

# 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

