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Confined for Better or Worse?

My name is Samantha, I have struggled with mental health issues all my life. I came to prison from a State Hospital with a plea of guilty but mentally ill. Due to my high levels of anxiety, being locked in a very confined and restricted environment has made my issues worse. My behaviors (self-harm) became worse which lead to me being placed in the Behavioral Management Unit (BMU).

The BMU's specialized program is suppose to be designed to help people learn to control their negative behaviors. It's a very stressful environment and causes peoples behaviors to become worse. Everyone down here has learned more negative behaviors. For me specifically I've learned ~~about~~ more things that I could hurt myself with that I would have never thought of if I was never put down here. It is very rare for someone to graduate the program because of ~~the environment~~ being placed in a more stressful environment where it's impossible to work on yourself. There are multiple people who have been down here for many years, some 8 plus years.

Some of the stressors are people banging nonstop on their doors for hours, yelling out their doors, people who threaten to assault others and assault someone while they are handcuffed and unable to defend themselves or move out of the way. Continuous high levels of stress is not only bad for people with mental health issues (in my case serve mental health issues), but ~~is~~ also

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causes long term health problems.

For the prison to be able to pick and choose who to place down here when there are multiple people with the same issues/behaviors (fighting, self-harm, etc) is wrong. In my opinion, separating people from the general population should not be allowed, especially for ~~people~~ long periods of time and for people with a history of mental health issues.

There are multiple people who are down here, because of continuous self-harm, sometimes severe like my case. Those people should be receiving mental health treatment which we don't receive and it's rare if we do. We are locked in our cells for the majority of the day except for a few groups. In the groups we mainly ~~colore~~, we don't receive handouts or counseling to help us. Then on Sunday's we are locked in our cell all day long.

We are only permitted to shower three times a week which should be against the law. We have a very small limit of clothes in our cell and we are only allowed one blue uniform (pants and shirt). We are only allowed to switch out our blue uniform two times a week. They always say that they promote good hygiene, but their actions counteract their words. We should be allowed at least two pairs of blue pants and be offered daily showers.

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Our clothing limit in our cell is three brown shirts, three pairs of socks, five pairs of underwear, and three bras. That is not even a sufficient amount for a week.

Another stressor down here is that the officers love to pick on the people who act up the most. They tease someone who is having a hard time which causes the person to become even more upset and act out even more. Then the officers have the nerve to get upset when the person ~~is~~ would yell and/or bang for hours straight when they should not have contributed to the negative behavior in the first place. Normally when one person acts up then someone else will decide to join in. It causes an even more stressful environment for the people who are trying to be good. Some officers try to upset the people who are behaving to make them go off. But in the end they get to walk out the door and go home which leads to the rest of the pod that's behaving to have to deal with the increased noise/stress.

~~At some point~~

Now that you've heard some of the wrong things that happen down in the BMU what is your opinion. Are people confined down here for better or for worse?