

Douglas Goldberg – Rochester

The pandemic has intensified the impact of the legal system on individual's mental health by making the process more difficult to navigate. The pandemic has led to delays in court proceedings, closing of court buildings, and restrictions in access to legal services, which can all add to the friction of the process and the stress of the situation. Resulting in what can cause a sense of uncertainty and confusion, which increases anxiety and feelings overwhelm in an individual.

The legal system can have serious and long-lasting effects on an individual's mental health. It can cause intense stress, fear, and trauma, as well as increase the chance of future anxiety and depression. Legal proceedings can be a traumatic experience, and, depending on the circumstances, it can cause physical and psychological damage to a person. This can lead to further problems further down the line.

Stemming from a three-year probation sentence from a incident that occurred in 2020. I will now not be off probation until 2025 due to courts being closed and delaying which is at least two years longer for me!!

A big issue I have with this is that the arresting officer was 100% perjury, while then lying about to the state, judge, bible, himself and myself while under oath. This is considered a case of police misconduct and a very dishonest disrespectful example of the criminal justice system.

The combination of mental health and police dishonesty can be a detrimental to society. Mental health issues may cause a person to more likely to respond impulsively and inappropriately in a law enforcement situation. Resulting in worse charges. However, when a police officer engages in dishonesty while abusing their power, is exacerbate an individual's mental health issues. As a result it makes them feel even less safe and trusting of the police. Which is the opposite how it should be!! This can lead to further negative outcomes, including trauma, PTSD, and negative spiral of mental health issues.

I did want a retrial for my case but since the courts were so backed up, I would've taken at least three years for it to be taken care of at which point I thought this would be over with and I can move on with. I know I'm not the only one in this situation, and hope for Rochester to be a more peaceful, calm, trusting place.

Namaste, Mr. G