

# Imagine being locked up alone for 23 hours a day

*Defend Human Rights  
in Maine*

End solitary confinement  
and other forms of torture in  
Maine State Prisons

Lets work together to pass legislation to end the use  
and abuse of solitary confinement in Maine

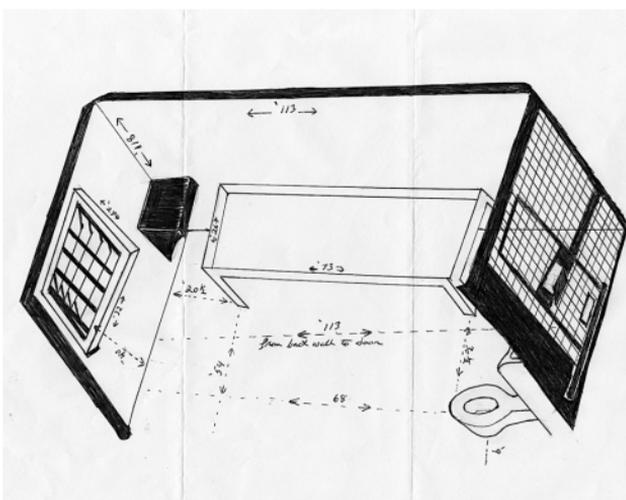
## **What Is Solitary Confinement?**

Solitary confinement of prisoners exists under a range of names; isolation, control units, supermax prisons, the hole, SHUs, administrative segregation, maximum security or permanent lockdown. Prisoners can be placed in these units for many reasons; as punishment, while they are under investigation, as a mechanism for behavior modification, when suspected of gang involvement, as retribution for political activism or to fill expensive, empty beds, to name but a few.

Although conditions vary from state to state and in different institutions, systematic policies and conditions of control and oppression used in isolation and segregation include:

- confinement behind a solid steel door for 23 hours a day
- limited contact with other human beings
- infrequent phone calls and rare non-contact family visits
- extremely limited access to rehabilitative or educational programming
- grossly inadequate medical and mental health treatment
- restricted reading material and personal property
- physical torture such as hog-tying, restraint chairs, and forced cell extraction
- mental torture such as sensory deprivation, permanent bright lighting, extreme
- temperatures, and forced insomnia
- sexual intimidation and violence

A segregation cell depicted by Herman Wallace of the Angola 3. Mr. Wallace has spent the last 37.5 years in segregation in Louisiana's state prison system. Only one other known person in the world has served more time in segregation than Mr. Wallace



Numerous medical studies have documented the effects of solitary confinement on prisoners giving them the name: Special Housing Unit Syndrome or SHU Syndrome. Some of the symptoms include:

- visual and auditory hallucinations
- hypersensitivity to noise and touch
- insomnia and paranoia
- uncontrollable feelings of rage and fear
- distortions of time and perception
- increased risk of suicide
- PTSD

### Ending Solitary Confinement in Maine:

*"It is hard to imagine anyone - mentally healthy or not - bearing up under months of these conditions"*

*Maine Superior Court Judge Andrew Mead*

The Special Management Unit of Maine State Prison has come under harsh criticism by human rights observers both throughout the state and across the nation. Since the unit was built in 1992 there have been countless incidences of abuse.

Conditions in the SMU have garnered national attention following an award-winning investigative series by freelance journalist Lance Tapley. The series depicts long term solitary confinement, inadequate medical care, and other forms of physical and psychological abuse being used to punish...and in some cases torture incarcerated Mainers.

Join members of the Maine Prisoner Advocacy Coalition (M-PAC) in working with Maine prisoners to break the cycle of isolation.

**Work with MAINE PAC to pass legislation defending the human rights of incarcerated Mainers.**

For more information contact [mainepac@gmail.com](mailto:mainepac@gmail.com)