

# V-RISK-Y Violence Risk Assessment Checklist for Youth ages 12-18

Name	Date of birth	Girl	Boy	Other (circle)
------	---------------	------	-----	----------------

The 12 domains 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 to severe extent

**Yes** = present

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

	Presence of the domain			
<b>1. Prior and/or current acts of violence</b> Serious violence: Physical attacks (including the use of different weapons, fire) for the purpose of inflicting serious physical harm on another person. <b>Moderate:</b> Acts of aggression including kicking, hitting and pushing that do not inflict harm on the victim. <b>Yes:</b> Must have performed 3 moderate or 1 serious acts 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
<b>2. Prior and/or current threats of violence</b> <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.	No	Moderate	Yes	Don't know
<b>3. Prior and/or current alcohol or substance abuse</b> <b>Moderate:</b> The youth has a history of abusing alcohol, medication, narcotic drugs or solvents. <b>Yes:</b> 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
<b>4. Prior and/or current severe symptoms of mental health disorders</b> The youth has displayed odd or inappropriate behaviour and/or expressed thoughts that do not correspond with their developmental age. This includes expressed symptoms of anxiety, depression, autism spectrum disorders, symptoms/disorders involving distorted perceptions of reality or similar. <b>Maybe:</b> Behaviour and thoughts that indicate possible disorders, see above. <b>Yes:</b> Clear and obvious aberrant behaviour and thoughts as noted above.	No	Maybe	Yes	Don't know
<b>5. Disruptive, impulsive behaviour / Behavioural disorder</b> <b>Moderate:</b> Impulsive, disruptive behaviour that does not cause serious harm or distress; ADHD, oppositional disorder, intermittent, explosive disorder or poor emotional regulation (e.g. self harm). <b>Yes:</b> Behavioural disorders (causing serious harm or distress), antisocial behaviour.	No	Moderate	Yes	Don't know
<b>6. Has poor insight into the mental disorder and/or behaviour</b> This refers to the degree to which the youth or their parents/guardians lack insight into the youth's mental disorder. This includes the need for treatment, social consequences, or behaviour related to the mental disorder, or developmental/personality disorder. For younger persons, their parents/guardians' insight will be most important, while for older persons, the youth's own insight will be most important. <b>Moderate:</b> Either the youth or their parents/guardians lack insight. <b>Yes:</b> Both the youth and the parents/guardians lack insight.	No	Moderate	Yes	Don't know
<b>7. Suspicion</b> The youth expresses suspicion towards other people, either verbally or nonverbally. The youth appears to be "on guard" against their surroundings.	No	Moderate	Yes	Don't know

<b>8. Demonstrates lack of empathy</b> The youth expresses callous-unemotional behaviour without the ability to empathise with the mental or emotional situation of others.	No	Moderate	Yes	Don't know
<b>9. Unrealistic planning</b> This measures the extent to which the youth or their parents/guardians have unrealistic treatment plans or other important plans for the future. For instance, whether the youth or their parents/guardians are realistic about the type of support the youth needs and what can be expected from the family and the professional and social network. It is important to assess whether the parents/guardians and youth are willing to cooperate and are motivated to follow the plan. For younger persons, their parents/guardians' plans will be most important, while for older persons, the youth's own plans will be most important. <b>Moderate:</b> Either the youth or their parents/guardians lack realistic plans. <b>Yes:</b> Both the youth and their parents/guardians lack realistic plans.	No	Moderate	Yes	Don't know
<b>10. Future stressful situations</b> This examines the possibility that the youth may be exposed to stressful and distressing situations in the future, as well as their ability to cope with stress. This domain entails whether parents/guardians are able to support the youth in their stress management, whether there are conflicts between the youth and their parents, whether the parents have antisocial lifestyles/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
<b>11. Prior and/or current severe trauma</b> 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. For a definition of severe trauma, see the PTSD and Complex PTSD diagnoses in the ICD-10, ICD-11 and DSM-5. <b>Maybe:</b> Suspicion of severe trauma. <b>Yes:</b> Severe trauma.	No	Maybe	Yes	Don't know
<b>12. The youth's and parents/guardians' perception of risk</b> The extent to which the youth or their parents/guardians perceive the risk of violence: <b>Maybe:</b> The youth or their parents/guardians perceive a slightly elevated risk of violence. <b>Yes:</b> The parents/guardians perceive either a moderate or high risk of violence, or do not wish to answer; <i>and/or</i> the youth perceives a moderate or high risk of violence, or does 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: The "Don't know" score indicates a significantly higher risk than the "No" score)**

	LOW	MODERATE	HIGH
How great do you believe the risk of violence is for this patient? (circle)			
Suggestions for additional violence risk assessments: (circle), if Yes: which measures. Any comments	NONE	YES	
Immediate implementation of preventive measures (circle), if Yes: which measures. Any comments	NO	YES	

**Completed by:** Date .....Mental health professional: .....Milieu therapist: .....