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I am writing to support the proposed act to prohibit solitary confinement in Maine's Corrections System. As a philosopher who teaches theories of justice, punishment, and freedom, it is clear to me that solitary confinement uniquely attacks the core of what it is to be a free and embodied human. Solitary confinement is rooted in a nineteenth-century reform movement that hoped isolation would enable reflection and healing. This hope was horribly misguided, as authors as early as Charles Dickens recognized as he witnessed prisoners emerging from solitary confinement with deep psychological and physical wounds. Incarcerated people should instead benefit from the connection to others that offers the possibility of mutual understanding and restorative justice.