

## Criminal Justice Issues and Prisoners' Rights

<https://www.acluohio.org/en/news/being-alone-bad-you>

### Public Facing Advocacy Writing

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Putting people in isolation is devastating and makes recovery next to impossible. If you didn't have a mental illness going into isolation, it's likely you will have one coming out.

[Research](#) shows that prolonged solitary causes a persistent and heightened state of anxiety, nervousness, headaches, insomnia, nightmares, and confused thought processes.

*Sometimes I feel overwhelmed. I get trepidations, nervous, agitated, I go off the deep end. Here I feel like I'm in a kennel, closed off from life itself. I feel like I live in a coffin, like a tomb - [An Individual From Northern California](#)*

The U.S. Supreme Court has held solitary confinement in direct violation of the Eighth Amendment prohibition on cruel and unusual punishment. The United Nations has said [prolonged solitary](#) more than 15 days should be prohibited.

#### The effects of the Supermax reach beyond the confines of its walls and fences

Even if they have no prior history of mental illness, [prisoners subjected to prolonged isolation may experience](#) depression, despair, anxiety, rage, claustrophobia, hallucinations, problems with impulse control, and/or an impaired ability to think, concentrate, or remember.

*When I was finally released from the Supermax into general population after almost two years, it was overwhelming. The mere sensations of human contact was harsh on my nerves. I would break into cold sweats and shake. I was overly stimulated and anxious all the time. It was very difficult to concentrate on one thing. Even to this day, I have a very difficult time focusing on one thing for very long, and I am very easily distracted. The effects of the Supermax reach beyond the confines of its walls and fences.*  
[An Individual From Maine](#)

Despite the overwhelming evidence that solitary confinement is bad and not rehabilitative, Ohio routinely places prisoners in long-term solitary, including people with mental illness.

Learn more about [Ohio's continued use of long-term solitary confinement](#).

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