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Testimony to Joint Judiciary Committee in support of SB 1059

To Senator Winfield, Representative Stafstrom, and the members of the Joint Judiciary Committee.

My name is Dr. Benjamin Howell. I am a resident of New Haven living in Senator Winfield’s district. I am a primary care physician at Cornell-Scott Hill Health Center, a researcher in the Yale School of Medicine, and a faculty member of the SEICHE Center for Health and Justice. My research is on the long-term health impacts of mass incarceration. This testimony represents my views and not those of my employers.

I am testifying in support of Senate Bill 1059.

The use of extreme isolation causes irreparable physical and psychological harm on incarcerated individuals. This is true whether it is called solitary confinement, segregation, restrictive housing, or any other name, or whether used for disciplinary or administrative reasons. Connecticut should abolish this practice across all its correctional facilities. The state should also close Northern Correctional Institute that was built with the sole purpose of expanding the use of extreme isolation.

In testimony today, you have heard the stories and experiences of individuals who have been harmed by extreme isolation in Connecticut’s prisons and jails. Their stories are consistent with what we know about the effect of extreme isolation in the medical and public health research.

**Exposure to extreme isolation is physically unhealthy and psychologically traumatizing.** It can cause severe psychological distress and psychosis, as well as increased hostility, increased self-harm and suicidal behaviors while incarcerated. These effects can occur even after only a short amount of time in solitary. Suicidal behavior, self-harm, and violence in correctional settings is a dangerous occurrence in correctional settings. The use of extreme isolation, instead of remediating these problems, enhances them and makes them worse.

**The harms of extreme isolation persist after release.** After exposure to solitary there is an increased risk of death in the time after release, especially due to non-natural causes. There is twice the risk of dying by suicide in the year after release and increased risk of dying by homicide and drug overdose. People who are exposed to solitary confinement are more likely to experience post-traumatic stress disorder. Exposure to solitary confinement has also been associated with worse cardiovascular disease, with likely increase in heart attacks and strokes.

The harms of extreme isolation in correctional settings compound the structural racial violence of mass incarceration on Black and Brown individuals, who are more likely to be incarcerated but also more likely to be placed in extreme isolation. They also compound the harms of incarceration for people with serious mental illness, who are also more likely to be incarcerated,
more likely to be placed in extreme isolation, and more likely to suffer the harms of extreme isolation.

Connecticut has an opportunity to continue its place as a leading state on issues of criminal justice reform. SB 1059 gets us closer to a more just and equitable society. This bill includes the oversight and transparency we need to ensure that our state and the Department of Corrections is following through on these efforts. Our state also needs provide our correctional officers training in the skills and the facilities to have humane alternatives to extreme isolation with input of medical professionals.

These steps will continue to move Connecticut past the era of mass incarceration which harmed and dehumanized too many Connecticut residents.

Thank you for your time and attention.