



Testimony

Senate Rehabilitation and Social Services Committee
February 2, 2024

[SB719](#)

Restorative housing and isolated confinement; restrictions on use.

The League of Women Voters of Virginia supports this bill. According to "Psychiatric Times," "Placing someone in an extreme environment like SC taxes the body and psyche, and often overwhelms a person's capacity to cope. Isolation like SC is associated with a 26% increased risk of premature death, largely from a stress response that produces significant cortisol levels, increased blood pressure, and inflammation. Chronic stress damages the hippocampus which is associated with memory, spatial orientation, learning, and emotion processing, while increasing activity of the amygdala which mediates fear and anxiety."

While there are some reasons for solitary confinement it must be regulated and used as a last resort.