

## Death By INCARCERATION

Imagine trying to comfort your mother over the death of one of her children through a 15 minute phone call constantly interrupted by prison recordings. You listen to her cries and you cry out too. The tears you both shed are the closest thing to a hug... Being locked away from society is only the beginning of sorrow and punishment. To watch on the news the increased suicide rate and mental health disorders caused by depression associated with the covid-19 pandemic stay-at-home orders coupled with stories of families that are forced to watch loved ones die from a distance due<sup>to</sup> hospital guidelines prohibiting them from being there... That is incarceration. That is an inmates life behind bars for those of us serving DBI and long term sentences. Restriction after restriction. Where is the prospect of hope? Where is the incentive of positive reinforcement that doing the right thing really does has its own rewards<sup>93</sup>? Being an inmate

(1)

being DBI is more than just being confined and restricted from being able to perform some of the most basic necessities of what it is to be human. It is a maddening continuance of punishment and has the potential to cause more harm than good. I recently read about a study conducted in the 1950s at Harvard University called "THE HOPE EXPERIMENT". Researchers took lab rats and put them in a tank of water to see how long they could swim before reaching exhaustion and the point of drowning. The time was 15 minutes. The researchers took hold of the rats and removed them from the tank as they dried the rats off and allowed them rest. Then...

They put them back into the water tanks. This time the rats swam for 60 hours before reaching exhaustion. The rats perseverance was fueled by hope. Hope that they would once again be rescued and saved. How much more is a human beings life? Are we not worthy to be saved? Many of us have accomplished<sup>24</sup> some great things  
(2)



through our time of imprisonment that can have a positive impact on our communities if only given a chance to show it. Despite the negative environment of prison life, most of us have made a conscious decision to be better and thus have taken the initiative to take full advantage of groups, programs and educational opportunities afforded us so that we can be positive role models and productive members of society. When people talk about rehabilitation and an inmate exhibits that they've been rehabilitated, have they then not earned the chance to redeem themselves? DBI represents the lab rats that are at their 60<sup>th</sup> hour that never received initial help at the 15 minute mark. How much longer before some avenue of help becomes available? How many more will die?

My name is Nichol Lee # 056625. I am serving a 22-55 year sentence and what you've just read expresses how I feel yet

(3)

I am eligible for parole. . Imagine how much greater the feelings are for one who is sentenced to die here.

Yes, you may use my name and  
yes, you may follow up with me  
for related purposes.

GOD BLESS

Respectfully Submitted  
Dichol Lee

2-21-22

Date