



December 7, 2005

Mary Claire Buckley, J.D.
Psychiatric Security Review Board
620 SW Fifth, Suite 907
Portland, OR 97204

RECEIVED
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P.S.R.B.

Re: Todd Michael Giffen

Dear Mary Claire:

The following 5 items are in response to your request for my opinion on matters related to the revocation of conditional release of my client under PSRB, Todd Giffen.

1. Factors contributing to the revocation. - Mr. Giffen suffers with symptoms of depression and severe social anxiety. He is poorly socialized for his age, having dropped out of school in the 6th grade to live with his grandparents. He was physically and sexually abused in childhood. His primary coping strategy is one of withdrawal. Under stress (baseline for him), he tends to isolate, and then ruminate on thoughts and feelings of hopelessness for any kind of a future. He has contemplated suicide daily for years. He is also bright and creative enough to consider various means of suicide, and admittedly he has done a fair amount research on methods of suicide. The revocation was based in part, upon Mr. Giffen's suicidal behavior despite his repeated and recent agreements for no self harm. He had also apparently just prior to the event either become irrational and overly impulsive, or defiant, as he left me a voice mail a few hours earlier telling me he was moving out of the William Ware Residence immediately and would be staying with his grandparents. "Calling the shots" this way, is of course is completely contrary to the rules and expected behavior under PSRB conditions of release. Mr. Giffen did not state explicitly why he suddenly became so determined to leave Wm Ware Residence, but he had at times expressed that did not particularly like living there, and he was years younger than any other resident.
2. What services might have helped. ~ In retrospect, it seems Mr. Giffen needed a more secure and more structured living environment. This could not have been easily predicted, as Mr. Giffen went from living with his grandparents, to living at Wm Ware Res, which was in fact a major improvement with regard to increased structure and monitoring. As he had begun taking classes toward earning his GED, was engaging in the homework, and reportedly enjoying the experience, it seemed that things were improving.

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OSH



3. Lane County Mental Health would be willing to have Mr. Giffen return to conditional release in Lane County when his suicide risk can be substantially reduced. Risk reduction can be achieved with increased security and monitoring – namely residential placement in a secure setting such as the Paul Wilson House. It is also expected that Mr. Giffen would benefit from the higher level of structure offered at a placement such as the Paul Wilson House. Lastly, we would be more comfortable accepting Mr. Giffen back if he were to make some significant improvements in his ability and willingness to articulate his feelings and concerns when under stress, and to develop some coping strategies other than withdrawal and suicidal planning or suicidal behavior.

4. If not now, when? - We would welcome Mr. Giffen back as soon as there is an appropriately secure and structured residential placement available for him, concurrent with an apparent willingness on his part, to fully comply with conditions of release, and to put aside, or drop, the suicidal planning.

5. Recommendations for treatment or issues to address while at OSH:

- Learn to identify and articulate his feelings and concerns when he feels stressed or depressed.
- Learn and utilize coping strategies other than just withdrawal.
- Learn how to drop, or at least put aside, the suicidal ideation and planning.
- Begin taking responsibility for how he feels and thinks.
- Develop the ability and /or willingness to communicate (rather than become mute) when he feels stuck and withdrawn, anxious, or depressed.
- Work on learning and practicing social skills.
- Learn to acknowledge and take credit for his abilities and accomplishments (he has many – including social skills).
- Come to some recognition of just how young he is, and how much potential he has.
- Continue to work rigorously on his GED. (He is reportedly close to graduating)
- Maintain and continue to develop his interests in technology (he is skilled with computers)
- Develop additional interests that he would be interested in continuing outside of OSH.

If I can be of further assistance please feel free to contact me.

Sincerely,

Roger G. Kalman MA

Roger G. Kalman, MA
Qualified Mental Health Professional
PSRB Conditional Release Supervisor

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