

Post Solitary Confinement
Life after Segregation!

April 28, 2015

I was placed in segregation in June of 1999 and released from it April of 2013. I was placed in it due to prison activism and the audacity to create a united front among Black and Brown prisoners. Eleven of those fourteen years were spent in Wisconsin's sole Supermax- WSPF(Wisconsin Secure program Facility). The power complex (i.e. "White Shirts":lieutenants and captains)at GBCI (green Bay Correctional Institution) wanted me to remain in seg, but the warden and security director at GBCI decided I had been in seg long enough. I was housed in GBCI's transitional unit for eight months before I was housed in its two cell halls. October 17, 2013 I was housed in the North Cell Hall. I was placed in a single cell. The North Cell Hall houses up to 450 prisoners.

The environment at GBCI is toxic and completely different than what it was the last time I was there in 1999. brothers arguing all day, disrespecting each other, calling each other the n-word, it's a total mess there. Going to the dining hall and recreation was very challenging. Being isolated for so long made me extremely anxious and paranoid. I developed OCD (obsessive compulsive disorder) while in solitary confinement. I attended Jumwah a few times and declined to shake my Muslim brothers' hands. This disappointed a lot of them, but those who know me understand my plight and the things that I struggle with daily. I feel contaminated around people and this makes me very uneasy. While isolated I began to experience bugs crawling on top and beneath my skin, I call this experience crawling sensations. Its clinical name is tactile or somatic delusions. I also experience a snap, crackle, and pop-clicking noise in my head. These experiences occurred while at Supermax. A psychologist at WSPF (aka Supermax) informed that these experiences will disappear once I get out of the hole, but they only became worse.

My theory behind the crawling sensations is the HSU(Health Services unit) at Supermax infected me with an unknown disease, and my theory behind the noises in my head, is that the CIA , masquerading as prison staff at Supermax, implanted microchips in my brain through food. Doctors (Psychiatrists and psychologists) regard my claims as mere delusions, and I strongly beg to differ with them. I am not delusional nor do I suffer from delusional disorder as my doctors believe. This country has a long history of experimenting on African- Americans and other people of color with diseases and devices such as tracking devices and microchips. Anyhow, when I feel contaminated, I feel under attack, and when I feel under attack my response is violence. And since my desire is not to hurt anyone I stopped attending rec and the dining hall. My psychologist at GBCI, Dr Zirbel, was concerned and referred me to a mental health facility- WRC(Wisconsin Resource Center)for anxiety treatment.

I had been to WRC previously 5-31-11 to 8-23-11 and 4-12-12 to 10-11-12, while on AC (administrative confinement) and was housed on it seg unit both times. His time I was housed on one of its many GP (general population) units. I arrived at WRC March 12, 2014. My stay there was miserable. I wasn't eating the food there because I felt they were trying to poison me, and I wasn't going to fitness or the cafeteria, because I felt homicidal and didn't want to hurt anyone. On top of that, I wasn't seeing eye to eye with my assigned psychiatrist and I accused the treatment team of being blatantly racist. They accused me if being too paranoid and thus difficult to work with.

They sent me back to GBCI March 28th 2014. I saw my psychologist, Dr Zirbel, then I was assessed by HSU staff, who asked if I wanted to see the psychiatrist Dr Stonefeld. I told them no, but he saw me anyway. He felt that I was experiencing a psychotic episode and asked prison staff and GBCI's program supervisor to house me in the transitional unit. I stayed on it from 5-28-14 to 9-2-14. Dr Zirbel referred me to CCI (Columbia correctional Institution) -SMU (special management Unit) a unit fir prisoners with psychiatric issues. The psychologist for CCI -SMU, Dr Stephany Trevino, accepted the referral and I was transferred from GBCI to CCI 9 2 14. I'm still isolating myself especially when I feel homicidal, But CCI is a better fit for me, and I am slowly trying to transition back to being around people without feeling anxious, paranoid and homicidal. Though I was paranoid before I came to prison and before I went to the hole, isolation exacerbated my paranoia and brought new symptoms (i.e crawling sensations the snap, crackle and pop noises, ocd etc). Whatever the case, I'm trying to get help and plan to overcome my contamination and germ fears, especially if I plan to go to medium.

The Struggle Continues
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