

Dear members of the Judiciary Committee,

15 years ago, I wrote this essay (<https://serendipstudio.org/exchange/serendipupdate/lonely-madness-effects-solitary-confinement-and-social-isolation-mental-and-emotional>) for my neurobiology class at Bryn Mawr College, from which I graduated a year later with an undergraduate degree in Political Science.

At age 21, I could see, understand, and acknowledge the inhumane treatment and harm that is solitary confinement. I am sad to know that so little has changed in our country around this practice since I wrote this essay.

I hope that at whatever age you are, you can also accept that solitary confinement is a form of torture and has no place in our prison systems or in the world, even for "hardened criminals." Those who commit crimes are still human beings worthy of their basic needs being met, and we must meet those needs, lest we ourselves become responsible for more pain and suffering in the world on top of whatever pain and suffering an imprisoned person may have inflicted.

I urge you to search bravely your mind, body, heart, and soul for the truth of what I and so many others are saying--difficult and painful as it may be to look at it.

If you would not want a certain cruelty inflicted on you or a loved one, you have no right to uphold such a practice for others or their loved ones. And if you would want such a cruelty inflicted on a loved one... what does that say about you?

You have the power to help create a kinder and better future. Tomorrow, please use your position to do so. The practice of solitary confinement must end, in Connecticut, and everywhere.

Respectfully,  
Carly Frintner

Resident, Philadelphia, PA, with friends and acquaintances I love and care about in Connecticut