

“For **23 hours a day**, inmates are **kept inside a cell** that is approximately **80 square feet**, smaller than a typical horse stable. Cells are furnished with a bed, sink and toilet, but **rarely much else**. Food is delivered through a slot in the door, and each day inmates are allowed just one hour of exercise, **in a cage.**”

“In one study...roughly **a third** of **solitary** inmates were ‘actively **psychotic** and/or acutely **suicidal**’...solitary can cause a specific **psychiatric syndrome**, characterized by **hallucinations; panic attacks**; overt **paranoia**; diminished **impulse control; hypersensitivity** to external stimuli; and **difficulties** with **thinking, concentration and memory.**”

“...**solitary** can certainly make prisoners much more of a **danger** to themselves. Inmates in solitary, for example, have been found to engage in **self-mutilation** at rates that are higher than the general prison population.”

“**Suicide** is another major concern. In one study of California’s prison system, researchers found that from 1999 to 2004 prisoners in **solitary confinement** accounted for **nearly half** of all suicides. A 1995 study of the federal prison system found that **63 percent** of suicides occurred among inmates **locked** in ‘special housing status,’ such as solitary or in **psychiatric seclusion cells.**”



“The **Hole** and **Segregation cells** are **depressing** enough to drive many men to take their lives in order to **escape**. For some it would appear to be the **only way out**. After years of living in the **cramped confines** of a segregation cell with **no hope** of getting out, it is easy to see why a man would **prefer death**.”

FRONTLINE

“A 2003 report...found that anywhere from **one-fifth** to **two-thirds** of prisoners in **solitary confinement** are believed to have some form of **mental illness**...the mentally ill may not be fit for solitary, as **extreme isolation** may cause inmates’ psychiatric conditions to dramatically **deteriorate**. In one instance, a mentally ill inmate...declined to the point where he **mutilated** his own genitalia.”