

# CYBIL NAOMI SWANK

SCI MUNCY  
P.O. BOX 180  
Muncy PA, 17756



## STATUS

Incarcerated in 1991 at age 18  
Hometown: Muncy, PA  
2015 = 24 years incarcerated

## WORK HISTORY

- Maintenance
  - Yard Crew
  - Paint Crew
- Inmate Clothing
- Laundry
- Activities
- Housing Unit  
Details

## EDUCATION

- NCCER Core Curriculum

## THE WOMAN I AM TODAY

I came to jail overwhelmed from the changes in my life. I spent my life scared and withdrawn and still felt that way. Then I began seeing the psychologist on a regular basis and I began opening up. That was one of the most important events of my life. I was still going up and down but I wasn't doing it alone.

I believe that with the right psychologist or psychiatrist, along with the right medication(s) and treatment program, and the support of family and friends, I can accomplish anything.

I made a lot of changes once in prison; good changes that may or may not have happened if I had not come to prison. My biggest obstacle is being judged because of my mental illness. It is a problem but one that can be overcome by working with the right people and correct meds. My "back and fourth's" are now more fourths than backs. I'm at the point in my life where I can AND will ask for help when I need it.

I have changed for the good here but can only change so much in this environment. I have people who believe in me and my possibility of being free. I also believe in myself now. I have obtained work-related certificates that will help me get a decent job. I take my medication and have gained self-esteem to trust both therapists and myself. If people who interact with me every day believe in me, can't you do the same? I'm asking you to give me a fighting chance to show everyone that I'm not the same person I was over two decades ago, and it would require my physical freedom and actions to achieve that. Please give me that chance.