



## The Counseling and Psychotherapy Centers, Inc.

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Promoting Community Safety Through Management and Treatment

June 13, 2023

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To Whom it May Concern:

I have reviewed documentation from Jeremy Spiegel, M.D that reflects that Mr. Colgan was approved for Medical Marijuana Certification. The documentation indicates that Dr. Spiegel will continue to "monitor their medical condition and to provide advice on their progress at least annually".

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Mr. Colgan has participated in individual dual-diagnosis therapy since May of 2023. He has described symptoms that meet the diagnostic criteria for panic disorder and has reported previous attempts with psychotropic medication to manage this condition with no success due to side effects of the medication. Mr. Colgan has indicated that small amounts of THC use, two to three times per day has effectively managed symptoms of his panic disorder. Mr. Colgan has also stated that using THC more than this minimal amount has previously resulted in increased anxiety symptoms, leading him to be cautious about his use of THC.

As Mr. Colgan's treating therapist, I do not have any current concerns regarding his request to use medical marijuana, as prescribed by a medical professional, if his conditions of supervised release are modified to permit this use. Mr. Colgan is aware of the risks and benefits of this substance and should report any increases in anxiety, paranoia, or panic. It is also recommended that Mr. Colgan continue to learn and utilize skills to manage symptoms of panic for situations when he cannot use THC. It is also expected, per the treatment agreement in place, that Mr. Colgan not attend sessions under the influence of any substance, including THC.

Respectfully,

Julie Rosania, LCSW