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I feel compelled to express my opposition to the use of solitary confinement in the prison systems.

I am not an expert. I am a social service worker in the mental health field. I am a member of a local social justice organization. Solitary confinement is not punishment, it is torture, it is not part of the carceral system to protect folks...it is torture. Permanent changes to brain function and increased social issues that result in a huge jump in suicide rates are proven to be tied to those in solitary confinement. Changing the system takes time but stopping the torturing of inmates through use of solitary is a good first step. Thank you.