

# Testimony by the Incarcerated Nation Corp.

# Submitted to the New York State Assembly on November 13, 2014

Greetings my name is Five Mualimm-ak  I am the executive director of the incarcerated nation corp. a nonprofit organization that provides reentry service to those returning directly from solitary confinement and services to their family members. On behalf of all the previously incarcerated members , their family members & community would like to thank Assembly Member Daniel J. O’Donnell and Assembly Member Aileen M. Gunther for the opportunity to present testimony on the subject of solitary confinement in New York State’s prisons and jails and its effects on the mental health of incarcerated people. We all to well know that solitary confinement causes serious damage not only for the mental health of all people held in such conditions but their families and our communities because we live with it.

, During my 12 years wrongfully incarcerated ,beginning in 1999 , I served over 43,000 hours suffering ,locked away from my family , children ,loved ones; any human contact ..everyday faced with the small confides of a cell, muffled voices that echo throughout the walls that separate me from the child 18 years old next door banging his head on the wall in an attempt to gain medical attention . You see he's asthmatic and as the temperature drops well below freezing he's is faced with having to get attention for his inhaler as his only chance of breathing normal. Imagine living day in day out in a space the size of a small elevator , no mirrors s , it's been so long that I no longer remember what I look like ,The lights scream down at me every day all day like a never setting sun buzzing , the I millionth & 4th drop just hit the puddle under my electronically controlled toilet driving me insane as if it was controlled purposely by the guard two floors down who ignores my cries for help But he knows exactly what going on , this is intentional torture at the expense of my own family that pays taxes that provide for me being here. My very existence in this void free of human contact is an everyday struggle. It's amazing that every chance taken to connect with another person here leads to punishment and just more time here. Each morning I awake month after month year in year out it seems like the walls are shrinking every birth day, every holiday… If that sounds a bit paranoid then you’re absolutely right because for a person like me that suffers from schizophrenia & bi polar disorder the world of a 6x9 cell or being trapped in a confined space like I was double celled with a man who spoke no English and was coming down off of a heroin overdose, why ? Because New York will ticket first, treat later. Days of insinuating agony throwing up , falling of the bed is torturous, to take a person with exponential energy and suffers from paranoia to the extend the wind blowing under the door that leads to my 5 steps of space for recreation cage , sounds like voices and you decide to exacerbate that by placing me in solitary confinement.  Alongside thousands of others, men women, children the same age as my own son who suffers himself from mental illness. My sentence... Handed out by a friend of the man who wrote the ticket un trained & insensitive to the fact that while he’s speaking so are the voices forcing my thoughts elsewhere, he doesn’t understand electromagnetic waves and how I feel he’s knowing my thoughts, why is his cell phone on? When asked what kinds of additional protections or training on mental illness and criminal justice should be provided for employees like this.

Men who are placed in those trusted fields to interact with the public must be trained in the ailments of humans that strike over **57.7 million people**. New York state has a real humane need to create a crisis intervention team of professionals who collectively can train and certify correctional professionals and travel to the different sectors of law enforcement qualifying and holding them accountable to that training through certification; making New York a stronger and better educated state.

Imagine education could have prevented countless lives to be saved, countless minds from being crushed. There are those willing and there is ways to end isolation without dismissing separation for those who do believe in torturing humans for profit. If you ask me and thousands of others protection means changing the law to actually protect those most vulnerable, all humans are vulnerable to solitary so we must halt its barbaric existence. There are many parts of the halt solitary confinement act that will cause us new Yorkers to stand up and actually help people suffering and that can be a scary job but what is the human cost the we are paying right now, not too far from this very room. I am one of many that work to help those still suffering as I too, continue to suffer and we ask that New York State be better. There is legislation right now in this state that will end the suffering and bring about rehabilitation, the halt solitary confinement act who I myself helped to construct is that path .there is no ‘better’ way to treat people in prison suffering from mental illness we shouldn’t be there period.

I am permanently damaged, legally disabled, .solitary being cited by the judge, top medical professionals of the state of New York as the primary reason. My family destroyed no marriage can withstand the limbo of isolation. My children stolen from me, I couldn’t even remember their faces. Why am I not worth humanity? Please make correctional institutions, institute correction. And help me help those being dumped back out right from those cells directly into population.

Thank your for your time and consideration in this matter.

Five Mualimm-ak

Dir. Incarcerated Nation corp.

26 Bruckner Blvd. Bronx  
 New York 10451