

[Date]

Tywin Lannister, J.D.
Executive Director
Westeros Psychiatric Security Review Board
610 SW Gin Alley, Suite 420
King's Landing, SL 00023

RE: Privilege Increase Request for Jon Snow

Dear Tywin,

The Night's Watch Treatment Team has met regarding the status of Jon Snow. In order to prepare Mr. Snow for a lower level of care at a future time, the treatment team is recommending a privilege allowance of a short peer pass. While Mr. Snow has been residing at The Night's Watch Wall SRTF he has been compliant with all treatment recommendations and is not currently showing any signs of agitation or aggression. The treatment team would like to request that he be granted the pass level I privilege (e.g. short peer passes), in order to maximize Mr. Snow's chances of success when he is discharged to a lower level of care. The treatment team would follow The Night's Watch pass policy and his privileges would be executed as follows:

Mr. Snow has been currently attending community outings to Mole's Town and Beyond the Wall successfully. He will follow the current Night's Watch pass privilege system. Mr. Snow will carry, and be required to answer, a GPS enabled raven bird at all times. Staff will track his location for the duration of his pass. Mr. Snow's privileges will be suspended at any time if there is concern regarding his mental status. The treatment team will take treatment, safety, mental status and other areas into consideration in making appropriate determination and will inform the board of Mr. Snow's progress.

Strengths

Mr. Snow is currently participating in his treatment. He attends all required groups and activities, and participates in additional structured activities that are offered. Mr. Snow volunteers five times a week for ranging duties beyond the Wall and custodial duties at Castle Black. Mr. Snow is engaging in daily exercise on his own and with staff. When Mr. Snow first arrived at The Wall he was on 1:1 staffing, eventually he was moved to 1:2, and then to regular staffing patterns. There have been no issues or concerns with Mr. Snow's behaviors in the community within the past six months. Mr. Snow reports that he has no desire to go South and join his half-brother's rebellion or avenge his father's death. Mr. Snow reports that he feels he is a different person now and does not believe that running away will be helpful to him in meeting his goals. Mr. Snow recognizes his triggers and does not want to lose the privileges he has now. Mr. Snow has also reported that he is confident that his violent thoughts are under control and he will not act on them. Jon also reports he has goals in his life to live independently someday and he does not want to jeopardize that goal.

Mr. Snow has been able to talk about his instant offense which is a sensitive and emotional topic, he continues to have fixed delusional thoughts about White Walkers, Wights, and Wildlings – however, he has stated that he does sometimes have "thoughts that aggravate me." He reports they are mostly about his family members and his hometown of Winterfell. Mr. Snow has reported that sometimes the trigger is something that reminds him of home, other times there is no trigger. He reports that he copes

with these well, and he works on distracting himself when he has these thoughts – he reports he will exercise, pray to the Old Gods, and spend time with his dog Ghost and his friends to stop these thoughts. He reports it no longer gets to the point where it is a problem. He reports that in the past he was overwhelmed with angst about being a bastard son of Lord Stark, and could not cope or control those feelings. Now he feels that he is a different person and has learned to cope with his feelings and thoughts fairly well.

Mr. Snow has been working on building a therapeutic alliance, and has been working on being honest about his thoughts and feelings. He currently has healthy and manageable short and long-term goals which serve as protective factors for him and should help him maintain his mental health. Mr. Snow reports he would like to participate in more Beyond-The-Wall ranging, he would like to assist the Lord Commander, and he would like to use his privileges, if earned, to continue to engage in these activities. Mr. Snow has no known medical issues that require monitoring.

Areas for Improvement

An area of concern for Mr. Snow is his fixed delusion regarding the belief that an army of White Walkers is about to descend upon The Wall. These beliefs are partly what led to his instant offense. Although the delusion remains fixed, Jon has been discussing his thoughts and feelings in therapy and has been able to identify triggers and ways that he can stop distressing thoughts about his family or White Walkers.

Elopement risk is another concern for Mr. Snow, as a history of elopement at WSH, once in [Year] and once in [Year]. Jon actively engages in staff supervised outing in the community since his admission and there have been no elopement concerns. He has shown insight into his past behaviors and feels that eloping would jeopardize everything he has worked to earn.

The treatment team feels that Mr. Snow has progressed in his treatment, and dangerous behavior and elopement are currently not a concern.

Summary

Mr. Snow has been successful since his admission to The Wall in [Date]. Mr. Snow is focused on his goals of continuing with volunteer work beyond the Wall, staying physically active through exercise and engaging in sports in the community. Mr. Snow also has a long term goal to live independently one day. He has had no behavioral issues since his admission. He gets along with his peers and maintains a positive attitude. He has worked on building a therapeutic alliance in therapy and being honest about the thoughts and feelings he experiences.

In gaining pass level 1 privileges Mr. Snow will have the opportunity to increase his independence in the community while being closely monitored. Mr. Snow has shown no evidence of being a risk in the community and he has demonstrated motivation to continue his treatment goals. The treatment team believes that the plan outlined above will give Mr. Snow the opportunity to demonstrate that he is ready for increased independence and eventual transition to a lower level of care.

Thank you for your time and attention,

Jeor Mormont, Lord Commander

Clinical Supervisor
PSRB Monitor