

Michigan's Mentally Ill/Solitary Confinement Prisoners: How Brain Science Can Help - What I did or Didn't Do to CURB my Mental Unstabilities, Anger Issues, and Sexual Impulses.

I AM A INMATE, who has been INCARCERATED for (30) years now, and AS A JUVENILE LIFER - 2nd degree MURDER of my SISTER, - AND AS A MENTALLY UNSTABLE individual UNTIL 45 years of Age; I WISH TO SHARE my OPINIONS of WHAT I HAVE DONE TO CURB my MENTAL ILLNESS, ANGER, and SEXUAL IMPULSES of Vile VULGAR PERSUASION.

While my ADVICE, or TECHNIQUES might NOT WORK for Everyone, But IF I CAN HELP ANYONE (be it one person); THEN I've completed my REASON for this ESSAY!

When I WAS found Guilty, I WAS 17 years old, had NO JUVENILE HISTORY, NOR WAS NEVER IN TROUBLE WITH THE LAW AT ALL; had NO KNOWLEDGE of THE LAW, COURTS, or CASE LAW; so HAD to RELY ON (Indigent ATTORNEY) / APPOINTED by THE COURTS; who NEVER SAW me IN the County JAIL UNTIL SENTENCING; (now deceased); AND WAS GIVEN BAD ADVICE BY my THEN ATTORNEY & I PAID for it DEARLY.

AFTER GIVEN "LIFE" plus 2 years for the felony-FIREARM, I WAS SENTENCED MENTALLY ILL - But Guilty!

I have NEVER considered myself MENTALLY ILL,

OR UNSTABLE, BUT THE COURT RULED I WAS, SO I WAS - JUST DIDN'T WANT TO ADMIT IT!

Now that I have a Real Chance of Parole in 2019, OR 2024; for sure - (Need 6 votes to go to a public hearing), [LAST TIME 2014, I RECEIVED (3) VOTES]; AND HAVE A VERY HIGH PROBABILITY OF PAROLE GUIDELINES SCORE (+8); AND THE AMOUNT OF TIME & LETTERS OF RECOMMENDATION FOR PAROLE I HAVE; I HAVE A HIGHER PERCENTAGE OF PAROLE THAN OTHERS IN MY SITUATION (25% TO 60%)!; I HAVE TO CORRECT MY MENTAL ILLNESS, ANGER, AND SEXUAL IMPULSES THAT HAVE PLAGUED ME MY WHOLE PRISON BIT-TIME!

#1). I signed up for a Sex Addicts Anonymous Course, have received a sponsor, and I'm currently on Step 3 - out of 12 steps. Have read the Booklets, Books, & Pamphlets they supply you with free; I correspond weekly, bi-weekly, monthly with my sponsor at: ISA AT SAA - P.O. Box 70949 - Houston, TX. 77270 - WWW.INFO@SAA-RECOVERY-ORG - (713) 869-4902.

I have read & study my purchased book called "Every Young Man's Battle" by: Stephen Arterburn, Fred Stoetter, & Mike Yorty; (Cost \$15.99 from Amazon.com); Where they have helped me overcome victory of sexual temptations that I struggle with - mainly pornographic pictures/movies and letters from girlfriend!

This has helped alot, and even though I'm never going to be all the way cured there are measures I took to curb the impulses of sexual frustrations I feel each day!

I Removed All my pornographic Books I Have out of my Cell, All my Slutty, pictures I gave away, I Deleted off of my Television my Channels That Show porno Movies; I gave away my Magazines & Catalogs of porno stars, and I wrote All my letters to my girlfriends telling them that I DIDN'T want anymore letters of a pornographic nature, nor photos!

This process seems to help!

2). My Mental Health, I've seen a psychologist weekly, who I talk too; and he placed me in a START-UP program to get back to a general population setting; where I won't be confined 24/7, and can keep busy at work, programs, library, gym, ect.

3). I took Anger Management classes in 2006-2007, Group Counseling classes weekly, Impulse Control classes weekly, and this has greatly helped me!

So, in conclusion I have stabilized and I feel am ready for a shot at society again with the right attitude!

P.S. Feel free to write for ^o advice, encouragement, or whatever, and I'll gladly respond back!

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