

OUT OF JAIL



CONTENT WARNING

Explicit language, comic violence and sexual imagery.

SHAG, DRUGS
SHAG, BEER

SEE YOU
SOON LADS!

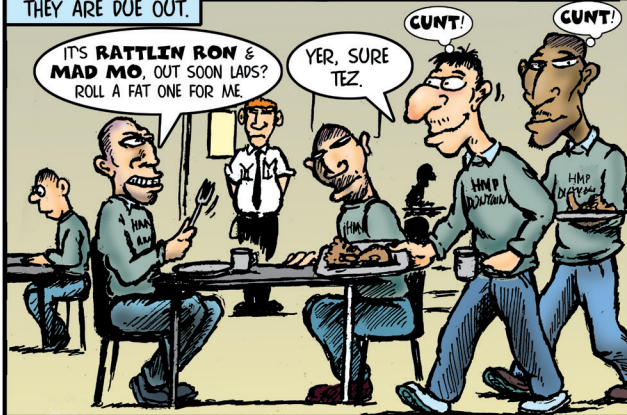
DRUGS!

BUT FOR HOW LONG CAN
'RATTLIN' RON & 'MAD' MO
STAY OUT?

JUST AS SURE AS DAY FOLLOWS NIGHT, RELEASE FOLLOWS PRISON... UNLESS OF COURSE THEY DON'T LET YOU OUT... IN WHICH CASE IT DON'T.



SOME PEOPLE THINK ABOUT RELEASE ALL THROUGH THEIR SENTENCE, OTHERS PUT IT TO THE BACK OF THEIR MIND, UNTIL JUST BEFORE THEY ARE DUE OUT.



GOT ANYTHING PLANNED FOR WHEN YOU GET OUT MO?

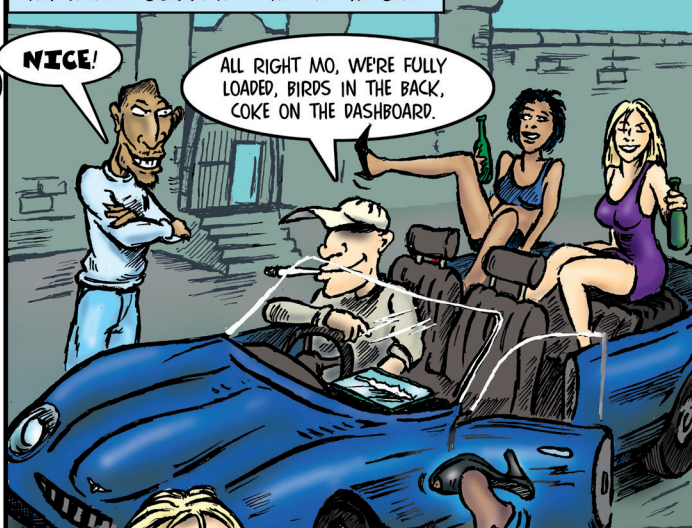
YER RON MAN, **PLENTY!**



MY MATE'S GONNA MEET ME AT THE GATE

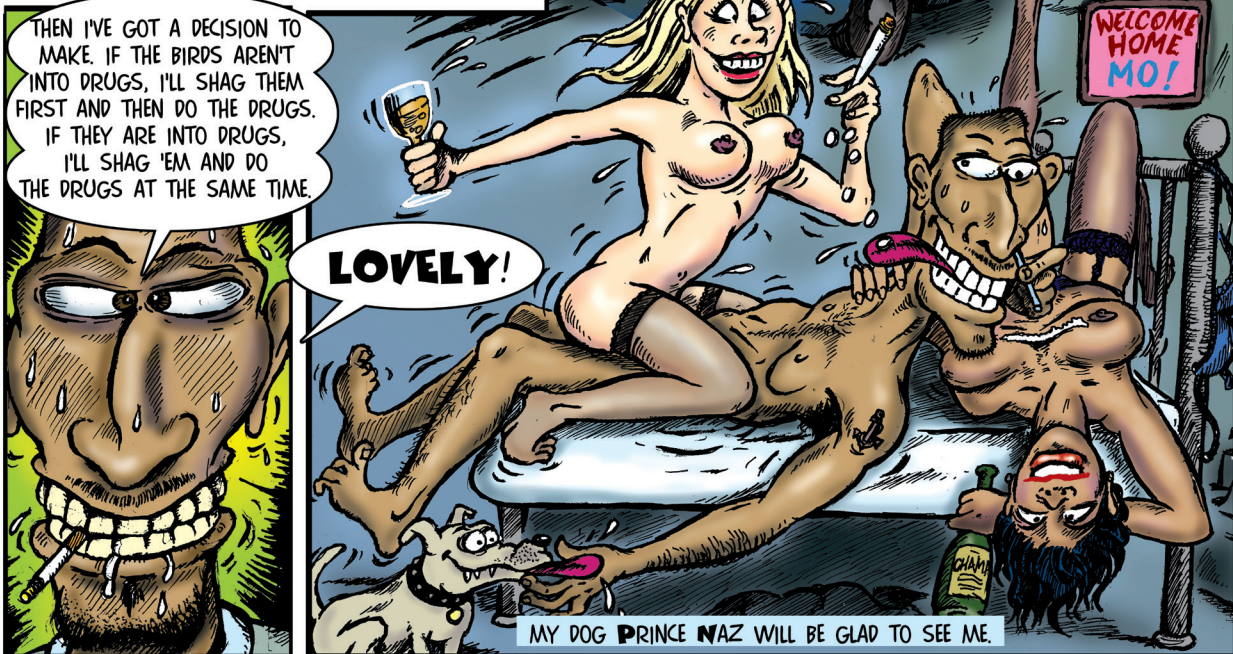
NICE!

ALL RIGHT MO, WE'RE FULLY LOADED, BIRDS IN THE BACK, COKE ON THE DASHBOARD.

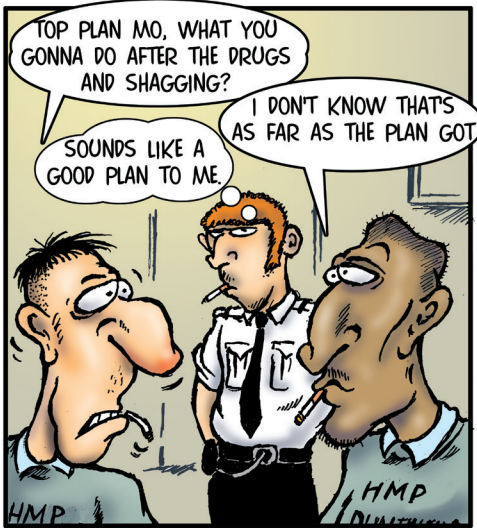


THEN I'VE GOT A DECISION TO MAKE. IF THE BIRDS AREN'T INTO DRUGS, I'LL SHAG THEM FIRST AND THEN DO THE DRUGS. IF THEY ARE INTO DRUGS, I'LL SHAG 'EM AND DO THE DRUGS AT THE SAME TIME.

LOVELY!



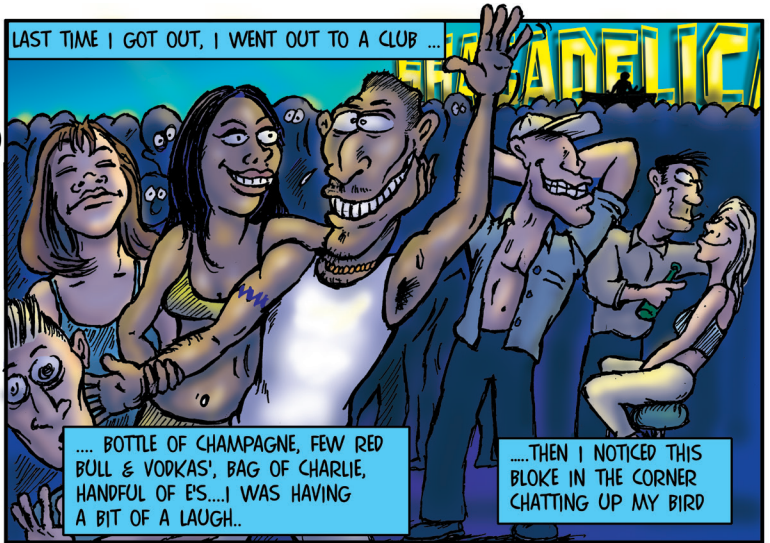
MY DOG **PRINCE NAZ** WILL BE GLAD TO SEE ME.



TOP PLAN MO, WHAT YOU GONNA DO AFTER THE DRUGS AND SHAGGING?

I DON'T KNOW THAT'S AS FAR AS THE PLAN GOT

SOUNDS LIKE A GOOD PLAN TO ME.



LAST TIME I GOT OUT, I WENT OUT TO A CLUB ...

.... BOTTLE OF CHAMPAGNE, FEW RED BULL & VODKAS', BAG OF CHARLIE, HANDFUL OF E'S....I WAS HAVING A BIT OF A LAUGH..

....THEN I NOTICED THIS BLOKE IN THE CORNER CHATTING UP MY BIRD



TURNED OUT IT WERENT MY BIRD, BUT I'D ALREADY BATTERED THE FUCK OUT OF HIM BEFORE I REALIZED MY LITTLE MISTAKE.

LEAVE IT MO 'E AINT WORTH IT.



AN EASY MISTAKE TO MAKE MO, ESPECIALLY WHEN YOU ARE BOMBED OUT YOUR SKULL.

EXACTLY, BUT I STARTED TO **THINK**.

YOU WANNA WATCH THAT MO, IT'S A DANGEROUS GAME THAT THINKING.



EVERY TIME I WAS REALLY CANING IT, IT ENDED IN **VIOLENCE** OR **GRIEF** AND I ENDED UP IN **JAIL**.....

..... WHAT IF IN SOME STRANGE WAY THE TWO WERE **CONNECTED**?



SO, I DECIDED TO CONTROL MY DRUG USE, I MADE MYSELF A POSTER.

WEED FOR THE WEEK. SAVE THE CLASS A's FOR THE WEEKEND.

OF COURSE THE WEEKEND STARTS **THURSDAY**..... AND ENDS ON TUESDAY.



WELL, IT GOT TO WEDNESDAY AND MY MATE RINGS UP AND SAYS THERE'S A PARTY ON.

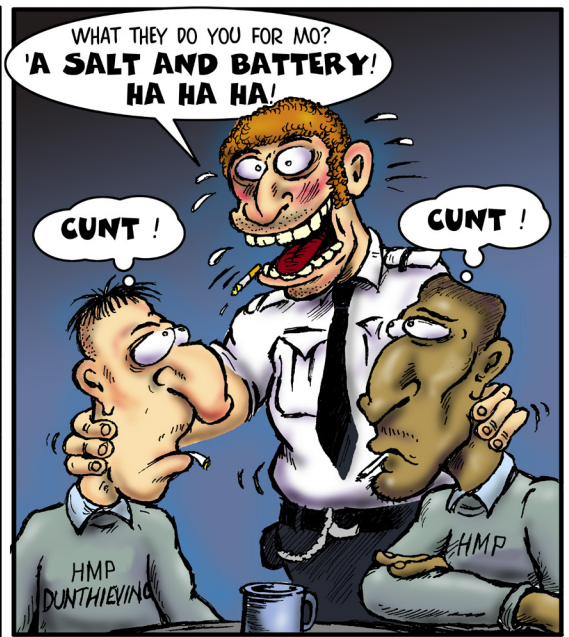
THERE'S SOME TOP **CHARLIE** AROUND. WE NEED SOME CASH



WE HATCHED THIS CUNNING PLAN. WE WOULD ROLL A COUPLE OF DRUNKS AT CLOSING TIME AND USE A STOLEN POWERFUL MOTORBIKE TO MAKE OUR SPEEDY GETAWAY... .

TROUBLE STARTED WHEN WE DECIDED TO TAKE A HANDFUL OF **BENZO'S** TO CALM THE NERVES.

BUMMER!



AND THEN ROCKING UP THE COKE INTO **CRACK**... WHICH MADE ME PARANOID. I WAS CONVINCED THAT **MFI** HAD PUT CAMERAS IN MY HOUSE, SO I DECIDED TO MOVE ALL MY PLANTS TO MY UNCLE'S ALLOTMENT.



HOW WAS I SUPPOSED TO KNOW THAT THAT'S WHERE THE LOCAL **DIBBLE** GARDENING CLUB GROW THEIR PRIZE CUCUMBERS AND MARROWS?

CONTROLLED USE:

If you've had problems as a result of drug use, the safest way of avoiding them in the future is to stop using drugs altogether. However, some people are not ready or willing to take this step yet. If this applies to you, you might think about trying to exercise more control over your drug use.

Some goals to aim for:

- **Use smaller quantities**
- **Use less frequently - i.e. just evenings & weekends**
- **Don't mix your drugs.**

However, if you do intend to try to control your use, there are a number of things that you should be aware of

- People who have been addicted to drugs like heroin or cocaine often find it impossible to return to controlled use. If this applies to you, it may be more sensible to try and avoid drug use completely.
- Some drugs, like heroin and crack cocaine, can be extremely difficult to control.
- Some people find controlled use is an impossible goal for them.

Remember also that it isn't just people who use hard drugs like heroin and cocaine that can have problems controlling their use. Some people find that even recreational drug use can lead them into serious problems.

For example, you may find that mixing speed and alcohol leads to you continuously getting involved in fights. Or the people that you hang around with when you use drugs are involved in various crime that you'd prefer to avoid.

Some things you might want to consider include:

- Does your drug use often lead to violence? If so, there may well be certain places that you should avoid. If you know that there are certain places – bars, or clubs for example – where it all kicks off regularly, it's probably a good idea to avoid those places. Or if you do go, try and make sure that you aren't completely stoned. And if someone tries to kick off on you, try and think about it before responding: is this really worth going back to prison for?
- Does your drug use lead to involvement in crime? Think about how this happens. Is it when you are with certain people? If so, you should think about widening your circle of friends. Or is it that when you're stoned, you don't seem to care as much about the consequences? In that case, you'd probably be safest avoiding using drugs altogether.
- Some drugs can produce paranoia – the feeling that everyone is watching you or talking about you. This, in turn, can lead to violence as you feel threatened and want people to leave you alone. Of course, they haven't actually done anything really – it's all in your head. If you have ever experienced paranoia, then again, it's probably better to avoid drug use altogether. You might want to find somebody sympathetic – a drugs worker or a doctor, perhaps, that you can discuss these experiences with. Particularly if they don't go away when you stop using.

If you do aim to try and control your use, you should set standards and monitor your intake carefully. For example, you may decide to just smoke weed during the week, and use ecstasy and speed on a Saturday night. If this is your goal, monitor your intake carefully. If you find that you're regularly going over your limits, stop and take stock. Ask yourself is this really working?

Think about your patterns of drug use. For example, you may just be smoking weed, but if you're doing it every day, and not doing anything else with your life, this can be just as big a problem as the problems caused by heroin or cocaine. Try and find other, more productive ways to spend your time. Take up a hobby or a sport. Read a book. Take a college course and try and improve your career prospects. Get yourself a girlfriend or a boyfriend, and spend your time humping each other stupid. But make sure that you wear a condom or you could end up with a whole load of different problems.

Finally, if you've tried these things and still find that you are having difficulty controlling your use, then seek help from a drugs agency. They can help you by suggesting other methods of control, or by helping you to look at whether giving up drugs altogether is a more manageable alternative for you.



DEEP DOWN I DIDN'T
ENJOY WHAT I WAS DOING
I'D LOST EVERYTHING
I'M A SHIT THIEF,
THE DRUGS
WERE DOING
ME IN....

....ALL I'D GOT TO
SHOW FOR TEN YEARS
OF ROBBING WAS
SCARS..... SCARS &
NOTHING.

IT WAS TIME
TO STOP.

I'D MOVE OUT OF THE **AREA**
AND GET MYSELF
SOMEWHERE NICE TO LIVE;
I'D GET A **JOB**
AND START A **FAMILY**

I WANTED WHAT
EVERYBODY WANTS

I DECIDED NEXT TIME
IT WOULD BE DIFFERENT,
I WAS GONNA PROVE
TO MY **MUM** I COULD
GET CLEAN AND GET HER
BACK IN MY LIFE.

NO TIME FOR **KIPPERS**
DARLING, I'LL BE LATE FOR THE **OFFICE**

OH RONNY,
THEY'RE YOUR
FAVOURITE....

QUICK **SH**
THEN?

THE LAST TIME OUT I WAS DETERMINED TO STAY STRAIGHT. . . . I HAD **WILLPOWER**

I HOPE I DON'T
SEE YOU AGAIN RON

FAT FUCKING
CHANCE

BUT THEN MY MATE WAS WAITING FOR ME. HE'D BOUGHT A COUPLE OF **BAGS** FOR US. BUT HE'D USED THEM BOTH HIMSELF WHILE HE WAS WAITING.

OI, RON.. GOT YOUR DISCHARGE MONEY?

RELAPSE PREVENTION

If you've finally managed to get clean during a prison sentence, then congratulations! You've achieved something that's very difficult and that many people can't manage. However, that was the easy part. The difficult thing now is to stay clean and avoid slipping back to your old ways.

Here are some tips that might help you to achieve that:

1. Find ways to occupy your time productively.

Remember, the dealer sells bags to idle hands! The single most useful thing that you can do is to find yourself a **job**. This can be hard, especially if you have a criminal record, but you should keep pursuing it. If you can't find something immediately, think about getting some training, or going to college to try and improve your employability.

2. Try to maintain a good support network.

You're much more likely to stay clean if you have the support of family and non-drug using friends.

Lots of people will have the occasional slip and use. However, just because you've used once – or even a couple of times – this doesn't mean that you're beaten. Consider this a **slip**, and not a full-blown relapse. Rather than going back to your old patterns of use, resolve to try even harder to stay clean in the future.



If you want to avoid getting into difficulties, remember,

HALT! Don't get:

Hungry – good nutrition and keeping your blood sugar levels up prevents you from getting irritable or depressed, both things that can lead to relapse.

Angry – if someone is pissing you off, walk away. Don't let some other fool screw your life up, by giving you an excuse to use.

Lonely – feeling isolated can also lead to depression or a return to your old using pals. Make a point of seeking friends who don't use drugs. If you don't know anybody, then join a support group like AA or NA, where you can meet other people who are also trying to stay clean. Your local drugs agency can advise you on meetings in your area.

Tired – exhaustion can also lead you to do stupid things, whether to get that burst of extra energy, or just because you can't sum up the emotional reserves necessary to say no when you really need to.

You'll need to monitor your emotional states, and when you feel yourself getting into a vulnerable situation, take stock. Remember also to watch out for things that can lead to **craving**. This means being sensitive to:

People – the people that you used to get high with are a risk to you now, as they can touch off cravings for the old times.

Places – try and avoid the places that you associated with using in the past.

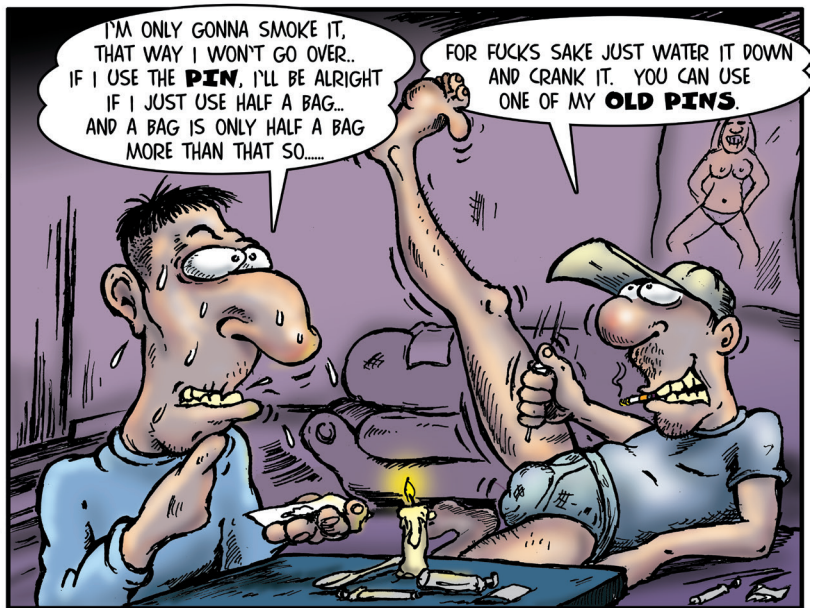
Things – some objects can also have strong associations with drugs that may prompt cravings. For a heroin user it might be tinfoil or vinegar. For a crack smoker, it may be a glass, a plastic mineral water bottle or a coke can. Avoid these things where you can, and be aware of their capability to prompt craving.

Staying clean is very difficult at first, but it does get easier. Recognise that you will need emotional support during this period, and seek it out, from family, friends, drugs agencies or self-help groups.

Recognising when you need help is not a weakness; it's actually a strength.



YOU SEE I COULD ALWAYS GIVE UP TOMORROW. I'D JUST HAVE **ONE MORE BAG**. SO WE WENT BACK TO MY OLD STREET TO SCORE, THEN BACK TO MY MATES FLAT.



I'M ONLY GONNA SMOKE IT, THAT WAY I WON'T GO OVER.. IF I USE THE **PIN**, I'LL BE ALRIGHT IF I JUST USE HALF A BAG... AND A BAG IS ONLY HALF A BAG MORE THAN THAT SO.....

FOR FUCKS SAKE JUST WATER IT DOWN AND CRANK IT. YOU CAN USE ONE OF MY **OLD PINS**.

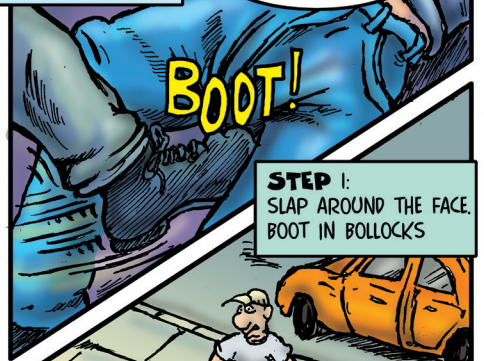
IT FELT GOOD, BETTER THAN I REMEMBERED. I WAS BACK IN MY **BUBBLE**, MY INVISIBLE SHIELD, WHERE NOTHING COULD GET THROUGH TO TOUCH ME...

I COULD RELY ON MY MATE TO USE '**STANDARD OVERDOSE PROCEDURE**'

O! WAKE UP YOU DAFT CUNT!



RON!...

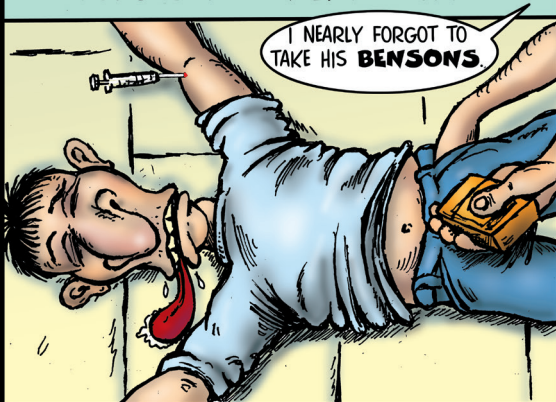


STEP 1: SLAP AROUND THE FACE. BOOT IN BOLLOCKS



STEP 2: DRAG OUTSIDE, RING FOR AN AMBULANCE

STEP 3: GO THROUGH THE POCKETS TO RELIEVE THE VICTIM OF ANY **DRUGS** OR **MONEY**, THEN SCARPER.



I NEARLY FORGOT TO TAKE HIS **BENSONS**.



SO WHAT ARE WE GONNA DO NOW THEN **MO?**... YOU'RE THINKING AGAIN

WE COULD GO AND SEE IF **CARATS** KNOW THEIR **ONIONS**.

HMP DUNTHIEV...

HMP DUNTHIEV...

OVERDOSE

After release from prison, drug users are at a very high risk from overdose due to a drop in tolerance levels. Before going into jail, you might have used a twenty-pound half in one shot. However, if you try to use the same amount after release, this is likely to cause overdose. Therefore be extremely careful when using drugs on release from prison.

Do not mix drugs.
Do not mix drugs & alcohol.
Do not use alone.

Heroin is not the only drug that causes overdose, but it is the most common. There is less chance of an overdose occurring if you smoke heroin rather than injecting it. If you do inject, always use clean works.

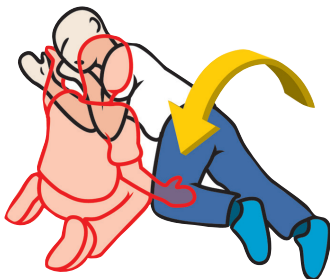
If someone loses consciousness as a result of a heroin overdose,

DO: Make sure that their mouth and throat is clear.

Just as water won't go down your sink if the plug holes blocked up. Air can't go down the wind pipe if it's blocked with vomit, false teeth etc. Stick your fingers in their mouth and fish out anything that shouldn't be there.

DO: Put them on their tummy with their head to one side, so that if they vomit, they won't choke on it.

Drowning in vomit is a common cause of death when people are lying on their backs and unconscious. Make sure their head is on one side or they will have trouble breathing. practise putting each other in this position with friends or other people you regularly use with.



DO: Call an ambulance IMMEDIATELY.

Delay may mean the difference between life and death. This is easier said than done as a natural reaction is to panic, par-

ticularly if you are stoned yourself. Make a pact to look after each other. In some areas the ambulance service have changed their policy: they will not inform the police when there is an overdose, unless there is a death. When somebody has overdosed follow this advice:

DO NOT:

- * **Dip them in a bath of cold water**
- * **Slap them in the face & kick them in the balls**
- * **Inject them with coke, speed, adrenaline, salt water or hot, sweet tea**
- * **Dump them in the alley**
- * **Rob their Bensons.**
(Take their money, by all means, but leave them a bifter for crying out loud.)

RINGING FOR AN AMBULANCE:

Go straight to the telephone and call an ambulance. Waiting to see if they wake up could cost them their lives.

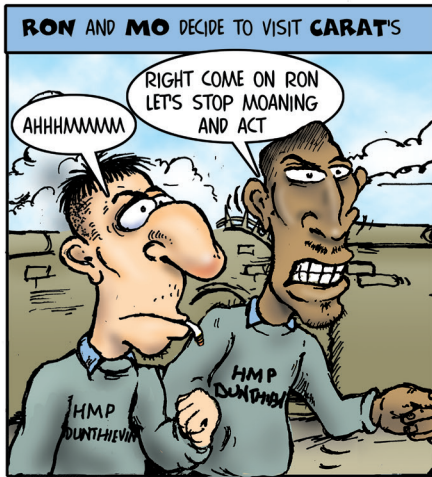
Tell the telephone operator that someone is unconscious and you can't wake them. **Don't mention drugs at this point.** Give them a precise location and address including the number of the house so that they can find the patient.

Wait with the person until the ambulance arrives: If you want to hide any drugs and stuff, make sure you keep an eye on them while you do this.

DO TELL the paramedics exactly what drugs the person has taken. If they have overdosed on heroin or some other opiate, the medics or hospital can give the person an antidote called **NALOXONE** that can evacuate all trace of the drug from their system.

BUT:

They have to get to the person in time, and know exactly what they've used before they can do this.



IT'S YOUR **CHOICE**.
WE CAN'T MAKE IT
FOR YOU!

Options:

1. Choose to carry on the same way.
We'll see you again the next time you're nicked.
2. Decide to change, but don't act upon it.
See option 1.
3. Decide to change and act upon it.
We can help. But the window of opportunity only lasts about a month. If you don't use that month to start to make the changes you need to make, go back to option 1.

OUT OF JAIL

Research boffins with enormous brains have found that when people are released from prison, they have a period of about a month in which they have to start to make the changes in their lifestyle that they need if they want to stay out of trouble in the future.

Of course, you may feel that you know better than these people. However, if you do think this, you might want to ask yourself why you're banged up in a shitty cell with only Mrs. Fist for company, while they enjoy nice cars, nice houses, big fat salaries.

I know whose advice I'd be more inclined to take.

Cynics will say that it's impossible to change. There isn't any help out there for people like us.

WRONG

Your local drug service or CARAT team can offer you a wealth of different services, whether you want to continue using drugs in a moderate way, or whether you want to give up completely.

Don't think that it can't be done. Thousands of people manage to do it every year. But remember what those research boffins say. You've got just a couple of weeks after your release in which to choose to change and then act to make that change a reality.

**DON'T
BLOW
IT!**



CARATS CAN:

Help you plan ways to avoid getting into trouble as a result of your drug use.

Give you advice to help you to avoid overdose.

Put you in contact with a local drug team that can prescribe methadone to stabilise your drug consumption.

Help you to arrange a prescription for naltrexone – the drug that stops the effects of heroin from working in order to help you avoid relapse.

Help you to arrange effective medications for anxiety, depression or any other illness that may be contributing to your chaotic and self-destructive patterns of drug use.

Help you to get hooked up with a self-help group like Narcotics Anonymous or Alcoholics Anonymous so that you can get support from others in the same situation as you.

Arrange for you to get help with benefits, debt, housing problems, or any of the other potential problems that await you on release.

Put you in touch with education and training services in order to help you make the final break with a life of crime and get you back into mainstream society.