

## **SOLITARY CONFINEMENT HAS NEGATIVE EFFECTS ON MENTAL HEALTH AND COSTS FOR SOLITARY CONFINEMENT ARE TOO HIGH**

We need your help! Solitary confinement has serious effects on the mental health of inmates, especially those who are segregated for long periods of time. Psychological effects that solitary confinement has been proved to cause includes anxiety, depression, anger, cognitive disturbances, perceptual distortions, and even paranoia and psychosis. The high costs of solitary confinement are also concerning. Last year, the estimated annual cost of placing an individual in a supermax facility was \$50,000, compared to \$20,000 for average prisoners (Steinbuch, p. 502, 2014). If the number of solitary confinement cells were reduced by about 36% you could end up saving \$4.5 million the first year, and \$13.6 million the next year (Steinbuch, p. 524, 2014). There are many solutions to these problems:

- Support the Solitary Confinement Bill SD1065 and H1475 as it ensures appropriate use of segregation and curbs unnecessary spending
- Shorten the amount of time that inmates are left in solitary confinement
- Hire more mental health workers to work with the inmates to prevent or help with these mental health issues
- Reduce the number of prisoners in solitary confinement

We ask your help in supporting the Solitary Confinement Bill SD1065 and H1475 in order to promote and make these changes. Our main goal is to provide the best help to the individuals who are being treated unfairly.

**Your continued support will be very helpful in getting this Bill passed!**

Thank you,

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