

**From:** REBECCA GENSEL

**Sent:** Saturday, April 21, 2007 10:20 AM

**To:** heal@heal-online.org

**Subject:** For Jolene: Cinnamon Hills Question

I too was a cinnamon hills student..Rebecca Gensel.

I went there in 2001 and sentenced to six months..I didn't leave till December 23rd 2003. I was eighteen years old and graduated high school there in June 2003 and still could not leave. by the time I left I was a senior citizen of the whole girls unit. it was an experience that I will never forget and I would never wish it upon my worst enemy. when I was there the staff was mainly Samoan but they did have some white people also. when I first got there I was treated like a dog. I was lied to and was told it was like a group home..I was ;the first girl from Luzerne county to attend there and I came with another girl who was horribly restrained when we first got there right in front of me. Her name was Myical and she was horribly afraid of needles and they needed to take her blood and she started crying and hyperventilating and right in front of me they pulled her arms behind her head, pushed her head forward, bent her elbows the opposite way, and jammed her with the needle. She passed out. She remained in UC (the uncooperative unit) and sat on a dirty floor infested with athletes foot for three months..mostly because she requested a woman for the vaginal exam and not the creepy old man that had to do it. I became all star eventually and became a staff favorite and when that I happened I noticed how badly the lower leveled girls were treated..they were made fun of and not aloud to do half the stuff we were aloud to get away with. I watched 80lb girls get thrown to the ground by these big courtyard staff members and covered with bruises. staff would tell me about how they would sit on girls in UC and read books while the girls struggled below them. they collapsed the girls by bending their knees the opposite way for something as simply as yelling when they were mad. as time went on staff changed and some of my favorites left cause they weren't all that bad...at first..until the ;power trips kicked in. I was dropped from all star to level one before I was about to go home, for borrowing my friend Jennifer's pants. I remained there for another year. I never made it back up to all star because every time I got close I was held back for some reason...I wouldn't even look at the boys and I was always accused. we would be in the pool and if boys walked by we had to stop what we were doing and face the gym and rotate in circles facing opposite ways of them till they were gone..it was really embarrassing. the staff said if we looked at the boys we would get pregnant. when I got out I still was traumatized by that and I was afraid to even talk to the opposite sex. I was put on all types of medication. I was diagnosed with conduct disorder,ADHD,sexual abuse victim,depressive,alcohol and drug abuser, and my favorite bull crap diagnoses:eating disorder. the eating disorder came about when I was put on Aderall RX and Prozac. it caused a massive decrease in weight. Im small built the way it is but the medication took me down to about 85lbs and Im 5'4. it caused such a decrease in appetite all I could get down was a glass of water in the morning. well instead of maybe fixing the medication, they labeled me as having a eating disorder and made me eat everything on my plate for three meals and it was so hard and I would get so sick. then I was put on a sleeping medication called Trazadone RX. they put me on 100 milligrams and I had an overdose. my body couldn't handle it. I passed out that night and woke up so sick. I couldn't keep my head up. I got in trouble the night before, so when I told the staff they laughed at me and said nice try but your just upset cause you got in trouble. well they made me go to academics instead of getting me help and I passed out cold.

well I could go on for days with the war stories of that place, but know I can tell you that I am now married with a beautiful son four years later and still wake up in the middle of ;the night with nightmares about cinnamon hills. I can tell you this: cinnamon hills does not prepare you with dealing with the real world it makes you afraid of it. so please think twice before sending your children there.

the statements I have made are true and correct and I give HEAL full permission to use my statement.