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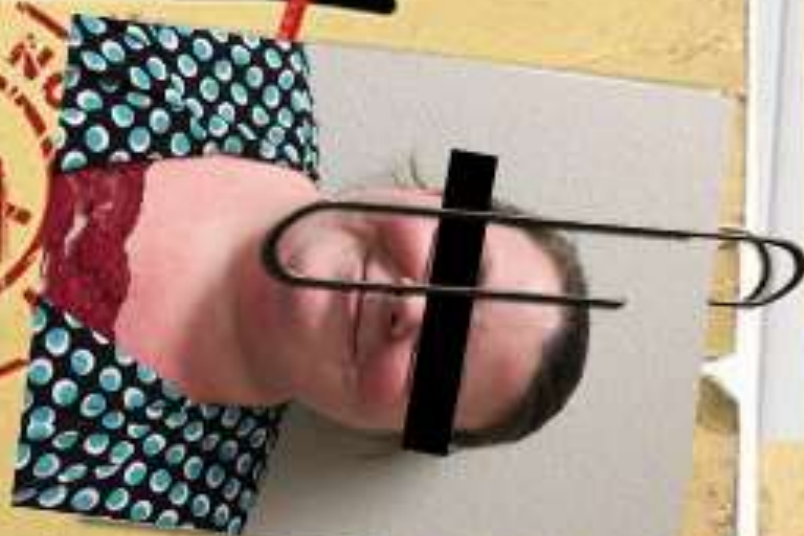
EYES ON

TOP ~~SECRET~~**TOP SECRET**

DEPARTMENT OF

# EPSTEIN DIDN'T KILL HIMSELF

FILE NO.



CLASSIFIED



**DOB: 03/21/1982**

# EPSTEIN DIDN'T KILL HIMSELF

The Life Plan of Amy Facca

Volume 6, January 12, 2023

Eyes Only. Permission to Read  
granted to:

Anyone can read this, just ask me first.

My Service Coordinator is:

Susan Smith

At my IPP I want:

- Myself
- Susan





## Introducing:

I spend the most time with my daughter, Gwenn. I also spend a lot of time with my god Sister and my friends. My sons live with their dad, but I spend as much time with them as I can. I try to have them at my home as much as I can. We go on adventures as a family. I love when I am on the beach in Trinidad, with just my car, and my dog Nala. I don't do large groups or crowds. I don't do "people" well!

I have a big, full family. I have Nala, my dog, Boo my cat, Gwenn, my daughter, Nicholas, my son, Matthew, my family in Texas, and my god Family.

I have a good circle of friends. It includes my God Family, but also, William, Michelle, Andrew, Mike, Rebekah, Carol, Jeffry, Kim and Michelle K. I can talk to all of them. I can confide in them. I work with some of them and I still enjoy being around them.

I am in a great relationship. His name is Brian, he has three kids, Sierra, Brandon and Savannah, we complete each other. With friends, a good relationship is where I can talk to them and share secrets with them. We talk about problems. We understand each other.

We give each other advice and can tell each other the truth, even if it hurts. We travel and hang out with each other. I don't really have any staff. I do have coworkers. A good relationship with them is where there is trust. We can give each other constructive criticism, but negative criticism isn't there. I can trust them to look out for me and follow my rules.

A bad relationship with a sweetheart is when your sweetheart would yell at you. Hit you. They take your kid's food. They take your kids from you just because you have a disability. A bad friendship is when they take over your home, they take food from your kid, and take things that don't belong to them. A bad relationships with staff is where they hit you. They tell the boss things about you that aren't true. They yell at you. I have found that the best way to avoid a bad relationship is to not get in to them.

My Dad is a person who inspires me. He's a hard worker. He takes care of my family. He helps me when I need it. He bought me and my kids our house. That is the best gift I have ever received.

My kids make me happy. Being around my kids and being able to see them is what I find the most joy in. Going out and having adventures with my kids, exploring places; like the coast or the mountains, building those memories with them, is what matters most to me the most. Kicking grandma's ass in court, so Gwenn could live with me, felt really good. When Having Gwenn live with me and having my boys on longer weekends for more time, are the occasions where I was the happiest. I am always happiest when my babies are around! I spend a lot of time at Whiskeytown. I have trouble walking right now. I take Nala out twice a day for her run.

It doesn't bother me if someone laughs at me. I'm a total klutz. I laugh at me.

Sometimes I am good at listening. Sometimes I am not. I listen to my kids. I have to listen as part of my work. I have ADHD so sometimes my mind wanders.

I like to celebrate my birthday by having tacos and cheesecake.

My hobby is building memories through traveling. I like to swim.

I travel to the coast. My favorite areas are Trinidad, Eureka, Crescent City, Ferndale and Smith River. My favorite place in mountains is Hat Creek. I love to go camping with my dog without people. I enjoy listening to nature, you can't do that when others are around. I take drives to take my mind off things. When I take a drive through the woods or to the beach, it recharges me.

To have fun, I go on adventures with my kids. I take them to Whiskey town, Hat Creek, Shasta Lake, Lake McCumber, Dunsmuir to the waterfalls or Crystal Creek. We go to the coast. We camp and fish.

We hike and explore. When my kids are not with me, I spend time with friends, or grab my dog and go off by myself. We live in a nice area for exploring. The mountains and the ocean are close enough to be able to get to them easily, just as long as I have gas money.

I collect camping stuff, clothes, Orca Whales and Dolphin figurines. I have a large collection of music in my iTunes.

My favorite things are my books, that I have had from my childhood. I also love my blanket that my god mother gave me, my jewelry box and necklaces from my Grandma Kramer, and pictures of my kids.

I don't have any clue as to why someone likes me. I can be loud and obnoxious. With 13 siblings, I had to be loud to be heard.

I am blunt and brutally honest. Hearing the truth is better than telling a lie. Even if it hurts.

I want people to know that I am okay now. After my past history of suicidal ideas and cutting

## 5 great things about me:

- Fun
- Loving Mom
- Social
- I can be excitable
- Procrastinator



myself, I am healthier. I know how to take care of myself. When I am upset I want to stay home and cry. I stare at the walls. I know that I need to see my doctor but I know how to take care of myself. I still have issues with my severe Depression and Psychotic Depression.

Some great things about me are that I am a fighter. I try to be the best mom I can be. I am very protective of my babies. I'm a mama bear.

I like spending time with my self. The more people say to me, the more I think. I over think.

Some nice things others have said about me are that I am a hard worker, funny, generous, kind, strong and honest. I have an outgoing personality.

The days that mean the most to me are my kid's birthdays and my birthday. When something good happens, I don't always know how to celebrate it. I don't always have a lot of money to spend on me. I might get myself a coffee. If someone says "hey, good job" sincerely, that'll be okay.

I like to be involved in the community. I feel like what I do is enough involvement for me. I am part of People First of Shasta County. I am on the on the PFCA board. I am the chair of the goals committee. I would like to be on to the board at Far Northern Regional Center.

To relax I smoke pot. I might have a drink of wine. I like Stella Rose. I like to have a mimosa or a "bitch beer" on occasion.

I would like to go to Gettysburg. I would like to travel the Eastern Sea Board. I would love to road trip to the historical sites. Is there anywhere else I want to go? Heaven, I hope.



	Likes	Dislikes
<b>Color</b>	Blue, Dark Blue, Sky Blue	
<b>Movie</b>	Gone With the Wind, Little Women	Marvel Movies
<b>Food</b>	Tacos, Cheesecake	Liver, Hot dogs, Squirrel
<b>Candy</b>	Caramel, Spicy Cinnamon Bears	Almond Joy, Black Licorice
<b>Person</b>	My kids, Hunter my Nephew	People Who Lie
<b>Animal</b>	Orca, Dolphin	Ants
<b>Music</b>	80's Early 90's, Opera, Country, Soft Rock, Tom Petty	Heavy Metal, Rap
<b>Book</b>	Little Women, Pet Semetery	
<b>TV Show</b>	Stranger Things, Young Sheldon, Big Bang Theory, Wednesday	
<b>Season</b>	Winter	Summer
<b>Holiday</b>	Halloween, Cinco de Mayo, Any day I can get a taco is a celebration	Columbus Day
<b>Activity</b>	Taking the dog for a walk, Hiking, Travelling	Dishes, "Peopling"
<b>Snack,</b>	XXTRA Hot Cheetos, Splits/Cracked Pepper, Sun Flower Seeds	Pretzels
<b>Character</b>	Captain Jack Sparrow	Mickey Mouse
<b>Sports / Team</b>	Swimming, Cowboys, Olympic Diving	Golf
<b>Object / Thing</b>	Special Blanket, my Grandmother made. 2 Orca Figures she made me.	



Last Dance with Mary Jane



## My Day:

A good day for me is just being alive. Getting up and seeing my daughter in her bed, and my boys, when they're here, makes my day go well. Being able to have my coffee and go to work makes a good day. Having my dog, my kids and my God Sisters, and friends make me happy. On a good day I have my kids, supervisors and my coworkers there. I also have my older sister there, if we're getting a long.

For me to have a good day, I have to get up early if it's a work day and have my coffee. I use my Marijuana. I have something to do at work or with my family on the weekends.

I try not to have bad days. I have PMDD, epilepsy and Perimenopausal symptoms so my menstrual cycle can jack me up. The Marijuana really helps. I sometimes have to call in sick. I can feel really tired. Not being able to see my kids makes me really sad. It can make me physically sick. When there is friction in the family and we aren't talking it is miserable for me. I get sad and stop talking. I cry. I can't control my emotions. To make myself feel better I blast Tom Petty's, "Last Dance with Mary Jane" and use my Marijuana.

I get angry when people lie. I can't stand liars. Don't talk down to me or mess with my kids' heads. I dislike people who start trouble, and still have trouble with my boy's grandpa. When I am angry, I cry, I yell. I don't like to cry in, but I will if I am angry enough. I take a cold shower. I listen to music. I like to put on sad oldies or soft opera. I have my "go to" song when I am angry. If I can, I go to the woods or the beach to ground myself. I take a long drive or a walk if I can. I am learning to cope better with anger and frustration.

I don't have a favorite day of the week. Any day I have my kids altogether is my favorite.

During the work week, I'm up at 5:00am if I work in Chico and by 6:00am if I have Gwenn.

some days may vary. I may sleep in. I have a cup of coffee and smoke “the devil’s oil”. I don’t really eat breakfast. I get Gwenn up at 6:30 on her school days. If she has a home school day, I let her sleep in a little bit. I clean. I am more active in the mornings. Especially if the days are hot. I don’t like the heat. I have my days scheduled around Gwenn’s medications. I need to make sure she has something to eat when she takes them. Some days I go to work in the office. Those days are usually when Gwenn goes to school. I have days that I work at home too. I work for multiple programs at We Care A Lot Foundation.

My afternoons depend on when I get off work. Gwenn gets home at 2:05 from school. I go play with Nala or water my garden outside while Gwenn is watching something on the big TV. At 4:30pm, I start dinner. We eat at 5:00pm. Gwen has meds at 5:30pm. I get her Otter Pops. Gwen showers at 6:30pm. She gets 30 minutes of playing on the Chromebook or TV time. We count down to bed time. She has at least 30 minutes of silent reading. At 7:30pm, I tuck her in and we talk. Nala sleeps with Gwenn.

I go out of the room and have a little adult time. I go to bed around 9:00pm ‘cuz I’m a tired mom. It’s fun being a mom. Exhausting, but fun.

I spend a lot of time with Brian and his kiddos. The weekends, especially if I have my boys, are a blast. I go on adventures with my kids whenever we can. I love to take them places. When I don’t have my kids with me on the weekend, I might go off by myself or get together with my friends and hang out.





## My Opinion:

I don't want to be in charge of the world, but we should have more programs to help people with addictions. I would make sure there was more funding and more housing. I would work to set up small pods so that the homeless would be able to have a place to stay. I would make people stop taking money from services for those who struggle with mental health.

I have a mixture of political beliefs. I am more of an Independent. I can't say that I am a Republican or a Democrat. I would change the system for people with disabilities, where they could make more money and not be punished for it. I don't understand why the system keeps it like that, you don't ever get ahead. The system doesn't take care of you. People are stuck in the "poverty loop." I think there should be term limits. I think that both the Democrats and Republicans need to grow the hell up. Let other parties participate and give their ideas. Both parties are selfish and greedy.

I think it is important to vote. I vote every election. It was a good experience the first time I voted. I work on the VOTE Project at We Care A Lot Foundation. I looked stuff up for work. I have all the information I need, usually. I don't go off of other people's opinions. Their opinions don't usually match up with mine.

I don't know what would make our country better. I sometimes wonder if we're already too far gone. I miss how things were when I was a kid.

## My Money:

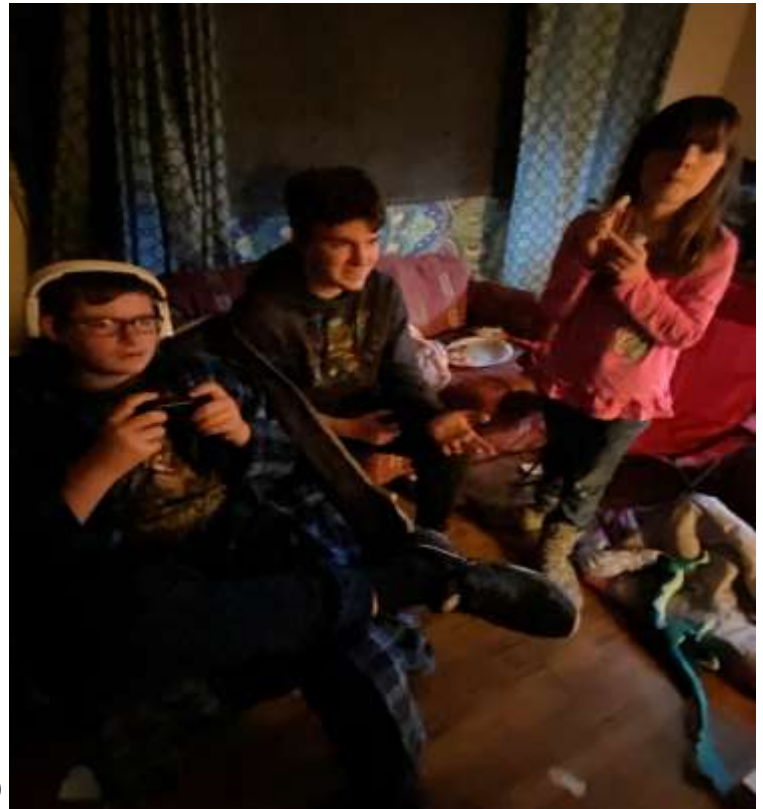
Work is very important to me. It keeps me mentally sane. My mom was a big influencer. We don't always get along. I do appreciate that she stuck up for me when I was younger. She made sure I had choices. She was an advocate for her kids. My mom was definitely someone who influenced me to speak up. I have always wanted to work helping people with disabilities. I think we should try to do better by them. I don't like the way people with disabilities are bullied and channeled into day programs and group homes. We need to stop selling people short because of their diagnosis. Standing up for those things as part of my job makes work very satisfying for me.

I don't understand money very well. I don't have a rep-payee. I don't have a budget though I do try. I do make sure I pay rent and budget for food. I am grateful that I have a safe place for my kids. I do ask my dad to help out sometimes. At Christmas I go completely crazy getting stocking stuffers for my and Brian's kids. That is where I have a big weakness in spending. My family helps me with my money. I pay for HBO and stuff for the TV. My electricity is covered by my space rent. My dad pays my phone. I save up for camping or trips to the coast. It's the best thing in the world to be a mom and a stepmom.

I like to spend a lot of money on gas so I can drive around on trips. I spend my extra money on going to the coast or the mountains. With my kids, we stop for lunch at The Brewery and each of them get something at the thrift store. I buy bacon and firewood for our camping trips. I sometimes buy movies.

I have a checking account. I am hoping that someday I can get a travel vehicle so I can travel more. I don't have credit card debt. Hell will freeze over before I use a check cashing place.

I would lend money to a friend or family members. I don't care if they don't pay me back. I have been taken advantage of multiple times.



I have PMDD. I am Premenopausal. I have a seizure disorder that I treat with Marijuana. I have anxiety, paranoia, ADHD and PTSD. I have allergies to Geodon and stupid people. I take my medications.

I don't want other people to support me to be healthy. It has to be something I want to do. I would help myself stay healthier if I showed up at my doctors when they tell me I need to.

To stay safe, I don't do stupid things. I need my dog and to take time and do things on my own. I love going to the woods or the beach by myself. Because of this, I know I need to pay more attention to my surroundings and my actions, when I am driving or am out in remote areas by myself. I let people know where and when I am going, and I check in with them when I get back.

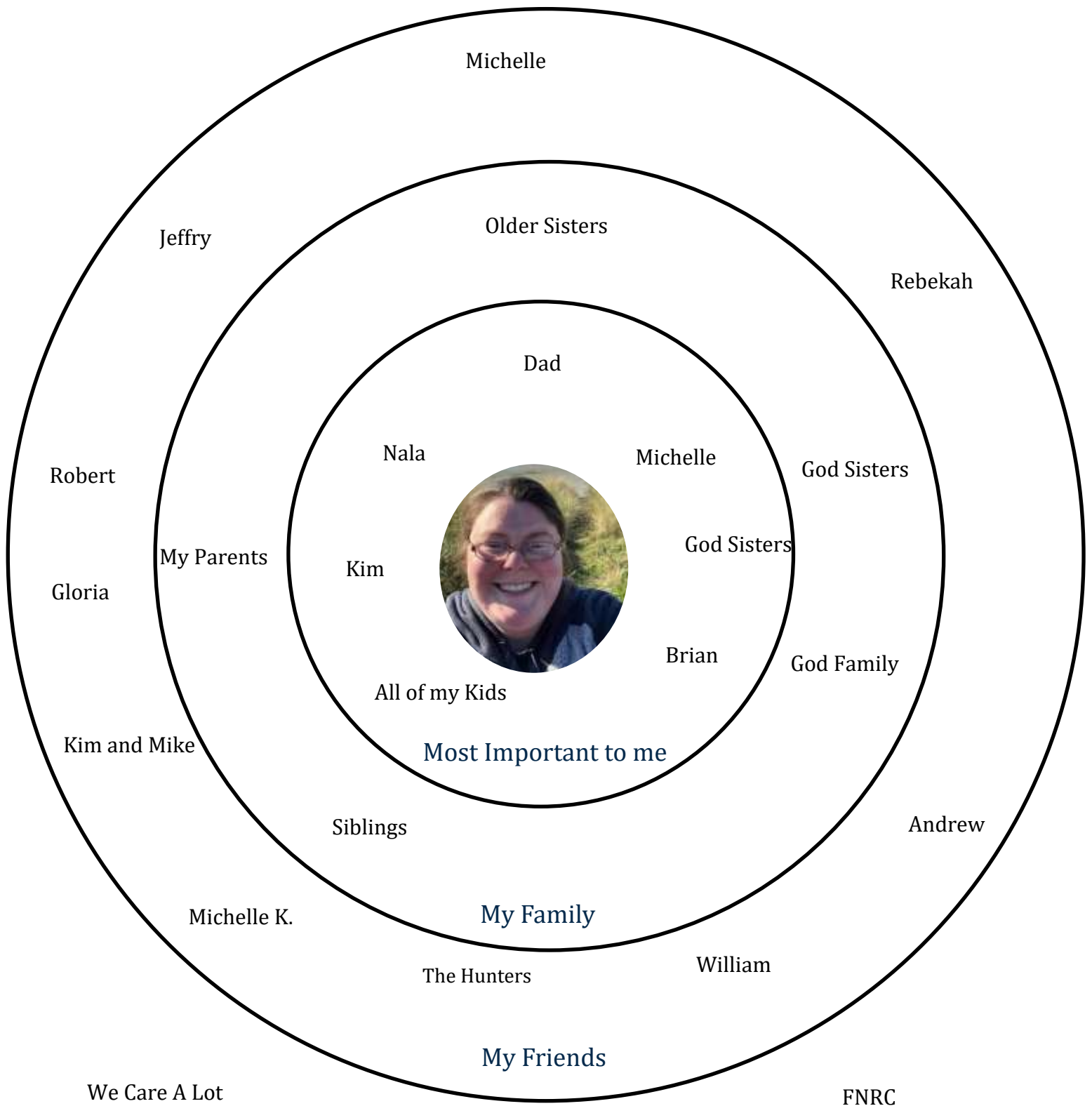
If my house was on fire, I would get out, call 911 and let it burn. It's not really worth that much. I would make sure my kid and my dog got out. If I had a cooking fire, I could use a pan lid, or baking soda to smother it. I don't know what I would do in an earthquake. I live in an old mobile so I would just hope it didn't fall apart. In a disaster, I can listen to 211. I have an emergency bag ready to go. I go camping a lot. I always have some clothes and other supplies ready to go, and I can use that in an emergency as well. My neighbor Robert, knows to come and make sure I wake up in an emergency. The medications I take make me a hard sleeper so I need someone to help me wake up. Once I go, I could go to one of my god sisters.

I was abused before. When that happened I would not talk about it. Now, if I were abused, I would fight back. I would punch the shit out of them. I would hurt them tenfold. Then I would call somebody. I have a Taser and Bear spray. I don't like crowds. I don't go into town unless I am passing through or it's a necessity like work or groceries.

In an emergency I will call my dad, my older sister or my god sisters. I can call the police or fire department if I need to. I have a contact list at home for Gwenn to use in an emergency as well.

I don't need someone to help me stay safe. I feel that it is my job to stay safe. I have a plan. I sometimes tell someone where I go, when I go off adventuring. I sometimes do stupid shit, but we all do.





People who are paid to be in my life

## Managing my life:

I love that I have a big enough house to fit all my kids, even though it is in bad shape. My kids are most important to me. It's vital to me that I am able to leave town when I need or want to. I love my land lady. I live in the ghetto but I love my neighbors. I enjoy seeing and talking to them. I love that just over the fence is wildlife. I can go wander through the creek with my kids and the dog, we get wet, muddy and find bugs and worms. I want to stay where I am living right now. I want my job, my god sisters, Kim, Michelle, Rebekah and time with my kids to stay the same for now.

If I could change anything in my life right now, I would make my first father in law disappear and go away. He bullies my 15 year old son. I wish I could be able to be with my kids without people or agencies getting in the way.

To become a better person, I am being better at keeping an open mind. I could be a little more understanding about people's disabilities, needs, and my kids.

My biggest fear is losing my kids. It is a huge fear. I am afraid of being put in a day program or a home when I get older. I also worry about my daughter and her schizophrenia, being able to make it. She is doing better.

I struggle with keeping my attitude in check, especially when I am hormonal. It's hard trying to keep my inner bitch at bay. Trusting others is the hardest thing for me to do.

When times are hard, I run away to the beach or the mountains.

I am very independent and private. I have nobody at home with me. I don't want anyone either. I will not have a support person in my life who would talk down to me or tell me what to do. I don't want to have someone come in to my home from outside and disrupt it.

I can ask my neighbor Robert or my god family if I need help. At work I have my bosses. I have my home, work, the woods and the beach as my safe spaces.

When I am learning something new, I need you to use positive feedback. No one can motivate me to do anything, I need to be motivated to do things on my own. You can make me less motivated by talking down to me or taking over. So use positive feedback. Don't fix things for me, show me how to fix things on my own and let me do it. You might need to show me how to do things over and over.

I do think I am a good listener. I don't share my feelings with a lot of people. Trusting others is not something I do easily.

When I am angry it's best to just leave me alone. Let me walk it off and cry it out. You can't make whatever it is that makes me mad, better right now, but you can make it worse. When I am sad, leave me alone and let me cry. I will come to you when I am ready.

When I do a good job, I have been hitting up my friends for big hugs and tell me. I want to be told if I don't do a good job too. I don't really feel the need to reward myself. I find the reward is simply that I was able to accomplish it.

If I could gain one ability or quality, it would be to be more understanding. I Have a hard time understanding stuff.

Just leave me alone!



I would like to hang out more with my god sisters again.

Life goals? I want to stay out of prison. I want to keep working. I want to raise my children. I want to get a travel vehicle. When my kids are grown I plan on hitching up my trailer and going down the road. I know that when I need to stay in one place for a while, my god sisters would let me stay on their properties. In the future, I see myself anywhere else but Redding. I have always wanted to travel. I want to go up and down the California Coast, go to Gettysburg, Alaska, and Maine. I just want to go!

I am proud of standing up to my mom. I am proud that I have a job. I am proud that I fought and won, and got my daughter back and have more time with my boys. I am proud of using my voice to help others. I am proud of my beautiful children and who they're becoming. I have been told that because I have a disability I didn't need to work. They told me I couldn't raise my kids and tried to keep them from me. People have said I shouldn't drive, or live on my own, because I have a disability. There's been quite a bit that I've been told that I couldn't do. I have proved them all wrong. I do it all well! My children are my greatest achievement.



## Action Plan



What I want to happen?

Plan a camping trip with Michelle and her girls

How can I make it Happen?

1. Set a date with Michelle
2. Save the money
3. Do it.

Who is responsible?

I am responsible and will discuss it with Michelle to make the plans.

By When?

We will go camping this summer, 2024.



## THAT'S HER-Georgiou Music

She the type of girl that will give you the whole world  
But her mental health makes her want to die sometimes  
She the type of girl that forgets about herself  
And she always tries to smile even when she wants to cry  
She the type of girl that will never ask for help  
But she will always give advice if you're talking suicide  
She the type of girl that wants to be someone else  
So she covers all her scars now she's ready for the fight  
She the type of girl that will give you the whole world  
But her mental health makes her want to die sometimes  
She the type of girl that forgets about herself  
And she always tries to smile even when she wants to cry  
She the type of girl that will never ask for help  
But she will always give advice if you're talking suicide  
She the type of girl that wants to be someone else  
So she covers all her scars now she's ready for the fight  
She takes a lot of selfies but she doesn't know herself  
And she's very down to earth but she wants to leave the world  
She feels like life is over cos she's always overwhelmed  
She reminds me of myself and I just hope she gets help  
People see her scars but they don't understand the battles  
Just like people see the stars  
You don't know how far they travelled  
From a kid she was an adult, she had to learn to battle  
She's been hiding in the shadows  
Of the trauma she cant handle  
Smiles on all her socials but cries behind her photos  
If only you could see the things that she doesn't post  
But looks a Little closer you can see that she is broken  
Always posting like she's coping but inside she's dying slowly  
Cos she hates the way she feels  
Overthinking makes her ill  
Now she's drinking every weekend cos she's trying to numb the feels  
But nothing seems to work, nothing  
Numbs the hurt cos when she wakes up in the morning  
**every day she's still her**  
She the type of girl that will give you the whole world  
But her mental health makes her want to die sometimes  
She the type of girl that forgets about herself  
And she always tries to smile even when she wants to cry  
She the type of girl that will never ask for help  
But she will always give advice if you're talking suicide  
She the type of girl that wants to be someone else  
So she covers all her scars now she's ready for the fight  
She's got a heart of gold but she suffers in her soul



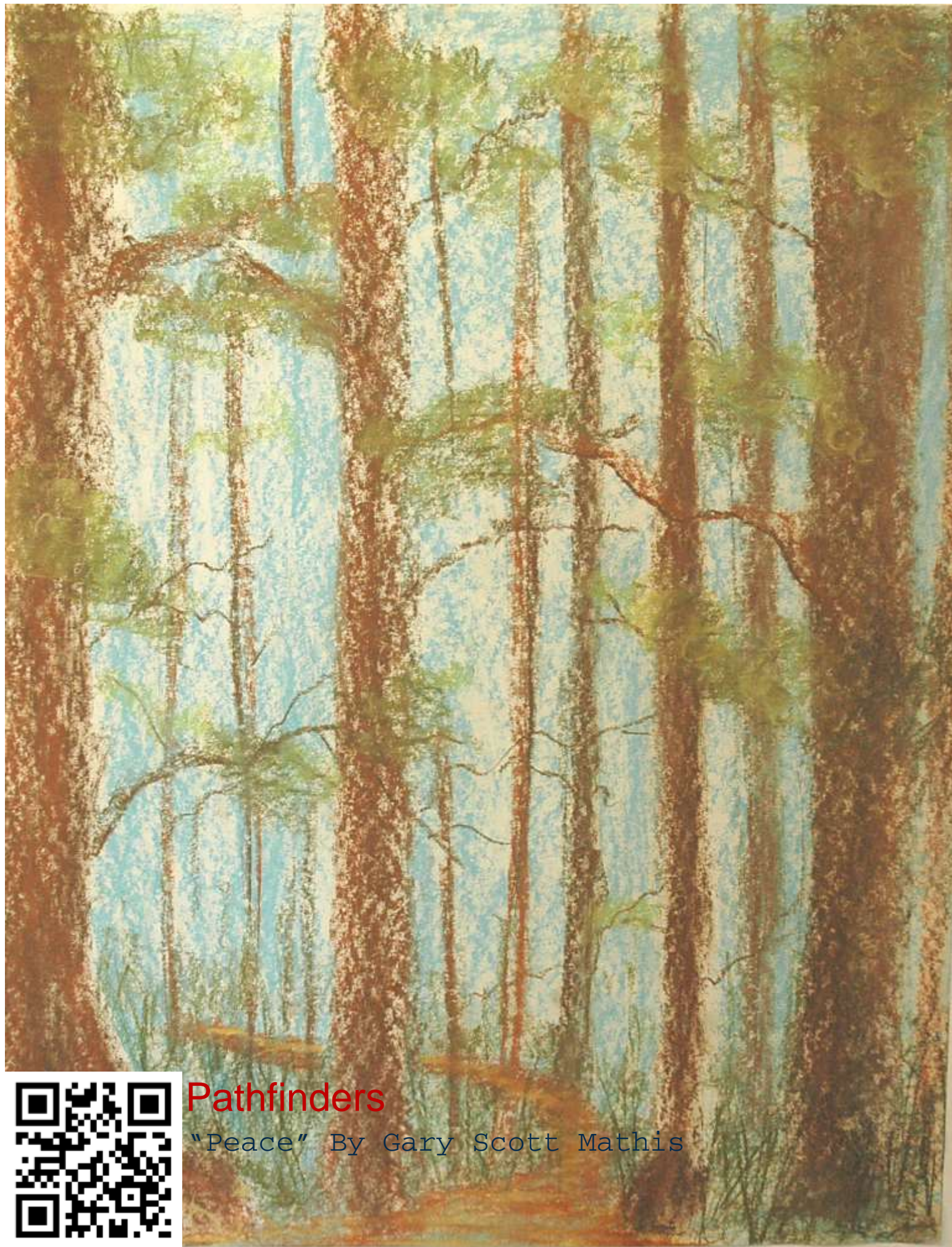


Self esteem is broken but she fights it on the low  
**Ain't you ever** noticed that she's always on her own  
Or she's always on the phone but she doesn't say  
hello  
Mental health mental health she cant do this by  
herself  
She's not rude she's not well she's just frightened to  
get help  
**There ain't no one she can tell, not even the girls**  
So she keeps it to herself and she smile to the world  
She's tired of all her flaws and insecurities that  
haunt her  
Trying to deal with trauma in her head she's got  
some walls up  
Family don't support her but support their other  
daughters  
She's alone inside her mind and she just doesn't feel  
important  
Depression in her mind, poison in her blood  
Anxiety in her heart and she's screaming to be  
loved  
**She ain't got no self** esteem and what you see is just  
a front  
She's always on the run but she doesn't know what  
from but  
She the type of girl that will give you the whole  
world  
But her mental health makes her want to die some-  
times  
She the type of girl that forgets about herself  
And she always tries to smile even when she wants  
to cry  
She the type of girl that will never ask for help  
But she will always give advice if you're talking sui-  
cide  
She the type of girl that wants to be someone else  
So she covers all her scars now she's ready for the  
fight  
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And she always tries to smile even when she wants  
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She the type of girl that will never ask for help  
But she will always give advice if you're talking sui-

cide  
She the type of girl that wants to be someone else  
So she covers all her scars now she's ready for the  
fight  
I just want to say  
I hope that you're ok  
I'm sorry if you relate don't worry i feel the same  
I'm trying to make a change and raise awareness  
with my name  
So if your ever feeling down you can shout me on  
the page







## Pathfinders

"Peace" By Gary Scott Mathis