

V-RISK**Y**

Violence Risk Assessment Checklist for Youth aged 12-18

Name	Date of birth	Girl	Boy	Other (circle)
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The time frame for V-RISK-Y is from hours to a few weeks, but risk can change quickly and must be assessed continuously.

The 12 risk items should be coded by a multidisciplinary team (if possible), e.g. after an intake interview, but *without* the youth or parents/guardians present.

No = not present

Maybe = may be present

Circle the applicable code: **Moderate** = present to a moderate extent

Yes = present

Don't know = insufficient information, would be particularly appropriate for the first contact

	Presence of the risk item			
1. Prior and / or current acts of violence <u>Serious violence:</u> Physical attacks (including the use of different weapons, fire) for the purpose of inflicting serious physical harm on another person. Moderate: Acts of aggression including kicking, hitting and pushing that do not inflict harm on the victim. Yes: Must have performed 3 moderate or 1 serious act of violence. <u>Definition of violence:</u> Actions intended to injure, violate, or inflict physical pain on another person.	No	Moderate	Yes	Don't know
2. Prior and / or current threats of violence <u>Verbal threats of violence:</u> Shouting, verbal or written statements (including on social media) involving threats to commit violent acts against another person. <u>A physical threat of violence</u> entails showing preparatory violent behaviour, such as threatening someone with a fist or other physical behaviour that signals an imminent physical attack. Destroying objects is not considered violent behaviour, but this may be perceived as a threat in certain situations (physical threat will often result in a higher risk than verbal threat). It can be difficult to assess the content of threats, and they must be characterized at best judgement as real threats (Moderate or Yes), or as "just talk" (No).	No	Moderate	Yes	Don't know
3. Prior and / or current alcohol or substance abuse Moderate: The youth has a history of abusing alcohol, medication, narcotic drugs, anabolic steroids or solvents. Yes: The youth has or has had an extensive abuse/addiction problem, with impaired health or function at school, work or leisure activities.	No	Moderate	Yes	Don't know
4. Prior and /or current severe symptoms of mental health disorders This item focuses on a failing understanding of reality. The youth has strange or inappropriate behaviour or expresses ideas that do not match their developmental age. This can be an expression of anxiety disorders, depression, autism spectrum disorders, disorders/symptoms with a lack of reality, or similar, and can also occur without any evidence of mental illness or diagnosis. Maybe: Behaviour or thoughts that give rise to suspicion of abnormality Yes: Clear and obvious aberrant behaviour or thoughts as noted above.	No	Maybe	Yes	Don't know
5. Disruptive, impulsive behaviour / Behavioural disorder Moderate: Impulsive, disruptive behaviour that does not cause serious harm or distress; such as ADHD, oppositional behaviour or poor emotional regulation (e.g. self-harm). Yes: Behavioural disorders causing serious harm or distress, antisocial behaviour.	No	Moderate	Yes	Don't know
6. Has poor insight into the mental disorder and/or behaviour This item examines to the extent to which the youth or parents/guardians lacks insight into the youth's mental illness or behavioural problems, what social consequences these may entail, and what the youth needs in terms of help, support, care measures or treatment. For younger youths, their parents/guardians' insight will be most important, while for older youths, the youth's own insight will be most important. Moderate: Either the youth or their parents/guardians lack insight. Yes: Both the youth and parents/guardians, or youth 16-18 years old, lack insight.	No	Moderate	Yes	Don't know
7. Suspicion The youth expresses suspicion towards other people, either verbally or nonverbally, or appears to be "on guard" against the surroundings.	No	Moderate	Yes	Don't know

8. Demonstrates lack of empathy The youth express callous-unemotional behaviour without the ability to empathise with the mental or emotional situation of others. The behaviour must clearly show that the young person <i>lacks</i> empathy.	No	Moderate	Yes	Don't know
9. Unrealistic planning This examines the extent to which the youth or parents/guardians has unrealistic plans for what the young person will need in terms of help, support or treatment in the future, and what can be expected from support from family and from social and professional networks. It is important to assess whether the parents/guardians and the youth are willing to cooperate and are motivated to follow the plan. For younger youths, their parents/guardians' plans will be most important, while for older youths, the youth's own plans will be most important. Moderate: Either the youth or their parents/guardians lack realistic plans. Yes: Both the youth and their parents/guardians, or youth 16-18 years old, lack realistic plans.	No	Moderate	Yes	Don't know
10. Future stressful situations This examines the possibility that the youth (1) may be exposed to stressful and distressing situations in the future, and (2) their ability to cope with stress. It is enough to come in under either (1) or (2) to score (Moderate or Yes). This item entails whether parents/guardians are able to support the youth in their stress management, whether there are conflicts between the youth and their parents/guardians, whether the parents/guardians or the youth have antisocial lifestyles or attitudes, including an attraction to violent environments such as extremist sympathisers, e.g. radical Islamists or right-wing radicals. <u>Examples:</u> Failure to set boundaries, proximity to possible victims of violence, alcohol/substance abuse, exposure to violent environments, etc.	No	Moderate	Yes	Don't know
11. Prior and / or current severe trauma Has the youth been exposed to or witnessed severe trauma, been exposed to or witnessed repeated physical, sexual or psychological abuse, or been subjected to neglect? Maybe: Suspicion of severe trauma. Yes: Severe trauma.	No	Maybe	Yes	Don't know
12. The youth's and parents/guardians' own perception of violence risk The extent to which the youth or their parents/guardians perceive the risk of violence: Maybe: The youth or their parents/guardians perceive a slightly elevated risk of violence. Yes: The youth or their parents/guardians perceive either a moderate or high risk of violence, or do not wish to answer.	No	Maybe	Yes	Don't know

TOTAL CLINICAL ASSESSMENT AND IMPLEMENTATION OF MEASURES:

Based on the V-RISK-Y, individual clinical assessment and other available information:

(NB: "Don't know" score indicates higher risk than the "No" score)

How great do you believe the risk of violence is for this youth? (circle)	LOW	MODERATE	HIGH
Immediate implementation of preventive measures (circle), if Yes: which measures.	NO	YES e.g. shielding, permanent guard, extra staff, frequent supervision.	
Suggestions for additional violence risk assessments: (circle), if Yes: which measures.	NONE	YES e.g. mapping / investigation, further violence risk investigation at the institution, referral to second opinion, use of instruments (such as BVC, ERM, START AV, SAVRY), etc.	

Completed by: DateMental health professional:Milieu therapist: