

**Tracy Meggison**

Maine State Prison

DOC ID#330

Date: December 20<sup>th</sup> , 2025

**To the Honorable Members of the Criminal Justice and Public Safety Committee,**

My name is **Tracy Meggison**, and I am writing today in strong support of **LD 1941**, the bill to reestablish parole in the State of Maine. I share my story not to seek sympathy, but to offer proof that growth, accountability, and redemption are real—and that a fair system should recognize when those values are lived out over time.

I entered the Maine Department of Corrections 34 years ago, at just 19 years old. I was lost in addiction, emotionally immature, and living without direction or understanding. I take full responsibility for my actions and the pain I caused others. The weight of that never leaves me. But I have spent every day since trying to become a man of integrity, faith, and purpose. Change is not easy, and it does not come overnight. It takes humility, discipline, and the willingness to look inward and rebuild from the ground up.

I've now been **clean and sober for 23 years**, a commitment that has reshaped every part of my life. Sobriety gave me back my clarity, but service gave me back my soul. I became a **Certified Recovery Coach**, and today I work closely with **six recoverees** who are each on their own paths toward healing and transformation. Of those six, **four have since gone on to complete recovery coach training themselves**, choosing to dedicate their lives to helping others just as I have. That ripple effect—one person's recovery inspiring another's—is what true rehabilitation looks like. It's living proof that people, even those who've made serious mistakes, can become forces for good.

In addition to coaching, I've pursued education and personal development. I am currently enrolled in college and have completed numerous programs focused on emotional intelligence, accountability, trauma, and personal growth. I've learned that service, honesty, and compassion are the pillars of a meaningful life. Within this facility, I've tried to embody those values by mentoring others, assisting in peer-led groups, and showing that positive leadership is possible even inside prison walls.

And yet, under Maine's current laws, there is no real avenue for someone like me to ever demonstrate that change in a meaningful way. There is no system that evaluates rehabilitation, no opportunity to stand before a board and show what decades of work, growth, and transformation can produce. A sentence without parole is a sentence without hope, and without hope, the incentive to change diminishes—not just for one person, but for the entire system.

**LD 1941** does not promise freedom to anyone. It promises *fairness*—a structured, responsible way to evaluate a person's readiness to return to society. Parole isn't leniency; it's accountability with purpose. It asks hard questions: Has this person changed? Are they prepared to live responsibly? What can they contribute if given the chance? These are the questions a parole board can answer that a static sentence never can.

There are so many men and women here in Maine who came into this system young, broken, and addicted, but who have since done the deep work to heal. Many of us have dedicated our lives to service—to lifting others up, breaking the cycles of addiction and violence, and preparing for the day we might once again contribute to our communities. We do this not because we expect release, but because it's the right thing to do. Yet it would mean everything to know that the system recognizes our efforts—that redemption and responsibility can coexist.

If given the opportunity, I would continue the work I've started here on a larger scale—helping others struggling with addiction, mentoring those newly in recovery, and supporting reentry efforts that strengthen families and communities. I can't change my past, but I can use it to prevent others from making the same mistakes. That's what justice should look like: not endless punishment, but purposeful restoration.

Maine once had parole, and it worked. Bringing it back through LD 1941 would not weaken our justice system—it would strengthen it by reintroducing compassion, fairness, and the belief that human beings are capable of growth.

Thank you for taking the time to hear my story and for considering this legislation. I hope my words reflect what so many of us inside already know: that people can and do change, and when given a chance, we can be part of the solution.

With sincere gratitude and respect,

**Tracy Meggison**

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Tracy Meggison  
Warren  
LD 1941

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