

BIZ IN THE PRIS.



DIAZE



CRAWING THE BLUES

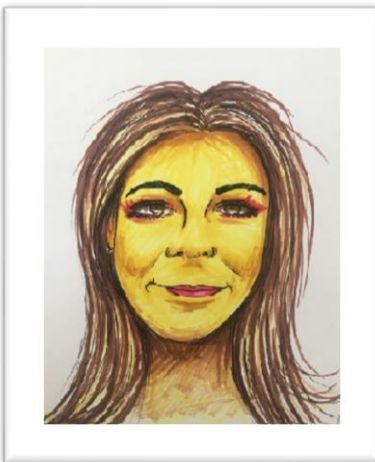
INTRODUCTION

Biz in the Pris Comic Book- Version 1 '*Craving the Blues*' was co-produced by young men of Hydebank Wood College - William, Michael A, Michael B. and another, who devised the story and designed the characters, in conjunction with Prison Healthcare (the South Eastern Health & Social Care Trust) and the Prison Arts Foundation. The idea for the production of a comic came from *MINDLOCK*, another Trust comic book publication.

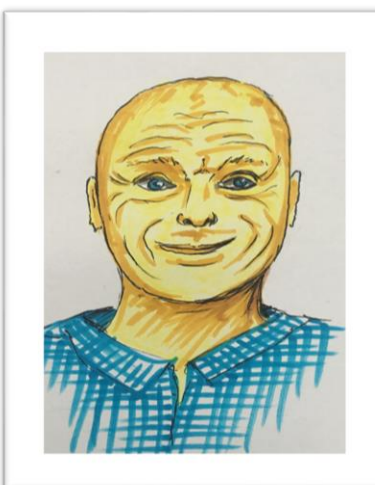
Without the involvement of the young men in custody, the comic and its branding *DEAD HEAD COMICS* would not have been possible. Their creativity and engagement has helped to produce an informative and educational, yet relevant and humorous, source of information. Their unique insight into prison life and drug misuse has been invaluable.

With thanks to all the members of the Comic Book Steering Group, representing eight departments, for their assistance with this project.

Denise Lyons, Governance Lead: Prison Healthcare, Chair of the Comic Book Steering Group



A special thanks to **Zoe Gray**, the Project Manager, whose initiative, creativity, drive and enthusiasm for this project knew no bounds. Zoe is an undergraduate student at Queen's University Belfast where she studies psychology and worked in Prison Healthcare on placement as an administrative assistant for ten months.



Many thanks also to **Bobby Mathieson**, a volunteer with the Prison Arts Foundation, for attending the workshops, designing the comic book cover art and the logo, as well as developing and building on the young men's drawings. Bobby brought the comic book to life. His artistic abilities know no bounds and he is an invaluable asset to the comic book project. Bobby has previous lived experience of prison.

Alright there, what's the craic?
I'm *Mentor Man* and I'm here to
teach ye Buck Eejits about the
dangers of taking all sorts.



You see I wasn't always
Mentor Man. I was a
different person when I first
came to The Wood.



Cue the
rewind!

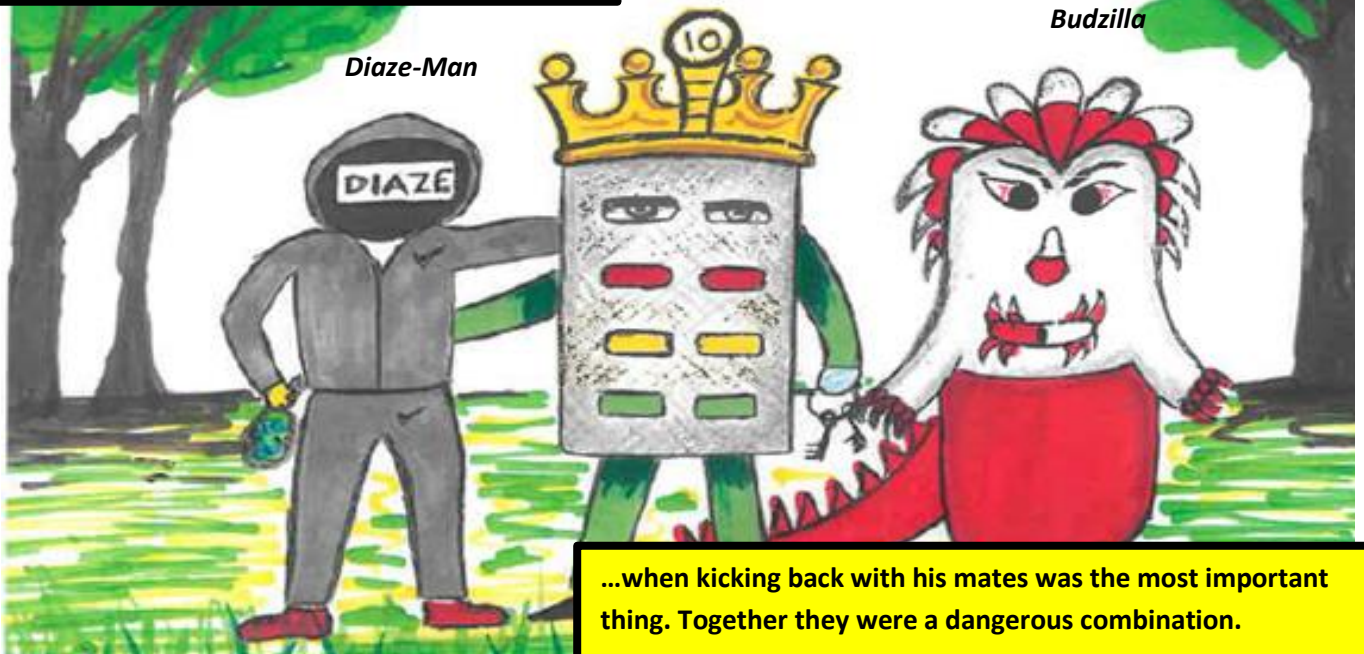


2 years ago, when *Mentor Man* was *Diaze-Man*
he constantly craved 'The Blues'...

The Zolpidem
Zombie King

Budzilla

Diaze-Man



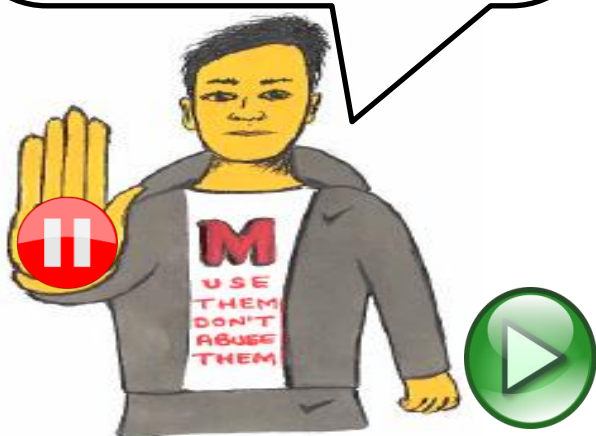
...when kicking back with his mates was the most important
thing. Together they were a dangerous combination.

Alright hauld on, pause it, for a wee minute.

Whether you 'borrow' or buy someone else's drugs or take a few extra of your own, a wee pick 'n' mix of drugs is no good.

Popping all sorts, like yellows, blues, buds and trams can f**kin' kill ye!

All right, what are you waiting for, press play?!



Mentor Man resumes the story



Diaze-Man didn't care about the risk. He was bored and would do anything to pass the time

Diaze-Man meets up with Budzilla for a 'Wee Bag of Waz Happenin'.

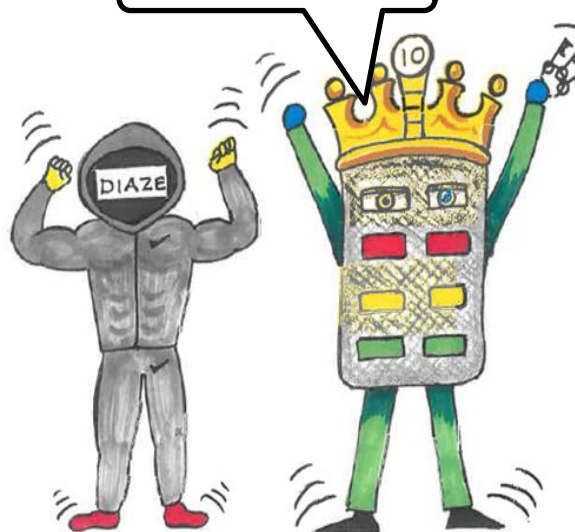
You're a star mate. Cheers!

Aye mate no worries, it's sweet as, like.

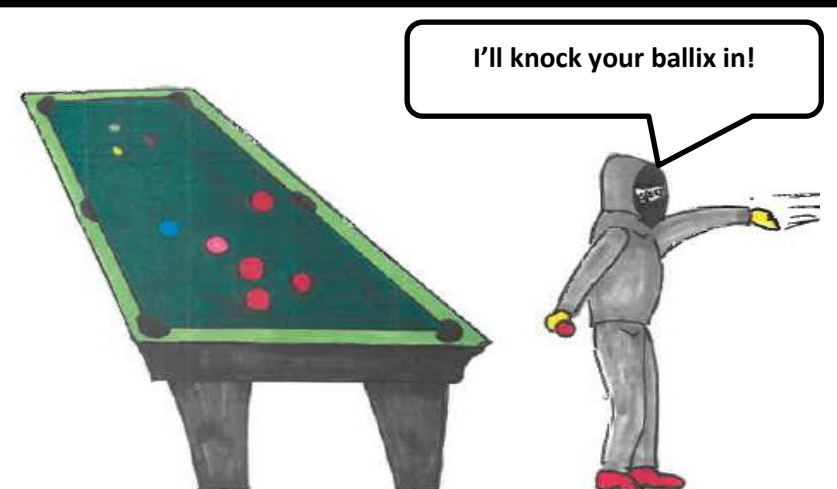


Diaze-Man then met up with The Zolpidem Zombie King to party.

We rule The Wood!

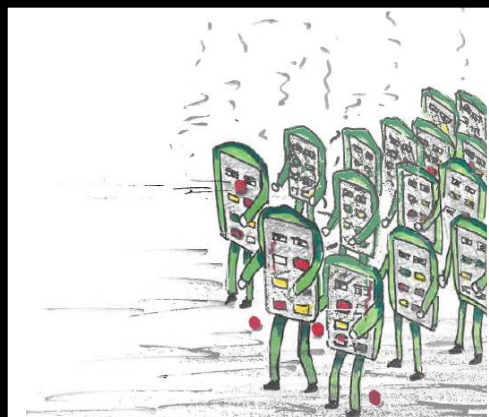


But it wasn't long before *Diaze-Man* went f**kin nuts and started a riot! His weapon of choice was snooker balls.



Diaze-Man had lost the plot, the absolute melter.

The Zombie King was not for having it and let his army of *The Sleeping Dead* loose. It was pure hectic.



Diaze-Man didn't feel that they were his mates. He couldn't feel anything.

But the *Disciplinary Defenders* were dispatched. *The Zolpidem Zombie King* and his army got away.



Diaze-Man was caught and put in the Caves of the Secret Underwood but everyone knew it as The Block.



In the Block *Diaze-Man* started to come down from his high, falling lower and lower into his own thoughts.



Diaze-Man was whiteyng big time. He had a dead head and was shaking like a leaf.

Alright hauld' on, pause it, for a wee minute.

When you stop taking opioids and stimulants these result in withdrawal symptoms, such as whiteyng, feeling pure crippled, being absolutely shattered, not being able to control your legs and many more issues.

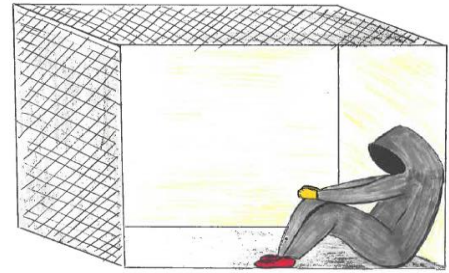
But withdrawal also affects your mental health and can leave your head wrecked.

Always remember the higher you get on a drug the further you will fall when you sober up.

Go on then, press play...

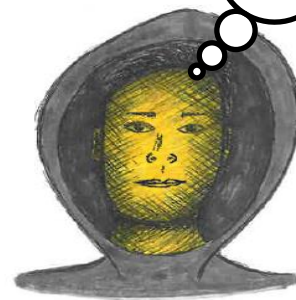


Mentor Man resumes the story

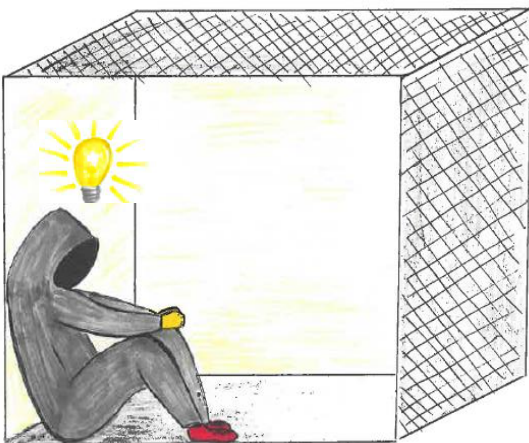


Diaze-Man no longer felt invincible he felt defeated, deflated and depressed.

Maybe I'm not myself on the drugs

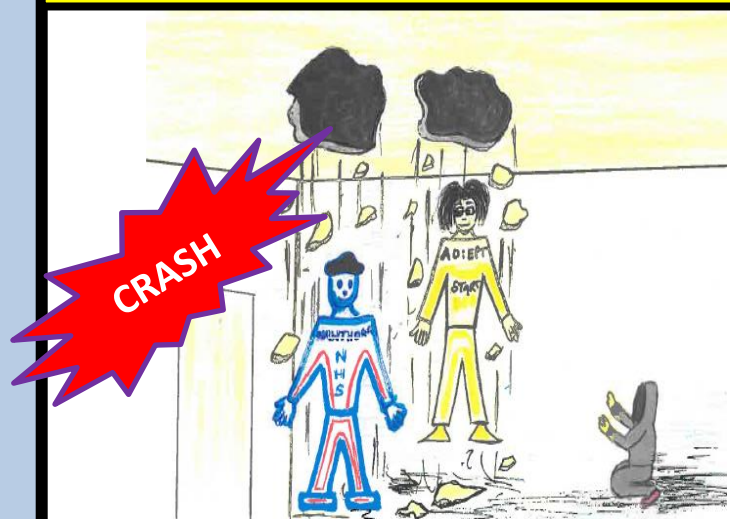


But as time went on *Diaze-Man* started to feel different, his head started to clear.



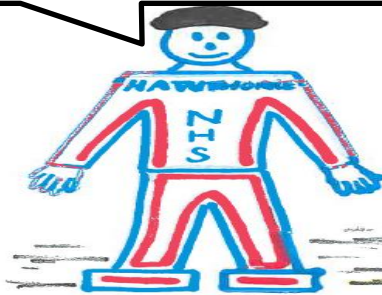
***Diaze-Man* realised that it was his choice to be a bad guy. He was tired of being bad maybe it was time for a change...**

***Diaze-Man* didn't want to be *Diaze-Man* anymore... but if he wasn't *Diaze-Man* then who will he be?**



Healthcare and AD:EPT had been watching *Diaze-Man* for a while. They inform him that he was always a good guy - he had just made some bad decisions. If *Diaze-Man* focuses and changes his ways someday he can inspire others and help them chose a healthier lifestyle.

You don't have to be *Diaze-Man* if you don't want to be.



We can help you if you want.

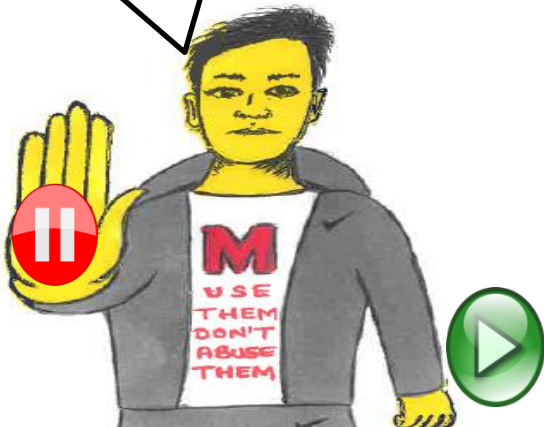


All right you two headers I'm listening.

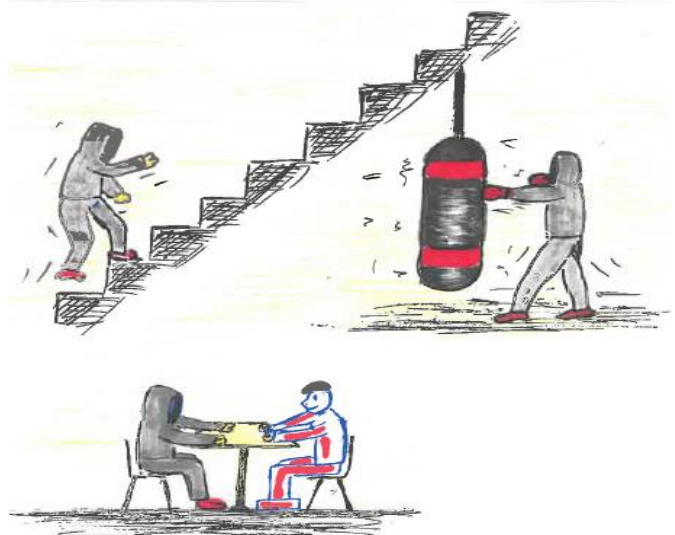


When you cannot control your stinkin' thinkin' find someone to talk to, ring your family or talk to staff. When your head's away don't be an eejit just say!

Go on then, press play!



Mentor Man resumes the story



Diaze-Man started taking time for himself, filling up his day with new things - most importantly, he started to talk to people and not bottle everything up.



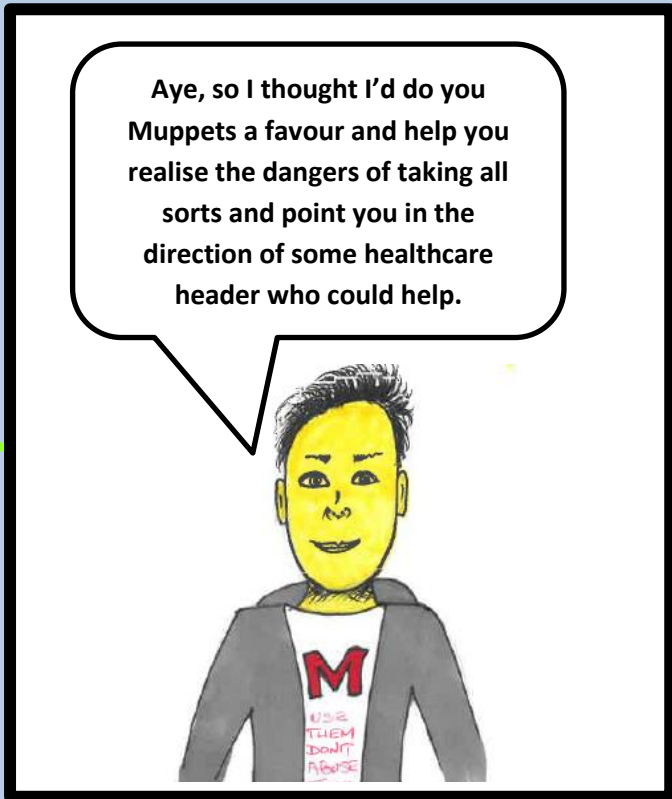
As time went on *Diaze-Man* felt better - he didn't need his Blues and he realised he could help others.

MENTOR MAN WAS BORN!



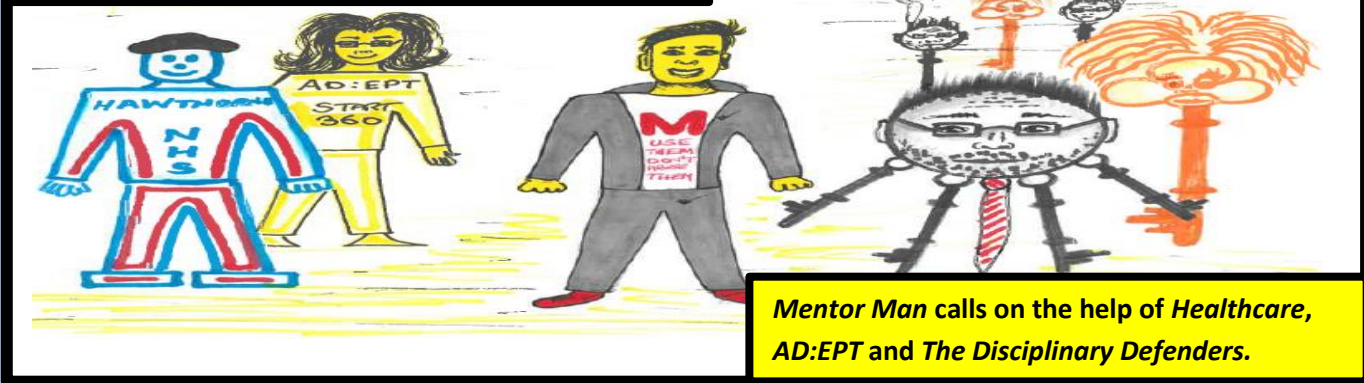
Right then let's get this show on the road.

Back to present time!

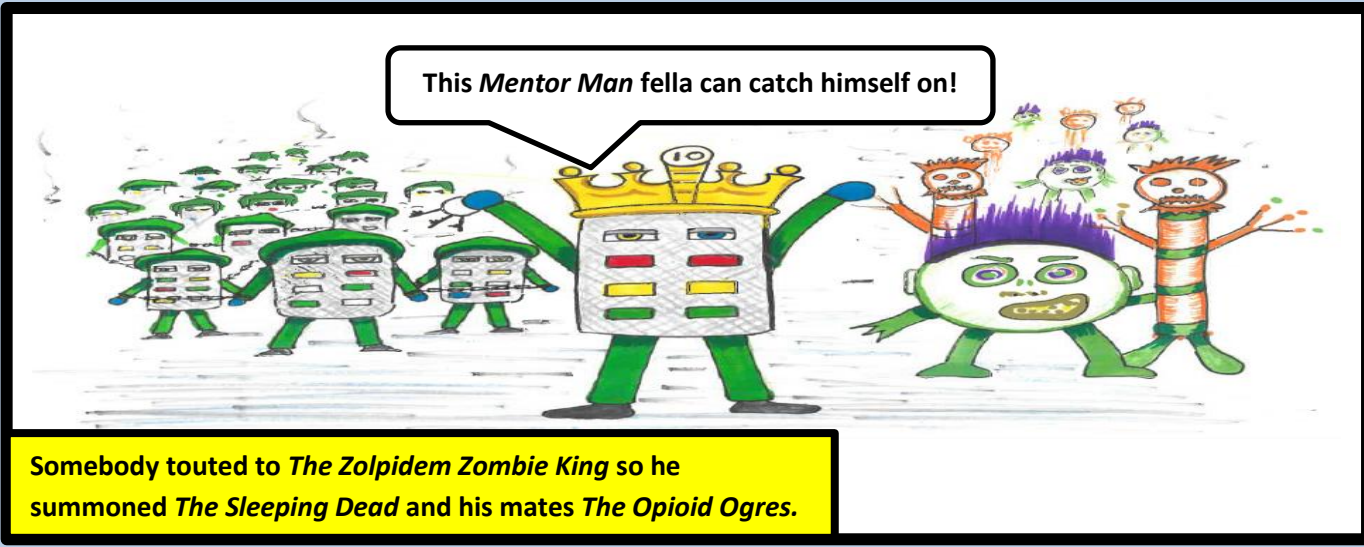


Aye, so I thought I'd do you Muppets a favour and help you realise the dangers of taking all sorts and point you in the direction of some healthcare header who could help.

But before *Mentor Man* can really help others in The Wood, he would have to defeat some old friends...



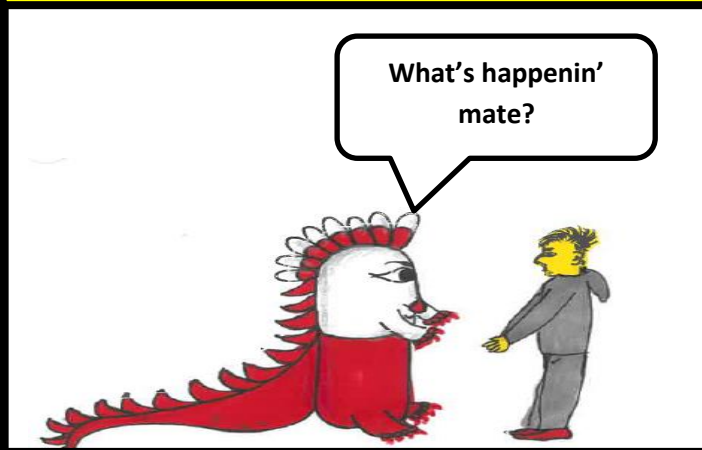
Mentor Man calls on the help of *Healthcare*, *AD:EPT* and *The Disciplinary Defenders*.



This *Mentor Man* fella can catch himself on!

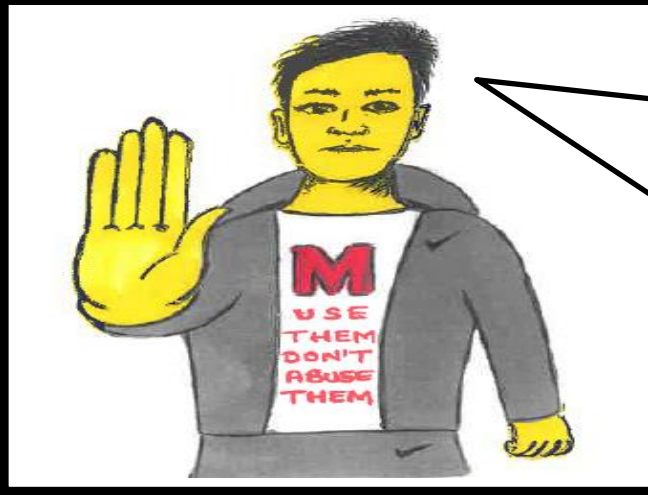
Somebody touted to *The Zolpidem Zombie King* so he summoned *The Sleeping Dead* and his mates *The Opioid Ogres*.

Budzilla has different tactics and asked *Mentor Man* for a chat.



Mentor Man agrees, they are friends after all; maybe he wants to make a change too.

BUT IT'S A TRAP! *Budzilla* uses his powers of peer pressure and tries to bully *Mentor Man* back into *Diaze-Man*.



I need to STOP and THINK.

It's not about hating drugs, going off them and never thinking about them ever again.

You can use your medications just don't abuse them!

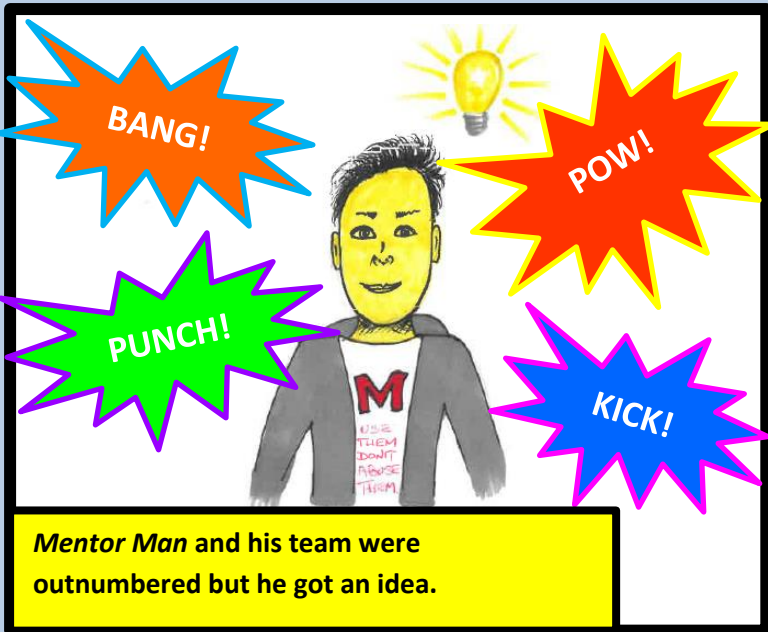
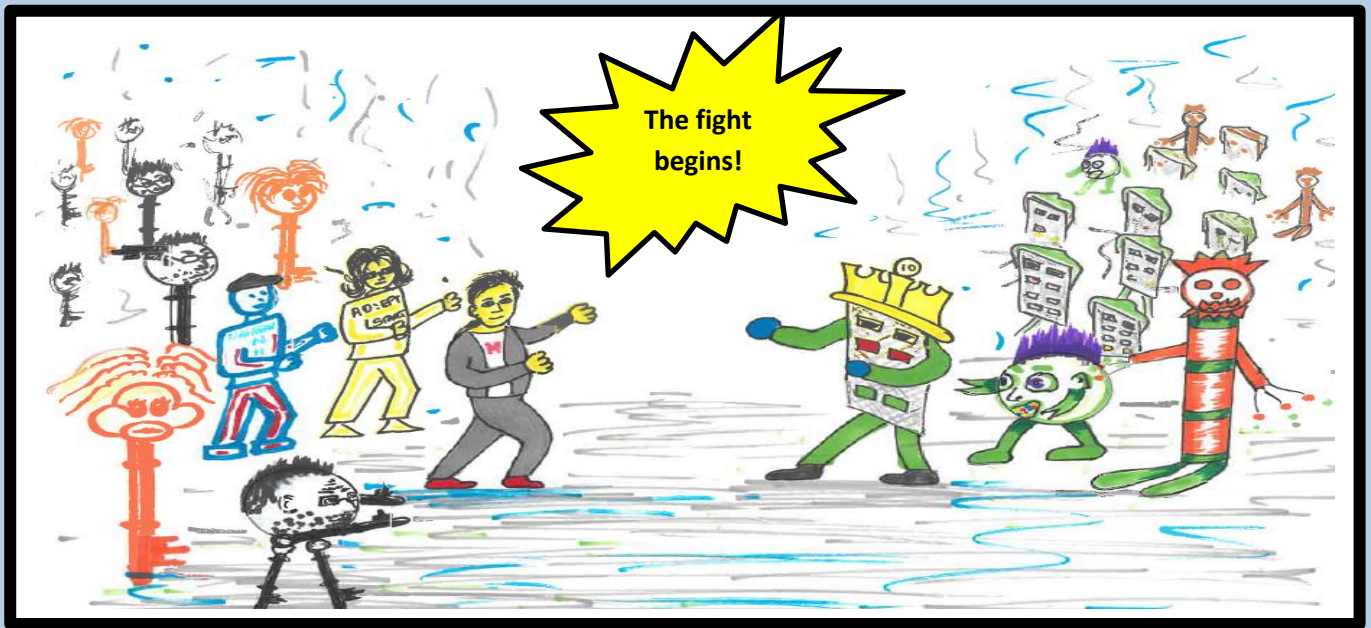
There is a healthy balance.



Mentor Man remembers that his decisions are his choice and no one else's and he wants to live a long and healthy life.

***Mentor Man* breaks free from *Budzilla*!**



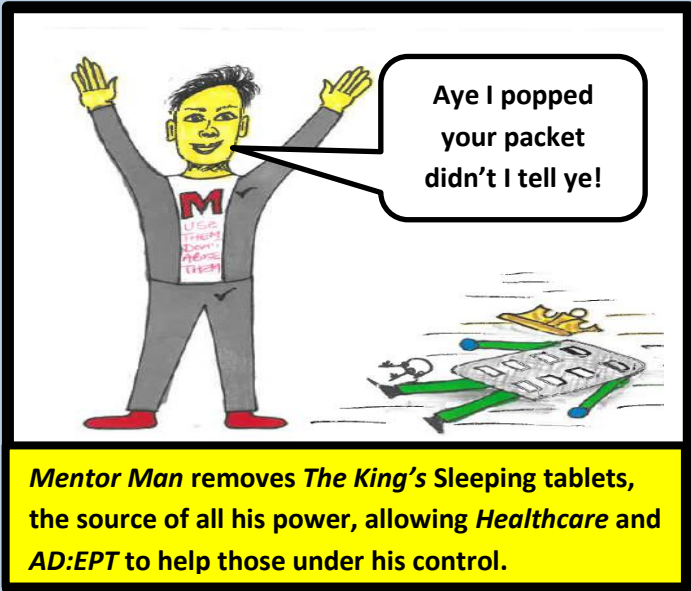
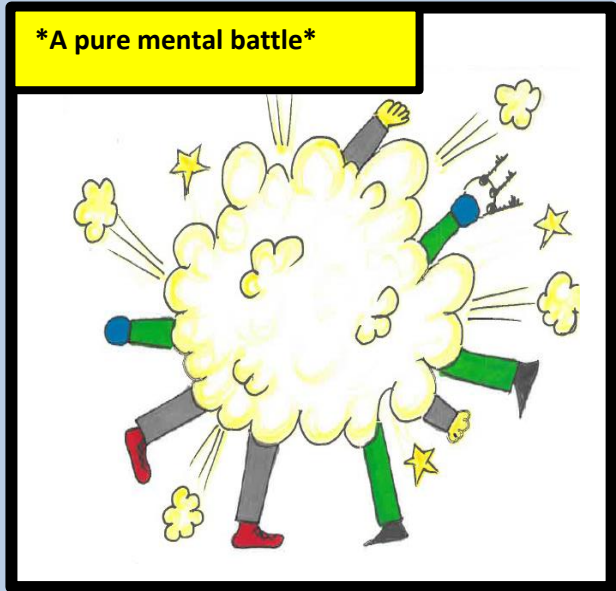


Mentor Man and his team were outnumbered but he got an idea.

Mentor Man knows he has to face The King head on because The King controls The Sleeping Dead.

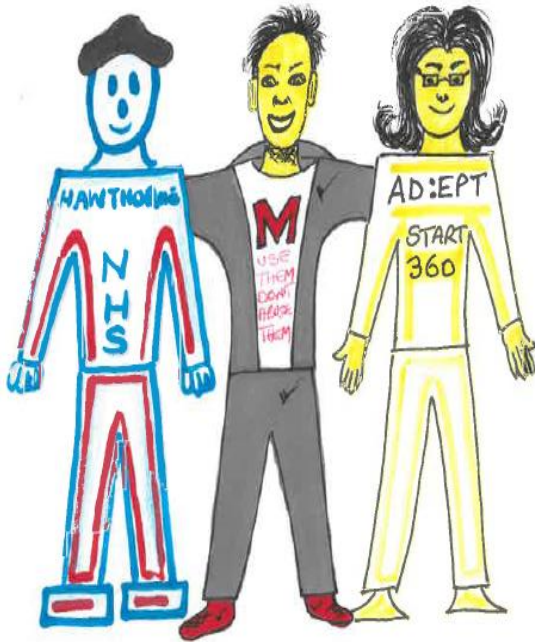
Save yourself while you can wee lad.

I'm gonna knock your lamps out!



Mentor Man removes The King's Sleeping tablets, the source of all his power, allowing Healthcare and AD:EPT to help those under his control.

Mentor Man was invited by Healthcare and AD:EPT to assist their team.



It is all good in The Wood for now...



Maybe Mentor Man's work isn't finished yet..

Mysterious Noise

TO BE CONTINUED



WHERE CAN I GET HELP?



AD:EPT (part of the Start 360 group) is a psychological service for those with drug and alcohol addictions. You can self-refer or speak to any member of staff to get involved in AD:EPT programs.

Lifeline

Lifeline is a helpline for people in crisis. Lifeline counsellors are experienced in working with trauma, suicide, self-harm, abuse, depression and anxiety. Lifeline is available 24 hours a day and counsellors can listen and help.

Call 0808 808 8000

If you don't want to talk to a stranger, talk to your family or friends. Don't bottle up your feelings. When your head is away, just say!

Healthcare

AD:EPT

Samaritans

Lifeline

NIPS

Family/Friends



Speak to the House Nurse who will assist you to access the appropriate Healthcare service e.g. Mental Health/Addictions.

SAMARITANS

Samaritans is a helpline that you can ring if you need someone anonymous to talk to.

A volunteer will answer you talk and they listen and they will not judge you.

Call 116 123

NORTHERN IRELAND



Talk to any NIPS member of staff who will listen, support and direct you to an appropriate service for further help.

OTHER SERVICES THAT CAN HELP



The **Prison Arts Foundation** is a charity that provides access to the arts to people who have offended in Northern Ireland. Art can be a great escape and outlet for people who are struggling with their mental health.



Cruse offers free care and counselling to people who have lost a loved one and are suffering from grief.

Call 0808 808 1677



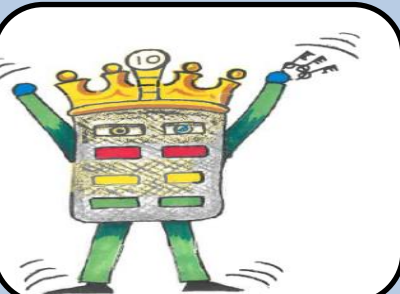
Victim Support N.I supports people affected by crime, both victims and witnesses, whether or not the crime has been reported.

Victim Support N.I offers emotional and practical help.

DRUG GLOSSARY



Diaze-Man is based on the drug diazepam. In prison, diazepam is often known as Blues or Mellow Yellows.



The **Zolpidem Zombie King** is based on zolpidem, a sleeping tablet used to treat insomnia.



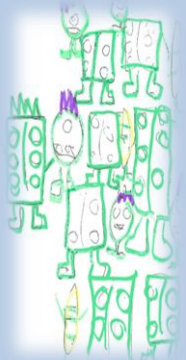
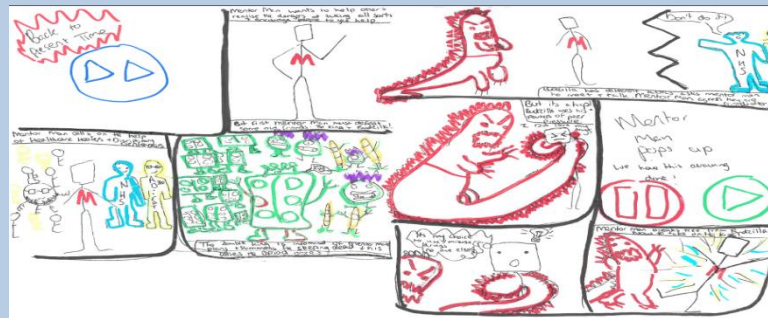
Budzilla is based on pregabalin, a pain/ anxiety medication. Pregabalin is also known as Lyrica and in Prison is known as Buds.

CO-PRODUCTION IN ACTION



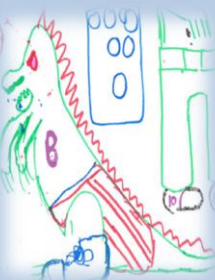
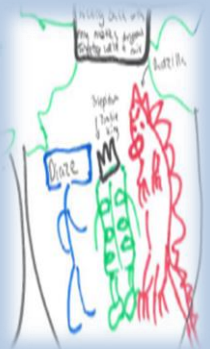
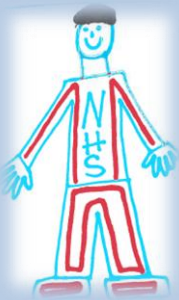
The boys involved said that the comic book project was...

- *Good craic, enjoyed it, wanted to see how it turned out. Really got into it*
- *Proud of what we did. Good group of people, important message*
- *Really worthwhile, good craic, good laugh, creative and fun*



Staff involved in the comic book project said...

- *The young men have gained skills that are transferable to other opportunities in life*
- *I really enjoyed the comic book workshops and the informal creative atmosphere that was created. The process itself for me is probably as useful as the resource created. There was equality and a spirit of learning and listening from everyone regardless whether you live or work in Hydebank. I learnt a lot during the process and am appreciative of all that have made it a success. It was full service user engagement at every point and not just a tick box exercise*
- *Hopefully it will be a valuable resource within Hydebank and other boys will be able to read it and relate to it and take on board the valuable health lessons included*
- *It really felt that the guys were able to let their guard down and just be themselves and 'be lads'*



EVALUATION SHEET



So tell us - what
did you think?

Are you...? (Please circle)

Hydebank Wood Resident

Healthcare Staff

NIPS Staff

Other

Did you enjoy the story? Why?

Do you think you have learned from this story? How?

FOR RESIDENTS ONLY

If you would like to take part in a future comic book workshop, please write your name and number below.

If completed, this form should be removed and handed to any member
of Prison Healthcare staff.

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PRODUCTION

2019