

What is prison for?

Throughout my life my main demon has been drugs. A countless number of times I have ended up arrested and charged for theft of things I can sell for money for drugs and this has built up to many prison sentences and remands. Alternatives have been offered like community payback and drug treatment testing orders (DTTO). On occasions these have got me on track and clean for short periods but I have always relapsed. I'm hoping after this long sentence(26months) I will stay clean and happy without drugs although my methadone prescription is still running it enables me to live an ordinary life to a certain extent.

Prison to me is meant to take criminals of the streets when there are no other options. Whilst inside prison we are given the chance to better our lives. At first when I came in years ago I never done long enough to use it to my advantage or realise that the time may be helpful.

After withdrawals from drugs are finished if you're ready for change you get your head into the sentence or remand, and stop chasing drugs and hanging around troubled people. This is a hard lesson that take's time to learn.

If you're motivated, smart and ready, education and work can really change prison from a feeling of stopping time to moving time productively. Doing classes or work helps confidence and social skills even qualifications if you want. This helps you get into a routine and mixing with people who at first you may not mix with in hall.

Prison doesn't work for people who hide away behind closed cell doors or who lie in bed all day. You must want to change and be ready to change your whole live around. People who face their demons head on will almost definitely in my opinion don't be back inside in future, as they are not ready for outsidess issues and problems.

Prison is meant to rehabilitate people but a lot of time inside mental health is not dealt with and people aren't medicated correctly causing all sorts of issues with self-harm and suicide.

Sometimes you think why me and what's the point but if you get your mind into being a student and classes time flies. I'm confident this time I will get out and go back to finish college and stay clean, it's the first time I've felt this way ever in my life.

Prison makes people reflect on their own lives and sometimes time sober or straight locked up does work at scaring people into not coming back, but time usually almost guarantees these people will be back because they haven't learnt how to live in society just learnt how to shut themselves away behind a door all day which they end up doing at home on their release.

Family usually become the main thought on people's mind in here all the things we should have done for our kids or parents come to head and guilt kicks in. This is a painful feeling you cannot explain or understand unless you experience it.

To me prison is a local rehab that I use to my advantage, doing education and getting stable and clean inside a big wall, lack of freedom is the only thing that frustrates me. Prison has helped me this time but only because I'm older and smart and know what I can benefit from here. My focus has shifted from jumping around with the so called cool people to hanging around with fellow students that like to play cards or talk smart conversation that engages my brain instead of he said/ she said childlike gossip that 90% of prisoners chat about all the time.