MENTAL & BEHAVIORAL HEALTH, “THE D-SCALE”

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

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

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

GENERALIZED RISK

NINE LEVELS OF AGGRESSION

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*Medically Disabled is a clinical term, as in a psychotic break. It is not the same as “disabled” under federal law.
### Classifying Risk

#### MILD RISK
- Disruptive or concerning behavior.
- Student may or may not show signs of distress.
- No threat made or present.

#### MODERATE RISK
- More involved or repeated disruption. Behavior more concerning. Likely distressed or low-level disturbance.
- Possible threat made or present
- Threat is vague and indirect
- Information about threat or threat itself is inconsistent, implausible or lacks detail
- Threat lacks realism
- Content of threat suggests threatener is unlikely to carry it out.

#### ELEVATED RISK
- Seriously disruptive incident(s)
- Exhibiting clear distress, more likely disturbance
- Threat made or present
- Threat is vague and indirect, but may be repeated or shared with multiple reporters
- Information about threat or threat itself is inconsistent, implausible or lacks detail
- Threat lacks realism, or is repeated with variations
- Content of threat suggests threatener is unlikely to carry it out.

#### SEVERE RISK
- Disturbed or advancing to dysregulation
- Threat made or present
- Threat is vague, but direct, or specific but indirect
- Likely to be repeated or shared with multiple reporters
- Information about threat or threat itself is consistent, plausible or includes increasing detail of a plan (time, place, etc)
- Threat likely to be repeated with consistency (may try to convince listener they are serious)
- Content of threat suggests threatener may carry it out.

#### EXTREME RISK
- Student is dysregulated (way off baseline) or medically disabled
- Threat made or present
- Threat is concrete (specific or direct)
- Likely to be repeated or shared with multiple reporters
- Information about threat or threat itself is consistent, plausible or includes specific detail of a plan (time, place, etc), often with steps already taken
- Threat may be repeated with consistency
- Content of threat suggests threatener will carry it out (reference to weapons, means, target).
- Threatener may appear detached

### Intervention Tools to Address Risk as Classified

#### MILD RISK
- Confrontation by reporter
- Behavioral contract or treatment plan with student
- Student conduct response
- Evaluate for disability services and/or medical referral
- Conflict management, mediation, problem-solving

#### MODERATE RISK
- Confrontation by reporter
- Behavioral contract or treatment plan with student
- Student conduct response
- Evaluate for disability services and/or medical referral
- Conflict management, mediation (not if physical/violent), problem-solving

#### ELEVATED RISK
- Confrontation by reporter
- Evaluate parental/guardian notification
- Evaluate need to request permission from student to receive medical/educational records
- Consider interim suspension if applicable
- Evaluate for disability services and/or medical referral
- Consider referral or mandated assessment

#### SEVERE RISK
- Possible confrontation by reporter
- Parental/guardian notification obligatory unless contraindicated
- Evaluate emergency notification to others (FERPA/HIPAA/Clery)
- No behavioral contracts
- Recommend interim suspension if applicable
- Possible liaison with local police to compare red flags
- Deploy mandated assessment
- Evaluate for medical/psychological transport
- Evaluate for custodial hold
- Consider voluntary/involuntary medical withdrawal
- Direct threat eligible
- Law enforcement response
- Consider eligibility for involuntary commitment

#### EXTREME RISK
- Possible confrontation by reporter
- Parental/guardian notification obligatory unless contraindicated
- Evaluate emergency notification to others
- No behavioral contracts
- Interim suspension if applicable
- Possible liaison with local police to compare red flags
- Too serious for mandated assessment
- Evaluate for medical/psychological transport
- Evaluate for custodial hold
- Initiate voluntary/involuntary medical withdrawal
- Direct threat eligible
- Law enforcement response
- Consider eligibility for involuntary commitment

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