

Greetings Ms Swan

6/24/14

Hi My name is Justin Welch, I'm a inmate in Waupun prison doing life. I've had your info for 2 1/2 years and never sent you a letter. I have heard nothing but good things about you and how you go way out of your way to help people you dont ever know. Well you must have a big heart.

Well I have a reason to write you now. And by god I hope you can help me I've been reaching out for help to so many people and have had no luck as of yet. I will do my best to keep this short because I'm sure you get a ton of mail. It all started about one year ago here at Waupun prison. I was writing request after request to the Doctor so I could talk to her because I was having thoughts of suicide. Well after waiting 6 weeks I ended up cutting open my wrist because it became to much and no body has seen me yet. After that the Head Doctor here at Waupun put me into a self help group for suicidal thoughts and behavior. The name of the group is DBT, Its a 6 month group. I only was in DBT for 30 days because as the Doctors put it, it was to much of a Hostile Environment for me to partake in the group. So I was sent to WRC to finish DBT there in a less Hostile place. Once at WRC they said no you must finish Coping Skills first then you can return to WRC and then do DBT or any other group. Coping Skills is a gate way group they say. Well I didnt finish Coping Skills and was kicked out of WRC and sent back to Waupun because a staff that didnt like me lied and said I was trying to escape. No worries the camera proved he was lying and the conduct report was dismissed all together. But I was still sent back to Waupun. Once back at Waupun I think 4 days I cut open a vein and bleed out for hours before they found me in a pool of my blood. I was rushed

to the Hospital and fixed and sent back to prison and placed in OBS status so they could keep a eye on me. I sat in OBS for 35 days and then Madison Doctor came and seen me and sent me back to WRC once again. Some thing this time I was sent to WRC for suicidal help group/Depression. But WRC was still on that Coping Skills thing. So I finish Coping Skills this ~~the~~ time around and on 4/10/14 they we going to transfer me back to Waupun so the morning of 4/10/14 I cut a vein open again and really lost a ton of blood. like before they rushed me to the hospital and I was fixed and then transfer to Waupun prison. BTW Coping Skills does nothing for people with Depression or suicide attempts.

So now 4/10/14 I'm back at Waupun in OBS status again for about 7 days asking that I go back to WRC for some real treatment now that I have finished Coping Skills. I was told No By Dr Baird so I asked her to place me in the mental health unit BHU. Dr Baird told me No. I asked Dr Baird for a transfer to another max prison so I can par take in treatment in a non Hostile Environment. Dr Baird told me ~~no~~ No! Dr Baird did tell me on 4/21/14 that at the end of summer I will be able to get into some groups here at Waupun. I guess she must of forgot about how she and Dr Enders transfered me because of the Hostile Environment and how I couldn't par take in the group like I wanted to. So I keep on asking for help and days go by then weeks and on 6/4/14 I cut open a artery on my inner right L-Bow and it was so bad and so much Blood loss that I was sent to a Special Hospital in Madison called UW Madison for treatment on my arm. They knocked me out and worked on my are for 2 hours

and then I sat in UW Madison Hospital for another 24 hours then I was sent back to Waupun prison. I was told by UW Madison that a Doctor would see me when I get back to Waupun. Well nobody was going to see me because it was a week end, So after 3 hours pass by I cut again on my inner left h-Bow and cut open the artery on that arm. Now I'm so low on Blood I pass out in two minutes or less because as you know I cut open my another artery the day before. By this time I'm pretty much a ~~g~~ dead man. They can't find no veins to run a IV or Blood because my body is in shock and shut down. So in a last hope they take a drill and drill into my bone and run blood through my bone into my body as a last hope. Well as you know they saved my life that time because you are reading my letter. I stayed in UW Madison for another 24 hours on 6/5/14. So when I get back to Waupun I'm asking for WRC or transfer or BHU placement or groups. I never stoped asking for help because I know with treatment I can get better. Dr Baird said in two months a group will start at Waupun prison. She has no date or even a group name yet. All these months are passing by and I'm cutting up my arms in and out of the Hospitals and almost dying. I have filed a number of Complaints ICES. I have sent a number of letters to out side places ATTY, WDSPS complaint places. I just cut again on 6/20/14. Ms Swan is there any way you can help me find a ATTY before its too late and I take my life. I have mental health problems and I truly need some help. I can't wait months like the Doctors are saying here. I did file a Complaint to the DSPS on the Doctors being unprofessional and not keeping me safe. My complaint number for the DSPS is 2

14-CPC-022 The number to the DSPS is 608 266-7482.

I wish I knew what they are doing and if they are going to step in and help me and all the other inmates here at Waupun. Ms Swan could you put a call into them and see if they are going to help me. I would be very thankful. But the truth is I do need a ATTY more than anything. Do you know any civil ATTY that might help me? My mother is a mess over this. She dont know what to do to help me and she crys and wants to help but feels like nothing will fix all this. My mother lives in Calif along with all my family. Im from Calif and have nobody in Wisconsin. My whole family is a mess over me doing all this to myself. I try and tell them I just need some mental health treatment and I will get better. But still my mother is hurting the most. I have no way to contact her right now because Im in seg and I know she is stressing out because of all my suicide attempts of late. If you have some time Ms Swan could you or would you please call my mother Connie Goesch 209 247-5898 and tell her something to help her feel better. I hate hearing my mother cry because she feels like she cant help me. She is one of the 3 most important girls in my life. I have two little girls also. And without treatment I know I will pull off suicide very soon. I truly cant understand why they will not send me back to WRC for treatment. A person can only ask so many times for help before its to late.

I want to thank you so very much Ms Swan for all your help with all of us inmates. You are truly a great person.

Thank you so so much

Truly

Justin Welch 579750 WCI
PO Box 351 Waupun WI 53963

Justin Welch