

Solitary confinement can be defined as enforced isolation from meaningful human contact (Hollins, 2023)

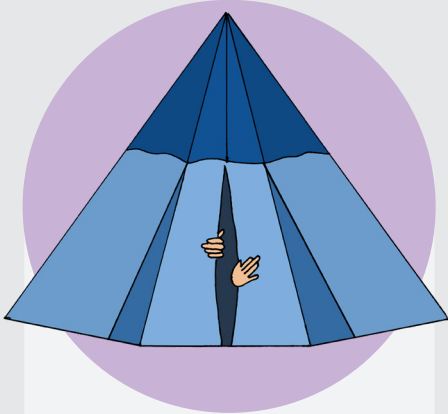


Meaningful human contact is when people are able to communicate face-to-face with those they love (e.g., family, friends or significant others) and receive empathy, warmth, and nurturance.

Meaningful human contact does not include being with staff in institutions and/or talking to people through medical necessity.



Examples of solitary confinement might include:



A child is put in a time-out tepee in school.



A person is put in a calming room, a bedroom, a sensory room, or locked in the garden.



A person is locked in a seclusion room in an inpatient hospital or housed in a segregation suite or purpose-built flat.



The harm of confinement

Predictable negative physiological and psychological effects occur even after shorter confinement. Lengthy, extreme and enduring isolation can result in social death and increases in physical morbidity and mortality.

The basic harm of solitary confinement is a settled scientific fact (Haney, 2020)