

Regional Mental Health Court  
Regional Veterans Court  
Public Health-Seattle/King County Jail Health Services  
KCF-PH-0600

516 3<sup>rd</sup> Ave. Room E-319  
Seattle, WA 98104

RMHC Treatment Plan:

RE: St v. Timothy Andrew Clemans / 19-1-01046-7 SEA / CCN 1969447

<b>Participant:</b> Timothy Andrew Clemans
<b>DOB:</b> 07/19/90
<b>Defense Attorney:</b> Christopher Sims
<b>Referred Case Number(s):</b> 19-1-01046-7 SEA
<b>Referred Charge(s):</b> Count One: Assault in the Third Degree / Count Two: Assault in the Third Degree / Count Three: Assault in the Third Degree
<b>Referral Date:</b> 07/19/19
<b>Screening Date:</b> 07/24/19 & 07/25/19
<b>RMHC Plea Date:</b> 08/13/19
<b>Custody Status:</b> KCCF

**Contact Information:**

Telephone Number: N/A

Address: Mr. Clemans will be released to housing through PHS. The unit number will be provided

**Mental Health Diagnoses:**

Major Depressive Disorder (MDD), Severe, Recurrent without Psychotic Features

Asperger's Disorder

BPD

R/O Bipolar I Disorder

R/O Schizoaffective Disorder, Bipolar Type

**Mental Health Treatment History:**

In terms of treatment, Mr. Clemans was previously tiered through CPC, Seattle Counseling Services, and Harborview Medical Center. Through Harborview Medical Center, Mr. Clemans completed a six month DBT Skills Group. In addition to outpatient mental health treatment, Mr. Clemans has been treated in the ED for psychiatric concerns over nineteen times since early 2018 (Swedish First Hill (One ED Visit), Virginia Mason (One ED Visit), Valley Medical Center (Two ED Visits), UW Medical Center (Four ED Visits), Harborview Medical Center (Eleven ED Visits), Highline Medical Center, (One ED Visit). ECLS similarly indicates the following ITA history: 12/02/18 – 03/12/19: Fairfax Hospital, 07/02/18 – 10/31/18: Fairfax Hospital, and 06/17/17 – 06/28/17: Highline Medical Center.

Given the frequency of ED visits, the clinician office is recommending that Mr. Clemans interface with his assigned mental health provider at least twice per week until otherwise directed by the Regional Mental Health Court judge.

**Current Medications:**

Citalopram (CELEXA) 20 mg tablet

Propranolol (INDERAL) 20 mg tablet

Oxcarbazepine (TRILEPTAL) 600 mg tablet

**Substance Use Diagnosis:**

N/A

**Substance Use Treatment History / Additional Information:**

Per his self-report and associated health records, Mr. Clemans has no history of prior substance use and or dependence. If indicated at a future point, Mr. Clemans will be required to complete a substance use assessment and comply with all clinical care recommendations. In addition, it should be noted that Mr. Clemans will be required to leave twice monthly UA's until directed otherwise by the Regional Mental Health Court judge.

**Preferred Treatment Provider Upon Release from KCCF:**

Community Psychiatric Clinic – Belltown  
2329 4<sup>th</sup> Ave  
Seattle, WA 98121  
Tel: (206) 461-3649

**Treatment/Court Expectations:**

- Comply with all mental health and substance use treatment as approved by either the judge or probation.
- Comply with all clinical recommendations from treatment providers.
- Take all medications as prescribed.
- Do not change treatment providers without advanced approval from the judge or probation.
- Sign all ROI's as requested.
- Abstain from all non-prescribed substances, including alcohol, marijuana/medical marijuana, or synthetic drugs.
- Submit weekly randomized UA's as requested by either the judge or the assigned probation officer.
- Reside in court approved housing that is both substance and weapons free.
- Meet with probation and attend regular court hearings as scheduled.
- Do not possess, own, or have under your control any firearms or weapons.
- Do not harm or threaten others or others property.
- Do not commit any new law violations.

**RMHC Release Plan:**

- The release plan is currently pending an RMHC sentencing date.

**Treatment Requirements:**

- Comply with all clinical recommendations through Community Psychiatric Clinic
- Engage in twice weekly mental health treatment until directed otherwise by the RMHC judge
- Meet with the assigned psychiatrist as scheduled and or as recommended
- Comply with daily medication monitoring for a period of no less than six months and or until directed otherwise by the RMHC judge
- Submit a copy of the approved safety plan to the assigned CPC provider.
- Complete a CBT intake assessment through CPC and comply with all clinical care recommendations
- Complete at least two psychoeducation group series
- If indicated, complete at least one DBT group series
- Complete at least four prosocial group series through CPC
- Submit twice monthly randomized UA's unless directed otherwise by the RMHC judge

Prepared by,

Madeline Lee  
Regional Veterans Court / Regional Mental Health Court Clinician