



## How to Convene a Meeting to End Solitary Confinement

*Do you believe solitary confinement is wrong? Do you want to help organize community members to try to stop it and join the growing movement across the country to end solitary once and for all? Follow these 5 first steps to get started!*

- 1. Reach out to family, friends, and colleagues:** Do you have any friends, family members, or colleagues who have been in solitary, have had loved ones in solitary, or just might be interested in human rights and racial justice? **Reaching out to the people closest to you is often the easiest way to get started!** If you can find even just a couple of people who are interested, you can do a lot together!
- 2. Pick a date and make a flyer or draft an email [or you don't need to!]:** If you have even a couple other people interested in meeting to learn more and figure out what to do together, set a date for a first meeting. If you are able to make a flyer about the meeting and/or draft an email invitation and/or [post on social media](#), that's great! If not, no problem at all - any way you can invite people to come to your meeting will work!
- 3. Reach out to other survivors of solitary and allied stakeholders:** **The most effective campaigns for ending solitary have been led by people who have lived in solitary and/or had family members in solitary.** Other important allies have included members of faith communities, mental health and medical experts, and racial justice, human rights, and social justice advocates and activists. If you are able to reach out to other people who have survived solitary and their allies from these different communities or otherwise, that would be great!
- 4. Convene a meeting:** **Hold a meeting that creates space for people to meet each other, share the experiences and ideas, and talk about what you all might want to do together.** You may wish to have some materials about solitary in your area available to share with people. You may wish to ask people to provide their name and contact information on a sign-in sheet so that you can stay in touch in the future. You may wish to provide space for people to share what brought them to the meeting, why they are interested in being part of efforts to end solitary confinement, and what they may be interested in doing.
- 5. Agree on next steps:** After everyone hears from each other about what they might be interested in doing together, it may be helpful to **talk about next steps and actions that people individually and collectively can take.** You may wish to set up another meeting. You may wish to ask everyone who came to bring two of their friends. You may want to figure out establishing some community agreements about how you all might internally collaborate together. You may wish to set up a training about solitary, what [ending solitary means and can look like](#), and [efforts to end solitary](#) with experts - locally or from the Unlock the Box Campaign. You may wish to set up [call-ins](#) to local policy-makers. You may want to organize an action.