

## "A Little R+R"

10/26/20

I am deeply troubled by the things that I see, but much more by the conversation I heard between two women the other day. As I listened, my heart went out to the two of them and all of the rest who struggle with the demon of addiction. The more I listened, the more I was convinced that these people need a little R+R.

And I do not mean rest and relaxation. Don't get me wrong, they could use some of that as well. But I'm speaking of reformation and rehabilitation. Many here are battling this enormous demon either secretly, or openly, but either way, in this facility, they are fighting a losing battle. Sad.

In this conversation, both

young ladies expressed very sorrowfully how they no longer wish to use drugs. Both clearly stated that the thrill is no longer present for them. What slowly began for fun and recreation, has now become nothing more than the maintenance of a lifestyle free from the sickness that comes from the withdrawal symptoms. They are no longer chasing a high, but chasing away the muscle cramps, vomiting, fatigue, and diarrhea that accompanies the non-usage of the drug.

Who could blame someone for not wanting to be ill? However, maybe if there was help for these women who would choose to be sick in order to kick the habit and win the war, they would gladly do so. But if they feel they are helpless, they in turn too become hopeless,

trapped inside and swallowed up by the vicious trap of addiction.

What happened to the rehabilitation that the penal system was designed to promote? What happened to the reformation of individuals whom the penal system attempts to correct? This broken system is failing them all tragically. But then you cannot expect something that is full of corruption to operate effectively, now can you? Broken things function improperly, and the justice system is definitely in desperate need of repair!

So how can we fix it? The answer to this age-old question remains to be seen. But what is evident, is that there is definitely a problem!

Women walk around with eyes blackened from fist-fights

over money owed for drugs. And sadly, nothing happens as a result of it. Staff casually turns a blind eye to the most obvious, widespread issue plaguing the majority of this facility's population, older women and younger alike.

The demon of addiction is no respecter of persons at all. Be it prescribed medication, or an illegal substance, once this demon possesses them, he has them under his control until the person is ready to change.

Sadly and unfortunately, many do not.

Many feel a state of hopelessness due to the chaotic environment in which we live. No matter where they may reside within this prison, it is drug-infested. Many feel that there is simply no escape. How can they when that awful demon comes in the form

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of a friend offering them a  
free hit? How can they when if  
they ask to speak to someone  
in the Mental Health Department,  
they are ignored? These women  
need a little R+R. They are  
helpless, and therefore, hopeless.  
Tragic.

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