

## Seven Hot Topics Concerning North Carolina's Prison System

### Psychological Affairs Within The Prison System

This topic in my opinion is one of the most important, seeing that behavioural traits manifested by inmates and correctional officers has its roots in the mind. Scientists along with doctors have done studies on humans and the physical anatomy and have found out that psychological disorders are common amongst all people more so as pertaining to inmates. I've learned from experience that what person has been through as a child can cause myself or anyone severe trauma to the cerebrum without any type of physical contact.  
Some men upon entering the prison system —

→ lose their minds as they enter the prison system, some men lose their minds throughout the duration of a prison term. Emotional pain is most detrimental, in fact prisons like Alexander Correctional, and even here presently (2016) at Nash Correctional, mental health services are provided by the administration(s) and a psychiatrist is hired within the prison(s) to help inmates cope (deal) with psychological issues. If an inmates psychological dilemma is too severe then medication is provided through medical, (medications like Elaville, and Halidole) These medications and many others (not mentioned) help keep an inmate with mental issues calm and moderate, otherwise without -

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— These medications, inmates with mental issues can and will easily hurt themselves and others. The real truth is that most inmates in this condition mentally were drug addicts before entering the prison system. Although a few prisons may have some type of drugs it is nothing compared to the drugs that these inmates were addicted to in society. So in prison they go through withdrawals or cold turkey which attacks the mind making it almost impossible for these inmates to function normally. So they go through medical to get the closest drug (medication) to that which they were addicted to before they came to prison. I had a friend that I've been doing prison time with since 2010 at a prison called —

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— Mountain View Correctional he was a member of the Christian choir at the prison and so was I. We fellowshiped a lot and became close. Well in 2011, we both went to separate prison(s) and we were in our right minds. However I arrived here at Nash Correctional in the month of December 2015 and I ran into him again. He saw me and spoke but he was not the same for he had developed throat cancer, and the medication he was only suppose to be on was that which slowed down the spread of his cancer but never took it away. The medication only opened up a door for him to develop dementia, so they put him on a medication for that, to the degree that he was unable to know who I was.

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→ His memory left him, and then he ended up in a wheel chair and in the spring of 2016, I found myself at his memorial service in the prison chapel. So many inmates have died from taking medications that was suppose to help they're mental condition but in turn took they're lives or made the mental illness worst. The prison system itself has and if allowed can and will drive any person whether inmate or correctional officer insane. Through out my prison term I've also met some Administrative officials (correctional officers) that had mental illnesses as well. The truth is that every prison is filled with correctional officers who are mentally challenged. A lot of prison Administrative officials has mental —

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- problems that come from personal situations, like finances, marital status, occupational burden(s) household drama etc. All of these problems are a part of life, some people know how to handle them and others don't. The ones who can't really handle these problems become psychologically unstable and should not be allowed to maintain a job in the prison system. However these same people are given jobs in the prison system without undergoing any real psychological evaluation and within a period of time their mental condition becomes worse. I've witnessed male officers (correctional) get a job in the prison system, who were or have been insecure concerning their manhood or masculinity -

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→ and in the minds of these men  
(correctional officers) they feel relief and  
at ease by making sure inmates have  
the same insecurity concerning manhood and  
masculinity that they have. One of the  
main obstacle(s) that plague the inmate  
population amongst men, is something called  
the "identity crisis." Inmates walk around  
with their heads down, they feel like the  
scum of the earth, because of some bad  
choices. These same men (inmates) have  
children which means they are fathers, these  
same men (inmates) have wives which means they  
are still husbands, prison can never take  
away who an inmate really is and his  
responsibility and/or moral, and spiritual  
obligation, towards humanity and God!

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→ The only difference between a bondman (prisoner) and a free man is the decision making process. The only difference between a bondman (prisoner) and a correctional officer is that an inmate spends twenty-four hours (24) a day in prison a correctional officer spends twelve hours a day (12) in prison. For every year that an inmate spends in prison, a correctional officer spends six (6) months, both are incarcerated one just spends more time in prison than the other. For this very reason it is essentially important that correctional officer(s) undergo strict psychological screening for it is expected and accepted to a certain degree for inmates to bear some type of mental dysfunctional trait. However for any administrative official —

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→ working in the prison system being mentally dysfunctional might be expected to a certain degree, however it should not be accepted, for it is unacceptable mentally ill inmates and mentally ill correctional officers don't mix more so in a prison setting. I will not discuss female correctional officer(s) in this topic, due to the fact that a lot of the psychological issues that plague female correctional officers is found in topic number 5, 4(6) of the seven Hot Topics concerning North Carolina's prison system, (which is soon to come) I will say that a female(s) correctional officers psychological problems can do more harm to an inmate than a male correctional officer(s) psychological problems. Her psychological problems also make her —

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- vulnerable and a liability, in the  
s.4(6) topic of: Unlawful Relations between  
inmates and Administrative officials I will  
discuss this more! I've served prison  
time at institutions that play psychological  
games, here at Nash Correctional Institution  
a lot of mental games are played. I will not  
go into detail concerning the policies and procedures  
implemented to bring mental and emotional  
despair. The policies and procedures that  
are implemented can be just as mentally  
devastating to correctional officers as well  
as inmates, more so to those whose consciences  
is sensitive towards what is humane and  
inhumane. you see the administration knows  
that the best way to control an inmate is  
to gain or possess the mind.

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→ Here at Nash Correctional Institution things like recreation time, allotted visitation, television time, single cell housing, job assignments, commissary time, are considered to be incentives used to keep an inmate subject, when these incentives are altered in any kind of way an inmates mind and emotions are affected because these incentives are dear to him, and by this an administration can keep control over an inmate population. What's sad is that in prisons all over north Carolina what Nash Correctional Inst. considers to be incentives are the normal standard authorized privileges given to inmates without partiality. As stated earlier an prison administration will control the minds of the inmate population through policies and procedures, and allotted —

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- privileges, that they label as incentives  
that may be taken if inmates are unruly.

What I've found to be even worst is a  
psychologically disturbed administration (prison)  
overseeing, leading, correcting, punishing, and  
killing, an psychologically disturbed inmate (prison)  
population.

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