

End the Texans

Against Solitary Confinement

Boldly Ending Solitary Confinement in Texas

"Texas is a leader in the use of prolonged solitary confinement. More than 500 prisoners there have served more than 10 years in almost total isolation, and 138 have served more than 20."

The New York Times

"CHARLES DICKENS WAS REVOLTED BY WHAT HE SAW WHILE TOURING AN AMERICAN PENITENTIARY IN 1842, WRITING, "I HOLD THIS SLOW AND DAILY TAMPERING WITH THE MYSTERIES OF THE BRAIN TO BE IMMEASURABLY WORSE THAN ANY TORTURE OF THE BODY."

"We've only identified 12 prisoners outside of Texas who have spent more than 20 years in solitary confinement and who aren't on death row," said Easha Anand.

"ISOLATION SHATTERS THE MIND AND CORRUPTS THE SOUL, AND BREEDS A DARKNESS THAT EVEN THE LIGHT OF JESUS CHRIST STRUGGLES TO DIMINISH."
CHRISTOPHER GUFFEY, HELD IN SOLITARY FOR 16 YEARS

"Additionally, a study (Lovell et al., 2007) found that inmates released directly from a prison known as a supermax unit (because it is dedicated entirely to solitary confinement) committed new felonies at a rate 35% higher than that of inmates of the same risk profile released from a general population" facility (p. 646).

"A review of the research on the psychological effects of solitary confinement by Psychology Professor Craig Haney (2019) found evidence of " stress-related reactions (such as decreased appetite, trembling hands, sweating palms, heart palpitations, and a sense of impending emotional breakdown); sleep disturbances (including nightmares and sleeplessness); heightened levels of anxiety and panic; irritability, aggression, and rage; paranoia, ruminations, and violent fantasies; cognitive dysfunction, hyper-sensitivity to stimuli, and hallucinations; loss of emotional control, mood swings, lethargy, flattened affect, and depression; increased suicidality and instances of self-harm; and, finally, paradoxical tendencies to further social withdrawal" (Haney, 2019, p. 371).

Inhumane conditions include:

- Confinement behind a solid steel door for 22 to 24 hours a day
- Severely limited contact with other human beings
- Infrequent phone calls
- Rare non-contact family visits
- Extremely limited access to rehabilitative or educational programming
- Grossly inadequate medical and mental health treatment
- Restricted reading material
- Physical torture such as hog-tying
- No-touch torture/Sensory deprivation
- Extreme temperatures
- Sleep Deprivation
- Chemical torture, such as stun grenades and stun guns
- Sexual intimidation

#HaveASoulEndTheHole

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