

Title: Trauma Inducing or Trauma Reducing?

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In my last entry titled A.C.E (Adverse Childhood Experience), I discussed the stark reality of poor Cognitive Awareness in people incarcerated and in the system. In this article I ask you to keep an open mind. The events and scenarios are true and from my life. I intend to use it to present a question that needs to be asked more widely. Is our Judicial System just as much to blame as for those for whom it is a revolving door?

Currently I am in Pre-trial detention, so while this information is fresh in my mind I'd like to share some things with you. Recently in a hearing for my criminal case, my Public Defender was providing info to the court about all the positive things I have accomplished. In those I've mentioned my struggle with addiction. When it came time for the prosecution's turn to speak he read from my criminal history.

In those stating I had a few possessions and consumptions of alcohol as a minor. As well as a possession of paraphernalia. Then a retail theft, a possession of controlled substance, then finally my only D.O.C. conviction for Delivery. Then he said "it was stated by the defense Mr. Palmer has struggled with addiction, I find that comical considering in 2018 he was convicted of Delivery of a controlled substance. He's a drug deliverer not a drug user." Essentially trying to downplay my addiction to ensure I don't get any sort of help.

He said this right after saying that I had all of these consumptions and possessions. You see, people like him are just as much a detriment to their own communities as the people in it making poor decisions. Things like that ensure that the guy who just robbed a store trying to feed his habit goes away for a year or two, gets out worse than when he went in. They're absolutely clinging to this broken ideology that being punitive is the solution.

It's further damaging our communities and filling the already wealthy's pockets. Quite frankly I think they should be ashamed of this. And yet they have the audacity to stand up and smile and say justice was served. It's irresponsible. As I mentioned before I know some people aren't fit for society, but most of the time all they're doing is feeding the beast. It's like this.

Thousands of people, men and women let's say 17-25 years old get into a little trouble. They get shipped off to the Department of Corrections where they will incur more serious levels of trauma. Whereas they were probably drinking, using drugs, or acting out due to some unhealthy trauma in the first place. When in reality all they needed was someone to give them

Some ~~guidance~~ guidance and tell them it'll be okay. Now, he or she is locked in a bathroom surrounded by people who have criminal mindsets. Now, he or she will have to adapt to their new environment. Humans are social creatures, so naturally whenever we are we're going to want to fit in.

Then he or she gets out, even more pressure and trauma than before. Most people don't know how to handle that transition. Then it's a revolving door, and the behavior becomes worse. Sometimes to the extreme and they get themselves killed or a police officer gets killed and then everyone's sitting around scratching their heads wondering how we got here. HELLO! You don't cage an already struggling individual up and call it "rehabilitation!"

These people are legal professionals, highly educated. But everyone stays silent because they don't want to be the odd man-out sticking up for "criminals." I live in a small town. Right now maybe 40 people in the whole jail. They see the same people again and again. But do the same thing and lock them up. Then be condescending or disgusted when they see the person back again. Doing the same thing repeatedly expecting a different result. The definition of what?

In the street life you become very aware of non-verbal communication. I see it first hand. Everytime I go to court they discuss me and everyone else as if they aren't sitting right there. Someone they have seen multiple times, they don't come right out and say it but the signs, the agitated movements, and tone of voice, scream that they're tired of it! When they are part of the problem!

Brene Brown said cultural change is a million subversive acts of resistance. Dr. Martin Luther King said "All life is interrelated, we are caught in an inescapable network of mutuality tied in a single garment of destiny. Whatever affects one directly, affects all indirectly." When does it stop? Millions of families all over the country suffering because one of their own is locked in a cage. Sisters, Brothers, fathers, and mothers. We need a more comprehensive ~~approach~~ approach. Can you contribute?