

May 9, 2016

Ben Luftman, Attorney at Law
Luftman, Heck & Associates LLP
580 E. Rich Street
Columbus, Ohio 43215

Re: Clinical Anger Management Evaluation for Justin R. Palm (DOB – 07/26/1982)

Dear Mr. Luftman:

I performed a Clinical Anger Management Evaluation for Mr. Palm in reference to his January 2016 aggravated menacing charge. This assessment included a 60-minute in-person clinical interview, and the administration of:

- Quick PsychoAffective Symptoms Scan (QPASS)
- Beck Depression Inventory-2 (BDI-II)
- Anger Control Questionnaire
- General anxiety/depression screening
- 50 minute in-person clinical interview

The following items provide a summary of the screening results, my diagnostic opinion and professional recommendations:

QPASS

Emotional Temperature Form: results for anxiety, depression, and anger all fell within the minimal range (a subclinical category)

Subscale Analysis Form:

- subscales for depression did not indicate a clinical concern regarding dysphoria, unsustained effort, fatigue, anhedonia or any concern regarding negative cognitions;
- subscales for anxiety did not indicate a clinical concern for apprehension, physiological arousal or interpersonal anxiety;
- subscales for anger did not indicate a clinical concern in regards to angry mood, resentment, indignation, or internalized anger; anger subscales indicated a mild problem with verbal expression of anger

Clinical Profile Form: screening did not indicate any concerns in regards to phobic avoidance, obsessive-compulsive traits, or psychosis; no indications of suicidal or homicidal ideation;

BDI-II: score = 0; screening did not indicate any difficulty with depression; respondent's answers were in agreement with other screenings and his self-report

Anger Control Questionnaire: score = 23; scores between "20-50" indicate normal range of anger control; does not typically indicate need for clinical interventions

Prior Legal History Reported: denied receiving any prior legal charges except for moving violations

Clinical Interview/Summary:

Mr. Palm's written screenings provided no overt indications of a clinical problem in regards to anxiety, depression, or anger control. Mr. Palm and I discussed the incident, which led to his present charge along with a general review of his occupational, relational, and personal functioning along with a past-year review of various life stressors. I did not find evidence that suggests Mr. Palm has any significant issues with depression or anxiety. I also did not find evidence that suggests Mr. Palm has an impulse control disorder, intermittent explosive disorder, or behavioral difficulty in managing healthy expression of anger. Mr. Palm's clinical interview revealed that his general approach to anger control is of suppressing unwanted or negative thoughts, emotions, and urges or engages in various behaviors to provide himself with a short-term distraction. Mr. Palm freely acknowledged that such behaviors do not provide a long-term solution to distress but that he lacked knowledge of other coping skills. While I do not find Mr. Palm showing signs of a behavioral disorder, I am recommending that he attend several sessions of a mindfulness support group to gain additional coping skills that will help him handle uncomfortable psychological experiences in an adaptive manner.

DSM-5 DIAGNOSIS in Reference to Substances: Z03.89 (suspected mental health condition not found)

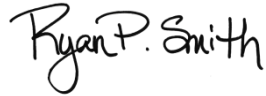
Treatment Recommendations:

- 1) Support Group, recommend attendance at Mindful Living Support Group (meets first and third Thursdays of each month from 7:30pm-8:30pm; contact Jessica Starr, 614-285-6204); recommend minimum of 3 classes;
- 2) If there is another negative consequence regarding anger expression or anger control within the next year, it is recommended that Mr. Palm seek an updated evaluation where outpatient counseling or an anger management group is the minimum level of care.

If the court possesses additional information that might impact the outcome of this assessment, I would be happy to review it and consider any appropriate modifications or amendments to the present report.

Thank you for the opportunity to assist the court, Mr. Palm, and yourself in this important matter.

Sincerely,

A handwritten signature in black ink that reads "Ryan P. Smith". The signature is written in a cursive, flowing style.

Ryan P. Smith MSW, LISW-S
SW Lic. #1.1000155-S
cc: Justin R. Palm

Diagnostic Conclusions / Limitations: Directions Counseling Group provides Clinical Anger Management Assessments based on objective and standardized screenings and interviewing methods as well as self-reported information. Clinical conclusions are made to the best of the professional's ability with data on hand at the time of the assessment. Expanded assessments which involve additional background research, collateral information and third party verification can be provided as an additional service upon request.