

Testimony in support of LD-696 "An Act to Prohibit Solitary Confinement in Maine's Correction System"

My name is Isabelle Humblot and I am writing this testimony in support of LD-696 "An Act to Prohibit Solitary Confinement in Maine's Correction System". I have a close friend who is serving a life sentence at the Maine State Prison. He did spend time in solitary confinement during some of the years he was there, mostly as punishment for disciplinary reports. It was these experiences that impacted him the most. Being separated from the general population, the lack of interaction with other people, the sleep deprivation due to the 24-hour lighting were traumatic and damaging. Solitary confinement is cruel, inhumane and unnecessary as it does no good to anyone. It is only punitive and offers no long-term solution. It is time to put the past behind us and focus on constructive and positive alternatives. This would be beneficial to all Mainers.

Isabelle Humblot
Brakel (NL)
LD 696

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