

Hemet Unified School District
Risk Assessment
CLINICAL INTERVIEW

Recommended Questions

Ask what is going on in their life that makes you want to hurt yourself?

Do you feel depressed, anxious?

Do things seem out of control?

Do you feel hopeless?

Has something happened recently to add to these feelings?

List the positive things in your life?

Are you thinking about killing yourself or hurting yourself in anyway?

Have you ever tried to hurt yourself before?

Do you think you might hurt yourself today?

Have you thought of ways that you might kill yourself or hurt yourself?

Do you have pills/weapons in the house?

How have you coped in the past when feeling this way?

Are you using any drugs or alcohol? (If yes, explore types, frequency, and recent usage)

How do you deal with stress, anger, sadness?

Other Key Information

Reality Testing, Is the student oriented to time and space?

Is there a trigger event? Has something happened recently to add to these feelings?

Is there a history of mental illness with the student or student's family?

Is there history of family problems or concerns?

Does the student show black and white thinking?

Identify support system; family, friends, school.

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I: Ideation- threatened or communicated to hurt self.

S: Substance abuse- Excessive or increased use.

P: Purposeless- No reason for living.

A: Anxiety- Agitation/insomnia or sleeping too much, feels nervous all the time.

T: Trapped- Feeling there is no way out, stuck in this situation, can't problem solve.

H: Hopelessness- Feeling nothing will ever change no matter what they do.

W: Withdrawing- From friends, family, society. The do not hang out with friends anymore and quite other enjoyable activities.

A: Anger-(uncontrolled) rage, seeking revenge for something done or not done.

R: Recklessness- Risky acts, unthinking, dare devil acts.

M: Mood changes- dramatic changes in the person mood.

Level of Risk

Low

Moderate

High