

Rehabilitation? WHATS THAT?

How strong do you have to be to survive decades in prison? Not just physically but psychologically & emotionally also. And believe me: the latter two are much harder to build and maintain than the former. They're also easier to fake and there's thousands of California prisoners with serious mental issues that are undiagnosed for various reasons. A person may fear appearing weak for seeking help or they may not trust the government doctors. If you've ever met a prison psych. tech you'd understand. Every one of them has serious mental issues of their own. How are they going to help someone else? Plus there's no confidentiality. Any thing you say - and how the crazy psych. tech interprets it - will be viewed and held against you by the Board of Prison Terms. Five seconds of "venting" could kill your chances of ever seeing freedom. It's much safer to ignore the voices in your head (if you can) and learn to like nightmares. You have to accept the fact that nightmares are a part of sleep. And they're not even the worst part. The worst part of sleep is waking up in prison. Still. EVERY fucking time I wake up here I am again! Can you see how you can come to accept having nightmares every night? There's nothing as bad as waking up to this shit. Needless to say I'm not really a "morning person".

The state has budgeted \$14 billion dollars to the CDCr for prisoner "rehabilitation". The odd thing is neither myself or anyone else I've talked to has noticed. \$14 billion? California has a ridiculous 70% recidivism rate every year. It also holds the record in prisoner suicides and homicides. (I wonder if Guinness would accept that entry.) On a probably related note California's prison guards are the highest paid in the world. Maybe the legislators don't know what "rehabilitation" means. OR they've confused it with another word - like "reallocation". . .

because it seems like the "rehabilitation" money has been "reallocated" to somebody's wallet!

The CDCr is more committed to breaking the spirit of prisoners than rehabilitating them. And the guards never miss an opportunity to make clear their stand: "It's not my job to rehabilitate you." So many of these "civil servants" feel it's their job to punish prisoners but no citizen in California was ever sentenced to prison to be punished. They've all been sentenced to prison as punishment. The state has taken all of our rights, our relationship with our families, our kids, our citizenship, etc. The only right prisoners really have is the right to remain silent. How magnanimous of them! It's really just the right to shut the fuck up! What are the repercussions of paroling prisoners unrehabilitated and with suppressed psychological disorders like PTSD? Well, to start with it's that 70% recidivism rate. The rest are obviously not going to all instantly become "productive members of society." After fighting through the brutally long sentences that the state so freely doles out and being tormented by the wonderful people that are employed by the California Department of Collections and Revenge, along with the joke of the \$200<sup>00</sup> "gate money", how many of these newly unrehabilitated "citizens" have a chance in Hell of reintegrating into society?

While I'm on the subject of the "rehabilitation" lie let me say a word on another lie: The CDCr claims that they "provide jobs for prisoners to earn money for their basic hygiene and dignity." The reality is that most prison jobs are without pay and even if you are one of the "fortunate" ones and manage to land a paying job the average pay is about .09¢ an hour. And that is automatically taxed 55% for any so-called restitution that really goes into the state's coffers. So what...

does Big Bank Hank buy with that .04¢ an hour? His hygiene or his dignity? The state has to provide indigent inmates with 20 "indigent envelopes" per month but if you have any money (\$1.00) in your trust account you are not eligible and must buy your own postage. With the average inmate monthly pay at between \$4.80 and \$5.40 after restitution? Basic hygiene items are pretty expensive and I hear dignity ain't cheap either so say I forego my dignity because it just isn't in the budget and I buy the most basic hygiene items, that's \$2.40 for a small tube of toothpaste and \$1.30 for a cheap deodorant for a total of \$3.70. Now say I'm at the high end of average at \$5.40. That means I'll be able to buy 3 stamps this month. Like I said above: Dignity just isn't in the budget.

To live in prison with the bare minimum toiletries and be able to stay in contact with your loved ones there's only one thing to do whether you have a "paying" job or not: steal shit. Stock supplies from the state get traded for the basic necessities - trash bags, cleaning supplies, tape, paper, extra laundry all get traded for soap, toothpaste, stamps, deodorant, etc. So that's what the CDCr's rehabilitation smells like. It's not hard to imagine what happens to a man when he has to steal to survive. It becomes normal to him. You may come to prison with good morals and ethics and some people do, but the State will quickly cure you of that! In prison you must maintain basic hygiene or you are in violation of their rules and regulations. So to follow the rules you must break the rules. After years of oppression this all begins to seem normal.

The CDCr does the opposite of rehabilitation. It's a farce and the only beneficiaries of the system are the...

civil service employees, not the prisoners and most definitely not society. The current system of "lock 'em up forever and for everything" only makes good men bad and bad men worse. I think its important for people to know that most first time prisoners haven't committed violent crimes, but most violent crimes are committed by people who have already been to prison. People become products of their environments and this environment sucks! No matter how hard the state tries I will not let them "rehabilitate" the dignity out of me.

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