

# Chronic Risk Guide

	Essential Features	Protective Factors	Action
<b>Low Chronic Risk</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> None to little mental health or SUD problems</li> <li><input type="checkbox"/> No history of self-violence</li> <li><input type="checkbox"/> No history of chronic suicidal ideation</li> <li><input type="checkbox"/> No tendency toward risky behavior</li> <li><input type="checkbox"/> No high impulsivity</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Good coping skills</li> <li><input type="checkbox"/> Reasons for living</li> <li><input type="checkbox"/> Psychosocial stability</li> <li><input type="checkbox"/> Economic security</li> <li><input type="checkbox"/> Support from spiritual beliefs</li> <li><input type="checkbox"/> Positive parent/child relationships</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Therapy on an as needed basis</li> </ul>
<b>Intermediate Chronic Risk</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> May have chronic major mental illness</li> <li><input type="checkbox"/> May have chronic pain</li> <li><input type="checkbox"/> History of substance abuse/dependence</li> <li><input type="checkbox"/> Some family history of violence</li> <li><input type="checkbox"/> Less family/social support</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Limited protective factors</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Routine, ongoing mental health therapy</li> <li><input type="checkbox"/> Develop stronger coping skills &amp; protective factors</li> <li><input type="checkbox"/> Well-articulated safety plan</li> </ul>
<b>High Chronic Risk</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Recent change in mood</li> <li><input type="checkbox"/> Chronic, major mental illness</li> <li><input type="checkbox"/> History of prior suicide attempts</li> <li><input type="checkbox"/> Family history of suicide</li> <li><input type="checkbox"/> Limited coping skills</li> <li><input type="checkbox"/> Chronic pain and medical condition</li> <li><input type="checkbox"/> Low total Cholesterol (less than 160)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Very few protective factors</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Calculated risk assessment</li> <li><input type="checkbox"/> Well-articulated safety plan</li> <li><input type="checkbox"/> Routine suicide risk screening</li> <li><input type="checkbox"/> Evidence-based treatment</li> <li><input type="checkbox"/> Build coping skills</li> <li><input type="checkbox"/> Routine building of protective factors</li> </ul>