

[Date]

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

RE: Theon Greyjoy Modification to Conditional Release Plan

Dear Mr. Lannister,

The purpose of this letter is to request an administrative hearing for the following conditional release plan modification for Theon Greyjoy.

1. Reduce his weekly ICM checks from four times a week to two times a week
2. Reduce mental health groups from three a week to one a week
3. Reduce substance abuse treatment groups from two a week to one a week
4. Reduce self-help groups to as directed from two times per week.
5. Reduce medication reviews from one time per month to one time every three months
6. Reduce his monthly urine analysis from three times per month to one time per month.
7. Reduce case manager sessions from three times per week to one time per week.
8. Reduce scheduled home supervision visits from twice a week to once a week.

Mr. Greyjoy was placed under the PSRB on [Date] after he was found GEI for the crime of Orphan Burning I and is under jurisdiction until [Date]. Mr. Greyjoy has been in our program since [Date] and has been living successfully in the Intensive Case Management program since [Date]. His diagnosis is Schizophrenia, Cannabis Use Disorder, in sustained remission, in a controlled environment, and Intellectual Disability.

Mr. Greyjoy should be granted approval based on these factors:

Mr. Greyjoy has been in the Intensive Case Management (ICM) program since [Date] and has been consistently improved toward meeting his conditions of release while in the program. He has been able to manage his own apartment and continues to reside at 555 S.E. Winterfell Dog Kennels #17; Winterfell, NO, 00056. Mr. Greyjoy has demonstrated the ability to live independently and successfully. He manages his own money, pays rent without issue, ensures timely payment of all necessary bills, performs errands and prepares his own meals. Mr. Greyjoy has consistently worked toward building his insight into his mental illness, including his symptoms and early warning signs. He understands his potential triggers toward relapse as well as instances that may exacerbate his mental health symptoms. He understands the importance of taking his medication. He is currently taking Milk of the Poppy, 5mg and is medication compliant, as evidenced by random checks of his MAR. Mr. Greyjoy has shown to be psychiatrically stable in his treatment at Winterfell Behavioral Healthcare. He continues to meet with Dr. Barbrey Dustin once every two months for medication review.

Mr. Greyjoy is very active in the community and has demonstrated a strong desire to be a productive member of society. He has maintained a volunteer position with The Dreadfort, a local food bank for the past three months. He works a consistent schedule of five hours a day, three days a week, at times staying later to help out. He has independently advocated a schedule that works well with his treatment requirements, displaying a great deal of self-efficacy in this area. In addition to working 15-18 hours per week, Mr. Greyjoy also completes community service hours to help out stray dogs in the local area. The services he completes include dog grooming, cleaning the cages, exercising the dogs and helping to socialize them.

Mr. Greyjoy is dedicated to his individual therapy and has been receptive and open to interventions and therapeutic approaches presented to aid in his recovery and maintenance. He participates in a mix of mental health services at Winterfell Behavioral Healthcare and plans to continue with his treatment post-PSRB jurisdiction. Mr. Greyjoy demonstrates open, willing and active engagement in treatment recommendations and interacts well with staff and his peers. Mr. Greyjoy has extensively explored the social judgment deficits that served to increase his past marijuana use and has sought support and treatment that works to build insight in this area. He completes random and observed UA's as well as attending required meetings and individual therapy with his case manager, Ramsay Snow, four times a month.

The most prominent risk of reducing Mr. Greyjoy's weekly ICM checks would be the potential to increase his isolation due to less interaction with staff, as well as potentially increasing his symptoms of volition regarding engagement in treatment and in the community. To mitigate this risk, the treatment team will continue to monitor for symptoms and verify medication compliance during their twice weekly checks as well as continuing to require a minimum of 20 hours of structured time weekly. Mr. Greyjoy will have two weekly ICM checks that will be scheduled in consideration of risk. In addition to this, Mr. Greyjoy will have access to the on-call phone numbers of staff in order to retain his ability to seek support from staff as needed.

The greatest risk for reducing the number of mental health, substance use and support groups that are required would be a reduction in structured activities that benefit Mr. Greyjoy's mental health and recovery. To mitigate this risk, it would be stipulated that if Mr. Greyjoy's mental health and recovery. To mitigate this risk, it would be stipulated that if he is not engaging in volunteer or educational activities which benefit his mental health at a minimum of 15 hours a week, then his groups would again be required of him as directed by his case manager. Mr. Greyjoy will also continue to have the option to attend additional groups at the Weirwood Center as his time permits.

The request for reduction of medication reviews to once every two months has been driven by his prescriber, Dr. Hosteen Frey, DO. This reduction is based on Mr. Greyjoy's long-term psychiatric stability on his current medication regimen and lack of reported side effects. If clinically or risk-indicated, a medication review can be scheduled at any time.

Overall, Mr. Greyjoy has shown month after month that he is growing in his ability to develop insight into his symptoms of mental illness and to communicate his unmet needs with staff, seeking support

and assistance as necessary to accomplish his goals in treatment. He has continued to improve on his ability to manage his symptoms of avolition and anxiety since his transfer to Winterfell Behavioral Healthcare over three years ago. Furthermore, he has improved a great deal in his community integration, obtaining and maintaining a volunteer position that is able to take into consideration any limitations that his symptoms may cause. Additionally, he has integrated into the community through his acts of community service. Given his ongoing success in the program and in the community, the treatment team feels as though Mr. Greyjoy can be safely treated within the community with the recommended modifications.

If you have any questions or concerns regarding this request, please call me at 555-555-5555. Thank you for your time and consideration.

Sincerely,

Ramsay Snow, M.A., QMHP
Winterfell Behavioral Healthcare
ICM Case Manager