stress treatment, or clergy.

Do not put it off any longer.

*Pursue your healing!*

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## NMCD Employee Assistance Program

The Employee Assistance Program (EAP) is a free, confidential resource for employees. The EAP provides telephonic counseling services and face-to-face sessions. It is available 24 hours a day, seven days a week. All state employees and dependents can access EAP through the Deer Oaks EAP Services Web site at: [www.sonmeap.com](http://www.sonmeap.com). To access the EAP by phone, please call 1-866-EAP-2400. The phone service is open 24 hours a day.

# Corrections Raises Over \$9,400 for Charity

Many of our prisons and Probation and Parole offices participated in the Special Olympics New Mexico Torch Run and the Big Brothers/Big Sisters Bowl for Kids' Sake fundraisers in May.

Region/Prison	Event	Money Raised
PPD Region I	Torch Run	\$420
PPD Region II-Standard Supervision	Torch Run	amount unknown
PPD Region II-Standard Supervision	BB/BS Bowl for Kids' Sake	Team #1 \$2,300 Team #2 \$700
PPD Region IV	Torch Run	\$398
Central Office	Torch Run	\$3,000
Central Office	BB/BS Bowl for Kids' Sake	\$1,000
GCCF	Torch Run	amount unknown
PNM	Torch Run	amount unknown
PNM	BB/BS Bowl for Kids' Sake	\$1,190
CNMCF	BB/BS Bowl for Kids' Sake	\$434



## NMCD Hosts Mexican Drug Cartel Training for Local Law Enforcement



Training participants listen to the speakers.

The New Mexico Corrections Department, in conjunction with the National Institute of Corrections (NIC), the Las Vegas Nev. Metropolitan Police Department, and the Albuquerque Police Department hosted a two-day seminar on the Mexican drug cartels. The training was held on April 27-28 at the Albuquerque police chapel.

The training was funded through the National Institute of Corrections Regional Training Initiative and attended by over 300 law enforcement agencies from across the state. The curriculum is accredited by the New Mexico Department of Public Safety. Additional sponsors for the training included the New Mexico Criminal Justice Association and the New Mexico Sheriffs' and Police Association. Participants for the training included officers from the Albuquerque Police Department, Bernalillo County Sheriff's Department, Rio Rancho Department of Public Safety, New Mexico Department of Homeland Security, Kirtland Air Force Base, U.S. Probation and Pre-Trial Services, Children Youth and Families Department, in addition to other local state and federal agencies.

The Corrections Department is preparing to host a similar training in the fall, due to the overwhelming response.

## NMCD Secretary Joe R. Williams and Deputy Wardens Answer Questions from Volunteers at Volunteer Conference



This year on May 3, all volunteers were recognized for their devotion to the prison population, during the department's annual Volunteer Appreciation Conference. Each prison selected special Volunteers of the Year.

The department is very fortunate to have approximately 1,000 volunteers from the local communities throughout the state, helping out in our prisons.

Individuals interested in volunteering at the prisons, should call Homer Gonzales at 505-841-4268.



This newsletter is published by the Public Information Office, New Mexico Corrections Department, PO Box 27116, Santa Fe, NM 87502-0116.

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Story ideas, comments, and suggestions are welcomed. E-mail them to: [rosie.sais@state.nm.us](mailto:rosie.sais@state.nm.us) or by phone 505-827-8675.

# New Rail Runner Shuttle Service Beginning July 1 for Central Office and PNM

The North Central Regional Transit District's "Blue Bus" will be providing free bus service Monday– Friday from the NM 599 Rail Runner Station beginning Thursday, July 1, 2010  
Service Stops include: NM Department of Corrections, Oñate Complex, & Santa Fe County Detention Center

Go online for Bus Schedule:  
[www.ncrtd.org](http://www.ncrtd.org)  
1-866-206-0754



## Enjoy the Free Ride!



### NM 599 Route

1-866-206-0754 / 505-747-3631

[www.ncrtd.org](http://www.ncrtd.org)

**DRIVERS DO NOT STOP AT UNAUTHORIZED STOPS**

#### MORNING SCHEDULE

#### AFTERNOON SCHEDULE

Stop Location	Northbound
NM 599 Rail Runner Station	Arrives 7:17 am #506 Train arrives at 7:17 am 7:25 am
Oñate Military Complex National Guard	7:36 am
Oñate Military Complex Homeland Security	7:41 am
NM 599 Rail Runner Station	7:46 am
NM Corrections Department Central Administration	7:51 am
NM Corrections Department PNM - Garage	8:01 am
Santa Fe County Adult Detention	8:06 am

Stop Location	Southbound
Oñate Military Complex National Guard	4:55 pm
Oñate Military Complex Homeland Security	5:00 pm
NM 599 Rail Runner Station	#515 5:05 pm
NM Corrections Department Central Administration	5:10 pm
NM Corrections Department PNM - Garage	5:20 pm
Santa Fe County Adult Detention	5:25 pm
NM 599 Rail Runner Station	#515 Train departs 5:39 pm 5:32 pm

\*Bus will arrive at the stop at these times

# NMCD Staffing Update

April 4, 2010-June 15, 2010

## PROMOTIONS

<i>NAME</i>	<i>DATE</i>	<i>PROMOTED TO</i>	<i>FACILITY/ DIVISION</i>
Gretchen Sutton	05/01/10	Sergeant	SCC
Frank Blair	06/12/10	Lieutenant	SCC
Manuel Sanchez	04/17/10	Sergeant	WNMCF
Jason Baca	05/15/10	Lieutenant	WNMCF
Jerry Roark	05/01/10	Deputy Warden	PNM
Lawrence Jaramillo	05/15/10	Warden	PNM
Roberta Lucero	05/29/10	Unit Manager	PNM
Alisha Lucero	05/15/10	Unit Manager	PNM
Jack Brodeur	05/01/10	Supervisor	PPD
George Tapia	04/03/10	Deputy Director	APD

## RETIREEES

Liz Caloor	06/01/10	Classification Supervisor	RCC
Alfred Hobbs	05/28/10	Correctional Officer	SCC
Andrew Saiz	05/31/10	Major	CNMCF
Ronnie Jaramillo	05/31/10	CO Specialist Boiler Operator	CNMCF
Joe Quintana	04/28/10	Correctional Officer	WNMCF
Monroe Pedro	05/31/10	Correctional Officer	WNMCF
Billy Tanuz	05/31/10	Correctional Officer	WNMCF
Michael Flores	04/30/10	Captain	PNM
Charles Carlson	05/01/10	Sergeant	PNM
Miles Martin	05/28/10	Data Entry	PNM
Joel Chacon	05/31/10	Lieutenant	PNM
Lenora Mulligan	05/01/10	Probation/Parole Officer	PPD

## NEW HIRES

Shaun Marquez	05/29/10	Correctional Officer	SNMCF
Raymond Atchley	06/12/10	Field Training Coordinator	Education
Joseph Miller	05/01/10	Correctional Officer Specialist	RCC
Alberto Quinonez	05/10/10	Correctional Officer	RCC
Susan Trujillo	05/01/10	Procurement Specialist	CNMCF
Timothy Poland	05/29/10	Correctional Officer Specialist	WNMCF
Richard Barela	05/01/10	Correctional Officer	SNMCF
Fabian Silvas	05/01/10	Correctional Officer	SNMCF
Gary Munden	06/26/10	Correctional Officer	SCC
Raymond Gunter	04/17/10	Correctional Officer Specialist	PNM
Ryan Noriega	04/17/10	Probation/Parole Officer	PPD
Christopher Balkcom	05/01/10	Probation/Parole Officer	PPD
Jason Tapia	05/29/10	Probation/Parole Officer	PPD
Heath McCarty	05/29/10	Probation/Parole Officer	PPD
Dara Bayer	05/29/10	Probation/Parole Officer	PPD
Ryan Hahn	05/29/10	Probation/Parole Officer	PPD
Christopher Standley	06/12/10	Probation/Parole Officer	PPD
Kyle Galloway	06/12/10	Probation/Parole Officer	PPD

## RE-HIRES

Carlos Galindo	06/12/10	Correctional Officer	PNM
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