

Between the bars. and After

Hi My Name is Teddie ☺ and those of
You who know me from my recent blogs
Know that I've pretty much dedicated my
"Makina Amend's" into helping those of you
With Convicted Family, Friends and Loved
ones to Not only Give Back but from
Genuine Desire to Not only help you but help
Your loved one That being Said.

I'm Finally Free! ☺

Am I happy? I Don't know what to
Feel after 10 long Years But its Not happiness
I feel its Discouragement and So I couldn't help
but to Exound on it Because its Vital that
You can understand how I feel So You can
Not only relate But understand That way "you"
Can Be Prepared to make his or her
Reincarnation a Successfull one.

This is My First Full week at the
Abode Facility 723 S. Peak St Dallas - TX .

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90 day OutPatient Upon Arriving We are
On a 10 Day Shut Down for Orientation
And told about all the Resources Available
Except: we can not Begin the Much need
Assistance While Shut Down.

So if your like me and have no Support
System Financially My First "Stumbling Block"
was Clothing I was fortunate I had Someone
Awesome have me My First Set upon Release
and there is a Closet Available But Picture a
Closet with Discarded unwanted Clothing and
Having to Wear Something you wouldnt dress
Your kids in. There are Clothing Resources available
and I Cant even get out to Utilize them.

Even undergarments for Christ Sake I dont
Want to Wear another Mans Drawers ~
Secondly I Cant Even Begin to Network on
Free time Because a Free Phone is not even
available I was given a \$0.00 Check and
the Phones are .50 for 4 Minutes!!
Im Scared to Spend a Penny of it on the
Phone But havent a Choice.

There's no cell phones permitted on the property! ③
and a free phone is provided after Food Stamp
application is processed??. While in treatment we
are discouraged from receiving assistance??
So two major resources have been shut in my
face that I Desperately need. I don't get it.
Even preparing to reach out to churches for a bus
pass I'm unable to do until my 10 days are up.
People May 1st Day I'm already looking for a job!!!
that is my #1 Priority. But HI have to utilize
that time further delaying my opportunity to get
a job that I Desperately need.

3rd I have Migraine Headaches and nothing here works
I had to Bed and Finally Manipulate my way to
be sent to Parkland and the experience for someone
gone for so long is Crippling. My idea of waiting
to be seen was to use that time effectively
Deviating Protocol but trying to find a phone to
work on not only resources but find family
people there are "no pay phones any longer" at a
Hospital the Degrading part was a receptionist

allowed me to make a phone call on
Speaker Phone. Trying to find out about Food
Stamp Resources and then after he solicited
me for them ?? who does that ?? you
know from my conversation my situation for crying
out loud. So after I roamed the hospital searching
for a phone and found another receptionist.
Only to find him there with her after asking
her he butted in the conversation like I was a
common bum saying he was being nice the first
time and not to take advantage of them! ???

I went back to my waiting room and have
not been in this type of environment with sick
people with mask coughing all over the place and
it hit me anxiety I couldnt even sit comfortably
for worry of my health and all the people sitting
there on their phones!

I was placed in a small room for several
hours. and I broke down and cried getting
up I wanted to wipe the tears by trying

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to use a paper towel dispenser that I didn't
know was "automatic" I did everything to get
that thing to work even doing as instructed
only for it not to work and this only made
it worse I cried wondering if there is some
thing wrong with me and realized that I could
possibly have PTSD from all the years Incarcerated
Feeling so out of place, free but still feeling
cherished down. and unable to move on with my
life and begin what I diligently put in place
"my plan" my goals for accomplishment.

the practice to become independent.

All in All I've used half of my \$0.00 on the
Phone establishing FoodStamps. and Clothing
from the Chaplins office at the Parole Office
But I won't be able to pick them up until
after the 10 days I've established potential
employment that I'll have to delay because
of my resources needed

I can't go to far on a Bus at \$5.00 a

Day

And Picture this a Treatment center Deed
in the Middle of an area that Drugs are
on the Streets I look out my window and
the Biggest Bill Board "Electronic" Flashes Advertisements
for several Beers, Strip Clubs "Ironic huh"?
And I see people here relapse every day
I finally found one of my Brothers and talked
to him last night after 12 years not knowing
he is struggling, my Sister lost to the Streets
in her addiction, and my other Brother locked
away now of this I knew about until last
night. and I feel helpless to the situation knowing
as much as I still love them I can't work but
on myself

To top it all off after all the hours at the
Hospital I'm told I can't even have the medication
here at the facility Because "They Say" It could
show a dirty UA for "Something" ???

②
Do you think they will allow me to go Back?

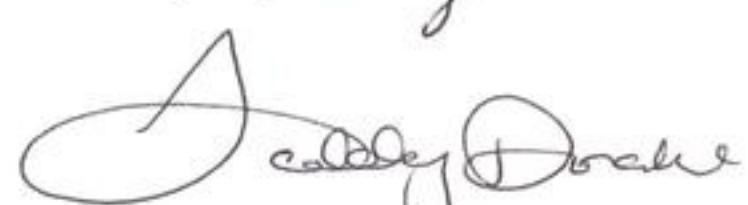
Probly Not Its not an Emergency to them.

I Just Dont understand it all how can they expect positive results when we are crippled by all the obstacles.

Folks this i assure you my next entry must be from Prison walls. I will Survive I will hold my head up high and Strive Because Im more motivated for success then the average almost more then most.

If you have Comments, Ideas or Job referrals and you in the area Id like to hear them I could use your Support and Encouragement.

STAY
FREE

Respectfully

Jody Drake