There is international and scientific consensus that solitary confinement is torture. It causes severe psychiatric harm, physical impairment, trauma, and early death after release. It is “toxic to brain functioning.”

Nearly 3000 people live in solitary confinement at any given time in North Carolina prisons. 3000 people who are being tortured. 3000 people who will never be the same. 98% of these people will be released back into our communities.

Solitary Confinement for more than 15 days is torture. It needs to end. Governor Cooper’s Task Force for Racial Equity in Criminal Justice (TREC) agrees that it is time to set “hard limits” to the use of solitary confinement in North Carolina.