

Hello

9.11.21

First and Foremost.

May God bless y'all and protect y'all From any-harm,

My name is Luis Roldan #145536, From Rhode island, but others called Providence or the capital,

I am currently serving a 20 year sentence,

I came at 19 now I'm 27 years old, and have experience alot of First hand trauma.

I also appreciate you or your staffs,

For being aware of these problems that our own community dosent even know about and including the system,

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I was Frame For a shank on 8.21.18

but I did win the shank booking down the road,

but not after I had to act in a erractical way I get a tone of bookings on my record, because I was in-distress and also because they said I was getting state-change.

now after all those bookings,

I still did 6 months in seg and did an additional 2 months in highside,

but ever since then.

my life, havent been the same, I Feel broken, and sometimes scare For my life.

I try my best to Follow up with them,
but they're just so un-human!, they dont know what it Feels
like to be lock in 24-7 or 23-1...

I know sometimes in jail we do some mistakes and we've to
accept those mistakes to become a better Person.

but in the world of the system, when you are right about
something and they know they have done a mistake, all they wanna
do is scream at you, booked you or use excessive-Force or spray you,
and the sad Part is, that we know that the o/c spray is approved
From the "health department", to be used upon us, but everytime
they us the o/c spray, it stays inside our eyes For a long time,
and that causes to lose our vision and give us severe headaches!

and I believe that the o/c, is not meant to be spray directly
at the human-eye, because it have multiple-chemicals, well known
as acid and other elements, that little by little is going to
disFigure our Pupils, cornea and its going to dry out the main-
system of our mucis-membrarm, that its probably is going
to cause a cancer somewhere in our-brain and they know
about this, but still allow it to be used without Precaution,
knowing what could do to us and the after math that can
do to the human-eye and body!

* they always say that is us, but not knowing is really them.
I been assaulted 2 times and sometimes wonder if I'm going to be alive for the next time.!

* we file everything per Policy but like always denied, neglecting and protecting the real-issues that be going around here, and covering up each others mistakes, to make it seem like nothing is going on in the N.I.D.O.I...

* I am scare in occasion not knowing when sometimes Capricious, is going to happen behind these walls... that our community is not even aware of or our Families, and when something does happen they say that it was us... or blame it on the Gangs oh say that it was over some contraband to put us in seg.

* People around the world pay taxes for jails can be a rehabilitation, or better to say to correct our poor choices, actions and behaviors not for staffs to treat us with cruelty & make us worst, for our society, when we get the chance to get back home.

* but what I been noticing.
the system has made seg, a measure of control strategy, but in my eyes, if it was for the system, we wouldn't get no Food, cloth's, Education or nothing because they don't care of our well-being, or life, because all they care about is the Money and to Vfect in control among us.

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somedays I think,
the system is failing to get people ready to make the transition
back to society and be successful at life.

People Around the world, and the system,
don't know that we get stressed out just thinking about our
- basic needs, the physical and the mental health trauma that
we go through inside here, is not even funny...

we also need to prepare ourselves for the real challenges of
the social contact, and get rid of any overwhelming feelings,
as sadness, hopelessness and depression... Etc.

also the main thing that we need to learn again is how to
have self-confidence and to have self-determination,
to be again worthy of living and trust!

*
some times I think of how the system is conducting
classification and are sending individuals to other
compounds or giving them different status base only
on changes that are adjudicated or enforced by
Prison Officials,
with little outside or over-sight of the situation...

I even seen Teens come to high-side,
and instead of becoming better, now are worst than before.

Many Prison system hard hearings,
but they are seldoms more than Perfunctory.

and staffs serves as Prosecutors, judges and juries!
if we never get no defense Attorney, what so Evct!
but the sad Part is...

that we are nearly always Found guilty of the offense,
even when we are not guilty of the offense!

* the system wish us to change,
but how can we change,
if the system is not allowing us to change.

* Some days when I wake up,
I think to myself, if today I'm going to be the same,
or if Am a little more insane,
because alot of People are able to do seg time or time,
and others are broken with time.

* Me Personally.
seg had broken me,
that even if I try, to be or act that I'm normal,
everything I do now dosent Feel Normal...

We sometimes think,

that giving a person a time-out or punishing them,
that we're going to cause them to do better and be better...
not knowing that's the opposite...

if I may explain myself!

* the person learns from learning and getting taught.

in other words...

the human mentality can adapt to anything but it takes time,
not in a split of a second...

the psyche of the mind is so beautiful and divine, that even
those in power or political people and anything about strategy,
have and need to go to school and learn the basic of education.

the reason I'm saying this is because, if we had a lot of programs
to help us out and stay focused inside every institution...

better to say "Seg"

the percentage of getting in trouble or losing our minds,
would be much lower!

I've a bit of a problem with the system.

Why the system, could help us do better, but chooses to make us bitter!

I know we're not perfect... because we are far from it!

but not even you are perfect... only God is!

I just wish society & the system to know that we're also human-beings,
as well - same as them and we are just misguided...

trying to find the right way to be guided...

I Feel like.

the system, Finds reasons or justifications to Penalize us,
to Put us in seg, and give us excessive time, not knowing the out-come
or what kind of affects is going to do to the human-brain.

* we might look okay From the out-side,
but deep inside our minds.... we are not Okay!

Every-time we go to seg,
the system is Damaging our Neurosystem,
that over time, is going to cause a disorder to our-minds,
involving to have multiple problems as Anxiety, Phobia,
obsessive rumination, having delusion or hearing voices,
talking to ourselves, trouble sleeping & Emotional distress....

* the system, make us take Pills, so we can control our problems,
but in reality... they're the ones that are making us become the problem.

Also I Feel like the system is making us Pay twice For our own
mistakes, that we're trying to learn From and move on to be a
better Person, but what I'm starting to believe, that the D.O.I
dosent stand For Department of correction.

if not Department of cruelty.

and someday I wonder if I'm going to be the same Person,
when I get to the streets...

because what I'm seeing that the D.O.I and seg is turning us
and me,

into something we dont wish to be....