



FREE: SURVIVORS

Survived & Punished NY

ABOLISH ICE!

#FREE THEM ALL!

NO NEW JAILS

SURVIVED
PUNISHED

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Comrade Readers!

We are thrilled to hear from many of you over the past year since we launched the **Free : Survivors** newsletter. Our first two issues got to nearly 200 criminalized survivors incarcerated across the country. Hundreds more copies have been purchased by comrades on the outside. We aim to continue printing poems, articles, artwork and news by and about criminalized survivors and their supporters.

This issue intends to build upon the past issues, offering news and current events, updates from actions that Survived & Punished NY and our affiliates have been undertaking, art from people like yourselves who envision a better, freer, world, articles, a call for book reviews, and much much more!

We are very thankful again to Jett George for designing the layout of this issue.

Inside you will find moving poems by criminalized survivors Annie Farrell (AKA Symphony Lust) and Andrea Benson. We also have an original article by Ivié De Molina that bravely shares her #MeToo story and her fight to heal from childhood trauma. Darlene Benson-Seay has blessed us with her stunning artwork that reimagines Survived & Punished's logo.

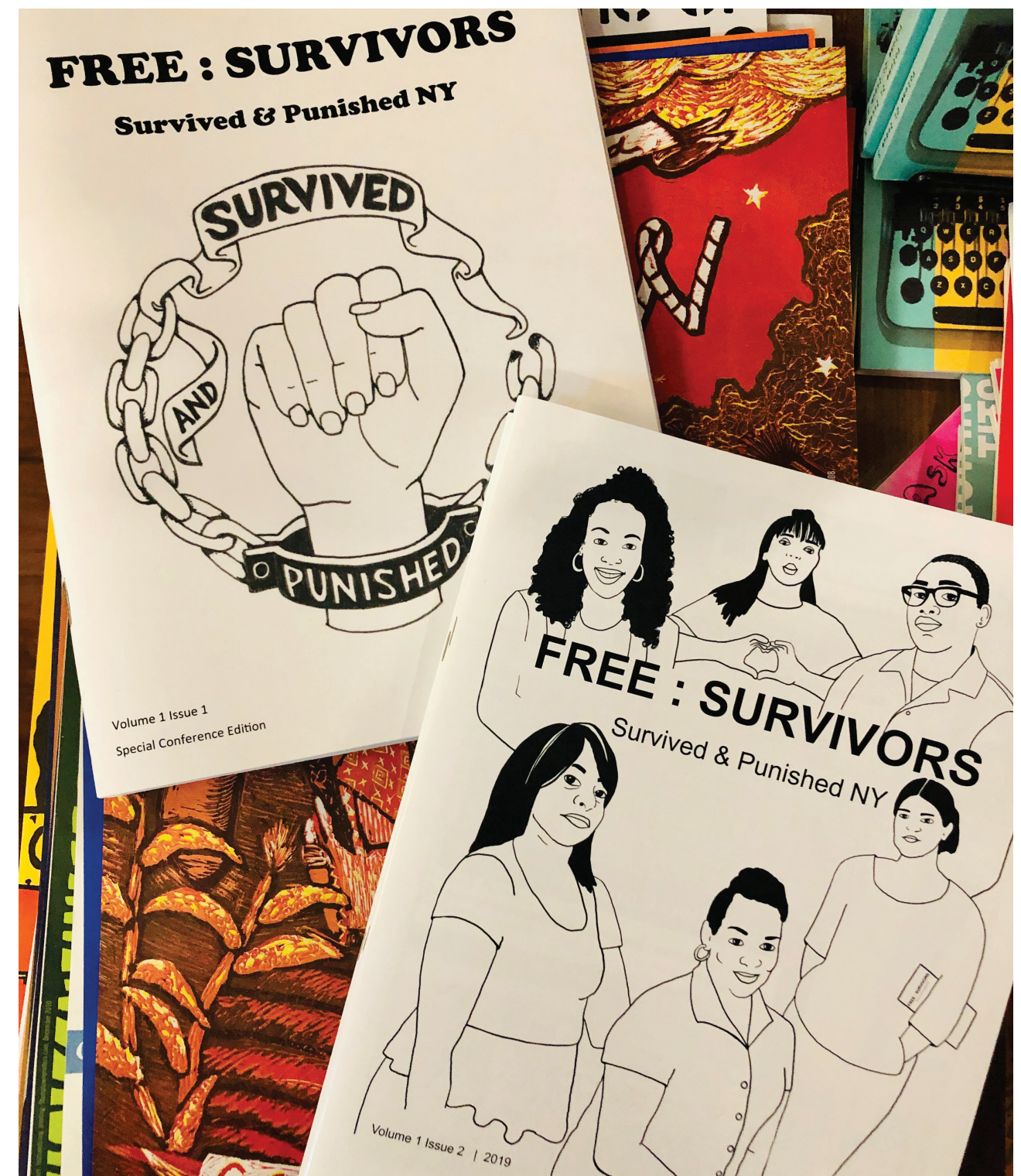
Most importantly, within these pages, you're going to find ways to stay in touch with us. If you're a

criminalized survivor of gender based violence, we want to hear from you. We want your thoughts, words, and art to be in our coming issues. Take a look at our Vision & Purpose Statement and tell us how we can work with you to support expression, struggle, community, communication, strategy, intervention and history. Or just write to us and let us know how we can have your back when you need us!

In Love & Struggle,

The **Free : Survivors** Editorial Collective, Survived & Punished NY

Mary Ma, lae sway, rosza daniel lang/levitsky, Red Schulte, Zoe Vongtau, heena sharma, Cici Adams, Nicole Haiber, Yves, william willis, Mariah Hill, mendé, Ash Stephens



Free : Survivors

A Print Newsletter Project of Survived & Punished NYC

Vision & Purpose Statement

The **Free : Survivors** newsletter is a project of Survived & Punished NYC, which exists to end the criminalization of survivors of domestic and sexual violence, and to free those locked up in prisons, jails, immigration detention centers, psychiatric facilities, and in their own homes. We focus on criminalized survivors in New York City and State, but know that our struggles here are intimately connected to those around the country, and beyond.

We offer this selection of the *Analysis and Vision Statement* of Survived & Punished as a framework to understand why a print publication, comprised of inside and outside voices, stories, words, art and resistance is so necessary.

We believe that policing, immigration enforcement, and the prison industrial complex (including psychiatric lock-ups) are violent institutions that primarily target poor communities of color. They are fundamentally racist, anti-family, anti-trans/queer, anti-woman, anti-Black, anti-Native, anti-poor, and anti-immigrant. It is in this context that self-defense and other survival actions are criminalized.

When survivors are only supported when seen as “victims of crime,” survivors who are already criminalized are not recognized as people worthy of support. Survivors are criminalized for being Black, undocumented, poor, transgender, queer, disabled, women or girls of color, in the sex industry, or for having a past “criminal record.” The institutionalization of this “good victim/criminal” dichotomy leaves a huge portion of survivors, overwhelmingly Black women, unsupported and unaccounted for by the anti-violence movement.

We focus on survivors because we want to highlight the specific pipeline between surviving sexual or domestic violence and being arrested, locked up, and/or deported. We focus on women, trans folks, and gender non-conforming folks because they - we - are the main targets of gender violence, and of criminalization of survival actions.

Our editorial collective seeks to work in the tradition of past newsletters that have spoken across the walls, especially feminist publications, like No More Cages and The Fire Inside, and other journals, like The Abolitionist, that call for a total end to incarceration--a prison-free world. Our aims for this newsletter are seven-fold, to enhance: **expression, struggle, community, communication, strategy, intervention and history.**

When we say **expression**:

This newsletter will create an outlet for survivors to express themselves while surviving the systems of violence and incarceration! Our comrades who are inside putting writing and art into circulation (inside and out) exists as a powerful form of resistance in and of itself! This publication will be art and information driven.

When we say **struggle**:

Our newsletter will help folks combat the effects of the interlocking oppressions experienced due to incarceration and criminalization, even while on the inside. Being able to feel connected to the broader fight for freedom, release and the decriminalization of communities is one of our essential aims.

When we say **community**:

A newsletter will help to build community among survivors as a whole, serving as a place to correspond, connect and grow with other contributors and readers. It will create a platform in which all involved will feel connected and supported by the creative expression used to combat our shared struggle, no matter where folks are physically located -- inside/outside, NY or elsewhere -- or what their communicatory limitations are.

When we say **communication**:

First and foremost we want to amplify stories and methods of connection. We seek to bridge the contact gaps between survivors inside, survivors outside, and their advocates and allies. We aim to connect incarcerated survivors with each other, as the prison mail protocols do their worst to keep folks from corresponding. And furthermore, we will endeavor to connect incarcerated survivors with supporters outside to build an inside/outside dialogue. We will endeavor to think creatively, to imagine new ways to convey our thoughts and whenever possible, employ visuals, construct interconnected webs, and provide translation services.

When we say **strategy**:

We want to gain perspective on each other's work and experiences as we work both inside and outside for survivors' freedom. This newsletter will be a platform to support incarcerated survivors being part of the organizing work across the walls. We know there are strategic insights to be gathered from survivors inside and outside. This newsletter will be putting together experiences of violence, of criminalization, or incarceration that can be very different-- which we will need to effectively free survivors, both through individual support campaigns and mass-release campaigns.

When we say **intervention**:

This newsletter can function as a piece of propaganda that can intervene in existing prison reform or abolitionist spaces, combat the absence of the voices and stories of the survivors we are working alongside. Often trans folks, cis women, femmes, and gender non-conforming people are left out of political analysis, resistance narratives and framework building--this erasure and exclusion is unacceptable and our collective intervention will be deliberate.

When we say **history**:

This newsletter will serve as an archive of organizing inside and out, of support across the walls for incarcerated survivors, of the creative expression of survivors. We see ourselves within a legacy of the freedom work and as such, we want to honor those who've been doing the organizing, theorizing and direct action that we've learned so much from.

The editorial collective of **Free : Survivors** wish to reiterate this urgent demand and call from Survived and Punished's *Analysis and Vision Statement*:

We demand the immediate release of survivors of domestic and sexual violence and other forms of gender violence who are imprisoned for survival actions, including self-defense, “failure to protect”, migration, removing children from abusive people, being coerced into acting as an “accomplice,” and securing resources needed to live. Furthermore, we demand that these same survivors are swiftly reunited with their families.

Join us, write with us, make art with us, circulate and support this print project toward the necessary work of survivors getting free.

In Community,

The **Free : Survivors** Newsletter Editorial Collective of **Survived & Punished NYC**

Survived + Punished NY, Support Ho(s)e Collective, and Red Light Reader Letter Writing Event

October 19, 2019



Comrades attending the October letter writing event at Bluestockings Bookstore organized by Survived & Punished NY, the Support Ho(s)e collective, and Red Light Reader write cards and letters to incarcerated survivors. Photo taken by Red.



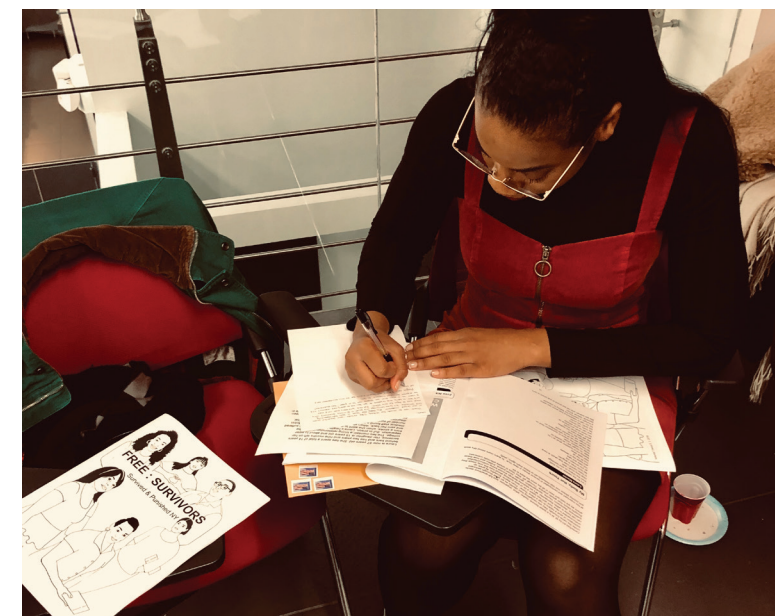
A beaming comrade is writing a letter while attending the October letter-writing event at Bluestockings Bookstore. Photo taken by Alyssa.

Free : Survivors Issue 2 Launch + Mailing Party

November 2, 2019



Group photo of the Free : Survivors editorial collective and newsletter working group at the Issue Two launch in November, held at The People's Forum.



A newsletter working group member writes a letter at the Issue Two launch of Free : Survivors held at The People's Forum. Photo by Red.



Two newsletter group members write letters and stuff envelopes at the launch. Photo by Red.

Red Canary Song's Vigil for Yang Song

November 30, 2019

A solidarity statement, written on the occasion of Red Canary Song's Vigil commemorating Yang Song's life and death held on November 30, 2019 in Flushing, Queens under the LIRR.

S&P member Rosza gave an in-person statement of solidarity highlighting the criminalization that killed Yang Song.



Survived and Punished (S&P) is a national collective that organizes to decriminalize efforts to survive domestic and sexual violence, support and free criminalized survivors, and abolish gender violence, policing, prisons, and deportations.

S&P NY is here in support of this community led teach-in and knowledge sharing today because we know that the criminalization of survival and the targeting of immigrant communities leads to punishing survivors of violence, our neighbors, loved ones, strangers and broader community. We know how crucial it is to counter carceral narratives about survival, victimhood and violence.

Over the past year, Survived and Punished NY has corresponded and visited with dozens of criminalized survivors—people caged because their efforts to survive sexual and domestic violence were criminalized—as part of our #FreeThemNY campaign and mass commutations work.

We have compiled 15 criminalized survivors' stories, with new stories coming in. These fighters agreed to take their stories public as part of a collective demand for recognition of their dignity and their right to survive. We see this work as intrinsically linked with the goals and principles that Red Canary Song has outlined today.

Black, Latinx, and Native women, as well as trans and gender non-conforming (TGNC) people, are the fastest growing populations in prison, all disproportionately affected by gender violence and mass incarceration. Many of these folx are immigrants and sex working or trading people. And we honor their survival strategies—whatever those may be!

The Survived & Punished project demands the immediate release of survivors of domestic and sexual violence and other forms of gender violence who are imprisoned for survival actions, including: self-defense, "failure to protect," migration, removing children from abusive people, being coerced into acting as an "accomplice," and securing resources needed to live. Furthermore, we demand that these same survivors are swiftly reunified with their families. Our coalition of freedom campaigns and organizations believes that policing, immigration enforcement and the prison industrial complex are violent institutions that primarily target poor communities of color. They are fundamentally racist, anti-family, anti-trans/queer, anti-woman, anti-Black, anti-Native, anti-poor and anti-immigrant. Black women are constantly policed, controlled, and dehumanized by these systems. Immigrant and refugee survivors face constant threat of detention and deportation. Native women's high rates of incarceration are part of the colonial conditions of ongoing gender violence waged against them. Trans women, gender non-conforming people, and cis women of color are violently profiled and targeted by police officers and prison guards. All are threatened with being separated from their children and families.



Rosza speaks on behalf of S&P NY at the November vigil honoring and remembering the life of Yang Song, a Flushing Queens-based migrant massage working woman, who was killed during an NYPD raid on her work and living space in 2017.

Free : Survivors Holiday Letter Writing Party

December 14, 2019



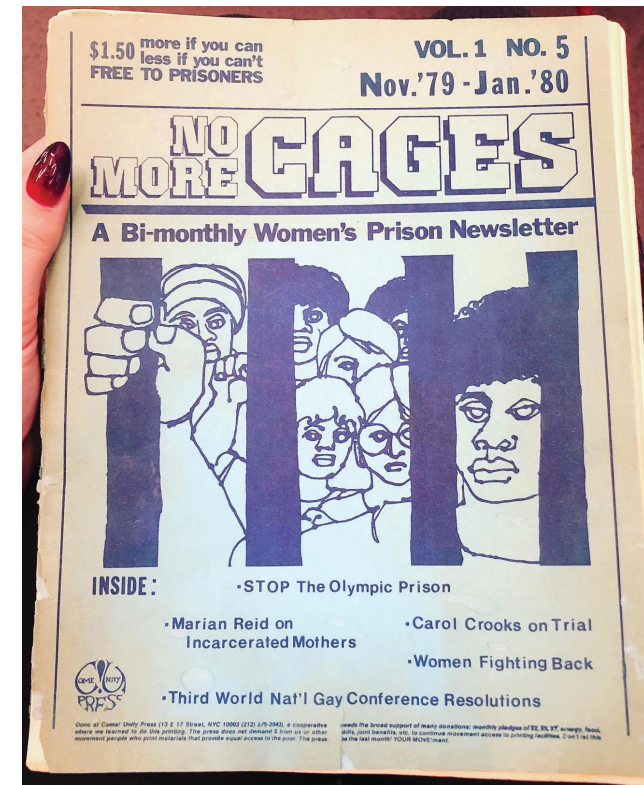
One of the **Free : Survivors** editorial collective members speaks to the attendees of the holiday letter writing event about the history and legacy of inside/outside organizing through newsletters, and grounds the space. They're saying, "We're here to build and grow abolitionist community on this side of the wall, forge and sustain community across the wall through mutual aid and care that is letter writing. Letter writing is transformative. Writing letters and building relationships with those inside spits in the face of the violent isolation that is incarceration. We are cultivating comradeship in the face of state violence." Photo taken by Alyssa.



Comrades attending **Survived & Punished NY's** holiday letter writing social catch up as they write letters to incarcerated friends and comrades. Photo taken by Alyssa.



Three members of the **Free : Survivors** editorial collective pose with Shatzi, a former organizer with the **No More Cages** newsletter. Photo by Maureen.



The cover of **No More Cages: A Bi-monthly Women's Prison Newsletter**, Volume 1, Issue #5 from November 1979-1980 is held at the holiday letter writing event. On loan from Shatzi, a former organizer with the **No More Cages** newsletter. Photo by Red.



A comrade attending the holiday letter writing social beautifully decorates a card. Photo by Alyssa.

Working Group Reports

December 15, 2019

Commissary

2019 has been a year of immense growth for the commissary working group. After our holiday package drive in 2018, we began considering other ways to care for the people we know inside. In the spring we started raising funds to put directly into the hands of incarcerated individuals through their commissary accounts. We strive to create a network of mutual aid through regular communication, visitation, information exchange, and redistribution of resources. Since May 2019, we have been sending nearly \$2000 a month across the walls! We've also delivered 12 care packages (as of December 2019) on visits since items brought directly to prison are far less likely to be stolen or rejected.

In 2020 we will continue our monthly donations, create political education and outreach about mutual aid, and begin giving circles that include all of the above plus community building. We seek to re-envision what giving means and bring the broadest coalition together to fight the injustices and deprivation of the prison industrial complex.

Mass Commutations

The Mass Commutations committee spent this last year again demanding that Governor Cuomo use his unlimited statutory power to commute the sentences of all criminalized survivors of violence and to #FreeThemNY. Cuomo's office had previously announced he would begin granting clemency each quarter, which would mean four times a year, instead of only in December as usual. But Cuomo failed to keep that promise, and did not commute anyone's sentences in April, July or October 2019. We are still waiting to see if Cuomo will commute anyone's sentence at the end of this year (in December 2019). December 2019 also marks the end of the decade in which Cuomo's track record on sentence commutations has been deplorable.

Throughout the year, our committee took action to expose the fact that Cuomo, yet again, failed to keep his promises to incarcerated people and their loved ones. In April, Survived & Punished NY organizers and our allies held a public demonstration outside of Governor Cuomo's office, delivering a letter to Cuomo demanding he grant mass commutations, and giving out information about Cuomo's poor clemency record to everyone who passed by. In July, we held a twitter power hour and phone zap, in which hundreds of New Yorkers tweeted at or called Cuomo to demand he commute the sentences of all criminalized survivors of violence in New York. People all over New York State sent hundreds of postcards to Cuomo asking him to grant mass commutations to survivors. We've also been busy supporting our co-strugglers such as No New Jails NYC, who have been organizing to get New York City to shut down Rikers Island without building any new jails.

In August of 2019, we began holding bimonthly letter writing events to stay in touch with our incarcerated co-strugglers, invite new people into the movement, and collaborate with other community groups in NYC who we want to keep building with. We'll be having a retreat soon to come together to lift up the vision and strategy of criminalized and incarcerated survivors, strengthen our movement, and plan out our campaign for mass commutations for this coming year.



The cold didn't stop Survived & Punished NY from gathering with comrades from Release Aging People in Prison (RAPP) and Parole Preparation Project on December 18, 2019 in front of Governor Cuomo's office to demand clemency for all incarcerated New Yorkers. Nine long years of a non-existent track record on clemency sentence commutations. 18 in total, one for an incarcerated survivor of domestic violence. This is not acceptable. We demand that he bring our loved ones home. Photo and caption by Juli.

DVSJA Correction Statement

In the last issue of **Free : Survivors** newsletter, there was an inaccuracy printed regarding the requirements to appeal under the new act. We had printed that "The law only applies to people who have served eight years already, cutting down severely the number of survivors who it will help." In fact, the DVSJA requires that applicants must be currently incarcerated and serving a sentence of at least 8 years. Thus, it does not matter how long an applicant has been incarcerated, only that the total sentence be 8 years or more.

Thank you to Jessica Paradiso for alerting the newsletter of this inaccuracy.

What to do?

by Annie Farrell

Security breach in the White House
Unsatisfied people finally take charge
Of what's theirs
Instead of trying to make war
We people of the United States want peace
And what's up with this I.C.E. situation
Trump wanting to build a wall so our other
Black people can't cross
Does he know it's because of them buildings
Are built
Hispanic people somehow became slaves to the
White man
After black freedom rights and segregation laws
Were passed
We are at risk of a war due to the wrong man
Being elected to run our state as our voice
And what about our low income families
Their at risk (No homes, filled jail cells)
Who depend on public assistance and provided health care
I will never understand
Our president's choices are not the best and
Wrong and will be dealt with
Minimum wage only for those with a GED,
Or high school diploma
Why not a equal pay to those with more
Education
That won't happen "RIGHT"
Everyone needs a bachelors, a masters and an
Associates
I wonder how many others thought of those
Things
We need structure, We want peace, we need
A leader who can lead
But how? When? What to do?

Gone but never forgotten

by Annie Farrell

Behind these walls we are one
Families are gone
Let's find another one
One that will never leave
You, me, us, them
For what you've done
Your taken away (punished)
Behind these walls with lack of communication
Unbearable meals of slop
Gone but never forgotten
Dragged out days
Never ending nights
When will it end (Never soon)
Scratched off days on my calendar
X marks the spot
Eat, shit, and sleep
What your body depends on
But your brain needs lite
Yet alone freedom
Just know this is about me, you, all of us
Gone but never forgotten
My words say enough

Message from the author:

My name is Annie Farrell. I'm 25 years old and currently incarcerated serving a sentence of 15 years in prison time and then another 20 years of supervised release. I wasn't what most parents called a "hot head." I am a survivor of mental, physical and verbal abuse in which I dealt with for nearly ten years from family and a man who once said he "loved me."

Growing up as a child wasn't easy being the second oldest of four girls. My dad Edwin once worked for the sanitation department and was an amazing father. After hanging around the wrong coworker my father lost his job and went into a depression. He started blaming me and my siblings for his downturn. He began beating my mother and in her defense I attempted to fight him. For my attempt he threw me down a flight of stairs. I ran away soon after and tried to support my mother and sisters while working at a strip club.

Today, I am a mother and I love to write poetry, short stories as well as guide others who need aid.



We've Been Punished For a Life
Time. Be we Steal Survived.

Blackness

by Andrea Benson

Brown skin
Love the skin you're in
I was told beauty is in the eye of the beholder,
So why do you hate this black skin?
It's a white man's world
No African kink nor curl
So you perm or press your hair
For what? To look like them?
Oh, my brainwashed people
They taught you self hate
Shamed to believe blond hair, blue eyes, is the way of the world
Hey, blond hair, blue eyed black girl
I was taught black is beautiful
What do you see when you look at me?
Nappy roots? Or too dark to be cute?
My ancestors were lynched for their blackness
D.W.B.
Driving While Black
License and registration Nigger
Hate even comes with the police
He's reaching!
And I get shot in the back
Where's the justice in that?
All white jury
White man gets off scott free for doing his civic duties
The niggers guilty!
Caged animal, an exhibit for all to see
Or 6 feet under
One less nigger to populate these white streets
White man fear a nigger with a free mind
Black mass
Black lives matter
Blood on my feet
From a slave who soiled this dirt until they got weak
I'm a Black queen searching for my people's equality

Confessions of a 14 year old girl

by Andrea Benson

No one can understand the pain I feel
Red fire burning from my blood streams
No one even caring if I wake up the next morning
Hungry & poor
My brother's gone
But he's an angel in the sky
Watching down on me from the heavens above
It feels like another day, waiting to die
Hustling on the block trying to survive
I'm just a poor baby girl gone wrong
Gone off sex, drugs, & car stealing
Mom hates me
I'm extra baggage for her new man
Pops left me
The streets convinced me they were my new family
Will someone save me & show me the way before it's to late?
Fuck faith when I already know my fate
Either in a jail cell
Or dead on the streets in a body bag

Message from the author:

My prison experience is a raw pain I never felt in my life. Prison is an unnatural place exposing human tragedies and human difficulties. It's the world of "the forgotten." No matter your mistakes or progress you make to become a better you, the view of the inmate is e ate not human beings. I find myself surrounded by broken women and lost souls. Instead of one entering a "correctional facility," you're battling demons in a very dark place. Clinging onto hope you will survive and not emerge shattered without repair.



General Membership of Survived & Punished NY poses for a photo as a part of a nationwide solidarity campaign to demand clemency for Liyah Birru. Our signs read, "Free all criminalized survivors now! No deportations, no cages!" and "Survived & Punished New York says Free Liah!" Photo taken by K.

"Free Liah!" campaign graphic artwork created by Azul Quetzalli that reads, "A cage is no place to heal. After one year, it's time to free Liah. #FreeLiyah #NotOneMoreDay."

Ivy's Poison

(Flipping: A-Quarter-Of-A-Century-Old-Tabloid-Headline)

by Ivié De Molina | transcribed by Mary Ma

My name is Ivié De Molina and I have been incarcerated at the Bedford Hills Correctional Facility since 1994 and still face another 30 years to life in another state.

I am Puerto Rican born and raised in Brooklyn, East New York. By the age of 21, I was legally earning six-figures. At 26 years old, I was hired to become the first female stockbroker for the powerful Rosenkrantz investment firm on Wall Street. I did not take my dream job and decide a week later to throw it out the window saying: "okay, today I wanna be 'Poison Ivy'" (a tabloid headline describing my case at the time.)

I had repressed the trauma of my childhood sexual abuse for over 20 years before I came face-to-face with my abuser (my older half-brother) and I remembered everything. My life took a 180 degree turn. The recollection of this memory drove me to self-medicate with drugs, enter into sex work, and 17 months later I was arrested for involvement in the murder of two men; one who had a fetish for child pornography and the other was a sexual predator.

Twenty-six years ago, not one person asked me "what happened to you"?

My childhood sexual abuse never went public, nor was it ever mentioned in my court case. I went to trial in the State of New York and lost. Today, I have learned that had I allowed my NY trial attorney to disclose what happened to me, I may have received a lesser sentence. I did not allow for this information to be used due to my mother's courtroom presence. In New Jersey, I took a consecutive plea of 30 years to life believing that I could have my cases run concurrently. A regretful decision I later learned was not as simple as my New Jersey lawyer had led me to believe.

Twenty-six years ago, not one person asked me: "what happened to you"? Not one person cared to. The outpouring of survivors' testimonies from the #MeToo Movement has been too much for me to ignore. I feel compelled to follow suit. To support their advocacy and bring forth my own voice in hopes of finding a resolution and save the rest of my life.

Every new survivor who speaks out reminds me that I too am deserving of a second chance.

I found my voice when I reviewed a case on my abuser, Wilfredo Molina on July 20, 2018. After coming across my abuser's case, I knew that I needed to stand up and speak. When my husband left me, it was like dying from a thousand little cuts, but coming across my abuser's case did something to me beyond a broken heart. The childhood sexual abuse my sister and I survived was never revealed to the authorities. My abuser was never held accountable for the harm he caused. I knew I needed to embrace my courage and tell my story.

Every new survivor who speaks out reminds me that I too am deserving of a second chance. I can breathe and express that my life is worth fighting for, it is worth forgiveness. We're all supposed to forgive if we want to be forgiven because we all carry humanistic flaws. I have grown from my mistakes, I own them and I have made peace with my demons, with what I have done and with what I am responsible for. I cannot change the past, nor can I be erased from it. I am responsible for the

death of two human beings. I have learned to live and accept that two people died because of me. I have also embraced that their passing should have never occurred. Equally, today I have a firm grasp of owning my own journey, but now it is time to tell my story because the rest of my life depends on it.

As I continue to heal, I am left with a profound sense of guilt and remorse. Although in neither of these regrettable events was I the actual killer, nothing reduces the degree of my participation. I was not myself back then due to the sexual abuse and trauma I experienced as a child. I made a terrible mistake that I have lived with every day since and will continue to for the rest of my life.

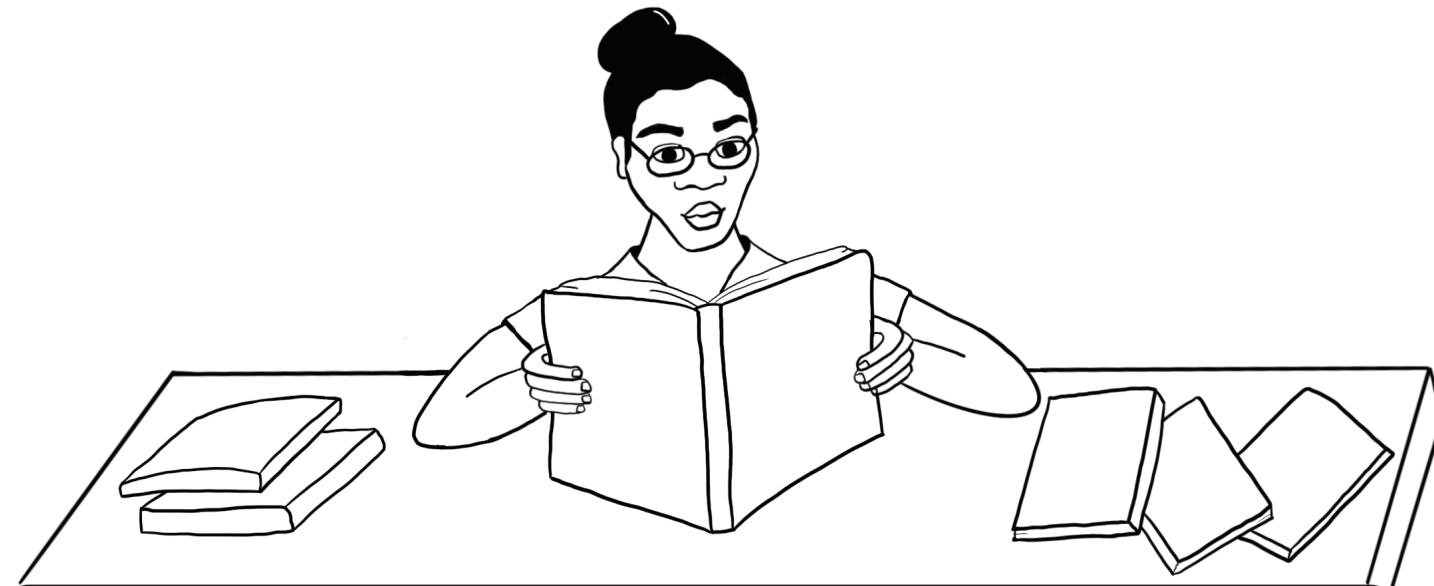
I am an artist, author of the book *25 To Love: A True Pen-pal Fairytale Story* with its sequel *25 To Lies: Where Did the Love Go? Must Have Never Was* coming soon, designer (holding for Fashion Week), and musician (see www.rta-arts.org). I plan to further my education in the field of Psychology by earning a doctoral degree. My desire here is to give voice to those who have experienced childhood sexual abuse, with the intention that they too can learn to live with the heinous betrayal and learn to love themselves again by holding their abusers to account.

My life was thrown into a spiral by a person I trusted. During the past 25 years of my incarceration, I have continued to make a difference in the many lives of my peers. Whether mentoring, mothering or just being a good friend. I have spent a quarter of my life pouring my heart out for the betterment of others. I hope you find me as someone deserving of a second chance.

Message from the author:

My name is Ivié De Molina. I am an artist, author, designer and musician. I have completed every single program available to me and continue volunteering with others. I facilitate workshops for the Alternatives to Violence Project (AVP). I have also earned my B.A. through Marymount Manhattan College.

Today I am employed as a Spanish interpreter for our facility law library. Another great joy I have found during my incarceration is through the Women's Prison Association (WPA). They have educated me as a HIV/ STD/ HCV peer facilitator and I am now able to pass along this knowledge to my peers.



Open Call: Book Reviews from the Inside

Are you interested in reviewing books for Free : Survivors? Book reviews are a great way to discuss popular writing in the abolitionist movement, and also think about new organizing strategies.

Book reviews from people on the inside are especially important, because who can better critically analyze writing and media about the prison industrial complex than those who are resisting and surviving it everyday? We are looking for reviews that cover major themes from the books, takeaways, and anything else you find important and relevant!

We have access to a variety of books related to prisons, abolition, and the “justice” system including All Our Trials by Emily Thuma, Invisible No More by Andrea Ritchie, Resistance Behind Bars: The Struggles of Incarcerated Women by Victoria Law, and Soledad Brother by George Jackson.

If you are interested in writing a book review for Free : Survivors please write us at:

Survived and Punished NY
c/o Bluestockings Books
172 Allen St.
New York, NY 10002

Feel free to request a book or write a review on a book that you have already read. We look forward to hearing from you!

Commissary Survey

We would like to know about your experience with commissary and care package policies in different facilities. Please write to us and share whatever you feel comfortable sharing. Thanks for taking the time to share your perspective with us!

Here are some things we would like to know:

- What are your top 5 most-wanted commissary items (that you don't already have), and how much does each cost?
- What are the top 5 most useful commissary items (that you already have), where did you get each from, and how much did each cost?
- How often are you able to buy things from commissary (for example, every week every two weeks, once a month)?
- If you're unable to buy things from commissary, what prevents you from doing so?
- About how much money do you spend on commissary per visit? How much money do you spend on commissary per month?
- Are there commissary spending limits at your facility? If yes, what dollar amount? Are there limits on how much commissary money each person can receive at your facility? If yes, what dollar amount?
- Can commissary access be taken away? If yes, when?
- What useful items CANNOT reliably be found or purchased via commissary? For example, what isn't available or what runs out quickly?
- When you want to buy something at commissary, how does the process work? Do you submit requests in advance?
- If you want to buy something that's unavailable, do you exchange it for another item? If so, how?
- Are there any items that you aren't allowed to receive from the outside? If so, what are they?
- About how much money do you receive from friends and family? Do you receive it on a schedule, or on and off?
- Where/how do you tend to eat meals? At the mess hall? Via commissary? Via packages/visits from friends and family? Are you able to cook for yourself? If yes, how often do you do so?
- Do you prefer to get food and supplies through packages or at commissary? Are there specific advantages and disadvantages to packages vs. commissary?
- Do you have a job? If yes, how much do you earn per hour?
- What do you like to do for fun?

Include anything else you would like us to know, too!

Please let us know if you would be willing to stay in touch with us about policy changes at your facility. If you feel comfortable sharing, what is your name and DIN? And if you would be willing to stay in touch, let us know how we can get in touch (by email, mail, or phone).

Please mail your responses to:

Survived and Punished % STEPS
Ami Tian
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Poster created for Decrim NY's Community Art & Outreach wheatpasting effort, (coordinated by Leila R.) by Hunter Shackelford, that reads "Protect Black Trans Sex Workers," and features an artistic rendering of five resilient and beautiful comrades striking defiant poses.

untitled poem

by Crystal Whaley

Power and Money are Fruits of Life!
 But Family and Friends are Roots of Life!
 We can manage without Fruits!
 But we can never stand without Roots!

Participatory Action Research Survey

Survived & Punished NY and Barnard Center for Research on Women's Interrupting Criminalization Initiative are working on a participatory action research (PAR) survey to learn about incarcerated survivors' experiences with prosecutors and prosecution in New York state.

It is well-known that prosecutors perpetuate mass incarceration. However, there is a severe lack of data on how they behave specifically in cases of criminalized survival. We need your help gathering this data so that we can highlight and fight back against the specific practices of district attorneys that criminalize survivors of sexual and gender-based violence.

If you are interested in contributing to this project by filling out a survey or by writing results, please let us know by writing to us at the address below! If you know anyone else who would like to receive a survey, please send us their mailing address as well.

You are eligible to participate in this survey if you have experienced sexual violence, domestic violence (at the hands of a family member or intimate partner or anyone you have lived with), or any other form of abuse or coercion.

Write us at:

<p>Survived and Punished NY Attn: Nicole Follmann PO Box 182 New York, NY 10013</p>	<input type="checkbox"/>
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Group photo from the No New Jails NYC City Hall action in September. Though many of us were shut out of the city council hearing, several of our comrades were able to testify against the building of new jails. Photo taken by a NNJ comrade.

No New Jails Solidarity Statement

Where “progressive penology” rules, the changes are trivial when measured against the magnitude of penal coercion’s human cost. We submit that the basic evils of imprisonment are that it denies autonomy, degrades dignity, impairs or destroys self-reliance, inculcates authoritarian values, minimizes the likelihood of beneficial interaction with one’s peers, fractures family ties, destroys the family’s economic stability, and prejudices the prisoner’s future prospects for any improvement in [their] economic and social status. It does all of these things whether or not the buildings are antiseptic or dirty, the aroma of fresh bread or stale urine, the sleeping accommodations a plank or an inner-spring mattress, or the interaction of inmates takes place in cells and corridors (“idleness”) or in the structural setting of a particular time and place (“group therapy”). (p.33)

This was written in a report, authored in 1971. We are still dealing with ineffective reliance on lip-service reforms in 2019. This report continues...

The criminal justice system has a phenomenal capacity to absorb and co-opt reforms. Throughout the years reformers have won all sorts of concessions. Many specific abuses have been halted or diminished. But the system grinds on inexorably. No matter how many new police have been hired, how many new courtrooms and prisons built, the system has remained overcrowded. Reforms

have not succeeded in getting the system off people’s backs. Increased discretionary powers have not led to more equal law enforcement. (p.155)

Again, this was written in 1971...

This is why Survived & Punished NY rises up alongside our comrades in the No New Jails NYC coalition in their demands to stop Mayor Bill de Blasio’s jail (*read: death and sexual violence*) expansion into our communities. We also want to emphasize our support for the coalition’s express demand of allocating the proposed \$10 billion that would see jails built, to instead be put into Black and Brown communities. Our comradeship with the No New Jails Coalition is grounded in our mutual belief in, and practice of, Restorative and Transformative Justice models of addressing harm.

Many of the women we visit at Bedford and other prisons, were also previously incarcerated at Rikers. They know, and we know, new and expanded borough jails will precipitate more survivors to be criminalized and incarcerated. As an abolitionist organization that focuses on survivors, we advocate to free everyone from cages, and to do away with every aspect of the Prison Industrial Complex. The proposed building of new and expanded borough jails empowers the carceral state under the pretext of “decarceration,” which directly contradicts our goals, and is destructive to our city since all jails are, inherently, inhumane.

Over the past year, Survived and Punished NY has corresponded and visited with dozens of criminalized survivors—*people caged because their efforts to survive sexual and domestic violence were criminalized*—as part of our #FreeThemNY campaign and mass commutations organizing. We know first hand from survivors that prisons compound and reinduce trauma.

According to the ACLU, nearly 60 percent of people in “women’s prisons” nationwide, and as many as 94 percent of some “women’s prison” populations, have a history of physical or sexual abuse before being incarcerated. These numbers are high because survivors are systematically punished for taking action to protect themselves, and their children, while living in unstable and dangerous conditions of violence. Survivors are criminalized for self-defense, failing to control abusers’ violence, migration, removing children from abusive people, being coerced into criminalized activity, and securing the resources needed to live day to day while suffering economic abuse.

As an organization, Survived & Punished NY has compiled over 15 criminalized survivors’ stories, with new stories coming in with every newsletter we send out. These survivor-fighters have agreed to take their stories public as part of a collective demand for recognition of their dignity and their right to survive. We see this work as intrinsically linked with the goals and principles that No New Jails NYC has outlined today.

Black, Latinx, and Native women, as well as transgender and gender non-conforming (TGNC) people, are the fastest growing populations in prison, all disproportionately affected by gender violence and mass incarceration. Many of these folx are immigrants, migrants and sex working or trading people. And we honor their survival strategies—whatever those may be!

The Survived And Punished project demands the immediate release of survivors of domestic and sexual violence and other forms of gender violence who are imprisoned for survival actions, including: self-defense, “failure to protect,” migration, removing children from abusive people, being coerced into acting as an “accomplice,” and securing resources needed to live. Furthermore, we demand that these same survivors are swiftly reunified with their families.

Our coalition of freedom campaigns and organizations believes that policing, immigration enforcement and the prison industrial complex are violent institutions that primarily target poor communities of color. They are fundamentally racist, anti-family, anti-trans/queer, anti-woman, anti-Black, anti-Native, anti-poor and anti-immigrant.

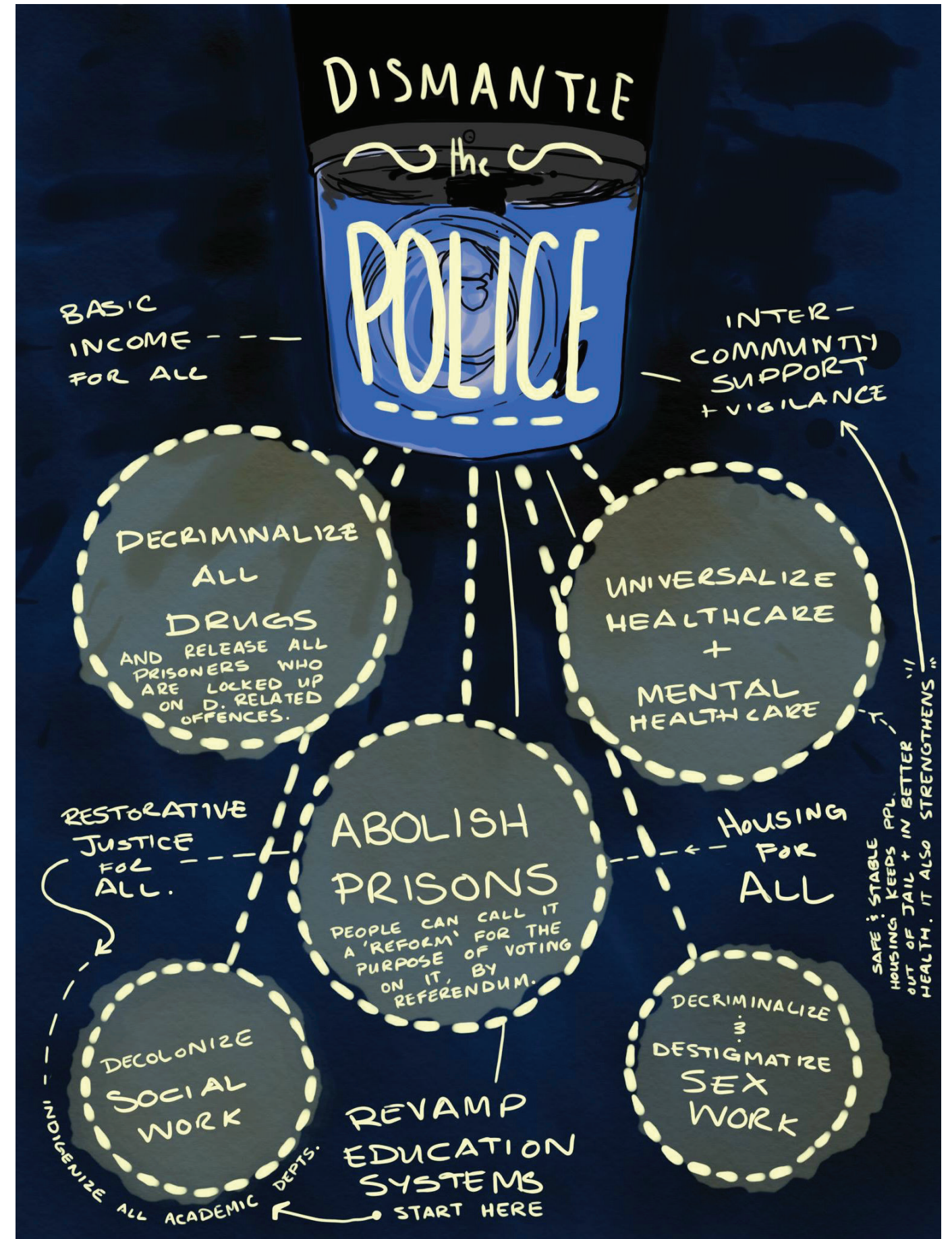
Black women are constantly policed, controlled, and dehumanized by these systems. Immigrant and refugee survivors face constant threat of detention and deportation. Native women's high rates of incarceration are part of the colonial conditions of ongoing gender violence waged against them. Trans women, trans, & gender non-conforming people are violently profiled and targeted by police officers and prison guards. All are threatened with being separated from their children and families.

We implore our fellow New Yorkers: join us, and our comrades in No New Jails NYC! Become activated in work to realize community safety without police, prisons and forced detention of any kind! We speak before you, advocating for a world free from prisons, for a world where Black and Brown survivors of violence are asked where resources are needed most, and for a New York that prioritizes its people and not its Mayor's punishment-minded profit motive.

Survived & Punished NY



Two No New Jails activists hoist a banner that reads "Close Rikers Now! No New Jails!" in City Hall Park. Photo by Red.



"Dismantle the Police" graphic created by Nicole of Ad Astra Comix.