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Since i arrived here at the Maine State Prison in 2012 i have spent the vast majority of my time in restrictive housing in one form or another. At MSP restrictive housing can take many forms and the DOC will argue that most of these restrictive units are not restrictive at all. The DOC would also argue that they need the ability to sometimes restrict problematic residents in order to maintain the safety and orderly running of the ir facilities. I do not take issue with this. I would merely suggest that measures be taken to lessen the psychological impact that such restrictive housing tends to on the residents that have been placed in such enviroments for any extended length of time. Why should someones family communication be limited to only a few minutes per week months after they were written up for an alleged incident? Why should a resident be seperated from much of their personal property (tv's, radio's, cd players, etc) months after being placed in confinement beyond any actual disciplinary sanction? I only ask for the DOC to stop using confinement as a means to punish residents beyond the scope of the disciplinary policy and to take measures to lessen the psychological toll that it clearly has on residents. Thank you.