

# Freaky Facts About New York Insane Asylums You Wish Weren't Real

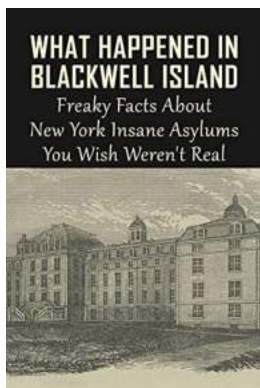


Welcome to the dark and mysterious world of New York's insane asylums. Veiled in a chilling history, these eerie institutions were once home to countless people who struggled with their mental health. In this article, we will delve into the disturbing facts surrounding these asylums that will send shivers down your spine. Brace yourself for an unsettling journey.

## 1. The Origins of New York's Insane Asylums

The concept of dedicated institutions to house the mentally ill emerged in the 19th century. New York was at the forefront of this movement, with several asylums constructed across the state. One of the most notorious was the Creedmoor

Psychiatric Center, originally called the Farm Colony of Brooklyn. The asylum was built to alleviate overcrowding in other facilities and provided a place for patients to work on farmland as part of their therapy. However, the conditions inside these asylums were far from therapeutic.



## What Happened In Blackwell Island: Freaky Facts About New York Insane Asylums You Wish Weren't Real: History Of Mental Illness Treatment Timeline

by Mark Ray (Kindle Edition)

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## 2. Inhumane Treatments and Experiments

The treatment methods employed in New York's insane asylums were often barbaric and unethical. Patients were subjected to shock therapies, lobotomies, and other experimental techniques aimed at curing their mental illnesses. These treatments often caused severe physical and emotional trauma, leaving lasting scars on the patients' lives.

## 3. Overcrowding and Neglect

The rapid increase in the number of mentally ill patients led to severe overcrowding in New York's asylums. As a result, the staff-to-patient ratio was extremely poor, and the quality of care suffered. Many patients were left to fend

for themselves in deplorable conditions, lacking proper medical attention or basic human necessities.

#### **4. Haunted Asylums**

It comes as no surprise that the unsettling history of these insane asylums has left behind a trail of ghostly legends and haunting experiences. Numerous reports of paranormal activities and eerie sightings have been reported by those who dared to explore these abandoned edifices. From mysterious footsteps echoing through empty hallways to ghostly apparitions roaming the premises, the asylums carry an undeniable air of mystery.

#### **5. Dark Secrets of Patients' Stories**

Each patient in New York's insane asylums had a unique story to tell. Some were wrongly institutionalized, while others suffered from severe mental illnesses. Digging into the archives reveals tales of tragedy, lost hopes, and even unsolved mysteries. Unraveling these dark secrets can send chills down your spine, reminding us of the grim reality that unfolded within the institution's walls.

#### **6. Closing Down and Preservation Efforts**

In recent decades, with a better understanding of mental health and advancements in treatment approaches, New York's insane asylums were gradually shut down. Many of these buildings now lie abandoned, a haunting reminder of a dark chapter in history. However, efforts are being made to preserve their architectural and historical significance.

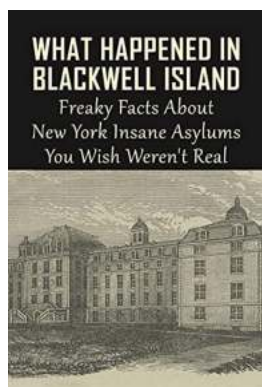
#### **7. Exploring the Asylums Today**

If you are brave enough, you can embark on a journey to explore the decaying remnants of these asylums. Several organizations conduct guided tours and investigations, offering a glimpse into the chilling past of these forsaken buildings.

It is an opportunity to witness firsthand the eerie and unsettling atmosphere that still lingers in the halls.

New York's insane asylums hold a dark legacy and are a haunting reminder of the mistreatment faced by vulnerable individuals in the past. Exploring their eerie history can evoke a mixture of curiosity, fear, and empathy. These abandoned structures serve as a stark reminder that mental health should be treated with compassion and understanding, ensuring that such horrors remain only in the past and not in our present or future.

So, will you dare to enter the realm of New York's insane asylums and uncover the terrifying truths hidden within their walls?



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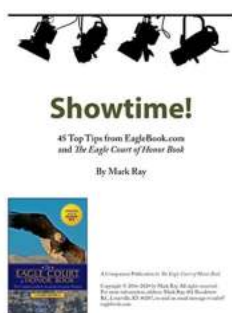


The Blackwell's island Asylum was the first lunatic asylum for the city of New York and the first municipal mental hospital in the country. The institution was the first in what later became a larger system of New York City Asylums which was

comprised of hospitals on Blackwell's, Ward's, and more briefly Hart's and Randall's Islands in New York City.

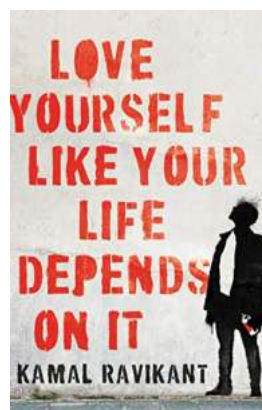
In 1887, the author accepted an assignment from publisher Joseph Pulitzer of the New York World and went undercover at the lunatic asylum on Blackwell Island, America's first municipal mental hospital. Calling herself "Nellie Brown," she was able to convince policemen, a judge, and a series of doctors of her madness with a few well-practiced facial expressions of derangement.

At the institution, the author discovered the stuff of nightmares. Mentally ill patients were fed rotten, inedible food; violently abused by a brutal, uncaring staff; and misdiagnosed, mistreated, or generally ignored by the doctors and so-called mental health experts entrusted with their care. To her horror, she encountered sane patients who had been committed on the barest of pretenses and came to the shocking realization that, while the Blackwell Island asylum was remarkably easy to get into, it was nearly impossible to leave.



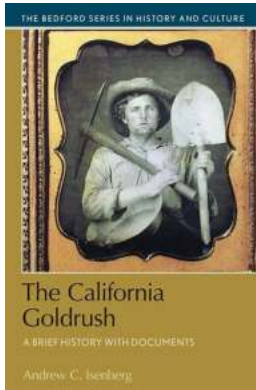
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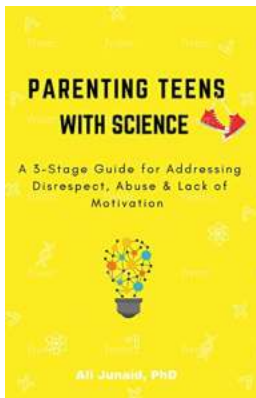
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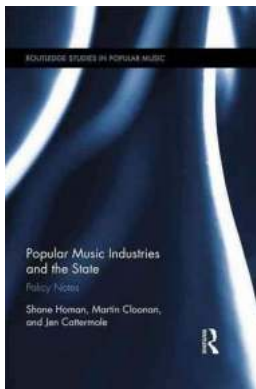
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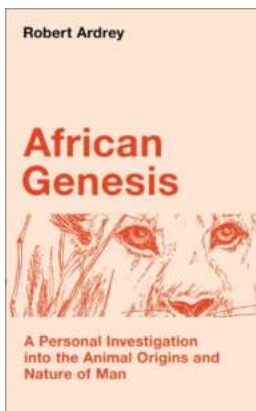
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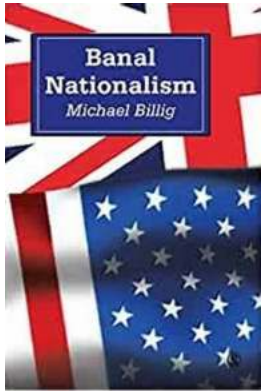
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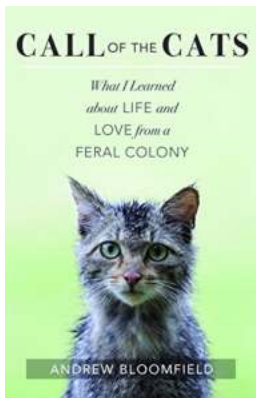
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