

## C3 Workshop May 30 2026

1:00

None.

1:54

None.

1:57

OK, Hello.

1:58

Good morning, everybody.

2:00

Thank you for participating in our mental health workshop today.

2:04

It's a beautiful Saturday.

2:07

Everybody had some good Donuts and fruit and food.

2:11

Awesome.

2:12

OK so before we start the presentation, I just want to let you guys know a couple house rules #1 this auditorium only water is allowed.

2:24

If you have coffee, tea, or soda, please leave it outside and when you're done you can pick up your stuff or you can go outside, drink it and come back in this room.

2:38

If possible, please help us keep this room closed.

2:41

2nd house rules.

2:43

self-care is super important.

2:45

If you need to use the restroom or you need a new water, please go ahead and leave.

2:50

You don't need to ask for permission.

2:52

The bathroom is pasta, elevator is a woman's restroom, and then the men's restroom is after that.

3:03

So we know that today we have many interpreters working together here.

3:08

So if you're talking super fast or whatever, sometimes it's hard for the interpreters to keep up.

3:14

So please take turns talking.

3:22

I know that there's going to be a lot of questions and curiosity.

3:25

So if you can't, please raise your hand.

3:29

We will pick on you to talk and also the interpreters will come up and copy sign for you for our live stream viewers.

3:40

Just to let you know, this is live streamed, also recorded.

3:48

And the final house rule, if there is any emergencies, where are you going to exit?

3:52

There's one to my right, left and in front of me.

3:56

There are many cords on the floor.

3:59

So please be careful when you're leaving.

4:03

And let's give a warm welcome to Clyde Catron.

4:08

Thank you for coming.

4:15

Thank you.

4:16

Thank you to go JUCO.

4:19

Is that your name sign?

4:21

Yeah, that's perfect.

4:25

So I just want to thank GLAAD, the Greater Los Angeles on Deaf Agency on Deafness for having me here for this presentation.

4:33

It's very special because I've been giving you know, I've had the opportunity to present in many different places in New York, the military for Pan World Rochester or RIT drug intervention services and I also gave a presentation at Riverside School of the Deaf, Oregon.

5:07

I also gave a presentation at Texas and Fremont Institute, But one of the biggest impacts was at Travis County, and I noticed that there was a lot of deaf inmates there.

5:26

They're in jail and they're struggling with substance abuse, drug addiction, alcohol dependency, addiction in general, and they're in jail.

5:38

The statistically 63% of inmates that go into jail have drug or alcohol in their system.

5:49

It is assumed that about 80% need drug intervention, but they never do it.

5:58

They just stay in jail until the judge decides that they're going to go to drug treatment or therapy or they're like, hey, I would like to do an intervention program.

6:09

Often times, you know, people who are in jail, they just sit in there and, you know, they don't realize that there's so many problems behind it.

6:17

So from my own personal experiences, you know, this presentation is going to be long, all these different archives.

6:30

And I hope that it could be used and watched by different inmates to see what drug addiction really is.

6:38

And it's a lot more than I realized.

6:40

And I'm really excited to get started.

6:54

OK, so this picture is of me.

6:59

It was in Pershing's Pershing Square in LA County and I think it was in 2020.

7:07

One 2021 I was homeless in LA.

7:11

In 2019 I got kicked out of my house.

7:14

My parents kicked me out in 2017 and that's when I started with my meth addiction.

7:23

When in 2017 I went to Austin, TX and it was just a trail of disaster.

7:32

I messed up with my family, messed up with people who I was trying to like live with them and it was just, everything was just chaotic.

7:39

So I just left Austin, TX, moved to Lai, really should have went to Fresno.

7:45

But LA was an open air drug market.

7:51

And from 2019 to 2021, that was me, my addiction starting with meth all the way to bath salts.

8:01

And the reason for that is the reason why I was addicted to fat salt was because once you're addicted to something, you know, meth, crystal meth, if you're addicted to that, anything that looks like it, like if you notice people on TV are typically like looking down, trying to look for things or, you know, sometimes people are addicted to crack.

8:31

What, you know, whatever looks like crystals.

8:37

That behavior is really the result of a serious drug addiction.

8:42

You can't really think of anything else.

8:44

You can't think of life, you can't think of health, your family, your job, your future.

8:48

You can't, you're always looking for that crystal.

8:53

That's just what you want.

8:54

It's that's the power of drug addiction.

8:58

So my addiction went from meth all the way to bath salts.

9:07

It's a synthetic chemical and it looks like a meth.

9:12

The feeling is less but I can't say no because I really needed meth.

9:21

My meth addiction started, well, it didn't really start with meth.

9:26

It started with marijuana.

9:28

So I was addicted to smoking marijuana in college.

9:32

And what does that mean?

9:33

That means I had to smoke all day long.

9:36

I could not function without it before seeing my mom.

9:39

I had to smoke before class.

9:41

I had to smoke before I when I got up, I instantly needed to smoke.

9:45

And I didn't think that was a problem.

9:47

You know, it's socially acceptable and you know, it was OK.

9:54

Some people even call it medical marijuana and it's very socially accepted.

9:59

I thought I could just keep using it.

10:02

It's heavily involved in the rap culture.

10:04

Movies show it, TV markets it.

10:08

You know, it's a smoke culture.

10:10

But for me, a person like me, I could not say no to smoking marijuana.

10:15

That transformed into alcohol.

10:18

Alcohol is also when I started my nicotine addiction as well.

10:24

So I had all of these three addictions and then cocaine and so I started using meth.

10:32

I was done.

10:33

I kicked all four of those addictions overnight and focused on meth.

10:38

I thought I found a solution to all my problems.

10:41

I was depressed.

10:42

I was sad.

10:43

Not anymore.

10:44

When I started meth, I had no humility.

10:47

Humility and the reason why in college I ended up not graduating.

10:54

I went to another state in Texas.

10:56

I tried to grow some weed, marijuana that started my addiction.

11:01

I was 30 years old at that time.

11:02

At 31, I noticed that all my friends became successful in their lives.

11:07

They have full time jobs, they have families to take care of.

11:10

They had a lot of to be proud of.

11:12

And me, what was I doing?

11:13

I was still addicted to smoking marijuana.

11:16

I was still living off of my friends, staying at their houses, living with my family, and I was kind of like a freeloader and that's what I equated to my identity and it made me super depressed.

11:28

So what did I do?

11:31

I used meth and it helped me.

11:32

Well, it didn't really help me.

11:34

It fooled me into thinking that I wasn't depressed anymore, that I had no problems, that I was free from people's expectations.

11:42

I was free from everything.

11:44

And meth was really like the answer for all that, but it really destroyed my life.

11:52

What is addiction?

11:54

Addiction basically means you can't function life without it.

11:58

You can't.

11:59

You must have it.

12:01

It could be a small addiction.

12:02

You can use it and be able to function, but if you can't function without that, that is an addiction.

12:10

You depend on it.

12:21

So when you go inside the drug store, the liquor store, you see so many refrigerators filled with beer.

12:29

There's a lot more beer than soda, right?

12:33

And so let me ask the audience, do you guys know how to make hard liquor?

12:40

Do you know how it's made?

12:44

Does anybody know how hard liquor is made?

12:46

No, nobody.

12:49

OK, so this is how it's made.

12:50

You use beer.

12:55

Beer has five percent, 8% alcohol in it.

13:00

And what is an addiction?

13:02

A person who drinks beer likes that high, wants a stronger form of that feeling, wants to get more drunk.

13:13

And naturally the beer is boiled at 177°.

13:20

And what happens when the beer is boiled at 177°?

13:25

It starts to evaporate.

13:29

What evaporates first, water or alcohol?

13:33

What?

13:33

We have some water.

13:34

Some people are saying alcohol.

13:35

The right answer is alcohol.

13:36

Alcohol evaporates first.

13:39

Alcohol is a heavier form of liquid.

13:43

Oh, sorry.

13:43

Water is a heavier form of liquid.

13:45

So the alcohol evaporates first.

13:47

So what do they do?

13:49

They heat it to  $177^{\circ}$ , the alcohol evaporates, and then it becomes distilled.

13:57

If there's not enough beer, the whatever is evaporated becomes moonshine.

14:08

What's interesting is if you boil it over  $177^{\circ}$ , like  $190^{\circ}$ , whatever becomes evaporated becomes a really strong solvent.

14:24

It's like a paint thinner and it's a, it's a heavy chemical.

14:29

So back in the days when people were to drink moonshine, they would become blind, they would drink too much and their eyes would become inverted because they were drinking too much.

14:41

People thought it was because they're drinking too much alcohol, but there was really no alcohol in that, in my opinion.

14:46

So that's addiction.

14:49

Beer transformed into alcohol.

14:51

Let's see what other kinds of addiction are.

14:56

Back in the 80s, cigarettes, people were smoking like 2 to 3 packs a day and there was so many markets about it, like Joe Campbell.

15:06

You could smoke in the restaurants.

15:08

You could literally buy cigarettes in the restaurants.

15:11

Before the 80's, the 70s and the 60s I believe you can smoke on airplanes.

15:15

People were just smoking.

15:17

They would love to smoke cigarettes.

15:19

But the truth is during the 40s and the 50s and the 60s, people were dying a lot from lung cancer.

15:30

And Congress knew about that.

15:36

The surgeon general label came out with a warning.

15:42

And I think it was back in the days and 40s, they were letting us know like, hey, the smoking is cancerous.

15:48

But that never, they never actually put the labels on until the 80s.

15:54

And Congress didn't want that because the tobacco industry is such a huge industry.

15:59

And they paid the they paid Congress to keep quiet.

16:03

You know, it's free will that people choose for themselves.

16:05

But really it is an addiction.

16:08

And addiction was doing dirty work for the tobacco industry.

16:13

And many people died.

16:14

And it's interesting actually, in the 90s, what happened with cigarettes?

16:17

Do you guys remember?

16:21

No base that was in like 2000 for base, but more like nicotine.

16:27

OK, well, in the 90s, taxes were raised on cigarettes.

16:33

And when taxes went up, people were like, oh, I can't afford them.

16:36

And then now it's up to \$10.

16:38

And people were were smoking less because they realized that they want to make that payment.

16:43

And because of that state tax, we're so high on cigarettes.

16:47

It was too expensive to pay for that.

16:50

And then also to have support like if you were to get lung cancer or any type of medical bills that come from that were so expensive.

16:58

So they decided the state to go ahead and raise those taxes.

17:01

But at the same time, it ended up saving lives, which is a good thing also.

17:06

But what is addiction is when you see that cigarette and you want to go ahead and transition to like, let's say maybe or they have the pods now that's liquid form.

17:18

They're trying to sell it as it was a healthier form.

17:21

But really it's another form of addiction.

17:24

And in marketing, it says, oh, the, and the statistics are showing that it's going up again.

17:29

And they put all these nice pretty colors to go ahead and attract the younger generation.

17:37

You know, normally they would market, you know, with Joe Hamill looking like a cartoon trying to market to the younger generation.

17:46

And all they really care about was having money and not people's lives, not their quality of life.

17:54

Same with marijuana, with the marijuana addiction they want to add extracts and concentrations into now vape for or liquid for and people are right now they're growing even higher percentage of THC and they're trying to cross breed and try to make some even stronger.

18:17

The people in are now risking their life to go to jail also for this.

18:23

And like me, for myself, I decided to leave Gallaudet because I just wanted to go ahead and grow meat.

18:28

So it is a form of addiction.

18:31

There's also pills also, and doctors say like, you take one every three hours and people take two.

18:41

Why did they say, oh, I'll take two?

18:42

Well, no, because they say I have more pain and then they end up taking two and then two and two, and then they run out even faster.

18:49

And then now they're like, well, maybe I need to save my pills.

18:52

Let me just crush it up and then maybe start to snort it.

18:55

And they're like, oh, there we go.

18:56

I'm saving it instead of doing 2.

18:59

Now I just snort it instead.

19:00

And then now it's cheaper.

19:02

And then that just gets led to the point where, Oh no, let me just, I do that.

19:07

I can crush it and then mix it with water, then maybe inject that myself.

19:12

And then even more so I can save it even more.

19:15

But really the fact is, if one pill is not enough, that means one injection won't be enough either because it's still the same.

19:25

Doesn't matter what how you're ingesting it, you'll never be satisfied with the however form you decide to adjust it.

19:34

Have you noticed the powder from beer to alcohol?

19:40

We have cigarettes to vapes, we to THC.

19:46

We have pills.

19:48

All these different floors are all different forms of addiction.

19:54

They have a famous actress here from the movie Exorcist.

19:59

This is her quote and she actually says she goes from one addiction to another all her ways for her not to feel her feelings.

20:11

What am I running from, going back and forth from every floor?

20:15

What's wrong with me?

20:17

It's with the person to become civil like trying to figure out what is wrong with that, which means I'm just running away from something reality.

20:28

But why there's many different kinds of addictions.

20:37

Drugs obviously give alcohol, sex.

20:40

There's also sex addictions addictions.

20:42

There's a big topic about that.

20:45

There's a lot of exposure to like \*\*\*\*\* online.

20:49

People so don't understand say what it what it takes to make that real relationship and what it looks like to have that personality with one another.

21:03

But instead, the younger generation are just used to seeing and conditioned to seeing sex so they don't see it as an issue.

21:17

Then you have addiction to food.

21:19

You feel good when you eat.

21:21

Sometimes myself, there's nothing to do with my time.

21:26

I'm like, oh, I'm hungry.

21:27

But if I keep busy then I don't eat as much.

21:30

But it's crazy how your brain works if you have nothing to do, you want to do something and you think of what that thing is, is to eat.

21:39

There's also gaming additions, there's shopping, addiction, gambling, exercise also.

21:45

It's good to work out.

21:47

But if you get to the point where you need to go ahead and take now steroids or you want to go ahead and take performing enhancements just so you can make up to feel stronger or look like you're bigger, But now that's becoming a chemical dependency.

22:07

So these are all different types of forms of addictions.

22:10

When I was homeless, I would stop by and ask different people in Las Vegas, why are you guys homeless?

22:19

And they said, oh, well, I had a gambling addiction and then they went to jail in Vegas.

22:24

And let's say if I was in Skid Row, you didn't really have to ask, but a lot of people were addicted to crack meth.

22:31

If you are in, let's say over to your area or with more influence, they have a a meetings more so and they'll say they're more addicted to painkillers or prescription pills.

22:44

So depending on the location, whether if you're their wealth disparity, those people are more addicted to painkillers or people who are, let's say, more addicted to quote dirty drugs UN quote, but everyone in life all around.

23:02

It's quite interesting to see how there's different types of addictions all around.

23:09

This is a quote from Carl Jung.

23:12

Every formal addiction is bad, no matter whether they're not cutting the alcohol or morphine or idealism is bad because you have to depend on something to be able to do something.

23:26

And sometimes we'll get to the point where you're depending on that and now you're doing that and you think you're going to do something wrong or you don't feel like doing it.

23:34

You just stay ended up doing that.

23:37

One drug doesn't matter if it's a behavior or maybe a harder drug, but addiction doesn't matter what the addiction, what the form is.

23:48

Addiction is addiction could be gambling, be drugs, anything with chemicals, even shopping.

23:54

That's a type of addiction as well.

23:57

It's almost like a double.

23:59

You get so excited when you buy something new, but then once you buy it, you're over it.

24:03

You buy something, then you're excited again.

24:06

It's just that you, your brain wants that dopamine fix, which is just another form of addiction.

24:14

I had no self-control.

24:19

And how it works is our brain has 100 billion neurons in our brain and all those chemicals and that you're doing in these drugs look like this list up here we have glutamine, gamma amino, GABA, dopamine, and the very last one you see endo cannabinoids.

24:46

So the last one we'll list endo cannabinoids.

24:49

Does everyone see that?

24:52

You notice that was bolded?

24:53

Cannabinoids looks like weed, correct?

24:56

Cannabis cannabinoids.

25:03

So that drug actually has three ways of working in your body.

25:20

So our brain has neurons that are born by static knots and they the transform neurons and how our brain works exactly, I'm going to go ahead and explain.

25:34

It's pretty simple.

25:39

They could pretend like the chemicals can pretend to be your neurotransmitters which end up blocking or disrupting their brains.

25:50

So that's one way.

25:52

Dopamine, like meth, for example, cocaine, what prevents blocks or copies in our brain?

26:01

You think it disrupts, you're getting some disrupts dopamine, you get it blocks, disrupts, OK, you think it copies really with dopamine is a blocker.

26:18

So remember that dopamine is a blocker, which means our brain has dopamine receptors already and that is trying to signal.

26:32

And with the chemicals, it just blocks it.

26:35

And the same thing with Narcan.

26:39

You guys know what Narcan is?

26:41

If you overdose on say, fentanyl, you just go ahead and use Narcan.

26:46

How does that work?

26:47

It blocks opioids from attaching onto our brain receptors.

26:54

So what it ends I'm doing is it blocks it.

26:56

That's what the Narcan does.

26:57

So it's a blocker.

26:59

So that's how you end up saving someone's lives when they're having the overdose.

27:04

And now we have alcohol.

27:09

We have gamma aminobutrich acid that helps us to relax, to sleep.

27:19

And what alcohol does is when you drink it, it goes to our liver and digests it.

27:25

And they'll go ahead and attach to our gamma amino butric acid in there, and they'll make all the neurons signal that we're drunk.

27:34

And when you go to sleep, you wake up, you'll feel lightheaded.

27:38

Your own head will feel like woozy.

27:41

It's because of your hammer, it became thin and when you drink it attaches on and it makes it thicker and that's what makes us feel that woozy kind of drunk fuzzy feeling and that making those get thin and thicker will cause seizures.

27:58

So we have we have alcohol inhibits our brain initially.

28:04

So you see up here drug blocker dopamine, the drug that disrupts is PCP and the drug that poppies is lead the endocannabinoids.

28:21

You would smoke marijuana, you can't function naturally with the endocannabinoids or we shorten it to know or what we know as cannabis.

28:33

Same with opiums as the same exact chemical structure.

28:37

Our brains are the really small amount of dopamine that helps us to regulate pain naturally.

28:44

And same with we opium does the same thing that weed does.

28:48

But when you smoke weed, you'll get that high and high and that's how you can recognize drugs because I know that same feeling that I had.

28:57

Or it could be a blocker, an inhibitor like alcohol is.

29:02

So those are three different ways that it can really affect our brains.

29:19

When I was running away from my problems and using actually ended up resulting in all these different things and still I can't say no.

29:29

But why do you think I can't say no when you guys feel like possible?

29:37

Or maybe it's my brain.

29:38

My I can't control.

29:40

I can't connect.

29:41

My body's used to it.

29:44

Drugs really gets into your brain and you just can't beat it when you're an addiction.

29:52

Like if you have blood, if it touches your if human blood were to touch your brain, what happens?

29:59

OK, you let go.

30:02

So I see.

30:02

What do you feel like?

30:05

Constant destruction.

30:06

You're always thinking about it.

30:09

Our human blood actually has iron, and if iron touches your brain, it'll become a toxin.

30:18

Blood cannot touch your brain.

30:20

We have vessels, but our brain has a blood barrier and it protects our brain.

30:29

So anything that we have, like from our liver, it goes through and all these chemicals are released.

30:36

Doesn't matter if you're high or drunk or anything, it's the same thing that's happening.

30:39

Your brain is very sealed tight.

30:42

It's really sealed up system.

30:44

So there's not much of that where we can, let's say, have cocaine or do anything to get high or alcohol.

30:53

There's those things that really honestly, to me, it's quite fascinating, that phenomenon of what can happen, of disruption in your lives, including with myself, what I saw happen all from one thing, one element.

31:11

It's just taking that power to say no.

31:13

I'm going to go ahead and talk a little bit more about that drug addiction, alcohol usage.

31:20

The point of all this is to understand that 24 people who use drugs or alcohol become addicted.

31:29

24% of people, 76% of people who use drugs and alcohol can control themselves.

31:35

So not everybody who uses drugs or alcohol becomes addicted.

31:40

A small percent of percentage of us become addicted and have to be on the lookout for addiction for the rest of your life.

31:49

Every day you have to go to meetings, you have to do something.

31:54

Like for me, I have to go to school, I have to study addiction because I want to know why it nearly destroyed my life.

32:06

So why do people become addicted to drugs and alcohol?

32:11

Any guesses?

32:13

They're bored.

32:14

That's a good one.

32:15

Social influence.

32:17

Friend influence.

32:18

Let's see.

32:21

To escape, OK.

32:23

To escape from reality.

32:25

Depression.

32:28

Their their blood wants it.

32:29

They're addicted.

32:33

OK.

32:33

Coughing behavior.

32:35

Yep.

32:35

Yep, you're right.

32:36

Wow, All the all of those were covered.

32:40

Maybe trauma?

32:43

Yep, you all pretty much covered it.

32:47

So addiction is very multi layer.

32:51

There's a bunch of different causes but you guys are all already said it.

32:56

Emotional pain.

32:59

You know if you're super emotional when you take a drug you like the feeling.

33:04

Environmental trigger triggers, you know, going to the bar, seeing so many people drinking, wanting to drink, or sometimes you're just so used to like me, I was used to alleyways and seeing people and knowing that they're using or even homeless, homeless encampments, I would look and I knew like, oh, they're on drugs.

33:24

That doesn't mean I don't mean to stereotype, but from my experience, pretty much every tent that I've entered, there's evidence of drugs and you know, it could be prescription medication, it could be illegal drugs, a whole variety social influence, physical pain, boredom, like you mentioned boredom.

33:55

What should I do?

33:57

What's exciting?

33:58

I don't have something to do.

34:00

I can take these drugs or drink this alcohol, but the biggest cause of addiction I, I, I've seen it and it's trauma.

34:17

Not a lot of people give themselves enough credit for our trauma.

34:22

A lot of deaf people who grew up experiencing a lot of barriers.

34:26

The dinner table syndrome, going to school, going to a hearing mainstream school, wanting friends, but everybody staying away from you because you have an interpreter and it feels weird having hearing aids and a million people asking you what that is really.

34:42

There's so many barriers that deaf individuals go through.

34:46

Plus here people, they have their own experiences and barriers as well.

34:51

Racism, sexism, of poverty.

34:56

There's so many things, you know, the deaf world wants to be involved in that as well.

35:03

And I don't know, it feels like drugs can help us escape from that trauma.

35:08

For me, my trauma was going to school and never initiating to do something with my life.

35:19

I just kind of went with the flow, did school, got addicted to marijuana, and then started depending on everything, becoming a freeloader until I was 30.

35:28

And then I realized, like, Oh my gosh, I got nowhere with my addiction and it made me so depressed.

35:35

And then, you know, it led me to my meth addiction.

35:39

So starting all over from scratch, it's I know that you know, I have an opportunity to do something new.

35:45

I can do something with my life.

35:47

I can give back to the community when I'm using.

35:50

I can't give back to anything.

35:52

There's no point for it.

35:53

I need to make something for my life.

35:57

And I love this quote from Frida Kahlo.

36:02

She said I drink because I wanted to drown my sorrows.

36:07

But now the damn things learn just when so drinking, getting drunk, drinking again and again and again, having to drink more to feel that initial high from it builds tolerance.

36:23

So your tolerance just gets so high and you can't really beat the initial cause of which is depression or whatever you're fighting.

36:38

Trauma is deep, You know you have fear of personal experiences.

36:44

You know trauma is different for everybody.

36:46

No one's trauma is worse or less than the other.

36:55

There are so many different kinds of experiences that can influence trauma.

37:00

Domestic violence, mental health, elder dependent abuse, Financial stress, racism, sexism.

37:09

So much so many different causes.

37:12

Even pregnancy, unexpected pregnancies, your baby being born, having to take care of them, that causes trauma.

37:19

It's called postpartum disorder.

37:22

Postpartum depression, losing your parents, losing your mom or your dad really impacts somebody for life.

37:36

Some siblings, like twins, their twin is gone and it just impacts them for life.

37:42

Their life has changed forever.

37:46

You know, human trafficking into the sex industry that causes a lot of trauma.

37:53

Not, you know, they force you to use drugs in that situation.

37:57

And it's really, really sad, actually.

38:00

Sex exploitation, forced labor, whatever the human trafficking is.

38:08

What do you guys think made that happen?

38:10

Typically it's drugs and alcohol.

38:12

That's how powerful these substances are.

38:20

The bottom line is no drug or alcohol will make you feel enough.

38:28

You know, you feel so worthless.

38:29

You're like, who am I?

38:31

What is this life?

38:32

And then you use that drug.

38:34

And for me, that was my serious problem.

38:41

You really feel that void and it's real.

38:46

I will teach you guys how to not feel that void, to not feel like nothing.

38:51

Robert Downey Junior said that the hardest thing in his life was becoming an actor, having children.

39:01

But nothing was tougher than being sober, being clean, Staying clean is harder than being an actor or being a father.

39:16

With drugs and alcohol in our system, the results are these things.

39:22

You're 4 times more likely to become an alcoholic, four times more likely to develop a sexually transmitted infection, 4 \* 15 times more likely to commit suicide.

39:35

Basically, our quality of life becomes worsened with drugs in our system, and I won't get more in depth with some details.

39:43

80% of offenses leading up to jail time or incarceration.

39:49

Drugs and alcohol are found in your system.

39:52

63% of those people need drug and alcohol intervention, but they won't get the proper intervention.

39:59

The drug treatment program to help them understand addiction.

40:10

1,000,000 People in the US dying from drug overdose.

40:15

1,000,000 That's interesting.

40:22

If you recognize 105,000 people died in 2023 alone, 79,000 in 2024 and 73,000 in 2025, there's a decline.

40:37

Why do you think there's a decline in the drug overdoses?

40:40

Anybody can take a guess.

40:42

More programs.

40:48

I think that it's Narcan.

40:50

Narcan is more available on the streets and when you have Narcan, it works as a blocker.

40:59

And it's interesting to me actually, when I was homeless, I had a friend who was injecting fentanyl and they would ask me, hey, watch me watch my heart rate monitor.

41:14

And they would go ahead and inject it.

41:16

And I was addicted to meth, not fentanyl.

41:20

But I would watch him and they had two narcans.

41:26

He would take the injection.

41:28

His heart rate will go to 97868376 all the way down to 45.

41:37

I would look at it and then I would inject him with a Narcan and then go from 4556 and higher and higher.

41:44

So basically when somebody is injecting fentanyl, their heart rate declines because they don't they don't have a high stimulant.

41:54

They're so high that they don't feel the stimulants to their heart.

41:58

The stimulants, the heart beats slower.

42:03

But why do people inject the fentanyl?

42:06

Many of them say say it's to numb themselves.

42:10

I don't want to feel.

42:11

I don't want to feel anything.

42:14

They don't want to feel the reality of any situation they're in.

42:17

They just want to be high and they wish that they were dead and I I see it as a death wish.

42:23

They can't be patient with existence anymore.

42:30

178,000 people die every year from liver failure.

42:36

Alcohol kills more people than fentanyl.

42:39

Alcohol is awful.

42:44

34 to 37 people die every day from DUI fatalities.

42:49

Every day there are DUI accidents happening and people dying from DUI.

42:59

50 to 67% of people die from suicide and their toxicology reports come back with drug or alcohol in their system.

43:10

And that's very interesting.

43:14

If the drugs and alcohol were not in their system would just be the same statistic.

43:21

You know, alcohol takes care of your depression for one year, 2 years, three years, but then you become severely depressed and you depend on that bottle and it's over with.

43:41

AUD Alcohol user disorder are 5.8200 and 20 times more likely to die by suicide.

43:54

What I'm trying to teach the inmates is what can we do to protect ourselves from addiction?

44:02

So I actually took a kinesiology class and my professor told me something interesting.

44:08

You know, we've been studying addiction and psychology, but it doesn't talk about this.

44:14

Kinesiology actually taught me about this and that's why I like to study it.

44:19

There are 8 protective factors.

44:25

So if you get out of jail or you get out of the drug treatment program, you start to think about these 8 protective factors in your life that are important to you.

44:36

So you're physical.

44:38

You know, I like to keep myself as well.

44:39

I like to do things I like to work out.

44:42

I strongly believe that we have neurotransmitters in our body.

44:50

Whatever we're eating that's healthy.

44:52

Whatever we're drinking, that's healthy it, it affects our neurotransmitters.

44:56

We have dopamine in our body, all these different chemicals.

44:59

And when you're exercising, it moves those around your body and refreshes you and you feel like electric again.

45:07

You go to sleep and you feel new again.

45:09

Why?

45:09

Because all of these things are moving around your body.

45:11

If we're not moving our bodies, then our brain is not able to get all the nutrients that it needs to feel recharged.

45:19

And I strongly believe that physical health is detrimental to our brain health and mental health intellectual.

45:30

So if you're interested in something and you you're all you know, you haven't learned anything yet and you have that motivation to learn it that will, you know, keep you away from drug and alcohol usage and learn that.

45:42

And you can use that knowledge to give back emotional, you do a physical or psychological therapy.

45:50

Being able to express yourself, that's very, very important.

45:53

I used to think, oh, I don't need therapy.

45:54

But now I really enjoy seeing my therapist express myself.

45:59

Doesn't matter.

45:59

I'm already finished with my drugs and treatment and my rehab.

46:03

I still enjoy going to the therapist, being able to express myself because I feel great afterwards.

46:09

Spiritual.

46:10

That one really saved my life.

46:12

I felt I am a born again Christian being homeless, not saying that you have to be a Christian, but just being spiritual, just living for a purpose, just having something to live for.

46:26

Maybe Mother Nature or maybe if you're Muslim or Jewish or it doesn't matter what religion or whatever you feel connected to environmental.

46:39

I, especially the inmates in jail, tell them to take care of your, you know, your environment is very important.

46:44

And they'll laugh at me.

46:46

Well, you'll think that they would laugh at me, but no, they actually paid attention to me.

46:49

And I found it kind of harder to believe because when I was homeless, whenever I was angry, I didn't care about the environment.

46:57

I would just throw my trash on the floor.

46:58

I didn't care.

47:00

But that frustration of not doing more with my life, I just wanted to just go ahead and distraught the distract the community like graffiti or throw my trash on the floor because I was just angry inside.

47:14

And that was my form of relief.

47:17

And environment taught me if it like if I were to eat something my trash, I just throw it on the court.

47:22

But I was able to learn and say no, let me go ahead and put it in my pocket when I see a trash can and throw it there.

47:27

Why do you guys think that's important?

47:29

Because it helps give me that self-discipline.

47:34

Even any small thing that I do builds character, taking responsibility for every action that I do.

47:42

Hold myself accountable and having integrity doesn't matter if no one's watching.

47:48

Make sure you do the right thing because that'll build your character.

47:52

Like with environment, we have jaywalk.

47:56

Before I would just walk.

47:57

I didn't care if cars were coming, I just walked jaywalk.

47:59

But now with the after the drug and rehab program, like say if I'm late to my appointment, whose fault is it?

48:09

Is it the cars who are crossing?

48:10

No, it's my fault.

48:12

I have to take ball for that, which means I need to plan ahead.

48:18

OK, so I have that time to be able to wait for every light and take my time.

48:23

If there's a bus, I know to plan ahead.

48:31

So we have discipline.

48:32

You have your capabilities.

48:33

And I was able to become more of a reliable person.

48:38

I wasn't dependent on anyone financial, financial, you know, you say you have a lot of money, but but does your job make you happy?

48:49

Because that's different from you have finances, but does your job make you happy?

48:54

If your job makes you happy and you have no finances.

48:57

So you have to make sure you find a balance, make sure your job makes you happy and that you're stable and it is hard.

49:05

You feel like what do you do We have social pick your friends wisely, pick your role models.

49:14

Who do you look up to because friends with them maybe inside you want to use also.

49:22

So why are you friends with someone who uses as well?

49:25

So make sure you build boundaries and stay away from those people have correct role models.

49:30

If that person is not using, go ahead and follow them instead.

49:34

Like for me, for example, in MacArthur Park, it's really awful area.

49:40

I was videoing myself walking there at MacArthur Park, actually, where I used to stay in that alleyway.

49:48

I was in jail for 11 months and I was in my alleyway and I wanted to show that people what it looked like.

49:53

So I was over there walking, signing someone through a lighter at me and I just turned and I started to fight with the with that person.

50:04

And then people started to come up to me and one came up with an axe already.

50:11

And at that moment I put my phone away and I ran.

50:17

I was I was good, but my phone fell out.

50:21

I just bought that phone.

50:22

I think it was like \$750 is expensive and I was in jail for 11 months.

50:28

I was saving my money that I was getting from welfare and that money I was getting I used to buy a phone.

50:35

So I thought, oh \*\*\*\* I forgot my I got my phone.

50:39

I went back and they said, oh, I told them give me my phone back.

50:42

And the guy just looked, looked at me.

50:44

I don't know.

50:45

I don't know where your phone is, like acting stupid.

50:47

I said no, my phone, you have my phone, give it back.

50:52

And the guy with the axe, I knew where he was.

50:54

I was making sure he wouldn't state go behind me.

50:57

I said I know you have my phone.

50:59

And luckily one guy on a bike who left, he was like in charge.

51:04

And he said I got you, I got you.

51:05

And he said how much?

51:08

And at that time I was like, I gave him a really big disk now I said, oh, 40 bucks.

51:13

So I said, oh fine, give it back.

51:16

The ATM machine.

51:17

I went, gave him the money, got my phone back, but there was all this sticky stuff all over it.

51:22

It was all gone.

51:25

The whole inside of it.

51:26

You can still do steal my phone, but all my stickers already cleaned it all off.

51:33

They said OK, fine, 40 bucks.

51:35

But honestly that phone was so expensive.

51:39

So it wasn't that it was just 40 bucks.

51:41

But I realized in that alley or I was thinking, why was I in that alley?

51:45

Like recording, Did I want to go back to using?

51:49

I have to question my when I don't know what, how do I get myself there in the 1st place?

51:56

And that's when I realized like, I don't belong there anymore.

51:58

I need to stay away from that area.

52:01

So I have to go through the alleyway.

52:02

There was no point in me to go through there.

52:04

And just make sure to protect yourself from addiction or any sort of drug use.

52:08

Make sure you protect yourself.

52:09

Make right friends.

52:12

If you're feeling emotional, make sure you question yourself.

52:17

Take care of that.

52:18

That's how I was able to protect myself from drug use, making sure I follow these all these eight different things and take care of everything, even the environment.

52:28

I have a picture here of Jesus Christ.

52:30

He saved her life.

52:34

It takes work, takes a lot of work.

52:43

We have Samuel L Jackson, a quote from him that I guess the worst day I've had is when I had to stand up and tell my wife I'm an addict.

52:56

Why do you think people, an idiot in a meeting have to say hi, my name is so, so and I'm an addict.

53:01

Why do you think people have to do that?

53:04

It's because of self actualization.

53:07

It's very important.

53:09

Yeah, I'm an addict to our addicted self.

53:14

We don't want to admit that we are addicts before we say no, no, no, I'm not.

53:19

So I had to make myself.

53:21

I felt powerless in that moment.

53:22

I had to say I haven't that.

53:25

Then that's how I protect myself.

53:27

Really humility, that's really involved in that too.

53:31

Say no, I don't have a problem.

53:32

Just say I don't have a problem.

53:37

And then I did one of myself, my own quote.

53:50

What you understand, what drugs does our brain quite fascinating.

53:56

You know, addiction in a box almost.

53:59

You open it up and you can really just fall in or keep it closed and push it to the side, maybe figure it out what it is.

54:07

We're not happy with life.

54:09

Life's not easy.

54:11

No one said life is easy.

54:18

So this part I'm going to try to teach the high school students you see here, the babes, all the pretty colors.

54:29

You think it's a marketing tactic, but.

54:39

It's easy to attract younger generation with these, with sexual offenders to attract the younger generations.

54:47

So instead of that, they use what, alcohol to make them a little bit fuzzy, right?

54:53

So the high school kids, middle school kids, someone gives you alcohol.

54:57

Why do you think that is?

55:00

Why would that person give you alcohol?

55:02

Maybe they want you to use it or maybe they want to use you or take advantage of you.

55:08

You have to realize why is this adult giving me this?

55:11

They shouldn't be giving me that.

55:13

And they really just want to take advantage pills, let's say selling pills, all these pretty colors to make it look all attractive looks like handy, but for what?

55:27

Maybe people who make them inside, they really want to take advantage of younger the younger generation, young kids and maybe China is up for their own addiction.

55:38

Maybe they have a sex addiction.

55:41

So just take advantage of the younger generation.

55:45

Babes leave booze.

55:46

All these different things are just can lead to rape or taking advantage of young kids.

55:53

700 teenagers die from a drug overdose poisoning per year.

55:58

However, with adults, almost 100,000 adults die from a drug overdose per year.

56:09

I tell these kids, you know, maybe you're able to come back from OD if you're younger.

56:15

In high school.

56:16

However, the average age of someone to OD is actually 35.

56:21

And that's when your brain is not bulletproof anymore.

56:26

You start becoming older.

56:28

Easier to OD at that point.

56:31

Addiction does not alter your age.

56:37

Well I was just about mental health fair here.

56:39

I'm glad I was looking at how many suicides happened in one day.

56:45

It was 136 people commit suicide day in the US and that really made me think.

56:54

So sad.

56:54

136.

56:56

I feel like we feel that as a society, we weren't there for them.

57:01

It's very sad to see, to see someone feel like it wasn't worth living anymore.

57:07

Tomorrow is no more.

57:09

I can't understand that.

57:11

And there's something, I think it's so severely painful for someone to go through.

57:16

They don't want to live.

57:17

Look at this beautiful day, the light through the windows.

57:20

I feel like I'm going to be out and enjoy myself.

57:22

But people who just commit suicide, they just don't feel anything.

57:27

They feel nothing.

57:28

So it's up to us as a society to be there.

57:31

Let them know they are worthwhile, they are cherished.

57:35

There's no way to let them just do that to themselves.

57:39

And while they feel like they're empty, maybe they have drug and alcoholism.

57:44

They say it's 50% of the time that they do.

57:47

And it really is sad.

57:50

One in four girls experience sexual assault.

57:53

One in six boys.

57:56

That's sexual abuse.

57:59

How does that happen?

58:00

Is it from using drugs and alcohol?

58:03

I would say 90% of the time, yes.

58:09

This picture here is me in Austin, TX when I was homeless.

58:22

Does anyone know where I live?

58:24

You know, obviously this for when I'm usually on tour.

58:34

This is LA.

58:39

This here is Skid Row where it's outlined a town in LA.

58:44

It's a closer up view.

58:48

I took this photo with my phone.

59:01

This is a real neural in Skid Row.

59:03

I believe on Crawford Street there's a sign here, the population too many.

59:15

It's really not too many.

59:17

It's too many unhoused.

59:25

This is midnight mission here.

59:27

People line up to either get lunch, to shower or just sleep overnight.

59:34

The next day.

59:34

They do have to get out.

59:39

These people here, you see with the tents, and they have a tent here because it's closest to the food.

59:48

The shower witnesses there.

59:51

If you go farther down the street, there's less witnesses, there's no governmental resources, there's no workers that work there.

59:59

There's no social workers around, no mental health workers who actually look around making sure everyone's OK.

1:00:05

You can go down the street more.

1:00:06

It gets darker.

1:00:08

No man, man there really.

1:00:12

And this is pretty much like the hot spot here in Skid Row.

1:00:15

It's really bad.

1:00:21

Does anybody know why the man is just sitting there like that?

1:00:26

Anyone know why?

1:00:28  
Energy.

1:00:29  
Energy.

1:00:30  
OK, He's taking in all the energy.

1:00:33  
He's I OK, possibly.

1:00:35  
He's fine.

1:00:36  
Really.

1:00:36  
So that was 7:30 in the morning versus, yeah, 7:00 in the morning.

1:00:41  
I was walking to my drug trainer program and I saw that man sitting there and I already knew exactly what that feeling is.

1:00:48  
Typically when you're homeless overnight, it's hard to sleep.

1:00:52  
It's cold, there's there's just so much things going on.

1:00:56  
When the sun comes up, that means you're safe again.

1:01:00  
That means I can sleep anywhere.

1:01:03  
And so at night time, when the sun's gone, we don't know what's going to happen to you.

1:01:06  
You don't go to sleep, you stay awake.

1:01:09  
And oftentimes people misinterpret homeless people.

1:01:12

They think that they stay up all night because they're high, but actually maybe they're just trying to stay alive.

1:01:17

Sleeping at night while homeless is not easy.

1:01:20

For example, my life as a homeless person, I would sleep right here in front of people every day.

1:01:32

But when I say no to it, no, because of my drug addiction, I, I couldn't stay away from my choice of drug.

1:01:42

And I would actually sleep here in front of all of you with no shame right here, no barriers, no heater, no nothing.

1:01:53

Because I couldn't let go of my drug addiction.

1:01:56

I would pick this spot to sleep in.

1:01:59

Somebody said you felt like they were getting energy, maybe like vitamin D from the sun.

1:02:05

Yep, that's what I think.

1:02:06

I think he was also getting vitamin D3 from the sun.

1:02:17

There are different many different kinds of homeless people.

1:02:22

And I've learned this actually.

1:02:24

So I went to Long Beach and it was me and three other homeless people with me were all white and we were in black clothes and I wasn't really think of it, thinking of anything.

1:02:39

So we saw a black man with a Gray sweater and Navy blue sweatpants with white New Balance shoes.

1:02:47

And I'll never forget this.

1:02:49

He had a clear plastic bin that you can see everything inside.

1:02:54

And I'm looking like you're you dressed like that.

1:02:59

And he told me I have to, I, I wear, I'm black and I'm in Long Beach.

1:03:04

You think I can dress in all black in Long Beach?

1:03:07

Oh, no.

1:03:08

And I was like, oh, that's right.

1:03:10

In Skid Row, I would be just fine wearing all black.

1:03:14

But as a black man in a highly predominant white area, he wanted to appear as friendly and not like he was hurt, going to hurt anybody.

1:03:25

And so you can see the homeless person in bright colors, white shoes.

1:03:31

I can't, I can't tell you exactly, but most likely he had, he had a criminal record he wanted to look at, like he was friendly to go back into society.

1:03:47

And just like a homeless person, when they're sleeping in an encampment, they sleep in encampments near schools, near the police station.

1:03:56

Typically, they don't have any warrants.

1:03:59

They're not a sex offender, no criminal record.

1:04:04

But the ones that are hiding under the freeways, why do they got to hide all the way under the freeways?

1:04:08

For what you know, you could see, you could tell what kind of person they are by the way they behave and where they choose to sleep.

1:04:18

It's awful.

1:04:19

It really is awful.

1:04:33

The police are cleaning the streets.

1:04:35

Why is it important for the police to clean the streets?

1:04:39

They clean the streets to prevent human trafficking in Skid Row.

1:04:44

Sometimes they'll kidnap a person on drugs, make them stay in the tent and have a bunch of people come through and use them.

1:04:56

And so they come to clean up the streets to make sure no bodies are being used and no kidnapping, no dogs, breeding dogs.

1:05:08

Sometimes in the camps they smell awful and you know, you know, something's dying in there.

1:05:15

So the coronal coroner will come in and take the bodies away.

1:05:21

In 2023, six to seven homeless people in LA died every day.

1:05:33

So why is there homelessness?

1:05:38

Anybody know?

1:05:40

There's many reasons behind it.

1:05:43

Many.

1:05:46

Go ahead and raise your hands.

1:05:47

Because people need money.

1:05:50

ISIS taking people, deporting people, people that are not safe, they get kicked out, losing jobs, kicked out of society, Life is expensive, cost of living is up, no family support.

1:06:09

Yep, all of that is right.

1:06:12

There's all different kinds of reasons.

1:06:15

Housing costs, poverty, mental health challenges, substance use disorders, all of these.

1:06:28

There's a failure in in the system.

1:06:31

There's a lot of system gaps.

1:06:33

It's kind of like we're gone from society.

1:06:37

Maybe we're not there enough for the homeless people.

1:06:40

Who says we can't be there for everybody?

1:06:43

It seems like America, the system, America's system, is kind of used to just not being there for everybody and just blaming them and not taking responsibility.

1:06:53

Is that the right way to go about it?

1:06:54

I don't think so.

1:06:59

Trauma, trauma.

1:07:01

A lot of homelessness is due to trauma.

1:07:08

For me, I became homeless because I didn't really take an initiative with my life.

1:07:13

When I went into college, I got addicted to marijuana.

1:07:16

I should have went to college and thought about, you know, doing for my community, doing for my life.

1:07:20

But marijuana, I was so satisfied with it.

1:07:23

I wanted to grow weed, but I failed in that too.

1:07:29

And the reason is because I have 5 cats and two dogs in my apartment.

1:07:34

I put the light on for 16 hours.

1:07:41

I wanted to grow the plants and you know, I would leave my house, but I would always think of like the light causing a fire and my cats and my dogs getting dying from that.

1:07:55

And so I would always stay in my apartment and I'll just get high and I'll just watch my plants grow and I'll just stay in my apartment.

1:08:01

Each year I, I will move to a different apartment, not because it was expensive, but because I was so paranoid that somebody was going to tell on me for growing.

1:08:10

And so I moved each year for three years and I collected one harvest and it was awful.

1:08:16

It was super bad.

1:08:18

And you know, I just couldn't say no to weed.

1:08:21

And that was in Texas, even worse.

1:08:24

And then when I moved to California, I decided not to grow because it was legal and I should have done one.

1:08:31

I should have not smoked marijuana and just tried life like that.

1:08:35

But I just couldn't say no.

1:08:42

So this is in the Twin Towers.

1:08:46

The deaf inmates are in that exact pot.

1:08:53

If you're deaf or blind or visually impaired, they put you in that pot.

1:09:01

They have 135 and myself, this is pod 8 and they have ninth floors.

1:09:14

I'm not sure which 4, but I know that Sheriff.

1:09:18

I know that man.

1:09:21

It's the I was Pod C and I was in cell 5V and I was on my second strike.

1:09:31

My first strike I was in general population.

1:09:34

They didn't know I was part of hearing, so I would just stay there.

1:09:37

I stayed there for five months.

1:09:38

I got out my second strike.

1:09:40

I got in and they already knew that I was deaf quickly and put me in this the deaf and blind pod was not that full.

1:09:51

So each of us had our own self.

1:09:54

You should, it should have had two beds, but I had one cell for myself for 11 months.

1:10:01

And so I'm thinking this is very, it's like a very fancy rehab.

1:10:07

You know, I had breakfast every day.

1:10:09

I could leave my door open to me.

1:10:11

It was, you know, I had four walls.

1:10:15

I had ATV 22 inch TV.

1:10:21

But what was really annoying was there was a man super tall.

1:10:25

He was like 6-7.

1:10:26

He was in jail and he was in jail for murder.

1:10:35

I know that he was in jail for murder, but I think it was kidnapping and murder, robbery and he was spent.

1:10:43

The tall guy, he was super tall.

1:10:45

He would decide which channel would be on the TV.

1:10:50

And what's even worse was he's not even dead.

1:10:52

He just had a decline in hearing and he was all good and he was in there because he wanted to go to retrial and be free, but he killed 4 people and he just kind of dictated everything and I really hated him.

1:11:09

I really hated it and I really hated him.

1:11:12

You know, I at night he liked to take the towel and mop the floors and I don't have to look at that every night and he would still control the TV.

1:11:28

It was just awful.

1:11:30

So anyways, 11 months I was in there and that's what it looks like.

1:11:35

The police officers from general population, they come by and look at everything every 30 minutes.

1:11:42

There's the phones that they check on and, and, and check in on and whatever, whatever happens in those cells, you know, it's not really up to them.

1:11:55

I need to check or, or how many maybe one of you guys can check on Google how many inmates die in twin towers every day or or every year in LA county?

1:12:09

Anyone anyone can check for me.

1:12:12

I'm curious.

1:12:16

I'll wait on you.

1:12:18

I believe it's like 53 people who die in jail.

1:12:23

I don't know if that's the right number, but what helped me with my recovery and my sober sobriety is checking like how many people die from DUI every day, how many children are orphaned every day?

1:12:41

All these statistics because you can really see the impact.

1:12:43

It says 1717 inmates die, died this month of May, 40 to 50 a year, LA County jail, 40 to 50 a year.

1:12:58

Someone said 17 people died this month, you know, getting beaten, killed.

1:13:06

And that's one of the things that I really hated about California prisons.

1:13:10

It's a real racist based system.

1:13:16

So you know why the people are sitting right there or laying.

1:13:21

Anybody know why they're out of their cell?

1:13:28

All of them just got arrested and they're all waiting.

1:13:34

They're in the waiting room.

1:13:35

It could take anywhere from three to five days.

1:13:39

Typically it's like 3 days and she just wait hurts.

1:13:46

You know, if you're, if you feel you can say like, oh, I'm going to kill myself.

1:13:51

Do you think you can get special treatment?

1:13:53

Nope.

1:13:53

They're going to make you take all your clothes off and they're going to give you this material, this blue sheet that strap you down.

1:14:07

And all the people who say that they want to kill themselves, they're on.

1:14:11

They're in this type of material and it looks like a crazy house.

1:14:18

And if you act like that, then you're going to wear yellow and you're going to be in the pub with all of the people who are on the same type of time.

1:14:28

So you just, if you keep cool, then you won't be in all of that material.

1:14:31

Your hands won't be strapped down.

1:14:34

This person says over 150 people died in jail in 20/23/17.

1:14:40

People died in 2026 in the first four months.

1:14:44

Yep, you were right.

1:14:51

Yeah, So, you know, prison is typically awful.

1:14:55

That's the waiting room.

1:14:56

It's full.

1:15:00

Those are the people that that's how you sit and wait.

1:15:03

Nothing new in the holding cell.

1:15:08

You see, the gel windows are super narrow and.

1:15:13

And what does it look like when you're in there?

1:15:16

It's it's narrow.

1:15:18

It's narrow just like that, but plus the wall is thick and so the window is thin plus super far away.

1:15:30

So you're trying to look in the distance through a window that's super narrow and so you can't really see the outside.

1:15:45

You can try to look, see the rain coming down.

1:15:48

It's really awful.

1:15:49

It's the worst thing in my experience was being in jail with no sun.

1:15:54

You would need it.

1:15:56

You need sun, right, Right.

1:15:58

Exactly the same.

1:15:59

I need sun.

1:16:01

Oh, I love the sun.

1:16:03

I never want to go back to jail because I need the sun.

1:16:08

Here is actually in Wayside, we have the LA County, the Twin Towers in LA County, but they have a bigger prison here.

1:16:18

It's near it's precious detention center in Antelope Valley by Six Flags Over.

1:16:27

That way it's much larger.

1:16:29

You have about 150 inmates and you'll notice it's three beds instead of the two, but this one's actually three.

1:16:38

You know, typical bunk beds, 2 beds, but this one's stuck 3 high.

1:16:43

My first drive, I went here for arson because I lit a porta potty on fire.

1:16:51

The police saw me.

1:16:54

It was at the Black Lives Matter protest.

1:16:58

I was on Skid Row and I said, oh, I saw a peaceful college protest.

1:17:04

So then I told the police were looking at me with guns drawn and I just look so different.

1:17:09

Not a place.

1:17:11

And I said, oh, \*\*\*\* you.

1:17:13

And then I went to the porta potty and this was in Skid Row.

1:17:18

I was, you know, while I was from Skid Row.

1:17:20

So I'm used to burning things.

1:17:21

It's dirty.

1:17:22

Just burn it up if it's cold.

1:17:23

You just set it on fire.

1:17:25

That's just what you do in Skid Row.

1:17:27

So I went ahead and lit the porta potty on fire and a female officer said, uh, uh, you light it, you're going to go to jail for arson.

1:17:35

And I said, OK, what did I lit it.

1:17:38

And from there, I got arrested.

1:17:41

I was like, first direct strike and in jail, they said, what are you in jail for?

1:17:44

I said, oh, arson is all that serious.

1:17:47

That's serious.

1:17:48

And I feel like I was like, equal to a sex offender.

1:17:51

Like, that's serious.

1:17:52

Was like, OK, when I was in jail, I went here to general public publication and I just see there was a yellow tape.

1:18:06

You're supposed to walk on and follow to get lunch.

1:18:09

There's a red tape and that's for oh, so you have black tape, which is for black people and the yellow tape is for white people.

1:18:19

So every prison system has their own setups and white people go here, black people go here, Hispanics go here.

1:18:25

It's just very, very heavily followed by race.

1:18:28

So I would actually just sit with black people and just go with the Hispanics.

1:18:33

And then I would just go, honestly, I wasn't really into going with all the the white people.

1:18:40

So I would just go back and forth.

1:18:43

And one of the white white supremacists, he said, oh, you don't got my back.

1:18:51

And I just looked at him.

1:18:52

I said, I don't need to do that at half my back.

1:18:55

He's like, well, I'm a Skinhead.

1:18:58

And he said in front of everyone, I'm a Skinhead.

1:19:02

And I just looked at him.

1:19:02

He's a pretty, pretty good sized guy.

1:19:05

He's like, I'm a Skinhead.

1:19:07

You're not scared of me.

1:19:08

This is prison.

1:19:09

You have to pick.

1:19:10

You have to.

1:19:12

And I told him I'm a tweaker, which means I just use math.

1:19:17

So with anything, I don't care if you're white, you're black, Hispanic, you use math, I'm down.

1:19:23

That's it.

1:19:24

That's all that mattered.

1:19:24

I didn't look at race.

1:19:26

And he lost it.

1:19:28

And then we got into a fight.

1:19:29

And what I did was, well, really at that time, I was really skinny.

1:19:34

I was like 130 lbs.

1:19:35

So I ran around, I was running around this, this whole area here running, running, running.

1:19:41

And then Hispanics and the black people were just looking at me because I was white and the white guy was chasing me and they were all not on top of me and just started hitting me and munching me.

1:19:51

Luckily the police came, the guards arrested all of us.

1:19:56

And I was like, oh, they're tripping, they're tripping.

1:19:59

It was even worse because at that time I remember to clear the.

1:20:05

Now, I was starting to believe in Jesus.

1:20:08

And then I told them, hey, you know, Jesus isn't white.

1:20:10

And they got so mad when I said that.

1:20:13

Quite interesting.

1:20:15

The police, the correction officer said, oh, he can't get along with the white population.

1:20:21

What do we do?

1:20:23

He's like asking me, what do I identify as?

1:20:25

I said, identify like, well, who are you?

1:20:27

And I was like, whoa, I don't care.

1:20:30

So they put the old game, you're a black inmate at the Twin Towers.

1:20:33

So they put me in 4F, which means they put me in that basement almost on wayside with all black inmates who fight and who fight.

1:20:48

And I'm the only one white inmate in there.

1:20:50

Next thing they're actually for five months, they would ask me why am I there?

1:20:55

So it's fighting the white supremacist.

1:20:57

And they just left me alone, right, for that.

1:21:00

And that jail was the worst.

1:21:01

So inmates in that are in there, they're just really terrible in that basement, so dark.

1:21:10

And how you get your things is you have to, it's called the fishing.

1:21:15

What you do is you make it with a bottle, some string and you throw it out the door and you just throw and fish it.

1:21:21

And that's how I lived for five months.

1:21:24

The phone system compared to in Texas, the California system's completely worse compared to in Texas.

1:21:30

And we really wish we could change that.

1:21:34

And this is Pitches Detention Center, this is in Texas.

1:21:40

That's what it looks like.

1:21:43

We have Fresno County Jail, so these are all the different facilities I went to.

1:21:49

The prison was for meth and one was for burglary, the other one for arson.

1:22:15

How many times did you go to jail?

1:22:16

I went to jail 8 times.

1:22:21

I think 55 days was my one of my longest times in five months and then eleven months.

1:22:26

The other times were like small short ones.

1:22:32

I was homecoming king at Gallaudet trying to go to Bank of America.

1:22:44

That's what it says.

1:22:46

My first day back, Friday, 1st day, Sunday, the 1st on Sunday, the 1st on Sunday.

1:23:03

I thought I'd come here, you know it.

1:23:07

I can report and show you guys.

1:23:08

It looks like all this stuff all around, but you know, just take a look.

1:23:20

There's some bugs all over the place here for sure.

1:23:28

Breeding ring here or something?

1:23:48

At Walmart, just looking for myself, like to say inside like graffiti or Griffin.

1:24:04

You think I'm getting?

1:24:05

No, \*\*\*\*\* I'm not happy.

1:24:17

2016 .18 No, that was, I don't know what, February.

1:24:48

Yeah, you can't understand me at all.

1:24:50

I know, I know.

1:24:53

My hands are hurting.

1:24:54

Yep, that's me here.

1:25:26

It's so much now.

1:25:45

I was in prison for my second strike.

1:25:48

The judge asked me did you do rehab yet?

1:25:50

And I said no, I've never done rehab.

1:25:52

And I'm sure I had at the time.

1:25:54

I had no idea what to expect in rehab.

1:25:59

And they said rehab would take two years or go to prison for six years.

1:26:04

What do you want?

1:26:05

And I said, well, rehab and luckily that was my school, was my second strike for arson.

1:26:13

So the first one was lighting a porta potty.

1:26:16

The second strike was because after I got out, after five months, yeah, I had my welfare checked, Five months of welfare in two weeks.

1:26:30

That five months of SSI spent it all.

1:26:34

I don't know what I did with that money, 5-5 months worth.

1:26:41

So at that time, it was seven months after I got out.

1:26:44

I hadn't slept for four days and I was running out of meth.

1:26:48

I was in North Hollywood walking around.

1:26:51

I saw a garbage can in the middle of the road.

1:26:54

It was like in the evening.

1:26:56

And I knew the evening would be less the chance for me to have it blow over and in the morning, typically crazy because and then every morning it'll fall over.

1:27:07

So I've already had that experience with the garbage truck.

1:27:11

I've fallen in three times actually into one, and that one actually had a mattress in it.

1:27:16

So I thought, oh, it looks comfortable.

1:27:18

It was like 5 in the evening as well, the sun going down.

1:27:22

I said it looks so comfy and I said, oh, it's so good.

1:27:26

There was nothing around.

1:27:28

There's just condo buildings around, not just on that mattress.

1:27:33

So I just had to smoke a cigarette and when I smoked a cigarette, I fell asleep and it fell and lit everything on fire and that garbage can on fire.

1:27:41

The police came, LAPD came and they said what is this?

1:27:45

Then I said, oh, I fell asleep and the cop was oh, that's fine.

1:27:47

And look at my background.

1:27:49

And then they found out that I never went for my probation after my first strike.

1:27:54

And I said, well, no, I didn't know.

1:27:56

And then they gave me a little business card and they said you have to call them your parole officer.

1:28:04

And actually at that time I've never been to GLAAD.

1:28:07

I was doing Skid Row.

1:28:08

I said fall.

1:28:10

And I said, oh, forget it.

1:28:11

I just don't even bother for the probation office.

1:28:15

After seven months, they caught me with the fire that sent me to prison.

1:28:21

And then they said, oh, this is your second strike for arson.

1:28:24

Again, they call that a super trial, super strike.

1:28:30

And the judge said, I don't know which drug rehab treatment center I should take you to.

1:28:36

Just looks like you're just lighting things on fire.

1:28:38

Looks like you can't stop.

1:28:40

First, the Porta Potti, he's like, I don't know, up to LA County there, the drug treatment program there.

1:28:48

But the worst thing was I had to talk to the psychiatrist at the prison and get their evaluation to see if I was ready for that drug and rehab program.

1:28:58

So I remember at that time I was like 8 months in jail and that's when I started to really try to take the right thing and have the interpreter with the psych, the therapist.

1:29:09

I wanted to make the best impression of myself.

1:29:11

I was explaining everything.

1:29:13

The psychologist thought that we hit it off and I just told them I actually fell asleep.

1:29:20

I really didn't mean to find it on fire.

1:29:23

I was explaining what happened after I left, I went back to myself.

1:29:26

I felt good.

1:29:27

I felt like on top of the world.

1:29:29

And about 1-2 weeks I went to court and the judge, they saw my side evaluation.

1:29:39

The judge looked at me and said, like, psychologist feels like, you know, that you didn't learn your lesson.

1:29:44

And I was just so my heart sank.

1:29:48

I felt like it just dropped out of my chest.

1:29:50

I said they couldn't be.

1:29:51

I just felt like the whole situation was nothing they thought.

1:29:58

And really they said, well, it's up to the LA County Joint Rehab program if they're willing to take you because you have that super strike for arson.

1:30:06

Luckily, they sat with me and they said, yeah, sure.

1:30:08

And it was fine.

1:30:10

I was really relieved.

1:30:12

And from then on, my life.

1:30:23

This is the first male shelter I stayed at.

1:30:25

I typically would stay on the street, in a parking lot, on the road and just sleep anywhere.

1:30:30

I put This is the first time I stayed at a shelter.

1:30:35

This is my bed.

1:30:37

This is my first bed.

1:30:39

I remember that the first time I talked to my girlfriend Tilly, I was texting her in the contact with me, she said I heard you're clean.

1:30:47

And I was like, oh, I thought they were crazy.

1:30:50

I'm I'm in the shelter.

1:30:51

Why are you talking to me?

1:30:52

And Tilly's like, oh.

1:30:54

And so we've been together since.

1:30:55

I remember that.

1:31:01

And in that program, when I got my Super Strike, I had \$9000 from SSI.

1:31:10

So I was able to buy a phone.

1:31:12

And with the money that was left, I spent it all on tattoos because I didn't want to keep that money and use it on drugs.

1:31:22

And I knew that my tattoos were going to stay with me forever.

1:31:25

And so anytime I was in jail, you know, anywhere I went into, my tattoos would always be with me.

1:31:32

But at that time, I ran out of money while I was getting tattoos.

1:31:37

I started drinking alcohol and they found alcohol in my system.

1:31:41

And so they forced me to stay in there.

1:31:43

It was called a blackout for two weeks.

1:31:45

I couldn't get out.

1:31:48

And they had a gym in the basement.

1:31:52

And I, you know, the tattoos made me feel awake and the gym started making me feel awake.

1:32:00

So ever since I've been working out.

1:32:05

This is the drug treatment program in LA.

1:32:08

That's what it looks like.

1:32:14

This is the second Man men shelter.

1:32:17

And I was here for eight months.

1:32:46

Anyone know who that is or what that is?

1:32:49

Anybody know what that is?

1:32:51

What is that box for?

1:32:54

It's a mailbox.

1:32:58

Oh, yes, you're right.

1:32:58

So it's for sharps.

1:33:00

If you see at the top over there, it says it's sharps for needles.

1:33:05

Anybody who's using needles and can throw it in there, and that's in MacArthur Park.

1:33:18

So I wanted to stay clean and sober.

1:33:20

So I decided to block myself.

1:33:22

And you know, I, I really want to create that identity and I really cherish that identity.

1:33:29

And I would make Facebook blogs and people really were interested in it.

1:33:33

I just put it in on Facebook to, you know, you know, self for self actualization.

1:33:41

I didn't really know if people were going to like it, but people actually enjoyed it.

1:33:53

And I've been going to school at La City College and I've been learning.

1:33:59

These are all my friends from the Men Men's shelter.

1:34:04

I think most of them are still clean.

1:34:07

One of them passed away.

1:34:08

He's not in the picture, but from a fentanyl overdose, he moved to a new apartment.

1:34:15

They're all hearing, yeah, they're all I know.

1:34:18

You wish they were that I know.

1:34:21

Yeah.

1:34:26

The one in the red shirt, he is from a wealthy family.

1:34:31

They're all lawyers.

1:34:33

And he knew how to work the Section 8 program, but you know, he got trapped in to addiction as well.

1:34:45

He loves to learn how to use the government system.

1:34:48

And he said the best way is Section 8.

1:34:52

So he stayed in the men's shelter or the homeless shelters and then your prior text.

1:35:00

And if you have a place to stay in your sister's apartment or your family's house, then the government will consider you as housed.

1:35:08

And so you have a place.

1:35:09

So you have to be homeless to get Section 8.

1:35:13

So he was the one that was like, hey, stay here, stay here, stay here.

1:35:16

So I did stay for 16 months, finally got an apartment and got us all apartments.

1:35:21

You know, he told us to stay in the shelters.

1:35:25

This is my family, my mom, my brother, my, my father.

1:35:39

I have a question for you.

1:35:41

So how did you reconnect back with your mother and your father?

1:35:46

So OK, so the first time I was in jail, I asked my mom for money.

1:35:50

I said any, any money.

1:35:51

My mom sent me \$200 for the commissary.

1:35:53

And then the second time I was in jail, I asked for like 150.

1:35:58

The third time I was in jail for my second strike, I didn't contact my family at all.

1:36:03

I was already over it.

1:36:05

I was over asking anybody for anything.

1:36:06

And so I just stayed there by myself and I, I was like, OK, this is going to be it.

1:36:11

So after 11 months, I got out to the drug treatment program.

1:36:15

I got a government phone.

1:36:17

I was still, and, and I was still an inpatient, didn't really let me out.

1:36:26

I, I got my free Obama phone and I contacted my mom.

1:36:31

So my mother knew I was out.

1:36:35

I think I was out like May 7th and I texted my mom and my mom was like, you did go to jail on Mother's Day.

1:36:44

It was Mother's Day in May.

1:36:45

My mom and my dad took a picture of themselves.

1:36:48

And I was like, they were like, what's up?

1:36:50

Why are you always going to jail?

1:36:52

And I was like, no, no.

1:36:53

And my mom was like, are you so clean?

1:36:55

And I was like, yes, I'm so clean.

1:36:57

I was like, do you want to stay clean?

1:36:58

And I was like, yes, I was like, OK, I want to come visit you.

1:37:01

So my parents came and visited me in the drug treatment program.

1:37:04

We were able to talk and then we reconnected that way.

1:37:10

Thank you.

1:37:10

Thank you, everybody.

1:37:11

Yeah, it was it was nice.

1:37:16

I'm happy that my parents are still.

1:37:18

We're still alive.

1:37:21

Some people who are in drug treatment programs or we have to have a really hard time staying clean and sober because their parents become gone and then they become clean and their parents can't come and see them while they were clean.

1:37:36

Their parents passed away.

1:37:41

And you know, they wish that they they could have had their parents see them clean and sober.

1:37:46

So, you know, it's, it's important to stay clean and sober so that the people who you love can see you clean and sober.

1:37:53

So this is our first apartment.

1:37:58

It was small, but I loved it.

1:38:01

It forced me to spend more time until looking at each other.

1:38:12

This was our view in downtown LA.

1:38:16

You could see it super far away, but you know, in real life you could actually see it.

1:38:24

But in the picture it was so small and so I didn't see it.

1:38:29

And these are my presentations.

1:38:34

That's in New York, Riverside, Oregon School of the Death.

1:38:47

This is Fremont Institute.

1:38:52

This is Fremont still.

1:39:17

Any questions?

1:39:39

Thank you.

1:39:39

Thank you.

1:39:44

She asked if do I still go to any a A meet and my response was when I first with the drug rehab program, they had an A A meeting there where you're forced to go.

1:40:00

They had a presenter up there.

1:40:03

And what I noticed is there are some people who love attending a A meetings because they're over involved in people's lives.

1:40:14

Like do you want me to be your sponsor?

1:40:17

Then you have to answer every call I make.

1:40:20

You have to follow.

1:40:22

It just seems like it was like really nosy and want to be in people's lives.

1:40:26

But for me to go A, A or NA?

1:40:29

I just know the first step is just making sure and admitting I'm powerless.

1:40:34

Second step is basically to be accountable for all I do to own up, make apologies when I need to.

1:40:47

The last step would be to give back to the community and for me as a A and AI go to school and I study it.

1:40:54

But I do have a good friend who's a retired social worker in the department of mental health.

1:41:04

He says June 6th after school is done, you need to come to an A or NA meeting.

1:41:09

So I'll be joining there, but I don't have a spot.

1:41:15

I have a good close friend who's right here done.

1:41:21

So super fan and he's been 15 years clean now, 19 years clean.

1:41:31

So just make sure you have a good support system.

1:41:34

And if I'm not going to go to school, then yeah, I have to go to a A or an AD.

1:41:39

If I don't, then I'll vlog, you know, just make sure to close and make sure I'm able to think of what I want to do to give back and how I can give back.

1:41:51

I have to work on something because it's easy for you just to fall back again if you're just sitting around not doing anything.

1:41:56

You have to put in the work.

1:41:57

Church helps me.

1:42:01

OK, Other question.

1:42:07

We went to Gallaudet.

1:42:11

Before Gallaudet, what was your goal that we wanted to become in the future prior to being addict?

1:42:19

Well, my major was criminal justice actually before that.

1:42:25

Can you imagine that?

1:42:26

So you know, the impossible, the police officer, I'm dead.

1:42:32

But maybe I don't know.

1:42:34

It's a good positive way to think about it.

1:42:37

Stay positive.

1:42:39

You're right.

1:42:45

But so impossible now it's so much more worse.

1:42:48

For example, let's say or you'll be a traffic officer.

1:42:53

Something simple that's true.

1:42:58

I could do that.

1:43:01

We go with your eyes to be a traffic officer.

1:43:06

I could.

1:43:06

I wish I could have thought like you.

1:43:08

I wish.

1:43:08

But if I change it over to sociology, so sociology is where you work with people.

1:43:22

However, it's all about the frame framing of position.

1:43:29

How many percentage of death or how many percentage of hearing?

1:43:32

How many It's more of statistics and how was the percentage of people in jail?

1:43:39

All that really made me want to major in psychology.

1:43:43

Now.

1:43:43

I want to be able to understand the human mind.

1:43:47

At the time, however, I didn't have enough real world experience.

1:43:52

I thought psychology was like, oh, I thought that was all everyone who has like a doctorate.

1:43:58

But then I really fell into my addiction and when I was on the street I saw everything that was psychological.

1:44:09

You have to have more people in this field because especially when you have this real life lived experience, they need more people who lived experience and going back into that field.

1:44:21

Now I have a better understanding.

1:44:23

It was a long journey though.

1:44:26

I'm getting there.

1:44:27

Thank you.

1:44:30

Hey, someone else seven times overdose.

1:44:37

I remember another time was with a baseball bat.

1:44:44

I got hit in the back of my head and I fractured my skull.

1:44:48

I don't know why, but someone hit me in the head with a baseball bat over in Austin.

1:44:55

I woke up.

1:44:57

I woke up in Union Station and then I took me to the hospital and they said I fractured my skull.

1:45:03

Another fall.

1:45:04

Another time I was hammered getting the hammer in the face.

1:45:08

Luckily, it was right next to my eye, not on my skull.

1:45:13

My face was completely swollen for about two to three weeks until I healed up.

1:45:17

It was really bad alcohol.

1:45:23

I just added my stomach pumped.

1:45:26

I didn't have any meth.

1:45:28

This was in Texas.

1:45:31

I went to the liquor store and I bought a Fireball and I drank a whole Hannibal and I went to a Goodwill.

1:45:38

I wasn't getting all these things, having a great time.

1:45:42

The next thing I just remembered, I was sitting in a river and I woke up in the hospital with \*\*\*\* all over my pants.

1:45:50

It was so bad they said they had to pump my stomach.

1:45:55

And yeah, and actually I spent time in several hospitals where I wanted X-rays in my head because I thought that something really impacted me.

1:46:10

They said that, oh, I thought that they were going to read my brain.

1:46:13

I felt like they were going to follow me.

1:46:14

And they took me for an X-ray.

1:46:18

And then I felt like they were might put me a, a Copley or something to make me feel like I have to follow someone.

1:46:26

Every time I walked outside when someone's come up to me and they say, hey, how are you?

1:46:30

And I was respond, I'm fine.

1:46:33

And I would think, oh, are they trying to read my brain waves or with my name?

1:46:42

But from a distance, I would just be thinking.

1:46:47

And then I would think from my brain waves, even know what I'm saying.

1:46:50

And then I become really paranoid, even with people behind me.

1:46:55

And I thought that the X-ray, there's nothing.

1:46:58

There's no code.

1:46:59

They told me there's no code there in my what?

1:47:01

No, there has to be in my.

1:47:04

There's a deaf part here, I said.

1:47:07

I felt it here.

1:47:08

I feel it in my brain here.

1:47:10

I could feel a scab.

1:47:11

I know it's here.

1:47:13

And the doctor did an X-ray and I have to keep going back.

1:47:16

And there's just so many different reasons why I go to the hospital.

1:47:24

So my second strike, I was talking to the voice in my head.

1:47:36

I felt like it was enough.

1:47:40

I want my privacy.

1:47:41

You know, I was just talking back and forth in my head like it was someone else.

1:47:45

And I told the police, I said, hey, those people went there.

1:47:50

Can you turn turn it off?

1:47:52

Can they turn it off in my head?

1:47:54

I just want to go to sleep.

1:47:55

I want peace.

1:47:55

And the inmate or the officer in jail called the psychologist and said, you think you have something in your head that impacted you in your head, impacted into your head.

1:48:08

And I was like, yeah, I felt like someone's going to have a shotgun in my head.

1:48:11

I just want to go to sleep.

1:48:15

And then I was running it down, and they said that you might be schizophrenic.

1:48:20

And when I realized what, I don't have anything implanted in my head.

1:48:28

Who was I talking to that whole time?

1:48:30

It was two different kids.

1:48:32

One was a boy and one was a girl that I would talk to.

1:48:34

And every time I was on meth, they would just tell me, hey, what are you doing that again?

1:48:40

Why?

1:48:41

And I would just say, man, you know what?

1:48:44

And every time they would just start cursing at me, these two kids.

1:48:50

And then after that, I realized maybe it was my guardian Angel, I don't know.

1:48:54

Or maybe it was based on some type of positive influence I had growing up.

1:49:00

And it was a hard time for me to believe because in my head I wanted meth.

1:49:04

And the brain, the voices of my brain were telling me no.

1:49:08

And I thought that was impossible and in jail.

1:49:11

And I was like, who am I talking to?

1:49:13

And I thought maybe I'm mentally ill.

1:49:16

And then that's when I started thinking every day I would drink milk from the cow and I would say, OK, the cow was big and take care of that.

1:49:28

Nutrients, make sure I'm eating bread because it's grown from a grain.

1:49:33

In like 6 months, it'll grow.

1:49:36

We cherish that bread.

1:49:38

Same with water.

1:49:40

We just take care of that.

1:49:41

And I'm trying to go to sleep and take care of that.

1:49:44

And then as I started taking care of myself, those voices in my head started dwindling.

1:49:49

When I went to the drug and retreat drug and rehab program, the voices said goodbye to me and they were crying and everything just went away instantly.

1:49:58

It was like I was able to just let go of it all.

1:50:02

Maybe it's my brain trying to save itself or someone trying to protect me, but yeah.

1:50:12

Well, why 7 hospitals?

1:50:14

Well, because they thought with the cook I said I thought something was implanted, but thankfully it's nothing.

1:50:20

It's pretty rap.

1:50:30

You're happy to go to Riverside, Oregon, only a different school to post your presentations.

1:50:37

Or how about mainstream?

1:50:39

A lot of people in LA need your presentations.

1:50:42

I do sometimes at Marlton.

1:50:44

They want me to go.

1:50:46

We'll see.

1:50:52

Where is I'm trying to think of places, but I'm open to all choices.

1:50:55

I would love to lecture more always.

1:50:58

It's very important to get the word out.

1:51:01

Yes, thank you.

1:51:03

Question curious did Jesus because I have tattoos myself and I was wondering, you know, I'm 55.

1:51:17

I got a tattoo because people will tell me no all the time.

1:51:19

I'm an artist and I just decided to go ahead some upset Hey, Jesus says don't bark on your skin.

1:51:36

Is that the Old Testament?

1:51:37

The New Testament?

1:51:38

So I'm going to ask, I'd ask this one woman who's well in her 80s or so, she has a lot of degrees related to religion.

1:51:46

So I went ahead and asked her, but she said the Bible says nothing about tattoos.

1:51:57

And I said, what says about markings on your skin?

1:52:00

What's your perspective?

1:52:01

Because you study, you know, Jesus and everything.

1:52:05

I want to know your perspective.

1:52:08

Well, in Leviticus it says do not mark your skin or Pierce your skin for the dead, for the dead.

1:52:17

That's what it says.

1:52:18

The Old Testament has a lot of laws in there for the New Testament says no, no, no where.

1:52:25

Jesus said he can't do that.

1:52:26

For example, the Old Testament says, I think in Deuteronomy or in I'm not sure, but it says if your son is a dreamer or practices a different religion, do not be 1 to protect your son.

1:52:44

Be the first to stone and kill your son.

1:52:48

That's what the Old Testament was teaching.

1:52:53

Like if your son is a dreamer or practices a different religion was to kill him.

1:52:58

That's in the Old Testament.

1:52:59

But Jesus in the New Testament, the woman said, oh, she had committed adultery and they said that they had a stone and killed this woman.

1:53:08

And Jesus said, no, you can't do that.

1:53:11

If you are free from sin, you can throw a stone, but you guys are all sinners.

1:53:18

You can't do that.

1:53:20

So if you're free of sin, you haven't sinned at all.

1:53:23

Go ahead.

1:53:24

So then at that moment, everyone dropped their stones because that's following the Old Testament.

1:53:32

Jesus basically trying to teach that in the Old Testament I think has 617 different laws that we are supposed to follow, 617 different laws we would fail.

1:53:44

No one can follow all of those laws.

1:53:48

So Jesus trying to teach us that we are not perfect, no one is perfect.

1:53:55

So what I do is what it was that Jesus came down and died for our sin.

1:54:04

He was perfect, which means it was proof that God has every right to judge us for our sins.

1:54:12

Every right because he came down, He's 100% human and he did not sin.

1:54:18

He beat the devil.

1:54:20

The devil said if God was human, oh, he would be a Sinner.

1:54:26

So Jesus came down there and said, no, I didn't sin.

1:54:31

So that means the Old Testament says that we would have a Messiah who comes down.

1:54:38

But people's expectations were this huge giant kind of Messiah that was going to come down and all fancy.

1:54:46

But Jesus just came, you know, with Virgin Mary on the horse on the stable, humble and he said, if you couldn't get me, then why should you get some sort of fancy dog?

1:55:01

We can't on that.

1:55:02

But instead of her humbly, he humbled himself was able to make sure that we weren't able to believe because his message was just love.

1:55:14

So that and they were sending different letters to different churches stating please don't argue.

1:55:21

Whoever eats meat who doesn't eat meat or pigs who don't eat pig.

1:55:26

The Old Testament said no slime, no eating lobster, shrimp.

1:55:31

We couldn't eat any of that in the Old Testament.

1:55:35

But in the New Testament, they sent all these letters saying that it was OK to eat swine.

1:55:43

It was OK.

1:55:46

It was OK to do it for God.

1:55:50

Do it for Jesus.

1:55:52

Which means anything that you do, keep God in your heart.

1:56:01

Yeah, you know, do it for God, for me, for me.

1:56:08

I mean, I was six or five or six.

1:56:14

I was really interested with tattoos from the movie Terminator 2.

1:56:18

Do you guys remember that?

1:56:20

Yeah.

1:56:20

With Arnold Schwarzenegger, he went in the bar naked or he was driving the motorcycle with all these tattoos and I was so fascinated with that.

1:56:30

I love that.

1:56:31

It's hard to me and I couldn't imagine none of it.

1:56:35

Yeah, it's hard to me for sure.

1:56:37

And so we have 5 minutes left.

1:56:40

So I felt like my tattoos is my business.

1:56:45

If God is going to judge me, then that's fine.

1:56:48

Nobody else can judge me, right?

1:56:51

It says don't be us.

1:56:56

Stumbling block, feel weak, you know, go ahead.

1:57:04

Jesus said that his two favorite commandments was love God, God with all your heart and love thy neighbor, and that's it.

1:57:15

And that's why you got love on your back.

1:57:17

Yeah, God is love on your back.

1:57:18

Yeah, that's right.

1:57:20

I think it's important to have a relationship with God.

1:57:23

Jesus say thank you everyday.

1:57:26

Everyday.

1:57:26

Appreciate it and the opportunities you have.

1:57:28

Thank God.

1:57:29

I feel like the more I thank God, the less blockers I experience.

1:57:33

You know, I haven't said why me?

1:57:35

Why me.

1:57:36

And so, you know, I have a lot to appreciate and I just keep on going and I'm fine.

1:57:40

God is good to me.

1:57:43

Yeah, I appreciate Tilly too.

1:57:45

God gave me Tilly, Right?

1:57:48

OK, last question.

1:57:49

Last question over here.

1:57:53

So I'm interested with the part that you were saying people can, you felt like you didn't really like it, but you felt like people can read your mind.

1:58:04

OK, so when you're using meth, you think everything is connected to, you feel like everything is connected with each other.

1:58:13

You think everything is happening for a reason.

1:58:15

There's nothing like, oh, do you feel like it's made-up or there's no like common sense or anything.

1:58:22

All of that is gone.

1:58:23

Meth makes you feel like, oh, my life is a movie.

1:58:27

People are following me.

1:58:29

And my mind at that time was super lonely.

1:58:32

So a stranger, even if I didn't know who they were, I would see my mom's face on them and like my father's face on a stranger, my brother's face, and those people would talk.

1:58:43

I thought it was my mom, like she took speech class learning how to talk to try to make me quit meth.

1:58:50

And so like, I was running from LA San Diego to Louisiana.

1:58:59

I, I thought that my family was like following me.

1:59:02

And so I don't know, my mind was \*\*\*\*\* \*\* from the drugs and, you know, I got back to normal.

1:59:13

When you're using meth and you feel like that, the best answer is to stop the mess.

1:59:20

Give yourself five months, six months, seven months and one year and ask yourself again, like maybe you would have a completely different answer.

1:59:30

All done.

1:59:32

Thank you.

1:59:39

Hello.

1:59:40

Hello.

1:59:40

Hello, everybody.

1:59:41

How are you feeling about this workshop?

1:59:43

Feeling inspired.

1:59:44

Thank you to Clyde Control for making this happen, giving back to the community.

1:59:51

And one thing I wanted to share before you guys leave is to please fill out the questionnaire if it's possible before you leave.

1:59:58

You get a free Target \$25.00 gift card and.

2:00:06

There's an event in June, Yes, I'm planning to make this announcement.

2:00:10

I got you going ahead.

2:00:12

I'm not ready.

2:00:13

I'm ready.

2:00:13

I gotta make sure everything is happening now you're ready, excited, you're ready for the next event.

2:00:17

I understand.

2:00:19

Okay, I lost what I was going to say.

2:00:23

OK, so please make sure you fill out the questionnaire.

2:00:25

You're going to get a free Target gift card for \$25.

2:00:28

If you're hungry, there's more Donuts left.

2:00:29

Help yourself out.

2:00:31

Take it home.

2:00:31

Take the whole box for yourself if you want.

2:00:34

If nobody else wants to help yourself, take it.

2:00:37

Our next event will be on June 13th and it is the Deaf Community Safety Day.

2:00:47

We need, oh, sorry, we need a strong togetherness, emergency planning, whatever is important for your safety, your home, your kids, first aid training, how to know what you need for CPR and things like that.

2:01:09

So it's on June 13th from 10 to 3:30 PM.

2:01:14

We're going to give you guys a free food, lunch, breakfast and all of that.

2:01:18

So I just wanted to make sure that you guys get the flyer.

2:01:22

It's on the front table, the registration table over there.

2:01:25

So if you guys have any questions, contact me or contact me.

2:01:29

Thank you so much.