

E-123
347747

Garner Correctional Institution 1-21-2026

Hi, my name is Michael LaRocco, I am currently incarcerated at Garner Correctional Institution for a violation of parole. The original charge was robbery, I stole \$100 from Barnes and Noble, I was mentally ill at the time, and other factors contributed, like homelessness and addiction.

I'd like to tell you about my experience here, and some things that, in my opinion, need improvement, mostly the living conditions that we adhere to each day.

- All breakfast coffee and caffeinated coffee and tea has been banned for 2 years now, due to one person's mistake of abusing the privilege. Some people are still allowed to have it, with an order, and it's unfair to anyone else who may need it to get through the day.
- The food smells and tastes awful. People often get sick from it. No one knows where it comes from, or if it is inspected or approved.
- No privacy - the inmates are forced to use the bathroom in front of each other. Single cells are only for violent convicts. The bunks have a very small metal ladder that can be very dangerous for anyone who climbs it. The mat for sleeping is made of plastic and fiber and is very difficult to sleep on.

- There is room for improvement with the tablet program. Documentation is often incomplete or has broken links. There is no web browser, or certain apps are missing. The broadband connection should support improvements, is capable of more.

- The counselors and clinicians are absent much too often, and it slows everything down. It takes weeks to get medical appointments, or months, and some requests are never answered. Nurses, doctors, and clinicians constantly violate HIPPA by talking about the inmates in their free time.

- Lack of advocacy/medical attention

- Since Marijuana is legal now, it should be introduced to the prison system. Vapes too. It would help calm everyone down, and be less agitated.

- Top tier is a very narrow walkway with a short railing that people have fallen and jumped from.

It is unknown how much weight it can support.

- When an inmate is considered to be a danger, they are taken to the basement (IPM), and stripped naked with only a blanket and all property taken away.

- Some people are forced to take medication, even if it makes them sick.

- spiders in the ventilation, flies coming from the faucets.

- Counselors withholding information, like court dates.

- Water contains Gypsm.

- Grievances and Administrative remedies are read by the same staff members who they are written against. Biased.
- Strip search - force their way into private areas,
- Toxicology Screenings by force
- "Clinicians" ask if you need help, but secretly, they log and study your behavior during "sessions".

Thank you for welcoming input from inmates incarcerated. If these things were given some consideration, it may improve the way some inmates are treated in the criminal justice system.

Subscribed and Sworn to before me a Notary
Public, in and for the County of Fairfield
And State of Connecticut, this day 21 of 1/26
Karl Morrison
Notary Public

Michael LaRocco
Michael LaRocco

KARL MORRISON
Notary Public
My Commission Expires 8/24/29