Assessment of Risk and Protective Factors
What assessment tools is your SBHC using???
During an office visit...

- Comprehensive Risk Assessment
- Asset Checklist
- Stress/Risk Factor Assessment
COMPREHENSIVE RISK ASSESSMENT
Risk Assessment

A comprehensive annual risk assessment and biennial physical exam are essential to detecting and addressing all important health concerns of the student.

- NASBHC CQI Tool
Risk Assessment

Must be developmentally appropriate and is expected to cover:

- injury
- safety
- violence
- diet and exercise
- dental
- substance use and passive exposure
- abuse
- family relationships
- school
- friends
- mood and emotional health
- sexuality

- NASBHC CQI Tool
Risk Assessment Tools
Risk Assessment Tools

- Guidelines for Adolescent Preventive Services (GAPS)

- Bright Futures
  http://www.brightfutures.org

- American Academy of Pediatrics
Risk Assessment Tools

- Pediatric Symptom Checklist
  http://www.massgeneral.org/psc

- Child Health and Illness Profile (CHIP)
  http://chip.jhu.edu
HEADSS interview

- Home
- Education
- Activity
- Diet
- Safety
- Sexuality
The Asset Checklist

- Self-report
- 40 developmental assets
- Identifies qualities in youth that can be enhanced to promote resiliency.
Scoring for the Asset Checklist

- **External assets**
  - Support – (Questions 1-6)
  - Empowerment – (Questions 7-10)
  - Boundaries and expectations – (Questions 11-16)
  - Constructive use of time – (Questions 17-20)

- **Internal assets**
  - Commitment to learning – (Questions 21-25)
  - Positive values – (Questions 26-31)
  - Social competencies – (Questions 32-36)
  - Positive identity – (Questions 37-40)
Stress-Risk Factor Assessment

- Ask
  - “What 3 things do you think are causing you the most stress lately?”
  - “What 3 things do you think are causing your family the most stress lately?”
  - “What 3 things do you think are most stressful about your school?”
  - “What 3 things do you think are most stressful about your neighborhood?”

- Mark the student’s top three areas of stress with 1, 2, and 3.

- Place a checkmark beside other areas of stress or risk factors that apply for this student.
Stress-Risk Factor Assessment

Ask

- “What 3 things do you think are causing you the most stress lately?”;

- “What 3 things do you think are causing your family the most stress lately?”

- “What 3 things do you think are most stressful about your school?”

- “What 3 things do you think are most stressful about your neighborhood?”
Stress-Risk Factor Assessment

- Mark the student’s top three areas of stress with 1, 2, and 3.

- Place a checkmark beside other areas of stress or risk factors that apply for this student.
Considerations In Assessment Selection

- Be sensitive to age, sex, language, and culture
- Be relevant to their needs or risk factors
- Practicality of implementing in your practice
- Instruments should be “user friendly”
- Capture the information you need
- Be measurable
- Fit with your style of practice
- There is no best way
How do you conduct the risk assessment?

- Paper and pencil – done by student
- Computer based
- Provider interview of student at the time of the examination
- Provider interview of student at a time apart from the examination

What works in your setting?
Documentation of Risk and Protective Factors

Documentation may take many forms...

- Inclusion of strengths/assets/protective factors in intake evaluation, progress notes, and/or treatment plan
- Checklist of risk and protective factors
- Assessment instruments (e.g., comprehensive risk assessment, asset checklist, etc.)
Getting the assessment done: Distribution of work

- Identifying components of the work
- Identifying team roles
- Shared Responsibility
- Staff Training
Now What?:
Assessment Follow-up

Is there a referral system in place to follow-up on identified mental health problems?

- Internal referrals
- External referrals
Strategies to Facilitate Referrals

Internal referrals:
- Referral log
- Referral form with feedback form
- Interdisciplinary case conferences
- Follow-up documentation in charts

External referrals:
- Community resource directory
- Established relationships with community mental health providers/sponsoring organization