

November 4, 2016

Sallynda Rothchild Dennison, Attorney  
500 South Front Street, Suite 102  
Columbus, OH 43215

**Re: Clinical Mental Health Assessment for Aaron Nauman**

Dear Ms. Dennison:

I performed a General Mental Health Assessment for Mr. Nauman in reference to a protection order violation in Franklin County. This assessment included a clinical interview the administration of:

- A Mental Status Exam
- A Beck Depression Inventory
- A Patient Health Questionnaire (PHQ-9)
- A Zung Anxiety Inventory
- DSM-5 Cross Cutting Symptom Measures

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

**Clinical Instrument Scores/Brief Interpretation**

Mental Status Exam

General Appearance – appropriate attire and hygiene, good eye contact

Speech Emotional State – appropriate volume and rate of speech, appropriate demonstration of emotional range congruent with content of speech, projects normal level of confidence

Thought Processes – logic and reasoning intact, no evidence of delusions, hallucinations, obsessions/compulsions

Sensorium & Mental Capacity – oriented x3, normal

Insight & Judgment – able to self-reflect in a meaningful way, aware of personal strength and weaknesses

Beck Depression Inventory – score = 7 on a 0-63 scale; minimal symptoms with no suggestion of a clinical condition

PHQ-9 – Patient Health Questionnaire – score = 0 on a 0-27 scale; no signs/symptoms of a DSM-5 depressive disorder reported, answers consistent with Beck Depression Inventory

Zung Anxiety Scale – score = 20 on a 20-100 scale; no signs/symptoms of a DSM-5 anxiety disorder reported

DSM-5 Cross Cutting Symptom Measures – score = 4; no signs/symptoms of a DSM-5 anxiety disorder reported (4 points for daily tobacco use)

Personality Characteristics (impressions from interview)– the clinical interview provided no impressions of a DSM-5 personality disorder

**Related Legal History Reported:** denies any history of legal charges aside from the protection order currently before the court

**Clinical Interview/Summary:** Mr. Nauman's written screenings were negative for depressive, anxiety, impulse control and personality disorders. He did openly share that he has been actively engaged in recovery from alcohol and drug use (opioid, cocaine and alcohol use over a three-year period). Mr. Nauman shared that he has been attending 12 step meetings and involved in a faith community for 22 months without relapse. He also serves as a chair at his 12 step meetings.

Mr. Nauman shared how the protection order came about (called his ex-wife a lewd name) and how the violation of the protection order occurred (sent his ex-wife two emails about visitation arrangement details with his son). He denied any history of physical violence in the marriage or in any other intimate relationships. He is currently not engaged in any intimate relationships.

During the 65-minute clinical interview Mr. Nauman had several opportunities to shift blame, express anger or reveal a pattern of responses that would be indicative of a mental health disorder. He remained appropriately focused and emotionally composed during the interview. In my best clinical judgement, I found no cause for a present mental health condition but do recognize that he is in recovery for drug and alcohol problems. The treatment recommendations provided herein only serve to reinforce his current recovery program.

**DSM 5 DIAGNOSIS in Reference to Mental Health Conditions:** alcohol, cocaine and opioid use disorders in sustained full remission, no other mental health conditions found (Z03.89)


#### **Treatment Recommendations:**

- 1) Continue 12 Step Meeting Attendance to support long term recovery process;
- 2) Recommend holistic approach to recovery – active participation and service in faith community, attention to sleep, nutrition, exercise, etc.
- 3) If additional problems such as alcohol or drug relapse occur, see a mental health and substance abuse professional for further evaluation and recommendations.

If you or the court possess additional information about Mr. Nauman that might impact the outcome of this mental health assessment, I would be happy to review it and consider appropriate modifications or amendments to the present report.

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

Sincerely,

A handwritten signature in black ink that reads "Brian F. Davis". The signature is fluid and cursive, with the first name "Brian" being more prominent than the last name "Davis".

Brian Davis, LISW-S, SAP  
cc: Aaron Nauman

**Diagnostic Conclusions / Limitations:** Directions Counseling Group provides Clinical Mental Health 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.

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