

# INHUMANE ISOLATION

I've been confined in Solitary Confinement for the last 6½ years, and I've been confined under Administrative Segregation Status ("AD seg"). This is the Department of Corrections and Community Supervision (DOCCS), way of keeping one confined for years at a time in Solitary Confinement ("SHU"), by placing the label that one is a "threat," and "Dangerous". While it is understandable that this is a way DOCCS feels they need to keep facilities safe, Ad seg is the worse type of confinement in SHU. What makes it this way, is the fact that our placement in SHU is indefinite.

Despite the fact that individuals placed in SHU under Ad seg, do not have any misbehavior reports upon being placed in SHU, we are still subjected to the same environment, and punishment as a prisoner who violates Department rules and regulations. We are not allowed anything, besides limited books and magazines. We are not allowed phone calls, or more than one visit a week. We are handcuffed whenever we leave our cells, and are subjected to 3 small portions of food a day. We are only allowed one hour of outside recreation daily, and this takes place in a small cage, similar to those used at the zoo. We are not given any type of treatment that may help us with our anger, drug, mental, or/and behavior issues. We are simply placed in a cell, where we are subjected to extreme isolation for years. A place where we slowly deteriorate (some faster than others), and become products of our environment. IF the purpose of SHU is to "fix" someone, then this purpose is defeated, because the only thing this environment breeds, is hopelessness, depression, anger, loss of impulse control, anxiety, distorted thinking, and loneliness. There is nothing beneficial, or therapeutic regarding this confinement, and it almost seems as if DOCCS want individuals to become a product of this environment. IF DOCCS wanted to keep those considered a "threat," and "Dangerous" segregated, then that is understandable. But to place us in SHU and just leave us here to rot, is inhumane, and cruel and unusual punishment. DOCCS can place all Ad seg inmates and then allow us to have privileges, and other things we never technically lost in the first place. But they rather use this extreme isolation as another form of punishment, as if being in prison isn't punishment enough. There are several Ad seg prisoners in every maximum security prisons throughout the state of New York. Mostly everyone under Ad seg status, have been in extreme isolation anywhere from 2-25 years. This is a fact that DOCCS does not want light shed on. DOCCS keeps Ad seg prisoners isolated for years, and this solution has no end date, it is indefinite.

This abnormal environment is full of savagery, degradation, dehumanization, and inhumanity. This abnormal environment breeds mental, and behavioral issues. This abnormal environment is where hearts become cold, minds become distant, and souls become lost. Welcome to Inhumane Isolation.