



NC Citizens United for Restorative Effectiveness  
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## Special Edition for Women

February 2022 Volume 8, Issue 1A

NC-CURE is reaching out to women in North Carolina state prisons. We want to be your voice. We want to provide you with resources, hope and encouragement. We want to answer your questions. We want to listen to you. We want to advocate for you, one person and one prison at a time. We want to identify prison-wide problems and provide solutions. We want you to know that we care. We want to make a difference!

NC-CURE receives about 100 letters each month from its members. We respond to prisoners and their loved ones all across the state. We would like to know more about how you're doing in the women's institutions. Only by hearing from you can we know how to advocate for you.

Our primary communication tool is our quarterly newsletter, *On The Wire*, which is made available to our members—approximately a thousand prisoners, their family members, and friends. We're making this special edition of our newsletter available to you on a one-time basis. When you sign up for membership, we will start sending you the newsletters starting with the April 2022 edition.

Please consider becoming a member of our organization by filling out the membership form on page 7, and please share this information with your loved ones.

## Legislative Updates

Several criminal justice reform bills took effect on December 1<sup>st</sup>, 2021, including HB608, SB207, and SB301.

**HB608**, known as 'The Dignity for Women Who are Incarcerated Act', establishes requirements related to housing and treatment of female incarcerated persons in State correctional facilities and local confinement facilities. These requirements include limiting the use of restraints on pregnant females, prohibiting the placement of pregnant females and females in postpartum recovery in restrictive housing, and limits inspections by male correctional facility employees when a female inmate is in a state of undress to the greatest extent practicable.

**SB207** raises the minimum age for delinquency and undisciplined cases to 10 years old for lesser accusations and 8 years old for the most serious felonies. **SB 301** allows for the expunction of up to three nonviolent felony convictions, as long as the felonies happened relatively close together and were settled at least 20 years ago.

Additional criminal justice reform bills, such as **HB625** (Criminal Sentence Reduction Reform) and **HB697** (The Prison Resources Repurposing Act), have been referred out to their respective committees and are awaiting further action. You can support the passage of NC HB625 and 697 by contacting via phone, email, or letter the NC House Representative for your district and urging him or her to vote in favor of these bills.

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### Special points of interest

- New state budget impacts prisoners in positive ways
- Note of encouragement from a new Field Minister
- New advocacy resources



Help us connect to  
 your loved ones

Ask them to write or email:

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## NC-CURE Executive Director's Report

Greetings for the new year! NC-CURE has a very ambitious plan for 2022. We will continue to publish *On The Wire* on a quarterly basis, respond to your letters and contact prison officials when needed. We'll be working on extending our support to more of your family members and friends, and enlisting more incarcerated women into our membership. We will be contacting our legislators to support legislation that benefits NC's incarcerated population. Lastly, we will be working to educate the public about our mission, and to raise funds to support paid staff for our very important work. We appreciate your correspondence with us, and your encouragement.

We shared a lot about the grievance policy in 2021. Here's another layer to add to the action steps. If you have a complaint about the grievance process itself, first address your concerns to the Grievance Processor at your facility. If your issue remains unresolved, write **Ms. Kimberly Grande, Director**,

**Inmate Grievance Resolution Board, MSC 4207, Raleigh, NC 27699.** Be as specific as possible about what you believe has gone wrong with the process for a grievance you have submitted or tried to submit. Send NC-CURE a copy of your letter if you would like our assistance.

A few pointers regarding your letters to NC-CURE. Please put a date on your letter. If you'd like information about reentry resources, let us know where you'd like to live after release. Tell your friends and family members to check out NC-CURE on our website, Facebook, Twitter and LinkedIn. We'd like for them to join in our mission by becoming members, supporting us financially (Every little bit helps!), and sharing our messages on social media.

*Perhaps the butterfly is proof that you can go through a great deal of darkness and still become something beautiful.*

*By Sandra Hardee, Executive Director*

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*"When you stop loving yourself, you need someone to love you."*

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## A Success Story: Transition from Mentored to Mentoring

When Greg Dunk, known simply as "Dunk", finally left prison in 2007 for the last time, he vowed never to go back. He recognized that he made some foolish choices. His adult life had been torn apart by drugs that had "owned" him. Raised by great parents and married to a loving Christian woman, he continued to struggle with relapses over the next 7 years. Today at age 55, he has been clean for 7 years and he is enormously grateful to God, his family, and new friends.

Because his wife Felicia was well connected to their church, Dunk joined programs there and also enrolled in the PORT Health program. He wanted to get better but it was a long struggle with relapses and rehabs. His wife of 20 years faithfully pulled him through. In 2014, he found Hope Restorations (referred to as Hope) and its director Pastor Chris Jenkins in his hometown. Hope exists to restore homes and restore people, including previously incarcerated men and women and those with substance abuse problems. It was a perfect fit for Dunk. He started as a construction worker at Hope making \$8/hr for 4 hours a day, but most importantly he began to gain some self-respect. He jumped into their disciple-making and employment training programs. In 2015, he found true deliverance from his substance abuse when he let God take over his life. As he looks back, that's when the tide turned for him. A transformed man began the transition to become the man God had made him to be, and the blessings started to roll in. He found a Christian mentor at Hope, Pastor Tim Chase. Soon Dunk was promoted to Crew Leader, and before long to Program Coordinator. Hope supported his training to become a Certified Peer Supporter and to enroll in Lenoir Community College's Human Services degree program. Dunk started a program called Hope in Recovery, a community program for substance abusers that he continues to lead today.

Soon, Dunk started looking for a bigger challenge—to help more people more of the time. He was hired on part-time with the local homeless shelter as the week-end manager. A year and a half later he became the full-time Director. Dunk has worked tirelessly to provide more services to his clients. People in need come to Dunk, "I mentor them. I talk to them and let them know I've been through a lot of the same things, and that helps. Reflecting on his life journey, Dunk gives praise to God first. He is thankful for the structure his parents provided as he grew up. Speaking about his prison stints, he says "They arrested me, but God rescued me there." Today he's closely involved with his church, his wife and their four children. But Dunk adds with remorse and transparency, "Addiction is a family thing." He believes that you can't recover without strong support because "When you stop loving yourself, you need someone to love you." Now it's Dunk's mission and passion to love others, especially those who are struggling because of their life choices.

For more information, check out [www.hoperestorationsnc.org](http://www.hoperestorationsnc.org)



# COVID-19 Prison Fact Sheet: North Carolina

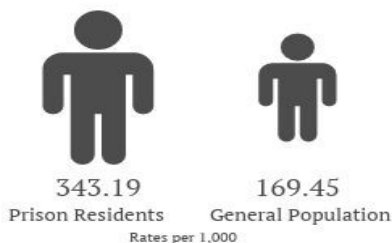
COVID-19 data as of November 30th, 2021



Cumulative counts based on rolling 7-day averages.

How do COVID-19 statistics among prison residents compare to the general population?

Case Rate



## State Rankings

- 24rd highest**  
Case rate out of 49 states.
- 31st highest**  
Mortality rate out of 46 states.
- 14th highest**  
Testing rate out of 38 states.
- 18th highest**  
Percent reduction in prison population out of 41 states.

Prepared by the COVID Prison Project  
<https://covidprisonproject.com>



## Update on Tablets

These facilities have tablets in operation: Anson, Alexander, Bertie, Marion, Maury, Scotland, Swannanoa. Installation is pending next at: Johnston, Neuse, Tabor, NCCIW, Tyrell Work Prison Farm.

Expanded programming remains under discussion, but prisons have gone live with an app called "Breaking Free", which has received positive reviews.

## Impact of TDUs on mental health

Research on the impact of restrictive housing vs Therapeutic Diversion Units (TDU) on infractions, mental health, and self-harm among incarcerated individuals was recently conducted in North Carolina's prison system. TDU's are multidisciplinary treatment units designed to enhance the care and custody of individuals with mental illness. Remch et al.'s article "Impact of a Prison Therapeutic Diversion Unit on Mental and Behavioral Health Outcomes", was published in *American Journal of Preventive Medicine*. September 2021. Examining data from 2016-2019, researchers found that restrictive housing, compared to TDUs, had a rate of infractions 3 times higher, the inpatient mental health admissions rate was 3.5 times higher, and the self-injury incident rate was 3.5 times higher.

## Resources for Support

### Prison Books Collective

PO Box 625  
Carrboro, NC 27510  
Phone: 919-443-9238

*Provides literature and resources, free of charge upon request, to incarcerated people in North Carolina and Alabama.*

### Prison Fellowship Academy

44180 Riverside Parkway  
Lansdowne, VA 20176  
Phone: 1-800-206-9764

*Year-long intensive Biblically based program creates lasting personal change so that people are ready to successfully rejoin the community.*

### 2nd Opportunity

970 N. Oaklawn Ave.  
Suite 302  
Elmhurst, IL 60126  
Phone: 847-257-2713

*Re-entry and employment-readiness programming, and job and housing referrals for inmates in jails and prisons upon request.*

### CLI Prison Alliance

PO Box 97095  
Raleigh, NC 27624  
Phone: 919-790-6987

*Personal discipleship studies by mail; free Christian books and Bibles for libraries at request of chaplain or authorized personnel*

### Rescued Not Arrested

PO Box 90606  
Phoenix, AZ 85066  
Phone: 602-647-8325

Free NIV Bibles, Bible study correspondence course, and NIV Life Application Bible upon completion of study

#### DISCLAIMER

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## Resources for Advocacy

### FAMM

1100 H Street NW  
Washington, DC 20005  
Phone: 202-822-6700

*National organization that raises public awareness and promotes policy change in order to create a more fair and effective justice system.*

### Centurion Ministries

1000 Herrontown Rd.  
Princeton, NJ 08540  
Phone: 609-921-0334

*National non-profit investigative and advocacy organization dedicated to vindication of the wrongly convicted.*

### NC Coalition for Alternatives to Death Penalty

123 W Main St.  
Suite 700

Durham, NC 27701  
Phone: 919-956-9545

*Network of litigators, lobbyists, advocates, scholars and faith leaders dedicated to criminal justice reform, victims' rights and restorative justice. Focused on the fight for an end to capital punishment in NC.*

### Conservatives for Criminal Justice Reform

#### New Address:

4242 Six Forks Rd  
Suite 1150

Raleigh, NC 27609  
Phone: 919-283-9338

*Conservative-led advocacy organization whose goal is to promote a criminal justice system that utilizes pragmatic, evidence-based approaches to keep our communities safe, while ensuring that taxpayer dollars are utilized in the most effective manner.*

## Just for laughs.....

My friend once called a few house painters to his house for some work. He wanted them to paint his porch. After a few hours, the house painters came back for the payment as their work was complete. Before leaving they told my friend that they had enjoyed painting his car, but it is not really a Porsche.

## Uplifting ourselves from the deep

I've been in prison since 1998. It was then, while facing capital punishment, that I had my first serious contemplation of suicide. Why? Because my criminal situation had me feeling completely powerless and alone, even though I received money on my books and weekly visits from family and friends. It was shame. It was embarrassment. It was a lack of hope and a lot of despair that had me feeling and thinking that life was not worth living.

Hopelessness and suicide are two of the biggest enemies of prisoners. The truth is that I had to seek the refuge of God. Even though I had thoughts of doing good before coming to prison, I've always struggled to follow through with good behavior. Something inside me always convicted me for doing wrong. As a follower of Jesus, I believe it was the Holy Spirit, calling me to realize I would never be able to obtain good works on my own. All attempts in my own strength ended in jail, abuse, or neglecting my loved ones. Today I am flourishing thanks to the grace of God.

You can fight hopelessness and suicidal thoughts by surrendering to The Spirit of God. His Spirit will lead you to program staff who can assist you with alcohol and drug addiction treatment. So pray and step out on faith. Set positive goals for yourself like furthering your education and seeking counsel from wise prisoners who can mentor you. You may need to seek psychological services for depression to diminish. To maintain your positive lifestyle, seek activities such as: eating healthy, exercising, meditating, studying the Scriptures, drinking plenty of water, and getting at least seven hours of sleep every day.

*On this journey, God will reward you with purpose, hope and peace of mind. Will you walk with Him?*

*By Uri Small, Field Minister at Nash Correctional*

## “For I know the plans I have for you” says the Lord

In 1993, I had no clue. The Walk to Emmaus spiritual weekend opened my eyes to be the Lord's hands serving others who participated in this ministry. So many wanted to serve however, I stepped back to let others have their time.

Out of nowhere, someone suggested trying the Kairos prison ministry. He said, “It's Emmaus on steroids”! It sounded good but was not in North Carolina. With my curiosity aroused, I volunteered to be part of a Kairos weekend in South Carolina and Alabama. Both weekends made a profound effect on my life. I then worked to make Kairos a NC reality. Kairos quickly spread to twenty-one prisons in NC. I was active for 24 years, and witnessed about one hundred inmates transformed into believers. Circumstances forced me to leave this ministry which had become a major part of my life. It left a huge vacuum.

A famous adage says, “When God closes a door, He opens a window.” I heard several inmates mention NC-CURE favorably. It was an active voice for people who could not speak for themselves. It had a stellar past, but its founder and executive director was leaving with no replacement. It would be terrible to lose this vital ministry. After much thought and prayer, my wife and I volunteered to take on the task of rebirthing NC-CURE, and planned to work to hire a professional staff member.

NC-CURE now has an energetic Board of professional volunteers. We are publishing an informative newsletter quarterly and receive about one hundred letters monthly. We have established a good rapport with NC prison staff and are making a positive difference on inmates' lives.

*(Continued on page 5)*

## The Plans I Have for You, continued

*(Continued from page 4)*

As we continue to work tirelessly, NC-CURE is answering the Lord's command to us in Hebrews 13:3. Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering.

It is an honor to read and respond to your heartfelt concerns, trying to solve your problems while at the same time offering

hope and encouragement. I am very humble and blessed to be your advocate.

I now realize that God was calling me to serve the incarcerated—a person who never knew anyone in prison and frankly did not care about helping prisoners. This is a special task, and God has richly rewarded me for saying "Lord, here I am. Send me." Thank you, Lord!

*By Ron Capell, NC-CURE Board Member*

### NC-CURE and Social Media

Our intern from Meredith College, Crystal Poole, has been posting important articles on our social media sites, Facebook, Twitter, and Linked In—and our readership numbers are exploding. Many posts link to our new website, [www.nccure.org](http://www.nccure.org). Tell everyone to check it out!



***Life is like an ice cream cone, you have to lick it one day at a time.***

*Charles M. Schulz*

## Filing in the Industrial Commission

One option available to you if you have suffered an injury due to the prison's negligence is to file a claim in the Industrial Commission. The Industrial Commission is a state agency that addresses tort claims when a negligent party is a state employee acting within the scope of their employment. Once you have exhausted the grievance procedure, you then can file a claim.

The Commission only hears cases involving negligence. Negligence is when a person fails to take proper precautions or fails to act reasonably in performing ordinary tasks. This does not include injuries you may receive working a job while in prison (this would be a workers' compensation claim).

When you file in the Commission, you are suing a state agency for negligence of its employee or agent. This will usually be the Department of Public Safety. The state agency will be the defendant (or respondent) in the action and you are the plaintiff (or claimant). The only relief that you can get from the Industrial Commission is monetary relief: you cannot receive an injunction, or you cannot ask the Commission to make the employee stop doing something or start doing something differently.

A successful action for negligence before the Commission will have the following: 1) The claimant was injured, 2) as a direct and immediate result of 3) the negligence of the officer, employee, or agent of the state who was 4) acting within the scope of their employment, and 5) the claimant was not at fault in bringing about the injury. An injury can be damage to or loss of personal property, or bodily injury including physical pain or illness.

In order to file a claim with the Commission, you will need to use the Industrial Commission Form T-1, Claim for Damages Under Tort Claims Act (the Tort Claim Affidavit). You can get this form by writing to the Office of the Clerk, NC Industrial Commission, 1236 Mail Service Center, Raleigh, NC 27699-1236. This is also the address you send your completed Affidavit along with one copy and the \$200 filing fee. This fee is payable by certified check or money order. If you do not have \$200, you can apply to file as an indigent person. You can do this by filing an affidavit stating you are unable to pay the filing fee and a DPS report showing deposits, withdrawals, and balances in your trust account during the past six months.

It is important that you file your claim soon after you are able to determine the extent of your injury. You must file it within 3 years of the incident (except for cases of wrongful death in which the statute of limitations is 2 years). If you fail to file within this time, you will not be able to recover damages.

This is a very brief overview of a complicated process. If you have further questions about filing in the Industrial Commission, are filing a medical neglect case (there are special rules for these cases), or need examples to use as go-bys, please write to us so that we can help at: NCPLS, PO Box 27611, Raleigh, NC 27611. We are privileged to serve you and we thank you for the opportunity to continue to do so.

This article is written by an attorney and is intended for informational purposes only, and does not create an attorney/client relationship. *By Beth Thomas, Executive Director of NCPLS*

## Blessings for 2022

I bless you with all spiritual blessings!  
May you always hear from God



before you make a decision.  
I bless you with strength & courage  
to know  
When to be bold & when to  
hold back.  
May you always seek His face first.  
I bless you with  
wisdom & knowledge,  
May you always ask yourself WWJD,  
“What Would Jesus Do?”  
I bless you with Integrity to  
do the right thing,  
May you know and choose to do it!  
I bless you with the love of Jesus.  
May you always love  
others as yourself.  
I bless you with the desire to  
forgive others,  
...even when you don't feel like it.  
May you always choose to forgive.  
I bless you with good health to always  
walk in your healing.  
I bless you with knowing  
God's plan & purpose for your life!  
(Jer.29:11)

*THE LORD BLESS YOU & KEEP YOU,  
THE LORD MAKE HIS FACE  
SHINE UPON YOU,  
& BE GRACIOUS TO YOU:  
THE LORD LIFT UP HIS COUNTENCNCE  
TO YOU  
& GIVE YOU PEACE!  
Numbers 6:36*

*From a Mother Who Cares*

## Cancer Screening Recommendations

The U.S. Preventive Services Task Force (USPSTF) is an independent, volunteer panel of national experts in disease prevention and evidence-based medicine. The Task Force works to improve the health of people nationwide by making evidence-based recommendations about clinical preventive services such as screenings, counseling services, and preventive medications. The Task Force is committed to using a clear, consistent, and transparent recommendation development process so that health care professionals, partners, and the American public can understand and trust its work. The Task Force documents its methods in a procedure manual and other resources to ensure that the recommendations and evidence reviews are consistently of high quality, methodologically sound, scientifically defensible, reproducible, and unbiased.

The USPSTF is considered the ‘gold standard’ for cancer screening recommendations due to their focus on evidence-based medicine and strict adherence to scientific methods. USPSTF recommendations are often less aggressive and inclusive compared to those proclaimed by Professional Societies and Organizations. However, most if not all, health care professionals recognize that cancer screening recommended by the USPSTF should be available to all people. The recommendations apply only to people who have no signs or symptoms of the specific disease or condition under evaluation. Cancers for which the USPSTF has made screening recommendations include Breast, Cervix, Colorectal, Lung and Prostate. An overview of these screening recommendations follows. More in-depth information regarding specific tests and procedures can be found on the USPSTF Website and in published medical journals. Keep in mind that screening recommendations are intended for people of average risk and more frequent and invasive testing is typically employed for people with above average risk.

### Basic USPSTF Screening Recommendations:

#### Breast Cancer Screening:

- Biennial screening mammography for women aged 50 to 74 years.

#### Cervical Cancer Screening:

- Cervical cytology (Pap smears) alone every 3 years in women aged 21 to 29 years every 3 years. For women aged 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (cotesting).

#### Colorectal Cancer Screening:

- Screening (fecal occult blood testing annually, colonoscopy every 5 years) for colorectal cancer in all adults aged 50 to 75 years. May be considered for adults aged 45-49 years.

#### Lung Cancer Screening:

- Annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.

#### Prostate Cancer Screening:

- For men aged 55 to 69 years, the decision to undergo periodic prostate-specific antigen (PSA)-based screening for prostate cancer should be an individual one. Before deciding whether to be screened, men should have an opportunity to discuss the potential benefits and harms of screening with their clinician and to incorporate their values and preferences in the decision. Screening offers a small potential benefit of reducing the chance of death from prostate cancer in some men.

*By Celeste Lindley, PharmD, Board member*

## New state budget impacts prisons

Governor Cooper signed the long-awaited NC state budget on November 18, 2021. Highlights of the budget that impact the prison system include:

- A new Department of Adult Correction is established as a single, unified cabinet-level department. All functions, powers, and duties in the following divisions will be transferred into the new agency: Prisons, Alcohol and Chemical Dependency Treatment Centers, Health Services, Correction Enterprises, Community Corrections (Probation/Parole).
- A one-time allocation of \$2.75 million for safety improvement across the prison system for automated external defibrilla-

tors, replacing firearms and metal bed springs, air conditioning in all facilities not currently air-conditioned and other “critical safety upgrades”

- Central Prison will receive about \$4.8 million for medical and custody positions for a long-term care facility for chronically ill.
- A one-time allocation of \$2.5 million for youth reentering the community from Youth Development Centers
- A one-time allocation of \$8 million from the federal Substance Abuse Prevention and Treatment Block Grant to the MAT (Medication-assisted treatment) for alcohol and opioid use disorder)

*From NC Health News, 11/17/21*

## Kudos to Prison Staff

Eastern Correctional staff members were recognized by an anonymous writer: Officer Gonzalez, social worker Ms. Meyers, and the nursing staff, for being helpful in hard times like these.

Another writer asked to recognize Ms. Epps, social worker at Greene Correctional, who makes everyone she comes into contact with feel worthy and tries to help as much as possible.

## Join today and let NC-CURE be your VOICE for CHANGE

NC-CURE is membership-driven and operated by volunteer staff. Annual membership dues help to offset the high cost of printing and postage for our publication *On The Wire* (OTW). The newsletter provides news and resources members need to better understand the criminal justice system. If you would like to receive OTW by mail or email, please tear off and complete the form below, and mail it to **NC-CURE, P.O. Box 5013, Kinston, NC 28503**. Make checks or money orders payable to NC-CURE.

### 2022 Membership Application

Name (Inmate and OPUS #/Family Member/Supporter)		Date
Mailing Address		
City	State	Zip
Telephone		
Family Member relationship to Inmate/OPUS #		Email Address
<input type="checkbox"/> Inmate (\$3.00) Indigent inmates may send stamps for membership providing they are not violating prison policy. Otherwise membership dues are waived.	<input type="checkbox"/> Individual (\$25.00) <input type="checkbox"/> Family & Inmate (\$30.00) <input type="checkbox"/> Individual Supporter (\$50.00)	PLEASE CHECK ONE: I prefer receiving OTW by <input type="checkbox"/> Direct Mail <input type="checkbox"/> Email
<input type="checkbox"/> I would like to serve as a volunteer for NC-CURE in the capacity of:		Contact NC-CURE at northcarolinacure@gmail.com



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

*"The degree of civilization in a society can be judged by entering its prisons."* Fyodor Dostoyevsky

## OR CURRENT RESIDENT

### WHO WE ARE

NC-CURE (Citizens United for Restorative Effectiveness) is a non-profit 501(c)(3) grassroots prison advocacy organization established in 2007 and staffed by volunteers. Its mission is to advocate for the humane treatment of people in North Carolina prisons. Its vision is that North Carolina prisons will restore, rebuild and resource incarcerated individuals so they are prepared for successful reentry into the community.

### WHAT WE DO

**SUPPORT:** Encourage and provide hope to people in prison and their loved ones

**CALL ATTENTION:** Intervene when prison practices deny people in prison dignity and respect as human beings, adequate medical care and nutrition

**ADVOCATE:** Proactively advocate for change in NC prison practices to protect the human rights of prisoners

**EDUCATE:** Provide resources that members and the general public need to understand the prison system

**COLLABORATE:** Team up with criminal justice reform agencies to promote fair treatment of people incarcerated in NC prisons