

Hello,

My name is Shara and I am a Brooklyn resident. I am emailing you in regards to your assessment of solitary confinement in local NYC Jails. Studies have shown that extreme isolation has serious long-term detrimental effects on people, including anxiety, severe depression, panic attacks, loss of impulse control, and irrational anger.

I just started working in a jail, a Juvenile facility. I am working hard to keeping my mind and heart open to all the issues I see from various directions, concerning the staff end of things, the law makers, and importantly the people that are impacted the most- the detained. I understand that staff gets completely overwhelmed and threatened and so solitary confinement has been a solution to those issues, but it's extremely short sighted and the only thing it really does in the moment is keep safety protocol intact for a short moment while chipping away at the humanity of the individual who is confined. I think the goal of jails and prisons is to remind people of their humanity. Remind them that they are valuable while holding them accountable for their actions so that they can redirect their attention and energy to positive contributions in society. Solitary confinement counteracts any possibility of progress.

We are further evolved than this. Please be a responsible leader, hold the complexity, and make a decision that centers shared humanity.

Thank you very much.

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