

## NaBITA THREAT ASSESSMENT TOOL

### 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

**EXTREME**

**SEVERE**

**ELEVATED**

**MODERATE**

**MILD**

### NINE LEVELS OF AGGRESSION

**9**

LOSE/LOSE ATTACK

**8**

WIN/LOSE ATTACK

**7**

LIMITED DESTRUCTIVE BLOWS

**6**

THREAT STRATEGIES

**5**

FORCED LOSS OF FACE

**4**

IMAGE DESTRUCTION

**3**

ACTIONS VS. WORDS

**2**

HARMFUL DEBATE

**1**

HARDENING

CRISIS PHASE

ESCALATION PHASE

TRIGGER PHASE

*\*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