

The Trauma Manifesto

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It is difficult to enumerate the traumatic events that lend themselves to my mental health issues but I will herein attempt in an effort to aid my liberation from oppression. To the day of this writing, 3-5-22, I have been incarcerated 11 years 3 months and about 26 days. I am guilty of the crimes for which I am convicted of. While incarcerated I have been mentally, emotionally and physically assaulted by the Missouri Department of corrections. I have also witnessed other offenders and staff treated likewise or even worse. I have none the less made a concerted effort to overcome these obstacles to better myself but it seems far naught. I am daily traumatized by the way I am treated by the people put in place to assure my safety and rehabilitation. I am further confused when these same people are committing the same acts or others for which they incarcerate this "offender" population. Do you know of the rapes on staff members that occur here? The bullying by sergeants, captains, majors etc. upon staff and convict alike. The mistreatment of the mentally and emotionally ill as such as myself, the misuse and abuse of power. The theft by department heads i.e., foodservice, canteen, warehouse etc. through kickbacks and flatout stealing from institutions. The high rate of overdose deaths, episodic assaults and the high drug concentration that is perpetuated by guards and other staff who smuggle. These things exist and I am forced to better myself in the face of ongoing corruption and active oppression. Additionally, we are price gauged and exploited for profit and that profit is not used to invest in the treatment or betterment of the population responsible for it. As I pen this manifesto the copy machine that "offenders" have to purchase copy cards to use



out of order and is the same machine from when I arrived in 2013. Where is the money that we spend on buying copycards and why is it not used to reinvest in servicing or replacing of the copy machine that "offenders" used to make copies for the courts. "Offenders" who are suffering mentally and emotionally are pushed to a breaking point to where they feel their only recourse is violence and of course they are then punished. But before the break often is a cry for help. I literally and physically shake and cry because I just want to do and be better but I am daily oppressed and traumatized. I had turned to substance abuse, it only worsened my issues. Now I have another mountain to climb but this journey has turned me into an avid climber. Some days however I feel I am in a free fall, and once again my mountain towers anew. I may even have to figure a way to publish this manifesto outside of these walls do to the content and the first amendment violations that occur in this prison and it's mailroom. Which lends this manifesto to next cover nepitism and the way "they" protect each other with lies. Basically and in the most frank words: "they don't give a fuck!" Husband and wife, sister and brother, father and son etc. These duo's work side by side and if one says, falsely, anything against an "offender" of course their family will side with them. Header, would you give us the benefit of a doubt? Be honest. Because of this the informal resolution request process used to litigate issues is a joke. One hand washes the other. I have committed crimes but no one has checked to see if i'm that same person. Who cares? I do! And so should you because I'll be your neighbor one day and you should be equally invested, not only with your tax dollar or your ballot but with your voice. Look inside these prisons and see the atrocities that occur. We are still human and we still matter.