

## Missouri Adseg Control Units are Modern-Day Torture Houses

*Although the author gave permission to use his name, we have changed it in an effort to avoid reprisal.*

SCCC is violating basic principles. We're subjected to restrictive and disciplinary sanctions that amount to torture: indefinite solitary confinement, prolonged solitary confinement; placement of prisoners in cells that are constantly illuminated for 24 hours daily; and collective punishment to instill fear in the inmate population.

There has been a barbaric practice of placing people on "meal loaf". This is an unknown substance that is ground, mashed and blended. It's then formed into the shape of a football and placed in wax paper to be frozen. This is then served to a person for a minimum of 9 meals for minor conduct violations. A prisoner should never have his diet reduced for punitive reasons. We have a natural right to nutrition. We should be provided with food of nutritional value adequate for maintaining strength and health, food that is well prepared and served—not a substance that causes men to vomit and to suffer indigestion and flatulence.

We're being forced to cell with men we're not compatible with, due to gang affiliation, racial ideology, religious choice, sexual preference and mental status. This causes safety and security concerns. At times, assaults, rapes, and murders have occurred due to cell placement. When a person attempts to exercise his right, SCCC staff refuses to pull us out of these hostile and potentially fatal environments, which makes them guilty of failure to protect when a person declares P.C. (requests protective custody) because his well-being is in jeopardy. If you are able to get a staff member to pull you out, you're strip-searched, which is done constantly, and our personal property is thrown around and taken. Searches should be conducted in a manner that is respectful to the inherent human dignity and privacy of the individual being searched, as well as principles of proportionality, legality and necessity. Searches shall not be used to harass, intimidate or unnecessarily intrude upon a prisoner's privacy.

We're then placed on restraint benches, which consist of 4 or 5 square pegs welded together and unevenly spaced so that our skin bunches and is scraped, causing blisters and pain. Our hands are cuffed behind our backs and our legs shackled. We must sit like this for a minimum of two hours with no food or bathroom breaks. Some men urinate on themselves after 8 to 10 hours without a break. The use of chains, irons and other instruments of restraint which are inherently degrading shall be prohibited. You can find these selected excerpts in the United Nations Standard Minimum Rules for the Treatment of Prisoners (the Nelson Mandela Rules).

No provisions are made for furthering our education nor do we have access to a collection of books for all categories of inmates, adequately stocked with both

recreational and instructional books. There are only romance, crime and suspense novels, maybe an occasional religious manuscript.

For those of suitable age and physique, we don't receive access to physical exercise equipment during our brief period of exercise. If you call being moved from a cement and steel cell, barely bigger than a queen-sized bed, that's illuminated by an overhead light 24 hours daily, into a chain-link cage an arm's length wide and 7 steps in length exercise. No pull-up, dip bars or machine weights are afforded to us who are assigned to indefinite solitary confinement, prolonged solitary confinement, or disciplinary segregation for 30 days or more. The average time in adseg status goes from 90 days to 12 months. Some do more if given an extension.

Solitary confinement is torture. Scholars and social scientists have amply documented how segregation has no social relevance. The scales of justice seem to be tipped to pulverize, not assist or rehabilitate.

We are at risk of psychological harm because the conditions of confinement are far too severe to serve any kind of penological purpose. We reside in filthy, tiny bathroom-sized cells. The monotony is endless, and some lack human contact. This descends us into madness. Many of us suffer from forms of insomnia, which leads to delusion, hallucinations, paranoia, and panic attacks. All have experienced some variation of these. Men come into adseg normal, and six months later they are in an alternate reality. They begin to self-talk, pace the floor for hours, sometimes days, in a manic state. Others have stripped naked, urinated on themselves, and smeared feces on their bodies. Some begin to become sexually deviant, openly masturbating to male and female staff, even exposing themselves to other prisoners. It's a sad but honest truth.

We are constantly harassed, shackled, tortured, ridiculed and objectified without defense—we the helpless need to be defended. If not, we will languish and rot in Missouri control units.

We need your help. Please contact Missouri Governor Michael Parson 573-751-3222 and Attorney General Eric Schmitt 573-751-3321. Let them know that you want them to end the cruel and draconian practice of prolonged adseg and request an investigation be conducted by an outside entity into these barbaric conditions in Missouri, specifically South Central Correctional Center. Also mass email Robert Ross, State Representative of District 142, (573-751-1490) where SCCC is located. His email is [Robert.Ross@house.mo.gov](mailto:Robert.Ross@house.mo.gov). Lastly, contact Corrections and Public Institutions, Brittany Becker (573) 751-4567 and request an investigation. Thank you, a lot.

I may be targeted for expressing this atrocity. This is the corrupt nature of my resentful administration. The Director recently did a walk-through of this wing and ignored the cries for help. So this is my final and last option. We need help at SCCC. It is urgent. Please.