

Psychological Trauma Risk Checklist

Low risk	Moderate risk	High risk
<i>Physical proximity</i> <input type="checkbox"/> Out of vicinity of crisis site	<i>Physical proximity</i> <input type="checkbox"/> Present on crisis site	<i>Physical proximity</i> <input type="checkbox"/> Crisis victim or eye witness
<i>Emotional proximity</i> <input type="checkbox"/> Did not know victim(s)	<i>Emotional proximity</i> <input type="checkbox"/> Friend of victim(s) <input type="checkbox"/> Acquaintance of victim(s)	<i>Emotional proximity</i> <input type="checkbox"/> Relative of victim(s) <input type="checkbox"/> Best friend of victim(s)
<i>Internal vulnerabilities</i> <input type="checkbox"/> Active coping style <input type="checkbox"/> Mentally healthy <input type="checkbox"/> Good self regulation of emotion <input type="checkbox"/> High developmental level <input type="checkbox"/> No trauma history	<i>Internal vulnerabilities</i> <input type="checkbox"/> No clear coping style <input type="checkbox"/> Questions exist about pre-crisis mental health <input type="checkbox"/> Some difficulties with self regulation of emotion <input type="checkbox"/> At times appears immature <input type="checkbox"/> Trauma history	<i>Internal vulnerabilities</i> <input type="checkbox"/> Avoidance coping style <input type="checkbox"/> Preexisting mental illness <input type="checkbox"/> Poor self regulation of emotion <input type="checkbox"/> Low developmental level <input type="checkbox"/> Significant trauma history
<i>External vulnerabilities</i> <input type="checkbox"/> Living with intact nuclear family members <input type="checkbox"/> Good parent/child relationship <input type="checkbox"/> Good family functioning <input type="checkbox"/> No parental traumatic stress <input type="checkbox"/> Adequate financial resources <input type="checkbox"/> Good social resources	<i>External vulnerabilities</i> <input type="checkbox"/> Living with some nuclear family members <input type="checkbox"/> Parent/child relationship at times stressed <input type="checkbox"/> Family functioning at times challenged <input type="checkbox"/> Some parental traumatic stress <input type="checkbox"/> Financial resources at times challenged <input type="checkbox"/> Social resources/relations at times challenged	<i>External vulnerabilities</i> <input type="checkbox"/> Not living with any nuclear family members <input type="checkbox"/> Poor parent/child relationship <input type="checkbox"/> Poor family functioning <input type="checkbox"/> Significant parental traumatic stress <input type="checkbox"/> Inadequate financial resources <input type="checkbox"/> Poor or absent social resources
<i>Crisis reactions and coping behaviors</i> <input type="checkbox"/> Only a few common crisis reactions displayed <input type="checkbox"/> Coping is adaptive (i.e., it allows facilitates daily functioning at pre-crisis levels)	<i>Crisis reactions and coping behaviors</i> <input type="checkbox"/> Many common crisis reactions displayed <input type="checkbox"/> Coping is tentative (e.g., the individual is unsure about how to cope with the crisis)	<i>Crisis reactions and coping behaviors</i> <input type="checkbox"/> Mental health referral indicators displayed (e.g., acute dissociation, hyperarousal, and re-experiencing of the crisis; depression; psychosis) <input type="checkbox"/> Coping is absent or maladaptive (e.g., suicidal/homicidal ideation, extreme rumination, excessive avoidance/precautions, substance abuse)
Total:	Total:	Total:

Note. From “Best Practices for School Psychologists as Members of Crisis Teams: The PREPaRE Model” (p. 785), by S. E. Brock and J. Davis. In A. Thomas and J. Grimes (Eds.), *Best Practices in School Psychology V*, 2008, Bethesda, MD: NASP. Copyright 2008 by the National Association of School Psychologists.