

By: Dexter Owens.

Mental Anguish and Mental Torture.

It's a world where I feel, my neighbor lives in each day - when he screams out or throughout the middle of the night, as if someone took a chainsaw to his flesh.

What's been happening lately or to be more precise - put you up on what's been going down inside Nevada Department Of Corrections, the lockdown units (Administrative Segregated Units) have become overpopulated with inmates who have deep psychological issues - who needs instant medical attention.

Another neighbor of mines, who's completely sane. Told me, "The state don't give a f@*k about inmates with deep mental issues."

By him relaying this to me. My mind instantly thought, he has a valid point. The nature of therapy for inmates with deep psychological issues have been. "We'll give the inmates a few pills, and call it a day." Haven't you had your one-a-day, yet? The typical question one in the medical field would ask, who's also employed by the state of Nevada.

The overall drawback, and the mental torture these guys face. When the synthetic drugs wears off, these guys are taking. They become like an angry lion caged up, who's being provoke by a mean animal trainer. Whatever they (meaning: Inmates who are currently taking psychotropic drugs.) could do to make the prisoners in their surrounding area feel their pain, they lash out.

Tools of the trade. They bang on cell doors until their knuckles get bloody, flush toilets until the unit tiers are completely flooded, and bust fire emergency sprinklers to get the same reactions as they would with toilets. (Imagine feces floating in a sewage like lake.) Another obscene jester they do.... is scream at the top of their lungs, when they think everyone in the surrounding unit is asleep from 1 A.M ~ 5 A.M.

A prison within a prison is about how it sounds. Instead of giving these guys, (who need instant medical attention.) incarceration inside of a cell. The prison where I'm housed at, just dump these guys

next to us, and smile while thinking... (Prison Authorities that is)

"I hope they drive you guys insane."

"Keep 'em' doped up on prescription meds."

In hindsight, I guess it's cheaper just to keep the ones who are mentally unstable - locked up. As long as they aren't hurting anyone in society. Who cares? Right? For the mentally equipped, mentally sane, or the ones who try to use every brain cell inside their thinking cap.

To the [REDACTED] world, we (inmates) live in mental anguish and mental torture, because we know that s.h@# will never get charged around here, and it will only get worse. Where's President Obama when you need him? We (inmates) live in mental torture, when we are housed next to individuals with deep psychological issues who aren't given the proper medical [REDACTED] care they need.

I care for the ones, whom society has pushed aside, deemed unrehabilitated, or quite possibly seem to have forgotten - we still exist. We (inmates) face a scenario, where we're, "Out-Of-Sight, Out-Of-Mind" with our families, friends, and love ones. The problem is the [REDACTED] inmates who have deep psychological issues aren't receiving the immediate medical attention, they need and deserve. The solution, the prison (Ely State Prison) where I am housed at - needs to build and incorporate a special facility to house prisoners with psychological issues. No if's, ands, or buts.

One: Where these guys (inmates with psychological issues) have personal contact with trained professionals, who are trained in the field of psychology.

Two: The problem only becomes worse if they are ignored or forgotten about.

Three: There's a lot in the budget for miscellaneous stuff. But, does immediate medical attention fit the criteria for the downtrodden, the disadvantaged, and the disenfranchised? Do the poor even matter anymore? Do the president and the first lady know what's going on their watch? A quip from society would sound like this, "You [REDACTED] should've known before you did your crime! Prison wasn't going to be a hotel!"

To the ones who have an inquisitive mind or like to make accusatory statements, Prison may never be like a hotel. But, one thing is for sure. It's a world filled with dark miseries and tremendous pain. Like the Titanic going under, Be like Leonardo DiCaprio and grab a piece of wood. Flood and shred water lightly. Survive!