

VIOLENCE RISK SCREENING WITH THE FORDHAM RISK SCREENING TOOL (FRST)

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CASE EXAMPLE - JAMES

- James is a 22-year-old male who was hospitalized three months ago for first-break psychosis.
- James has always been calm and friendly, and has no history of violent behavior.
- James was referred to you after being arrested for shoplifting at an electronics store.
- James' symptoms of psychosis, which emerged less than a year ago, include preoccupations that "Congress is electronically connected to my brain," and that James is being put in charge of national security by the current government. News regarding North Korea generally triggers James to start talking about nuclear warfare and "total destruction of mankind"
- Two months ago, James expressed the idea that his mission was to "press the button" to "end civilization."

HOW WORRIED ARE WE ABOUT JAMES' RISK FOR VIOLENCE?

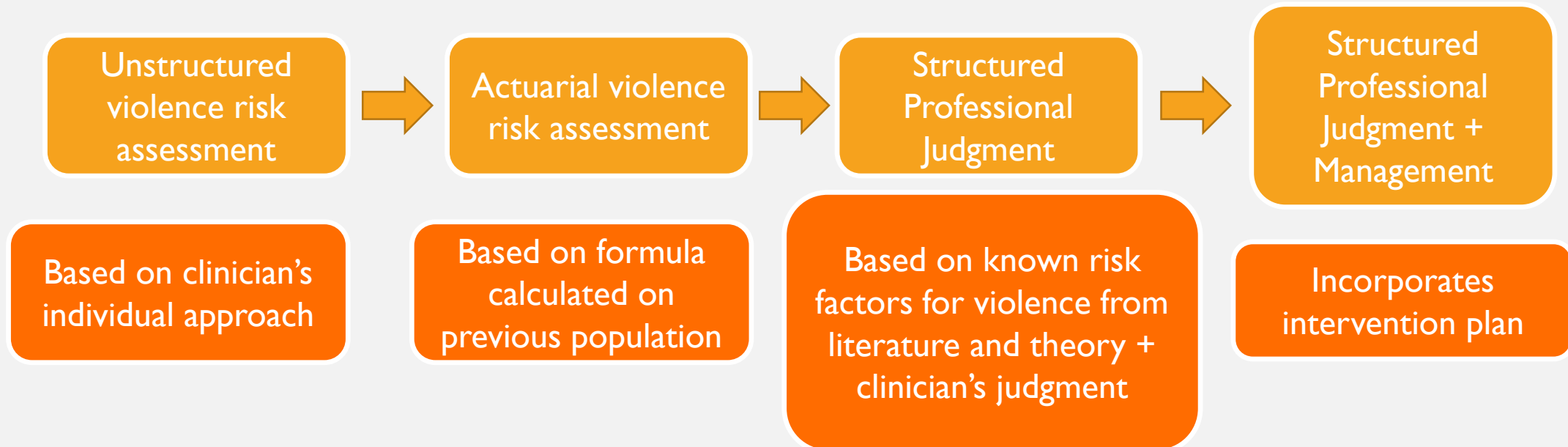
VIOLENCE AND MENTAL ILLNESS

- There is a small but significant relationship between mental illness and violence
- Other factors (contextual factors, substance use) better account for violence risk
- For some individuals, violence risk is directly linked to mental health
 - Psychosis: Command hallucinations to hurt others, “self-defense” when paranoid
 - Aggression in the context of mania
 - Hypervigilance and aggression in the context of PTSD
- In mental health settings, it is important to avoid stigma of mental health equating violence, but to be sensitive to situations where violence may be a concern.

VIOLENCE AND MENTAL ILLNESS

- How do YOU balance minimizing stigma with screening for violence risk?
- What challenges do you encounter?
- Is there anything that your organization / practice does that you find helpful?
- Specific examples of clients?

VIOLENCE RISK ASSESSMENT HISTORY AND TYPES



CURRENT TRENDS IN VIOLENCE RISK ASSESSMENT

- Current gold standard: Structured Professional Judgment that includes specific intervention plan
- E.g. HCR-20^{V3}
- Very helpful clinically... *So why do we not do a full HCR on every client we see?*

CURRENT TRENDS IN VIOLENCE RISK ASSESSMENT

- Current gold standard: Structured Professional Judgment that includes specific intervention plan
- E.g. HCR-20^{V3}
- Very helpful clinically... *So why do we not do a full HCR on every client we see?*
- RESOURCES are scarce
 - Time
 - Qualified personnel
 - Energy
 - Access to records

VIOLENCE RISK SCREENING AND TRIAGE

- Because many mental health settings cannot do a thorough violence risk assessment on everyone, clinicians are forced to choose who is at greatest need of a comprehensive assessment.
- **Screening:** From medical field – the process of applying a brief evaluation tool to detect the risk of disease or health problem in a population without symptoms (Raffle & Gray, 2007)
- **Triage:** The practice of allotting specific clinical resources to certain high-priority patients, based on a brief individual assessment or screening of each patient (Iserson & Moskop, 2007)
- Screening should precede triage
- If screening and triage are poorly implemented – negative consequences for patients and institutions:
 - False positives (based on bias), which can lead to unfair restrictions, excessive treatment, and stigma
 - False negatives (also based on bias), which can lead to lack of intervention and violence which could have been prevented
 - Mis-allotment of resources is wasteful for institutions

VIOLENCE RISK SCREENING AND TRIAGE

- How do your institutions / practices screen and triage for violence risk assessment?

VIOLENCE RISK SCREENING INSTRUMENTS

- Some existing instruments:
- Violence Screening Checklist (VSC; McNiel & Binder, 1994), Broset Violence Checklist (BVC; Almvik & Woods, 1999) and Dynamic Appraisal of Situational Aggression (DASA; Ogloff & Daffern, 2006)
 - *For short-term, inpatient violence.*
- Clinical Assessment of Risk Decision Support System (CARDS; Watts et al., 2004), M55 (Kling et al., 2006), UK700 (Wootton et al., 2008)
 - *Not empirically validated*
- Violence-RISK-10 (V-RISK-10; Bjørkly, Hartvig, Heggen, Brauer, & Mogen, 2009)
 - *Time and resource-intensive*

GAPS IN VIOLENCE RISK SCREENING RESOURCES

- No violence risk screening measure that:
 - Addresses both short-term and long-term risk
 - Addresses both inpatient and community risk
 - Leaves room for clinician discretion
 - Has been subject to empirical study
 - Is designed to be completed with minimal information and effort
 - Does not require advanced training in violence risk assessment

THE FRST A VIOLENCE RISK SCREENING INSTRUMENT

- Designed to use with limited information available at intake
- Includes brief interview (if needed)
- Purpose: gather just enough information to determine if FURTHER violence risk assessment is needed
- Designed to minimize bias
- Promising results in two civil psychiatric validation studies

FRST

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Recent?
(6months)

Severe?
(lifetime)

Violent Threats

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Violent Thoughts

Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?
(Recent and Severe)

Yes

Supplemental Questions

Have you ever...

- Gotten into fights?
- Had an order of protection taken out against you?
- Been arrested for a violent charge?
- Been hospitalized against your will?

Violent Risk Assessment Indicated

No

Yes

Reassess violent behavior, threats, and / or thoughts above

Is there any reason to override the FRST rating?

No

Yes

Explain:

Violent Risk Assessment Not Prioritized

RESEARCH ON THE FRST

- Study 1: (Rosenfeld, Foellmi, Rotter, Khadivi, & Howe, 2013)
 - 65 State psychiatric inpatients, FRST (IV) completed at intake and HCR-20^{V3} (DV) completed from file 3 weeks later
 - 100% of those identified on the HCR-20^{V3} as having a high imminent risk and high risk of severe violence were identified by the FRST
 - Low false negative rate in a group of when using only information that is typically available at intake
- Study 2: (Foellmi, Rosenfeld, Rotter, & Khadivi, 2016; Rosenfeld & Rotter, 2017)
 - 154 psychiatric inpatients in urban environment, FRST (IV) completed 3-5 days after admission and HCR-20^{V3} completed within 2 weeks of admission
 - FRST was significant predictor of HCR-20^{V3} risk score and risk rating.
- Further research in progress: Outpatient forensic sample, including alternative to incarceration and jail re-entry clients

USING THE FRST

- Review available intake information
- Complete interview
- Complete ratings
- Determine next steps
 - if any endorsement of severe and recent violence, make plan for further assessment
 - If any indication of **IMMINENT** violence risk, especially important to take action immediately

BEFORE THE INTERVIEW

- Review available information for:
 - Specific descriptions of violent behavior or threats
 - Any evidence of violent threats or thoughts
 - Any history indicative of possible violence (violent charges, orders of protection, involuntary hospitalizations)
 - Specific psychiatric symptoms such as paranoid delusions, command auditory hallucinations, evidence of personality pathology connected with violence risk
 - Examine collateral information available – do others appear worried about client’s risk for violence? If so, on what basis?
- Make notes on FRST sheet

THE FRST INTERVIEW

- You only need to do an interview if you do not have enough information indicating that a further violence risk assessment is necessary
- Have the notes ready that you wrote based on collateral
- You can modify the wording based on client factors (cognitive functioning, previous conversation with client)
- **ONLY ASK THE QUESTIONS YOU NEED TO ASK**
 - It can be very difficult to keep to what is relevant to the FRST
 - Remember, this is **NOT** a thorough violence risk assessment
- Sometimes, you will need to return to the client or seek additional information if the client is not in a situation to answer thoughtfully

STEP I: VIOLENT BEHAVIOR, THREATS, AND THOUGHTS

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STEP 1: VIOLENT BEHAVIOR, THREATS, AND THOUGHTS

FRST

CAN BE THE SAME EVENT OR TWO DIFFERENT EVENTS

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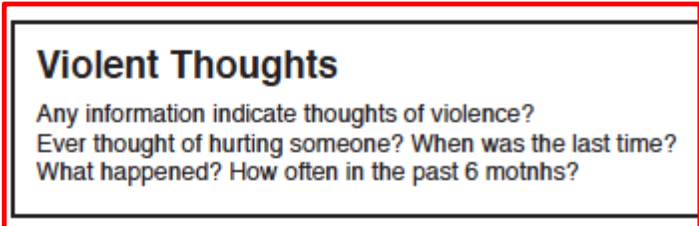
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Any recent? Any severe?

No Both? (Recent and Severe) Yes

Supplemental Questions
Have you ever...

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Violent Risk Assessment Indicated

No Yes

Reassess violent behavior, threats, and / or thoughts above

Is there any reason to override the FRST rating?

No Yes

Explain:

Violent Risk Assessment Not Prioritized

CASE EXAMPLE - VIOLET

- Violet is a 58-year-old married female who has a history of depression and was recently diagnosed with Alzheimer's Disease.
- She has a history of trauma in adolescence, where she was sexually abused by her step-father from age 12-14.
- At age 14, Violet stabbed her step-father in the chest with a knife when he was trying to assault her.
- There have been no other instances of violent behavior or threats since that time.
- In the last three months, Violet has begun to express suspiciousness towards her husband, who is her sole caretaker. She has been heard mumbling "You're not going to get me, I'm going to get you first!", and told their daughter on the phone "Your father is trying to finish me off."
- On days when Violet is feeling relatively well, she has admitted to her husband that she feels confused about his intentions towards her and thinks about hurting him to defend herself.

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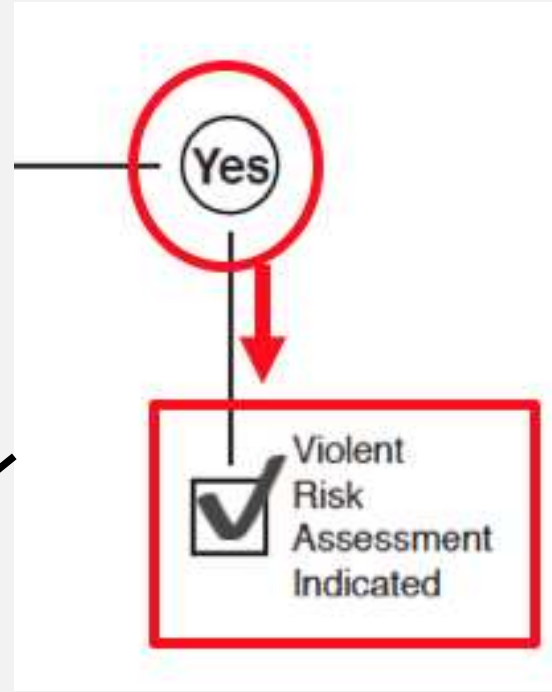
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Is there any reason to override the FRST rating?

No Yes Explain: _____

Violent Risk Assessment Indicated

Violent Risk Assessment Not Prioritized



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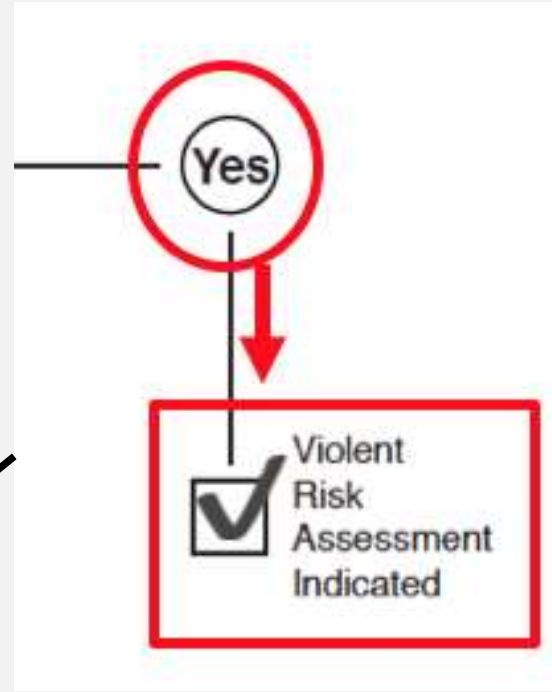


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No Yes

Explain: _____

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YOU ARE DONE!

CASE EXAMPLE - RONNY

- Ronny is a 35-year-old single male who has a history of Bipolar I Disorder.
- At age 25, Ronny had his first manic episode, during which he attempted to rob a jewelry store at knife-point. He was hospitalized and diagnosed. Since then, he has not engaged in any known violent behavior.
- Ronny takes Depakote and is generally compliant with his medication. He maintains a full-time job.
- Five months ago Ronny's mother passed away, and he discovered that she had left all her money to Ronny's sister, leaving him out of the inheritance. This caused significant tension between Ronny and his sister.
- Ronny's sister recently obtained an order of protection, stating that Ronny was calling at all hours of the day and night and "refused to leave her alone about the money." She did not report any explicit threats of violence.
- You are interviewing Ronny because he violated the order of protection by calling his sister.
- Your objective with the FRST – determine whether a violence risk assessment for Ronny is currently indicated.

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Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?
(Recent and Severe)

Yes

Supplemental Questions

Have you ever...

- Gotten into fights?
- Had an order of protection taken out against you?
- Been arrested for a violent charge?
- Been hospitalized against your will?

Violent
Risk
Assessment
Indicated

No

Yes

Reassess violent behavior,
threats, and / or thoughts above

Is there any reason to
override the FRST rating?

No

Yes

Explain:

Violent
Risk
Assessment
Not
Prioritized

FRST

Client name/ID _____ Clinician _____ Date _____



Violent Behavior

Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent?
(6months)

Severe?
(lifetime)

Violent Threats

Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

Recent?
(6months)

Severe?
(lifetime)

Violent Thoughts

Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?

Yes

(Recent and Severe)

FRST

Client name/ID _____ Clinician _____ Date _____



Violent Behavior

Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent?
(6months)

Severe?
(lifetime)

Violent Threats

Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

Recent?
(6months)

Severe?
(lifetime)

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Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?

(Recent and Severe)

Yes

FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior

Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent?
(6months)

Severe?
(lifetime)

Violent Threats

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Recent?
(6months)

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(lifetime)

Violent Thoughts

Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?

(Recent and Severe)

Yes



FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?	<input type="checkbox"/> Recent? (6months)	<input checked="" type="checkbox"/> Severe? (lifetime)
Violent Threats Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?	<input type="checkbox"/> Recent? (6months)	<input type="checkbox"/> Severe? (lifetime)
Violent Thoughts Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?	<input type="checkbox"/> Recent? (6months)	<input type="checkbox"/> Severe? (lifetime)
<input type="checkbox"/> Any recent?		<input type="checkbox"/> Any severe?
<input type="radio"/> No		<input type="radio"/> Yes
Both? (Recent and Severe)		



“I never said anything violent to my sister or anyone else. I just want the money that I deserve”
 “If I don’t get the money? I don’t know... Maybe I’ll sue?”

FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior

Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent?
(6months)

Severe?
(lifetime)

Violent Threats

Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

Recent?
(6months)

Severe?
(lifetime)

Violent Thoughts

Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?

Yes

(Recent and Severe)



FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?	<input type="checkbox"/> Recent? (6months)	<input checked="" type="checkbox"/> Severe? (lifetime)
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	<input type="checkbox"/> Any recent?	<input type="checkbox"/> Any severe?
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <input type="radio"/> No </div> <div style="text-align: center;"> <input type="radio"/> Both? (Recent and Severe) </div> <div style="text-align: center;"> <input type="radio"/> Yes </div> </div>		



“Sure, I’ve thought of stuff, but that’s normal. I’m just angry. I would never do it.”
 “I’ve been so angry that I imagined slapping her, or punching her husband. But I would never do that. I’m not proud of thinking like that and it only happened once or twice, maybe a month ago.”

FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?	<input type="checkbox"/> Recent? (6months)	<input checked="" type="checkbox"/> Severe? (lifetime)
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→ Violent Thoughts Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?	<input checked="" type="checkbox"/> Recent? (6months)	<input type="checkbox"/> Severe? (lifetime)
	<input type="checkbox"/> Any recent?	<input type="checkbox"/> Any severe?
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FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior

Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent?
(6months)

Severe?
(lifetime)

Violent Threats

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Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?

(Recent and Severe)

Yes



FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior

Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent?
(6months)

Severe?
(lifetime)

Violent Threats

Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

Recent?
(6months)

Severe?
(lifetime)

Violent Thoughts

Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?

(Recent and Severe)

Yes

FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior
 Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent? (6months) Severe? (lifetime)

Violent Threats
 Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

Recent? (6months) Severe? (lifetime)



Violent Thoughts
 Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent? (6months) Severe? (lifetime)

Any recent? Any severe?

No

Both?

Yes

(Recent and Severe)

“No, not at all. I love her but I am just so frustrated about the money. I wouldn’t think about hurting her.”

FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior
Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent? (6months) Severe? (lifetime)

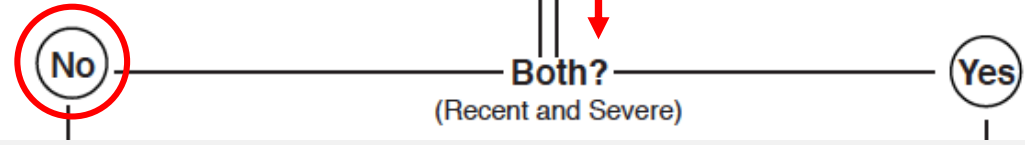
Violent Threats
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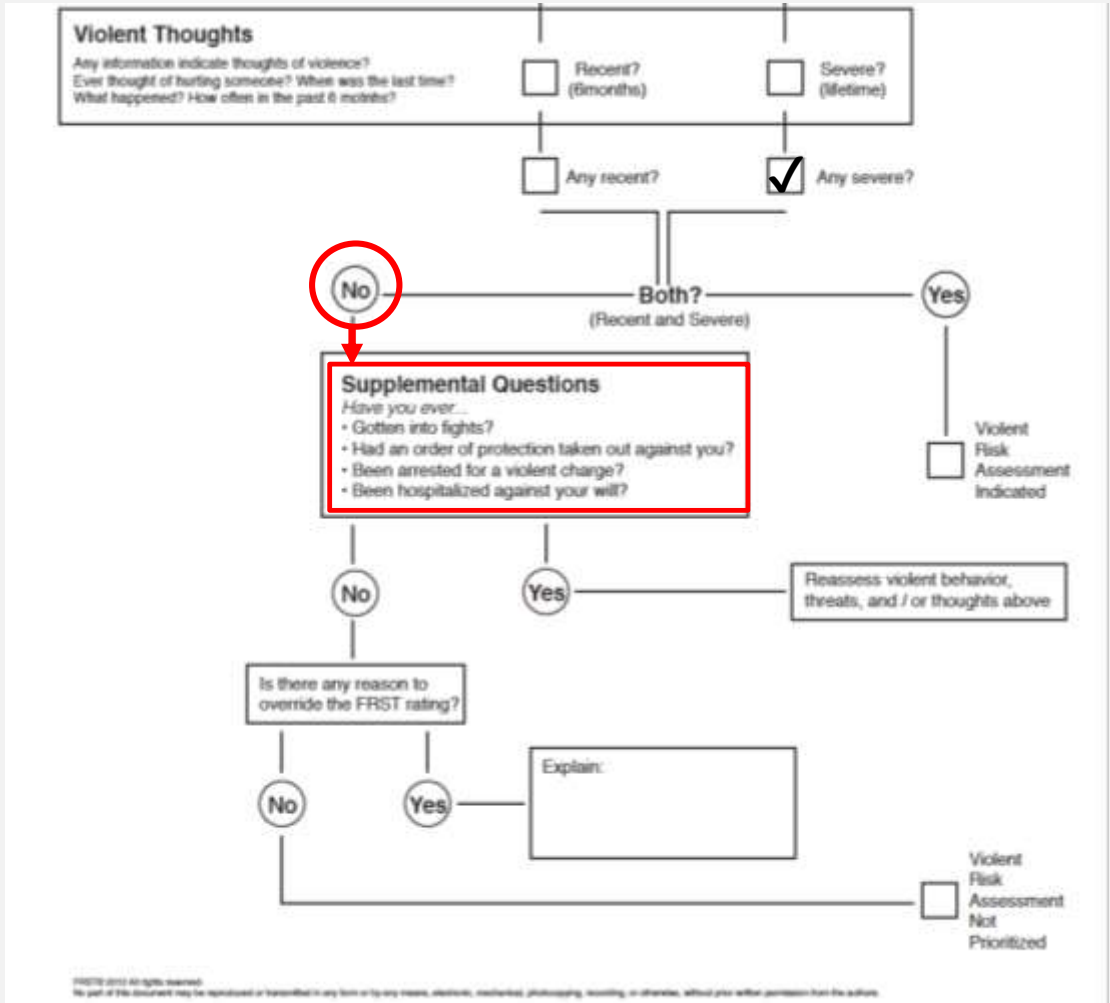
Violent Thoughts
Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent? (6months) Severe? (lifetime)

Any recent? Any severe?



STEP 2: SUPPLEMENTAL QUESTIONS



FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior
Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent? (6months) Severe? (lifetime)

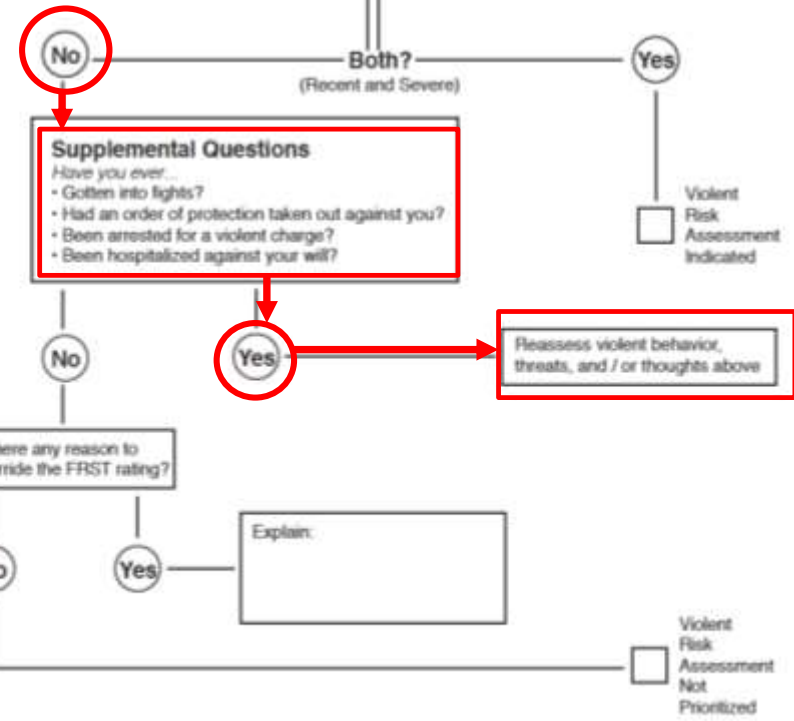
Violent Threats
Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

Recent? (6months) Severe? (lifetime)

Violent Thoughts
Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent? (6months) Severe? (lifetime)

Any recent? Any severe?



DIG A LITTLE
DEEPER



FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior
Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent? (6months) Severe? (lifetime)

Violent Threats
Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

Recent? (6months) Severe? (lifetime)

Violent Thoughts
Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent? (6months) Severe? (lifetime)

Any recent? Any severe?



Supplemental Questions
Have you ever...
 • Gotten into fights?
 • Had an order of protection taken out against you?
 • Been arrested for a violent charge?
 • Been hospitalized against your will?



Reassess violent behavior, threats, and / or thoughts above

Is there any reason to override the FRST rating?



Explain:

Violent Risk Assessment Not Prioritized

FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior

Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent?
(6months)

Severe?
(lifetime)

Violent Threats

Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

Recent?
(6months)

Severe?
(lifetime)

Violent Thoughts

Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?

(Recent and Severe)

Yes

Supplemental Questions

Have you ever...

- Gotten into fights?
- Had an order of protection taken out against you?
- Been arrested for a violent charge?
- Been hospitalized against your will?

Violent Risk Assessment Indicated

No

Yes

Reassess violent behavior, threats, and / or thoughts above

Is there any reason to override the FRST rating?

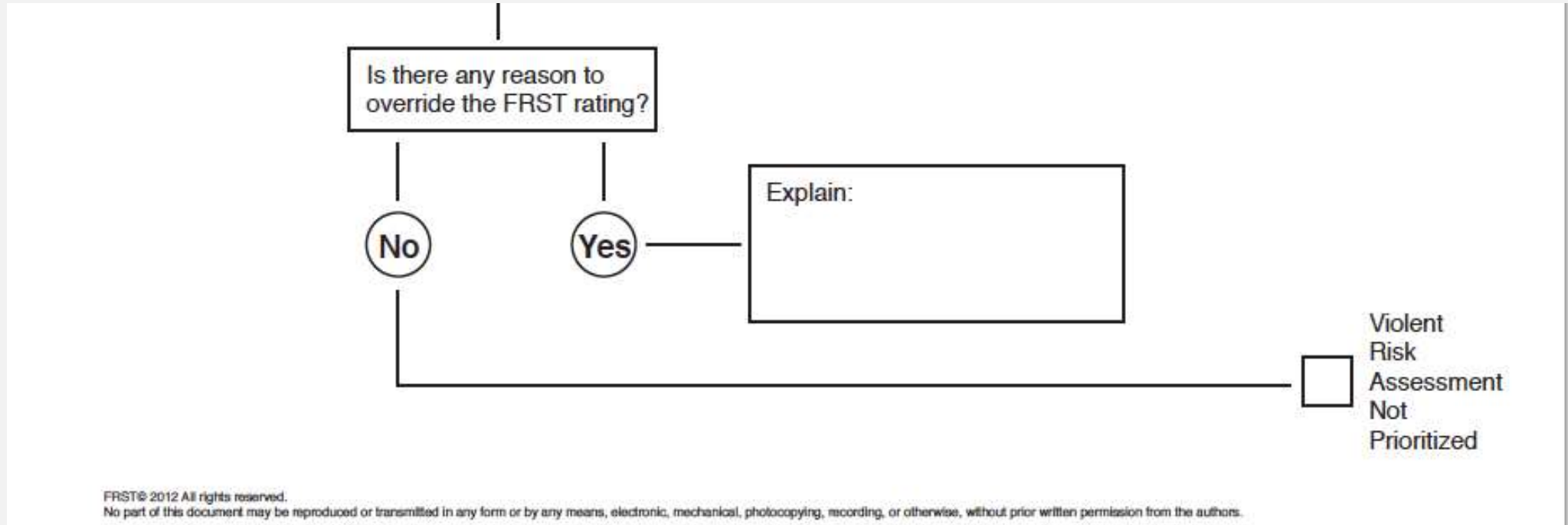
No

Yes

Explain:

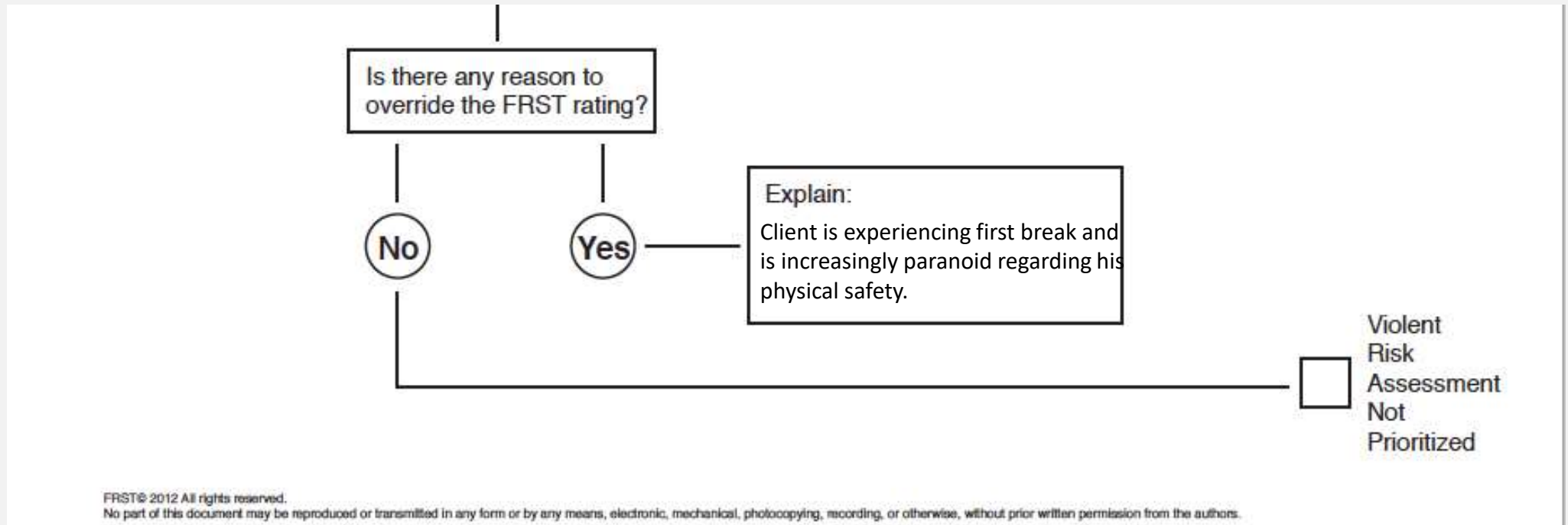
Violent Risk Assessment Not Prioritized

STEP 3: CLINICIAN OVERRIDE



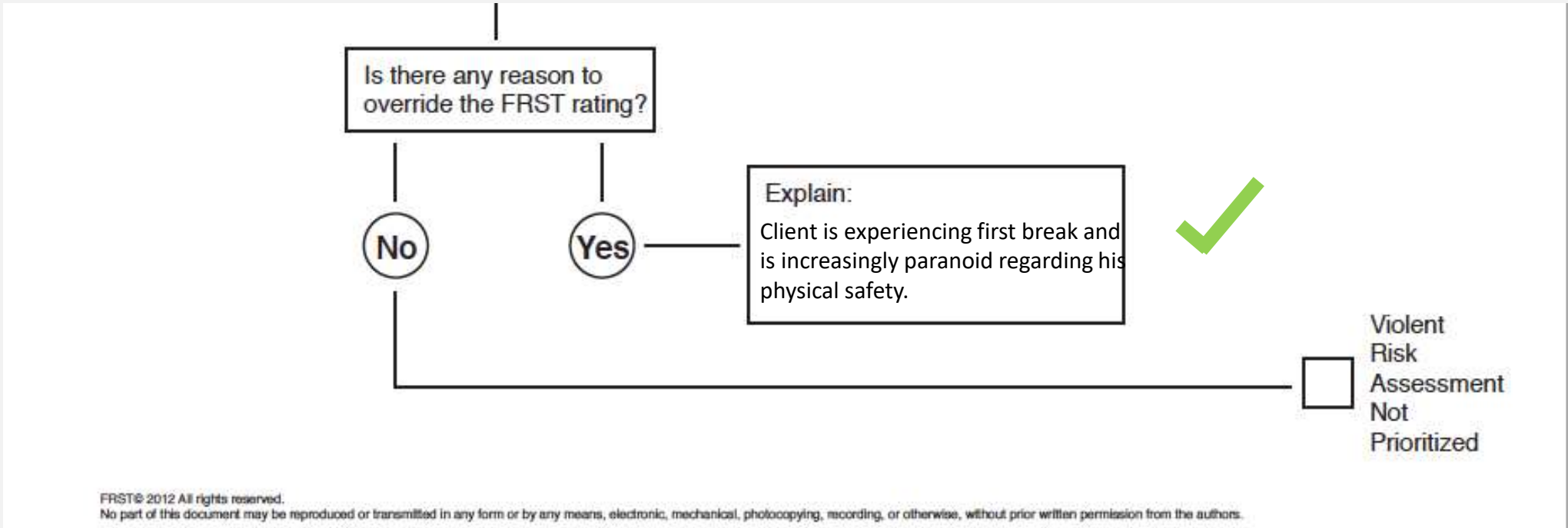
USE SPARINGLY! THINK CLINICALLY AND CRITICALLY.

STEP 3: CLINICIAN OVERRIDE



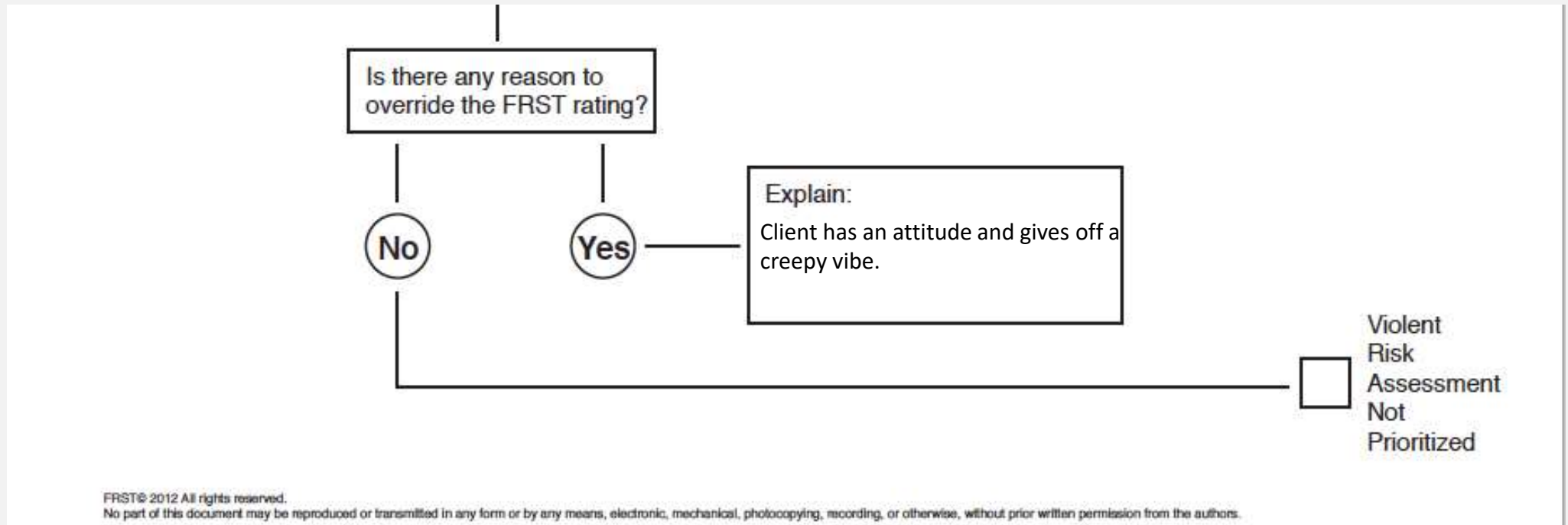
USE SPARINGLY! THINK CLINICALLY AND CRITICALLY.

STEP 3: CLINICIAN OVERRIDE



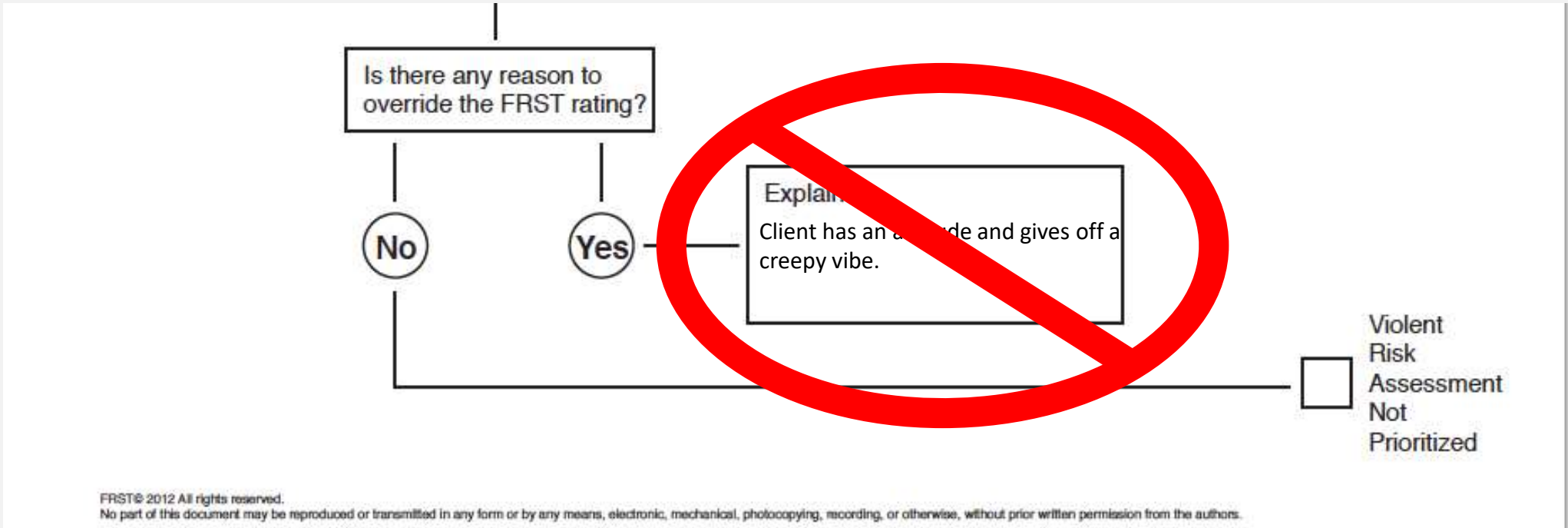
USE SPARINGLY! THINK CLINICALLY AND CRITICALLY.

STEP 3: CLINICIAN OVERRIDE



USE SPARINGLY! THINK CLINICALLY AND CRITICALLY.

STEP 3: CLINICIAN OVERRIDE



USE SPARINGLY! THINK CLINICALLY AND CRITICALLY.

FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior

Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent?
(6months)

Severe?
(lifetime)

Violent Threats

Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

Recent?
(6months)

Severe?
(lifetime)

Violent Thoughts

Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?
(Recent and Severe)

Yes

Supplemental Questions

Have you ever...

- Gotten into fights?
- Had an order of protection taken out against you?
- Been arrested for a violent charge?
- Been hospitalized against your will?

Violent Risk Assessment Indicated

No

Yes

Reassess violent behavior, threats, and / or thoughts above

Is there any reason to override the FRST rating?

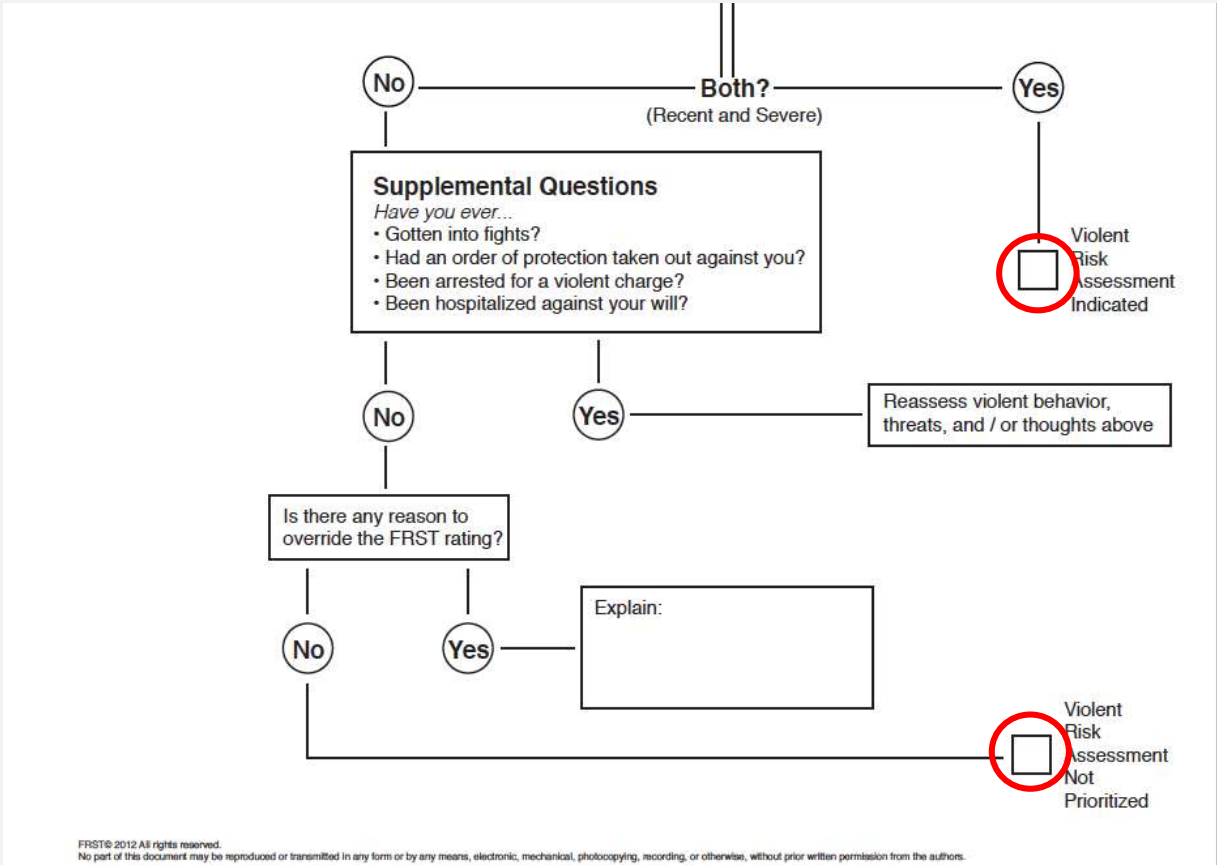
No

Yes

Explain:

Violent Risk Assessment Not Prioritized

STEP 4: FRST FINAL DECISION



}

Final decision is one of these two options

IMPORTANT CONSIDERATIONS WHEN USING THE FRST

- Remember: This is NOT a comprehensive violence risk assessment instrument. The FRST does NOT tell you about the client's risk for violence.
- When establishing recency and severity, you can count one same event or two separate events
- If you do not have sufficient information, obtain more information so that you can rate the FRST with confidence
- It is important to know what your triage strategy will be once you have completed the FRST
- Violence risk is DYNAMIC – it is important to rethink the FRST if anything changes with your client. Do not assume that the FRST results you obtain are valid forever.

CASE EXAMPLE - JAMES

- James is a 22-year-old male who was hospitalized three months ago for first-break psychosis.
- James has always been calm and friendly, and has no history of violent behavior.
- James was referred to you after being arrested for shoplifting at an electronics store.
- James' symptoms of psychosis, which emerged less than a year ago, include preoccupations that "Congress is electronically connected to my brain," and that James is being put in charge of national security by the current government. News regarding North Korea generally triggers James to start talking about nuclear warfare and "total destruction of mankind"
- Two months ago, James expressed the idea that his mission was to "press the button" to "end civilization."

HOW WORRIED ARE WE ABOUT JAMES' RISK FOR VIOLENCE?

CASE EXAMPLE - APPLIED

- Use the FRST with James
 - What questions would you ask?
 - What information would be sufficient?
 - What conclusion would you reach?

FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior

Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent?
(6months)

Severe?
(lifetime)

Violent Threats

Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

Recent?
(6months)

Severe?
(lifetime)

Violent Thoughts

Any information indicate thoughts of violence? Ever thought of hurting someone? When was the last time? What happened? How often in the past 6 months?

Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?

(Recent and Severe)

Yes

Supplemental Questions

Have you ever...

- Gotten into fights?
- Had an order of protection taken out against you?
- Been arrested for a violent charge?
- Been hospitalized against your will?

Violent Risk Assessment Indicated

No

Yes

Reassess violent behavior, threats, and / or thoughts above

Is there any reason to override the FRST rating?

No

Yes

Explain:

Violent Risk Assessment Not Prioritized

PRACTICE CASE EXAMPLE - CHANTEL

- Chantel is a 54-year-old female who has a lengthy history of past hospitalizations, generally in the context of psychotic symptoms and crack-cocaine use. She has made three suicide attempts in the last five years.
- Chantel has a history of arguments that escalate into physical fights, generally in the context of intimate relationships. Her most serious act of violence was when she choked her girlfriend nine years ago, after her girlfriend punched Chantel in the face. Chantel let go and called the police, who arrested her girlfriend.
- In the last five years, Chantel has consistently attended treatment programs for substance use and has been generally compliant with her antipsychotic medication. She has been hospitalized three times for suicide attempts, but these attempts were not in the context of substance use or psychosis. Rather, they were in reaction to romantic breakups.
- Chantel has not engaged in any known violent behavior in the last five years.
- Recently, Chantel was arrested for credit card fraud, which is why she was referred to you.
- YOU RATE THE FRST!

FRST

Client name/ID _____ Clinician _____ Date _____

Violent Behavior

Any information indicate violent behavior? Have you ever physically hurt someone? Ever tried to hurt someone? What happened? Anyone injured? When was the last time?

Recent?
(6months)

Severe?
(lifetime)

Violent Threats

Any information indicate violent threats? Have you ever threatened to hurt someone? When was the last time? What happened? Ever made threats with a knife or gun?

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Recent?
(6months)

Severe?
(lifetime)

Any recent?

Any severe?

No

Both?
(Recent and Severe)

Yes

Supplemental Questions

Have you ever...

- Gotten into fights?
- Had an order of protection taken out against you?
- Been arrested for a violent charge?
- Been hospitalized against your will?

Violent Risk Assessment Indicated

No

Yes

Reassess violent behavior, threats, and / or thoughts above

Is there any reason to override the FRST rating?

No

Yes

Explain:

Violent Risk Assessment Not Prioritized

APPLICATION TO DIFFERENT WORK SETTINGS

- How might you use the FRST in your work setting?
- What challenges or barriers might you face?
- How is the population you work with similar to or different from the validation samples?
- Who would be completing the FRST, and what information would they have access to?
- What would be the next steps within the organization?

THANK YOU!

Melodie Foellmi, Ph.D.

mfoellmi@eacnyc.org

