

## AMC2012 (Blog Posts June 17, 2012)

I'm an inmate with an I.Q. of 123, yet I suffer from impulsive behaviors and cut on myself.

Wash. DOC locks me up in segregation and label me a "behavioral" problem inmate.

Medications that help are not allowed because they fetch good prices on the big yard.

Psychotherapy is considered counterproductive because I can't stop cutting on myself.

My therapist disrespects me and I've filed multiple complaints on him, I even cut myself twice because he frustrates me that bad, yet I'm not allowed a therapist change because the Wash. State Penitentiary must uphold its reputation as tough guys.

Disability Rights of Washington are actively involved in getting DOC to help all mental health inmates.

### How to fix Wash. DOC mental health dept.?

1) Create an oversight committee designed to hire & fire all mental health providers. This committee should be a community program outside of DOC politics.

2) Allow psychiatrists more meds to choose from.

3) Create more programs that teach us

some skills we will need once released.

- (a) How to manage food in your own home.
- (b) Where to find cheap household items.
- (c) Plumbing
- (d) Car Maintenance
- (e) Shopping
- (f) Sewing
- (g) Cooking, etc.....

4) Allow inmates to choose their programs so we feel like it's not another pissing match.

5) More one on one time with a therapist in a comfortable setting. (e.g. a walk outside)

6) Create a serious grievance system for mental health issues.

\* Attached is a 2 pg grievance re an incident where staff refused to keep me in restraints and let me cut myself. This has happened multiple times at WSP. I have a lot of documented abuses; for anyone who wants to view them just contact me and I'll make copies for you.

I know I'm smart, I know I'm a good person, I just can't get past my nightmares, self harm and thoughts of suicide.

"Self mutilation is only a small part of a complex mind full of suicidal and minds."

— D. TROUPE



*LEVEL 1*

LEVEL 1-INITIAL GRIEVANCE  
NIVEL 1-QUEJA INICIAL

Name: Last NOMBRE: APELLIDO	First PRIMERO NOMBRE	Middle 2DO NOMBRE	DOC Number NUMERO DOC	Facility/FACILIDAD	Unit/Cell UNIDAD/CELDA
TROUPE, DAVID			765714	WSP	MSG11
Community Corrections Office OFICINA DE CORRECCIONES EN LA COMUNIDAD		Date Typed FECHA ESCRITA	PART B -- OBTS INFORMATION/INFORMACION DE OBTS		
		2/13/12	Remedy/REMEDIIO Unchanged	Resolution/RESOLUCION State Favor	Pending/PENDIENTE
PART A - INITIAL GRIEVANCE/PARTE A - QQUEJA INICIAL			Response due/Respuesta-requerida en 2/28/12		

**I WANT TO GRIEVE:** On Jan 31, 2012 I submitted an Emergency Grievance because I was feeling suicidal, I was strapped to a restraint chair for 2 hrs. in WSP IMU-S holding cell #1. At the end of this CPM Ron Knight, MHP Beck, UM Pease came to the cell where ON VIDEO (hand held by a C/O) CPM Knight admitted I appeared "escalated". I informed him several times in front of RN Sara Munsen, Sgt. Norris/Fischer, Sgt. Forbes, 5 officers, MHP Beck and UM Pease I still felt like cutting myself and if let loose in IMU-S I would cut myself. Approx. 10 min. later (also after Lori Scamahorn talked to me) I was escorted to cell G11 where no staff stayed to monitor me and no camera in the cell. I immediately cut both my legs and smeared blood all over the cell. MHP Beck was responsible for calling the COU to prepare the restraint bed, he did not do it. He's also responsible for my safety as well as CPM Knight and CUM Pease. All of this was recorded in the hand held use of force IMU-S video camera. Custody and mental health violated DOC 630.550 Suicide Prevention policy & protocol. They deliberately put me in harm's way when I tried to prevent it MHP Beck,

**SUGGESTED REMEDY:**

<del>XXXXXXXXXXXXXXXXXXXX</del>	2/13/12	/s/ David Troupe	2/13/12
Grievance Coordinator Signature	Date	Grievant Signature	Date
FIRMA DE COORDINADOR DE QUEJAS	FECHA	FIRMA DE QUEJANTE	FECHA

**PART B - LEVEL I RESPONSE/PARTE B RESPUESTA PRIMER NIVEL**

Dr. ~~XXXXXXXXXXXX~~ reports: I have reviewed your medical record, an incident report written by CUS Pease and staff interviews. It appears you were upset because staff released you from the restraint chair and placed you in a cell. You allege that DOC policy 630.550, Suicide Prevention, was violated and that staff placed you in harm's way by taking you out of the restrain chair and placing you in your cell with only a security smock. You also demand a change of primary therapist, a change of facility and a change in IMU South procedures. It is important to note that you injure yourself, sometimes quite severely, when your demands aren't met. You are not generally viewed as suicidal. Your behavior is completely under your control and your self-harm behavior is a volitional and deliberate act. Despite being in a restricted cell, you managed to cut both of your shins and then contacted custody to report this. You were then temporarily placed in the restraint chair and transported to the Mental Health Unit. Upon arrival, you were placed on the restraint bed. At no time was your life in danger. I believe policy was followed throughout this incident.

<del>XXXXXXXXXXXXXXXXXXXX</del>	2/23/12
Grievance Coordinator Signature	Date
COOINADOR DE QUEJAS	FECHA

You may appeal this response by submitting a written appeal to the coordinator within five (5) working days from date this response was received. Ud. puede apelar esta respuesta al someter una apelación por escrito al coordinador dentro de cinco (5) días de trabajo de la fecha en que esta respuesta fue recibida.



LEVEL 1-INITIAL GRIEVANCE  
NIVEL 1-QUEJA INICIAL

Name: NOMBRE:	Last APELLIDO	First PRIMERO NOMBRE	Middle 2DO NOMBRE	DOC Number NUMERO DOC	Facility/FACILIDAD	Unit/Cell UNIDAD/CELDA
TROUPE, DAVID				765714	WSP	MSG11
Community Corrections Office OFICINA DE CORRECCIONES EN LA COMUNIDAD			Date Typed FECHA ESCRITA	PART B - OBTS INFORMATION INFORMACION DE OBTS		
			2/13/12	Remedy/REMEDIIO	Resolution/RESOLUCION	Pending/PENDIENTE

PART A - INITIAL GRIEVANCE/PARTE A - QQUEJA INICIAL Response due/Respuesta-requerida en 2/28/12

**I WANT TO GRIEVE:** (Continued from page 1). UM Pease and CPM Knight are guilty of 630.550 violation and for creating an unsafe environment for me on Jan 31, 2012 within a level 5 maximum custody unit.

**SUGGESTED REMEDY:** 1) No more contact between MHP Beck and I unless it's an emergency situation. 2. Transfer me to SOU/ITU or SCCC, or even MCC or WCC because WSP IMU-S staff are allowing me to harm myself. I feel unsafe around MHP Beck and MHP End and have cut myself because of our conflicts. Please reassign me to MHP Calkins.

<del>Signature</del>	2/13/12	/s/ David Troupe	2/13/12
Grievance Coordinator Signature FIRMA DE COORDINADOR DE QUEJAS	Date FECHA	Grievant Signature FIRMA DE QUEJANTE	Date FECHA

PART B - LEVEL I RESPONSE/PARTE B RESPUESTA PRIMER NIVEL

*(This section is currently blank for the response.)*

Grievance Coordinator Signature COOINADOR DE QUEJAS	Date FECHA
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"AMC-2012" (Blog Posts - June 17, 2012)

What's the biggest ISSUE FOR ME WITHIN these walls?

High payed ignorance backed by attorneys.

1) Wash. DOC lowered it's requirements to fill up the Wash. State Penitentiary job quota.

2) Wash. DOC pays officers way more than NECESSARY to encourage employment.

3) Wash. DOC hires people with no credibility, no references, and even bad job records, then call them "officers" and "state officials".

4) Anyone of these "officers" who abuse their authority get backed up by the Wash. State Attorney General's Office.

Corruption made legal.

Abuse made normal.

Conflict in a box.

Then we get let loose in society where this prison life style is not acceptable?

Remedy? Make officers pay for their mistakes and not tax payers. Make them pay a % of the attorney general's fees.

Hire more college graduates and military trained.

David Troupe #765714

Always,  
David Troupe

## AMC 2012 (Blog Posts: June 17, 2012)

Why do we KEEP coming back to PRISON?

What's "REHABILITATION"?

Think people! ONCE released what does EVERY adult face?

Buying Food  
 Buying Clothes  
 Furniture  
 Job  
 Car  
 Socializing, etc...

DOC discourages socializing with females so this is a tabboo we have to overcome once back in society.

DOC does not have a way to teach us how to buy normal foods, nor how to store them. What's the shelf life of a loaf of bread? Simple things become a stress factor.

What if you don't know how to drive a car and you get released after 20 yrs. to an area far away from a bus route?

DOC keeps creating bigger and bigger prisons with smaller cells.

Remedy? Buy up some apartment complexes, pay criminals to fix them up while teaching them how to do this. Have them live there with a GPS ankle bracelet. Hire a life coach to help with teaching them how to manage their

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HOUSE/LIFE.

You can create similar programs. Inmates living in trailers while they build new homes for the homeless. A building for AA and NA meetings. A complex for domestic violence victims.

Let us SEE our self worth and FEEL our repayment to society while walking away with real skills and no prison taboos.

There's approx. 16,000 inmates in Wash. DOC. What would Wash. State be like with 6,000 of us as repair men, highway clean up crew, neighborhood clean up crew, painters of low income housing, recycling crews.....?

With today's technology DOC could easily use GPS on inmates.

Daily visits with an on site probation %.  
Random urine tests.

Tattoo removal program.

Monthly trips (at inmates expense) camping, baseball, basketball, etc...

If you remove us from society, you remove our survival skills and create a stressful predicament. Once we get released.

David Troupe #76574

Always,  
David Troupe