

A photograph of a prison cell interior. The room is small and sparsely furnished. On the left wall, there is a white toilet and a white sink. In the center, a cot with a checkered blanket and a pillow is positioned against the wall. On the right, a window is covered with horizontal metal bars. The floor is made of light-colored tiles. The overall lighting is dim and somewhat blue-tinted.

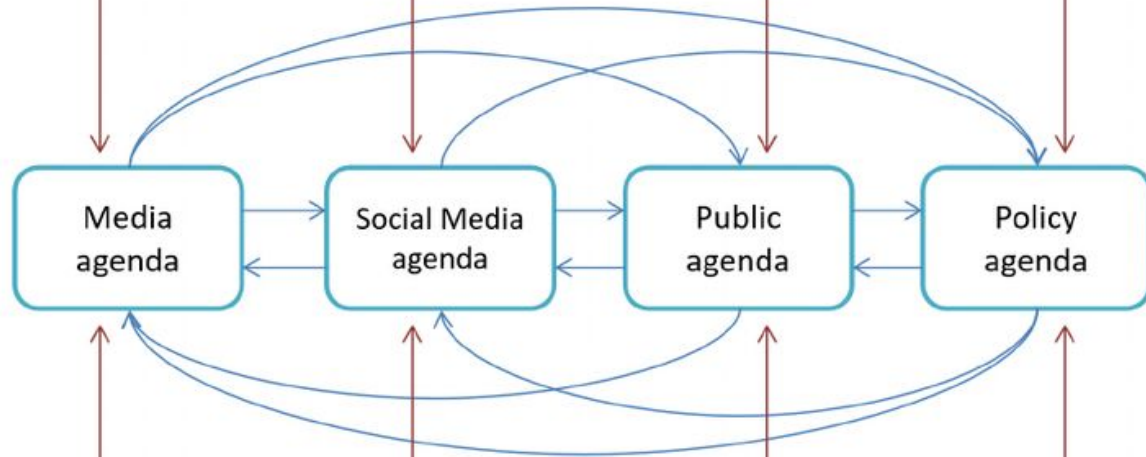
# "Prison Within Prison"

By Akanksha, Alex, Paola, & Sriya

**NO HUMAN CONTACT FOR AT LEAST 22 HOURS A DAY**



Personal experience & interpersonal communication



Real world indicators

# Our Policy

Solitary confinement in prisons as a form of punishment should be eliminated.

# Alternate Ideas

Policy 2: Modifying it from 23 hours of sensory deprivation to 5

Benefit: The time spent in complete isolation is limited

Drawback: Sensory deprivation over time even though limited can still cause long lasting psychological consequences.

Policy 3: Modifying the conditions and regulations surrounding solitary confinement.

Benefit: The conditions in the cells may be more humane

Drawback: Prisoners will still be isolated for days .

# Our Course of Action

Prisoners in solitary for long periods of time have serious mental repercussions and solitary often does not solve many of the problems that it is intended to solve. Some ways that this system could be modified include:

- Social isolation periods being limited or shortened
- Excluding people with mental health issues
- Have humane living conditions
- Mental health check-ins

**3** GOOD HEALTH  
AND WELL-BEING



**16** PEACE, JUSTICE  
AND STRONG  
INSTITUTIONS



# Our Project

- Our activism project is partnering up with NJCAIC (The New Jersey Campaign for Alternatives to Isolated Confinement) and have a video call with survivors of solitary telling their story. This would happen during a GA in which we will discuss solitary confinement and what we could do as students to create change. Students will be able to ask questions to the survivors to clear up any misconceptions regarding solitary confinement.
- Here at IMSA issues regarding solitary confinement are not too relevant
- However, making students aware about solitary confinement is important to create change.



**NJCAIC**

New Jersey Campaign for  
Alternatives to Isolated Confinement



# Legitimation

- This would have to be a national law
  - Talk to senators and congressmen
  - They would talk to credible people while the bill is in committee
    - Psychiatrists and psychologists
    - People who have gone through solitary confinement
    - Family and friends of those who have gone through solitary confinement.

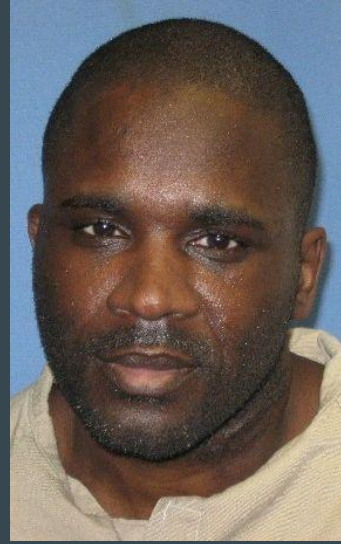
# More People We Could Talk To



Kenneth L. Appelbaum, psychiatrist who wrote an article about how horrible the effects of solitary confinement were on a prisoner's mental status.



Albert Woodfox, the prisoner who served 43 years in solitary confinement, a known record, and was later found to be innocent and now spends his time trying to overcome this form of torture.



Anthony Gay, a man who stole a hat and a dollar and ended up in prison for 24 years, 22 of which were in solitary. His mental state deteriorated as the guards brushed it off.



Juan E. Méndez, United Nations Special Rapporteur on Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment

# Implementation

- Our policy to either fully remove solitary confinement or to modify current policies to make the solitary confinement humane will need to be passed down to prison officials for implementation.

## **What we will work on:**

- Remove solitary confinement from being used as disciplinary punishment
- Limited isolation
- Involving students in creating change

# Sources

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