

Behavioral HealthCare, Inc.
Clinical Practice Guidelines

Risk Assessment	Effective Date: 3/12/08
Review Dates:	

Purpose:

Because suicide or violent behavior can occur across the entire spectrum of psychiatric disorders, an organized assessment process responding to a consumer's risk for harm to self or others is required, as is development of responsive treatment plans and appropriate documentation. The purpose of this guideline is to establish BHI's standards for populations to be assessed, events triggering the need for a risk assessment, the major components of that assessment, criteria for triggering intervening with a crisis action plan, components of a crisis action plan and appropriate documentation by providers.

Guideline:

1. WHO: A risk assessment must be conducted for all consumers of all ages.
2. WHEN: A risk assessment is an ongoing component of clinical care. Events that will trigger a risk assessment include but are not limited to:
 - a. Initial intake process.
 - b. If the consumer presents at risk for harm to self or others
 - c. Post inpatient hospitalization
 - d. Clinician discretion
3. HOW: Elements of a comprehensive suicide risk assessment must include but are not limited to:
 - a. Evidence suicidal ideation
 - b. Level of suicidal intent
 - c. History of attempted suicide
 - d. Plan for suicide
 - i. Primary suicide method in plan
 - ii. Means readily available to implement plan
 - e. Reasons, meaning and social context of past attempt(s)- if known
 - f. Number of attempts
 - g. Recentness of last Attempt
 - h. Lethality of Last Attempt
 - i. Presence of Suicide Risk Factors, including, but not limited to lack of supports/resources, recent psycho-social loss/change, current substance use/abuse, use of prescription of benzodiazapenes or pain medications, thought processes, impulsivity, history of psychosis/depression, and history of suicide attempts
4. Elements of a comprehensive violence risk assessment must include but are not limited to:
 - a. Threats of violence against others or having violent or homicidal ideation about others
 - b. Plan to harm someone
 - c. Level of intent to harm someone
 - d. History of being violent towards or victimizing others
 - e. Presence of additional Violence Risk Factors, including, but not limited to: access to weapons, endorsement of violence, lack of religious beliefs, feelings of hopelessness, lack of concern of consequences, suicidal thoughts/feelings, impulse control problems, lack of resources/support, legal history related to

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violence, substance abuse/dependence, history of psychosis, history of paranoia, history of delusions, history of mania

5. Crisis Action Plan: A crisis action plan is not a suicide contract, but a plan for action every time the consumer is at risk.
 - a. A crisis action plan must be implemented if
 - i. The consumer expresses suicidal thoughts or violent threats,
 - ii. Endorses any level of suicide or violent intent,
 - iii. Has history of suicide attempts or violence, or
 - iv. Has a suicide plan or plan to harm someone or both, with or without means to implement that plan. Presence of additional suicide or violence risk factors must be addressed as well.
 - b. Components of an Crisis Action Plan must include but are not limited to.
 - i. Identify and enlist both community and support person resources to help the consumer in crisis.
 - ii. Include a plan for follow-up—immediate and short term
 - iii. Evidence of consumer agreement /involvement in Crisis Action Plan
6. Documentation must include but is not limited to:
 - a. Elements of assessment
 - b. Summary addressing Crisis Action plan triggers above (#5)
 - c. Crisis Action Plan, if criteria are met (#5, above)
 - d. Clinician signature, date and time of assessment

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BHI RISK ASSESSMENT TOOL (optional)

RISK ASSESSMENT SUICIDE

Does the Consumer Evidence Having Suicidal Ideation?

- Denies having Suicidal Thoughts
- Reports Infrequent Suicidal Thoughts
- Reports Suicidal Thoughts During the Past 24 Hours
- Declines to Disclose Having Suicidal Thoughts
- Optional Suicide Plan Info

What is the reported Level of suicidal Intent?

- Denies Suicidal intent for Clear Reasons
- Denies Suicidal intent though Reasons Unclear
- Level of Suicidal Intent is Weak
- Strong Suicide Intent
- Declines to Disclose Suicidal Intent
- Optional Suicide Intent Info

Has the Consumer ever Attempted Suicide?

- No Known Suicide Attempts
- Has Attempted Suicide
- Declines to Disclose Having Ever Attempted

Does the consumer have the means readily available to Implement plan ?

- Yes No
- Declines to Disclose if Suicidal Means is Readily Available

Does the Consumer report Having a suicide plan ?

- Denies Having a Suicide Plan ?
- Reports having a Plan but I Does Not Appear Fully Functional
- Has a Well Developed Suicide Plan
- Declines to Disclose having a Suicide Plan
- Optional Suicide Plan Info

Primary Suicide method in Plan

- Overdose
- Shooting
- Hanging
- Cutting Self
- Jumping From a Height
- Other
- Optional Suicide Plan Info

Reasons, Meaning and Social Context of Past Attempt(s)

- Lack of Resources/Social Support
- Feelings of Hopelessness
- Problems Related to Job/School
- Death of a Loved One
- Chronic pain/Illness/Disability
- Rejection by Significant other
- Suicide of Relative/Significant other
- Unknown

Number of Attempts _____

Recentness of last Attempt

- Within Past Week
- Within Past Month
- Within Past 90 Days
- Within Past Year
- Over One Year ago

Lethality of Last Attempt

- Low lethality
- Moderate lethality
- High Lethality
- Unknown

Consequence of Attempt

- Serious Injury Requiring Acute Medical Care
- Injury Requiring No or Minimal Medical Care
- No Injury

BHI RISK ASSESSMENT TOOL (optional)

Suicide Risk Factors

- Lack of Resources/Social Support
- Lack of Support
- Problems Related to Job/School
- Cognitive Rigidity
- Feelings of Hopelessness
- Impulse Control Problems

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BHI RISK ASSESSMENT TOOL (optional)

- Death of a Loved One
- Rejection by Significant other
- History or Current Use of Drug Abuse Dependence
- Suicide of Relative/Significant other
- Chronic PAIN/ Illness/ Disability
- History of Psychosis/Depression
- Past Suicide Attempts
- Use of Prescription Pain Medication or Benzodiazapenes

RISK ASSESSMENT - Violence

Is the consumer making threats of violence against others or having violent or homicidal ideation about others

- No Threat of Violence
- Threat of Violence Against others
- Declines to Disclose Violent Threats or Ideation

Does the consumer have a history of being violent towards or victimizing others ?

- No history of being violent towards or victimizing others
- History of being violent towards or victimizing others
- History of Victimizing others resulting in charges being filed and/or serious injury
- Declines to disclose

Violence Risk Factors

- Access to Weapons
- Endorsement of Violence
- Feelings of Hopelessness
- Suicidal Thoughts/Feelings
- Lack Resources/Support
- History of Violence
- History of Psychosis
- History of Delusions
- Specific Plan
- Lack of Religious Beliefs
- Lack of Concern of Consequences
- Impulse Control Problems
- Legal History Related to Violence
- History of Substance Abuse/Dependence
- History of Paranoia
- History of Mania

Does the consumer report a plan to harm someone?

- Denies Having a plan to harm someone
 - Reports having a plan though it is not fully developed
 - Has a fully developed plan to harm someone
 - Declines to Disclose a Plan to Harm Someone
- Describe the plan if Possible

What is the Consumer's level of intent to harm someone ?

- Denies Intent to harm others
- Denies Intent to harm Someone
- Unclear reason
- Weak level of intent to harm Someone
- Strong Intent to harm Someone

CRISIS ACTION PLAN TOOL (optional)

Check all actions taken to ensure safety of client and/or others

- Developed a crisis plan with consumer which identifies support systems and alternatives to destructive behaviors

Did the Consumer agree to and Sign the Crisis Plan? Yes No

- Enlisted the support and involvement of family/significant others to decrease the consumer's isolation
- Enlisted the assistance of a support person to secure medications and monitor/assist with administration.

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- Enlisted the assistance of a support person to remove weapons/lethal substances from the consumer's home.
- Assessed/reassessed consumer (or arranged for the consumer to be assessed/reassessed) for ongoing pharmacotherapy.
- Warned potential victim(s) of threats by the consumer to cause imminent and serious harm or death.
- Voluntary hospitalization
- Involuntary Hospitalization
- Consulted with supervisor re: treatment plan.
- Other

PLANS (other than those listed above)

Natural Supports to use:

Agencies/Services to use:

Other Plans :

Next Appointment:

Date:

Time:

Staff Member:

Client Signature: