



Initial Screening

1. Is there a history of any risky/dangerous behaviors present now or in the past (not including substance abuse)?
 - Suicide attempts
 - Suicidal gestures (threatening to kill self, gathering items that could be used)
 - Suicidal thoughts
 - Self-harm (cutting, burning, scratching, banging head, hitting self)
 - Intense aggressive outbursts (physical aggression, verbal aggression, property destruction)
 - Risky sexual behavior (multiple partners, engaging with unfamiliar partners)
 - Other risky behavior (running away, hanging out with peers who engage in unlawful behavior)
2. How long have the above behaviors been going on?
3. Is there a history of other impulsive behaviors like substance abuse, eating disorder behavior? If yes, how long have those behaviors been going on?
4. Have you or your child ever been in any legal trouble?
5. Have you or your child ever been hospitalized for mental health issues?
6. Have you or your child ever been diagnosed with a mental illness like depression, anxiety, PTSD?
7. Have you or your child ever been diagnosed with Borderline Personality Disorder?
8. Do you or your child have a history of a developmental disorder like Autism Spectrum Disorder?
9. Do you or your child have any impairments in cognitive functioning such as an intellectual disability or psychosis?
10. How have displays of emotions been over the course of lifetime?
 - More sensitive and reactive to things than most people?
 - Dramatic displays of emotion more frequent than other people of the same age? History of rages?
 - Hesitant to feel and show emotions?
11. Any history of mental illness in family (particularly Borderline Personality Disorder, Bipolar Disorder, Schizophrenia)?
12. What type of mental health treatment have you or your child had? (hospitalized, residential, partial hospitalization, outpatient therapy, substance abuse treatment)?
13. Did a mental health provider suggest that DBT would be an effective treatment for you or your child?
14. Are you or your child taking any psychotropic medications and if so, what are they?