



Revisiting Best Practices in High-Risk Behavior Assessments

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The Current State of Affairs

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AS OF LATE



- Suicide was the second-leading cause of death for teens and young adults, 10-34, in 2023. (CDC, n.d.)
- Suicide rates increased 30% between 2002 and 2018, declined through 2020, then increased in 2022 to the peak levels seen in 2018. (Garnett & Curtin, 2024)
- Youth Risk Behavior Survey (YRBS) in 2023 found that 20.4% of students in grades 9-12 had seriously considered attempting suicide and 9.5% had attempted suicide. (Verlenden et al., 2024)

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AS OF LATE CONT.



- Females are more likely than males to seriously consider attempting suicide (27.1% to 14.1%) and attempt suicide (12.6% to 6.4%) though boys are four times more likely to die by suicide. (Verlenden et al., 2024; Teen suicide, (n.d.).)
- LGBTQ+ youth are more likely than non-LGBTQ+ youth to seriously consider attempting suicide (41.0% to 13.0%) and attempt suicide (19.8% to 6.0%). (Verlenden et al., 2024)
- From estimates in 2017, the suicide rate among youth age 15-19 was 73.6% higher than their urban counterparts. (Suicide in rural areas, 2025).

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AS OF LATE CONT.

Race and ethnicity	Seriously considered attempting suicide	Attempted suicide
American Indian or Alaska Native	24.5%	11.5%
Asian	14.4%	8.0%
Black or African American	19.6%	10.3%
Native Hawaiian or other Pacific Islander	16.1%	15.3%
White	22.1%	8.3%
Hispanic or Latino	18.2%	10.8%
Multiracial	21.6%	11.4%

Verlenden et al., 2024

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SOLID RESOURCES

- American Foundation for Suicide Prevention (AFSP)
<https://afsp.org/suicide-statistics/>
- U.S. Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/suicide/facts/data.html>
<https://www.cdc.gov/nchs/products/databriefs/db509.htm>
- The Jed Foundation
<https://jedfoundation.org/mental-health-and-suicide-statistics/>
- Suicide Prevention Resource Center (SPRC)
<https://sprc.org/>
- Youth Risk Behavior Surveillance System (YBRSS)
<https://www.cdc.gov/yrbs/index.html>

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What About the Intersection of Sexual Abuse and High-Risk Behaviors?

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CSA AND HIGH-RISK BEHAVIORS



- Child maltreatment is a significant risk factor for non-suicidal self-injury (NSSI) and suicide attempts. (Angelakis et al., 2020; Bahk et al., 2016; Cero & Sifers, 2013; Miller et al., 2013; Serafini et al., 2017; Wherry et al., 2013).
- Major depressive disorder and substance use disorder are more frequently comorbid with PTSD in the context of sexual abuse than those with PTSD without a history of sexual abuse. (Jain et al., 2023)
- Of note
 - Risk of suicide for those perpetrators who view CSAM is higher than the risk of suicide for perpetrators who engage in hands-on abuse (Kothari et al., 2021)

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My Client Wants to Kill Themselves. What Other Factors Are at Play?

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OTHER FACTORS FOR ADULTS



Based on three well-researched theories of suicidality, Sommers-Flanagan and Shaw (2017) establish 7 factors that should guide our evaluation of suicidality

1. Substantial psychological or emotional pain
2. Social disconnectedness, thwarted belongingness, and/or a sense of being burdensome
3. Hopelessness about the psychological, emotional, or interpersonal angst ever resolving
4. Problem-solving deficits
5. Agitation or arousal
6. Diminished fear of suicide or increased pain tolerance that push individuals toward...
7. ...an accessible lethal means

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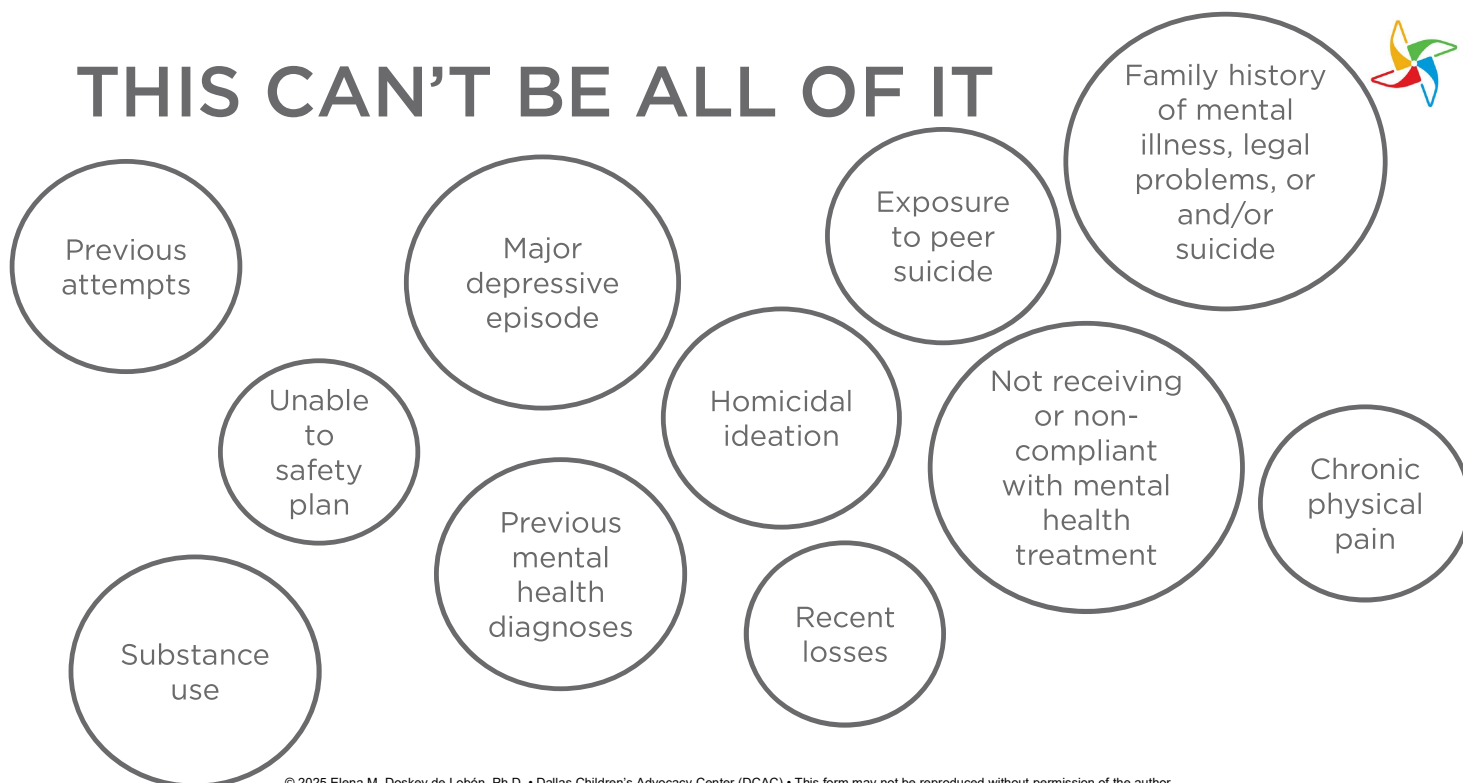
WHAT ABOUT WITH YOUTH?



1. Substantial psychological or emotional pain (Swee et al. 2020; Wolff et al., 2017)
2. Social disconnectedness, thwarted belongingness, and/or a sense of being burdensome (Cero & Sifers, 2013; Sweet et al., 2020; Verlenden et al., 2024)
3. Hopelessness about the psychological, emotional, or interpersonal angst ever resolving (Czyz & King, 2015)
4. Problem-solving deficits
5. Agitation or arousal (C-SSRS, 2008)
6. Diminished fear of suicide or increased pain tolerance that push individuals toward...
7. ...an accessible lethal means (C-SSRS, 2008)

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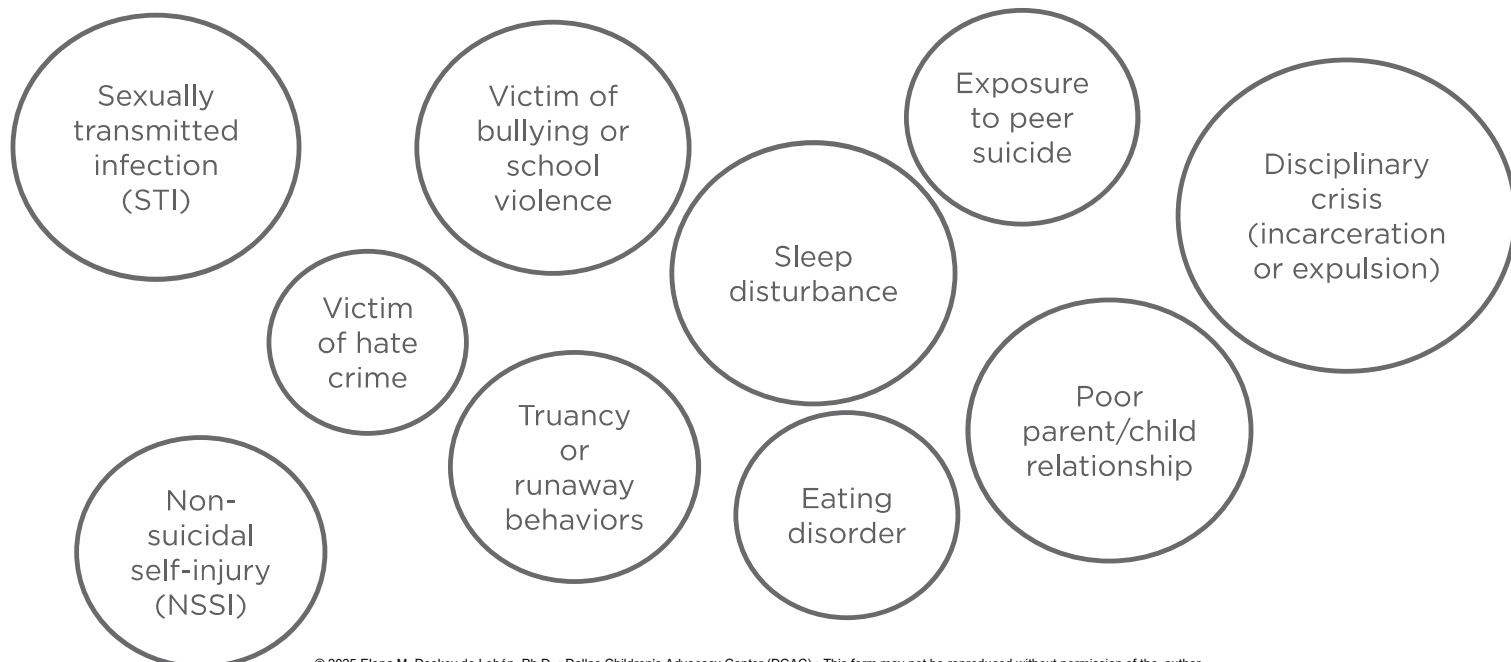
THIS CAN'T BE ALL OF IT



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(Bommersbach et al., 2025; C-SSRS, 2008)

THIS CAN'T BE ALL OF IT CONT.



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(Bommersbach et al., 2025; C-SSRS, 2008)



Develop a Protocol for your Setting Using Existing Resources

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AVAILABLE PROTOCOLS TO ASSESS FOR SUICIDE



- Ask Suicide-Screening Questions (ASQ) Toolkit
<https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials>
 - Geared more toward an emergency department setting or primary care clinics
- Collaborative Assessment and Management of Suicidality (CAMS)
<https://cams-care.com/>
- The Columbia Protocol: Columbia Suicide Severity Rating Scale (C-SSRS)
<https://cssrs.columbia.edu/>
- SAFE-T Suicide Assessment Five Step Evaluation and Triage
<https://library.samhsa.gov/sites/default/files/safet-flyer-pep24-01-036.pdf>

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ASSESSMENT RESOURCES FOR NSSI



- SOARS Model: Risk Assessment of Non-Suicidal Self-Injury
<https://www.contemporarypediatrics.com/view/soars-model-risk-assessment-nonsuicidal-self-injury>
- Cornell University Self-Injury and Recovery Research and Resources (SIRRR)
<https://www.selfinjury.bctr.cornell.edu/resources.html#tab7>
 - Mainly validated with adults

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ASSESSMENTS OF RISK OF VIOLENCE



- Structured Assessment of Violence Risk in Youth™ (SAVRY™)
<https://www.parinc.com/products/SAVRY>
- The Youth Assessment and Screening Instrument (YASI™)
<https://www.orbispartners.com/juvenile-risk-assessment>

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Tarasoff

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TARASOFF V. REGENTS OF THE UNIVERSITY OF CALIFORNIA



- 1976 ruling by the California Supreme Court which called for a “duty to protect” an identified victim, even if it breaks confidentiality
- Triggered the creation of “duty to warn/protect” laws across states
- <https://www.ncsl.org/health/mental-health-professionals-duty-to-warn>

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Safety Planning is More Than a CYA...It is an Intervention

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STANLEY-BROWN SAFETY PLANNING INTERVENTION



- <https://suicidesafetyplan.com/>
- Stanley, B., & Brown, G. K. (2012). Safety planning intervention: A brief intervention to mitigate suicide risk. *Cognitive and Behavioral Practice, 19* (SPECIAL SERIES: Working with Suicidal Clients: Not Business as Usual), 256-264. doi:10.1016/j.cbpra.2011.01.001

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SAFETY PLANNING IS AN INTERVENTION



Factors to evaluate suicidality	Safety plan components (Stanley & Brown, 2012; Stanley-Brown Safety Planning Intervention)
Substantial psychological or emotional pain <small>(Swee et al., 2020; Wolff et al., 2017)</small>	Warning signs
Social disconnectedness, thwarted belongingness, and/or a sense of being burdensome <small>(Cero & Sifers, 2013; Sweet et al., 2020; Verlenden et al., 2024)</small>	People and social settings that provide distraction; people whom I can ask for help during a crisis; professionals or professional services I can contact during a crisis
Hopelessness about the psychological, emotional, or interpersonal angst ever resolving <small>(Czyz & King, 2015)</small>	Successful use of the safety plan; using safety planning as an intervention in the context of mental health treatment
Problem-solving deficits	The intervention of safety planning
Agitation or arousal <small>(C-SSRS, 2008)</small>	Internal coping strategies; People and social settings that provide distraction; people whom I can ask for help during a crisis; professionals or professional services I can contact during a crisis
Diminished fear of suicide or increased pain tolerance that push individuals toward...	
...an accessible lethal means <small>(C-SSRS, 2008)</small>	Making the environment safer

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But I'm Not a Therapist. This is Beyond My Paygrade.

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YOUR STRESS NARRATIVE

- What is being demanded of me here?
- Am I able to hand this? (And if I can't, how can I get help?)
 - It may not be your job to do a full risk assessment and safety plan AND it *is* your job to do your part.
 - [C-SSRS](#): The Protocol in Different Settings
- You may be the social connection and hope a child needs.

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Not Only Does It Take the MDT; It Also Takes the Greater Village

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RESOURCES IN THE GREATER VILLAGE



- Gun locks provided by the police or the VA
- Partnership with big-box stores for gift cards to buy lock boxes
- Contact at legal aid to help with familial legal questions
- Domestic violence shelter and services for parental needs
- Stocking your agency with activities to use as coping skills purchased by the community
- Co-programming with local school districts
- Sponsoring events that promote connectedness and belonging
- Community-based psychiatry providers
- Acute inpatient facilities



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Know Your Level of Risk Tolerance and Adjust As Needed

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TOLERATING UNCERTAINTY



- Risk tolerance
 - The degree to which we can live with situations and decisions with uncertain outcomes that carry potentially undesirable consequences (Doskey, 2019).
- Working with individuals at-risk for suicide: Attitudes and approach (Rudd et al., 2008, p. 221)
 - Manage one's own reactions to suicide.
 - Reconcile the difference (and potential conflict) between the clinician's goal to prevent suicide and the client's goal to eliminate psychological pain via suicidal behavior.
 - Maintain a collaborative, non-adversarial stance.
 - Make a realistic assessment of one's ability and time to assess and care for a suicidal client as well as for what role the clinician is best suited.

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