

DEADLY FORCE

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While incarcerated in a Federal Correctional Complex, Colman 1, loud sirens go off. Several times to remind us that deadly force will be used on us. Special riot pressure grenades are dropped from the guard's tower to cause fear and display power. The impact alone vibrates the entire compound. The shock wave shakes the steel doors.

These are the tactics that are used to hijack reality, building physical and mental pain. Ingraing psychosomatic seeds for a individual who should be working on being a productive citizen upon his or her release.

A majority of prison guards were military men and women, most suffer from PTSD and other battle-field traumas while deployed in third world countries. We have destructive people working to help the prison system, help people be constructive citizens. This is laughable.

How are we to Cope in Society Once released on parole with mild PTSD, panic attacks to loud sounds fearful and and Signs of Explosive behavior because of a faulty System that's Suppose to give us the tools to flourish in are Society not battle-field tactics and behaviors and Uncomperable mental issues that make it nearly Impossible to adapt.

Above all Institutions are Suppose to help Rehabilitate with a Universal goal to help us adjust back into the real world. Mental health Employment and housing is vital and should be mandatory. Until we study the Inner workings and Really put are hard hats on and boots On the Compound and Evaluate from the top down Instead of feeling like damaged goods. Policy must change to achieve Victory as all Americans do must listen to the Misunderstood because freedom physically is not always freedom mentally.

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