A Nashville woman is questioning why her 23-year-old grandson remained locked up in a prison cell without a shower or exercise for nine months.

Once a smiling young boy, Mary Braswell said her grandson's teen years were marred by bi-polar disorder and ADHD, mental challenges, she said, that led Frank Horton to a string of small crimes and then to jail.

"I always checked every so often," she told News 2. "I called the counselor and she said he's doing okay, and that she went to the nurse and she said he was doing fine."

Horton, however, was not doing fine.

Last spring, he was placed in solitary confinement and stayed in his cell for nine months. He refused to leave to take a shower or get exercise.

Horton’s mother and grandmother said it is possible he chose to stay in his cell, in an effort to stay out of trouble.

He had some run-ins with prison officials, they said, that led to him being placed in solitary confinement.

They said it is possible he might have been trying to avoid the places where he most likely would get in trouble.

The problem, they said, is Horton is mentally challenged.

Attorney David Raybin said Horton or any other inmate should not be allowed to set their own schedules.

"You shouldn't have any inmate, no matter what his situation is, confined to his cell for more than a week without bringing them out to check on them... Nine months is beyond belief."

Horton’s mother said because of his mental challenges, she is afraid of what might happen to him.

"He needs to be treated somewhere else. Jail is not the place for my son," she told News 2.

In a statement released Monday, the CCA said Horton, on 17 separate occasions, acted out in a manner that threatened the safety and security of inmates and staff.

The statement said, "Despite repeated attempts, Horton continually elected not to leave his cell for a shower or recreation time."