

AD:
"Solitary Panel"

* Jan. 29, 2013 *

Thinking softly, sitting quietly while looking for REASONS within these jumbled REGRETS.

All seem to float in a NEVER ENDING discovery of MISERY and longing. Such damaged REALMS, so UNFORGIVING, so MISPLACED. Only the profound can change our life and transform us OPEN OUR EYES TO OUR OWN diversity.

PAIN

DEATH

LIFE

BRUTAL CLARITY

Life within these physical boundaries is NOT a life of desolate boredom, but of constant challenges. Obstacles that stretch beyond the mind and litter the paths of every PRISONER who fight battles within a war of survival.

My name is David Troupe, I'm 33 yrs. old and I've BEEN down 14 yrs with 7 left, but who am I?

I use to love life and now I fight with death. I've OVERDOSED, hung myself, set my cell on fire and I now cut myself without hesitation.

I'm MORE violent now than what I use to be. On 12-30-12 I allegedly kicked a % during a pat search, going for his face while in hard cuffs. I ended up with 2 lacerations on my head and other injuries. And I was calm. Who am I?

Why the violence?

Our grievance system is a joke.

Our administrators cover everything up.

The attorney general's office allows DOC employees to do whatever they want.

Legal organizations are too overworked to help us.

Most of us have no money for an attorney.

Pro bono are impossible to find.

But violence is immediate and forces them to be careful.

If you're in a cell and a huge pile of poop blocks the door eventually you'll use your hands to dig.

In prison if you have nothing to help you resolve a problem eventually you'll use your hands to help.

BUT

You may have to continue fighting until you lose yourself.

How mad would someone have to be to use a staple to cut themselves so deep they get 14 sutures? How about their thumb nail?

I watch mental health prisoners get mistreated.

I watch prisoners get slammed on their face over a grievance.

I've seen, heard, and personally experienced so much abuse I'm scared of getting out of prison because I worry I'll hurt someone.

How do I act in society when all I've known for 14 yrs. is violence?

WSP and COCC prisons let me cut on myself for hours and all my grievances were denied. They let me destroy myself. I've been in solitary confinement over 4 yrs. this time.

Who am I?

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Always,
David Troupe

QUESTIONS:

- 1) How do I get mental health help once released?
- 2) Anyone here tonight really care?
- 3) How do we find pro bono attorneys?
- 4) I suffer PTSD, impulse control disorder, Bipolar, BPD, Recurring Major Depression, so what do I do to prevent suicide? (I have a daughter)