

Risk Rubric

Mental & Behavioral Health

Risk

Distress

- Emotionally troubled
- Individuals impacted by situational stressors and traumatic events
- May be psychiatrically symptomatic

Disturbance

- Behaviorally disruptive, unusual, and/or bizarrely acting
- Destructive, apparently harmful to others
- Substance abusing

Dysregulation/Medically Disabled

- Suicidal
- Para suicidal (self-injurious, eating disordered)
- Individuals engaging risk-taking behaviors (e.g., substance abusing)
- Hostile, aggressive, relationally abusive
- Individuals deficient in skills that regulate emotion, cognition, self, behavior, and relationships

