

## A PRACTITIONER ASSESSMENT of RESILIENCE & RISK TOOL (APART)

### Introduction to APART

This assessment tool has been designed to reflect the outcomes workers are aiming to achieve in their 1:1 work with young people who are sexually exploited (or thought to be at considerable risk of exploitation). At the same time it enables workers to make an assessment of some of the most important resilience and risk indicators in young people's lives. It is intended for completion by a key worker at 3-month intervals to enable them to track changes from referral to case closure and enable services to report on the outcomes achieved for young people.

The APART tool consists of two parts, assessing young people's:

- Specific strengths and vulnerabilities (written responses)
- Resilience and risk indicators (tick box scale)

The strengths and vulnerabilities section includes space for practitioners to comment on the young person's situation at the time of each assessment. If the assessment form is completed at regular intervals, this section will provide contextual information to help practitioners account for changes in young people's resilience and risk factors.

The second part of the assessment tool is based on 13 evidence-based indicators of resilience and risk. All the factors are scaled from 1 to 5 – where 1 represents the lowest resilience/highest risk and 5 the highest resilience/lowest risk. Some examples are provided at each level to guide practitioners in making their assessment – these are examples only and other factors may be relevant.

There is space at the end of the assessment for practitioners to indicate if their assessment has been shared with the young person and to note their comments - including any areas where their views differed from the worker's assessment.

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ID of young person: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

Age at this assessment: \_\_\_\_\_ Gender: Male    Female    Other gender identification

Name of key worker: \_\_\_\_\_

Assessment (tick ✓ one):

Initial	9 month	18 month
3 month	12 month	Closing
6 month	15 month	

### Part 1: Strengths and vulnerabilities of this young person at the time of this assessment

Please write your comments below. If unchanged from previous assessment tick box ✓	✓
Is this young person living at home or in care? Please describe their status and who looks after them	
Does this young person have a learning disability or identified mental health issue? If so, how does this affect their lives?	
Has this young person previously suffered sexual, physical or emotional abuse? If so, please give brief details	

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Does this young person have particular talents or interests they enjoy? Please describe	
Is there at least one trusted adult in this young person's life? Who is this/ what is the relationship?	
Is the young person involved in any investigation/legal proceedings? Please give brief details	
Does this young person have any other specific vulnerabilities you are aware of e.g. gang affiliation; having been trafficked? Please describe	

### Part 2: Resilience and risk indicators

Please tick ✓ your assessment of the young person's current position on a scale of 1-5: where 5✓ is the most positive position and 1✓ is the most problematic. The examples are intended as a guide only – other factors may be relevant to your assessment.

<b>1. Friendship and belonging</b>	Tick
<b>This young person:</b>	one ✓
e.g. Has friends/extended family they are close to and can rely on; gets on well with people in general and is comfortable with peers and adults at school/in community	5
e.g. Has some friends/family members they are close to and can rely on, but is not always comfortable with peers or adults at school/in community	4
e.g. Has some limited relationships with friends/family members they can rely on. Is not always liked/accepted by peers	3
e.g. Has no reliable friends/family members they can turn to. Is often an 'outsider' at school/in community	2
e.g. Is very socially isolated and does not feel they belong anywhere	1

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<b>2. Awareness of risks and rights in relationships</b> <b>This young person:</b>	Tick one ✓
e.g. Can recognise risks and assert their rights in relationships. They are choosing positive, healthy relationships	5
e.g. Can recognise risks in their lives and know their rights, but are not always able to assert them in their own relationships	4
e.g. Has some understanding of risks and rights in theory, but can't apply it to their own lives or relationships	3
e.g. Is rarely able to recognize risks or assert their rights in relationships	2
e.g. Has no awareness of risks or of their rights in relationships	1

<b>3. Mental health and wellbeing</b> <b>This young person's mental health appears to be:</b>	Tick one ✓
e.g. Good; e.g. they have no significant worries; are able to deal with problems and maintain good self-care	5
e.g. Reasonable; e.g. they can manage worries and difficult feelings and usually maintain good self-care	4
e.g. Variable; e.g. they have some low mood/anxiety/trauma symptoms. Their self-care is not always good	3
e.g. Poor; e.g. they frequently have low mood/ anxiety/ trauma symptoms. They may self-harm or have suicidal thoughts and struggle with self-care	2
e.g. Very poor; e.g. they suffer from depression, anxiety, trauma symptoms; They self-harm and make suicide plans/attempts. They have a poor level of self-care	1

<b>4. Relationship with parents/carers</b> <b>This young person has:</b>	Tick one ✓
e.g. A strong relationship with a caring parent/carer and can talk about things that matter to them	5
e.g. Reasonable communication with a parent/carer who is caring and understanding	4
e.g. Some care and understanding from a parent/carer, but young person rarely talks to them about things that matter to them	3
e.g. Poor communication and little understanding, but some care from a parent/carer	2
e.g. Communication with parents/carers is mainly negative; minimal understanding/contact	1
Relationship with parent/carer not known at the time of this assessment	99

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<b>5. Confidence and self-esteem</b> <b>This young person:</b>	Tick one ✓
e.g. Takes new situations in their stride and has a positive view of themselves overall	5
e.g. Copes quite well with new situations and is positive about some aspects of themselves	4
e.g. Is wary of new situations and does not have much confidence in themselves	3
e.g. Is very anxious of new situations and is negative about many aspects of themselves	2
e.g. Does not cope with new situations and has a very low opinion of themselves	1

<b>6. Internet /mobile phone safety</b> <b>This young person:</b>	Tick one ✓
e.g. Is able to recognise exploitative behaviour/grooming on-line. They take active steps to protect themselves	5
e.g. Is aware of risks of exploitation/grooming on-line and is taking some measures to protect themselves	4
e.g. Has some awareness of exploitative behaviour/grooming on-line and the steps needed to protect themselves, but is not able to put this into practice	3
e.g. Has only minimal recognition of exploitative behaviour/grooming on-line and little understanding of how to protect themselves on-line	2
e.g. Does not recognise exploitative behaviour/grooming on-line or the need to protect themselves on-line	1
Does not use the internet/mobile phone at the time of this assessment	99

<b>7. Sexual health</b> <b>In relation to sexual health this young person:</b>	Tick one ✓
e.g. Routinely protects their sexual health; seeks equal, healthy relationships	5
e.g. Is usually able to protect their sexual health and is aware of the risks	4
e.g. Sometimes able to protect their sexual health and has some awareness of risks	3
e.g. Unable to protect their sexual health; little awareness of the risks	2
e.g. Unable to protect their sexual health; has unequal and abusive sexual relationships	1
Young person is not sexually active or sexual activity unknown at the time of this assessment	99

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<b>8. Going missing</b> <b>This young person:</b>	Tick one ✓
e.g. Does not go missing	5
e.g. Stays out late, but their whereabouts is known; no missing	4
e.g. Occasionally goes missing	3
e.g. Frequently goes missing (most weeks) for short periods (less than 24 hours)	2
e.g. Frequently goes missing (most weeks) for prolonged periods (over 24 hours)	1

<b>9. Living situation</b> <b>This young person:</b>	Tick one ✓
e.g. Is settled where they are living; situation is stable, secure and meets their needs	5
e.g. Is reasonably settled, but living situation is not entirely secure/does not meet all their needs	4
e.g. Is living in unstable or unsuitable accommodation or a placement that does not meet their needs	3
e.g. Is in temporary accommodation	2
e.g. Homeless or sofa surfing	1

<b>10. Association with risky peers /adults</b> <b>This young person:</b>	Tick one ✓
e.g. Has no current contact with risky adults and peers	5
e.g. Has only minimal contact with risky adults/peers	4
e.g. Recognises that contact with some adults/peers poses risks, and there is some reduction of contact	3
e.g. Shows some understanding of risk from adults/peers but continues to have significant contact	2
e.g. Regularly associates with risky adults and/peers and does not acknowledge risks involved	1
Association with risky peers/adults is unknown at the time of this assessment	99

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<b>11. Engagement in school/college/work</b> <b>This young person is:</b>	Tick one ✓
e.g. Engaged in full time work, education or training	5
e.g. In full time education, part time college or work but attendance/engagement variable	4
e.g. In only part time education, training or PRU	3
e.g. Not currently engaged in education, training or employment, but shows an interest in accessing opportunities	2
e.g. Not engaged in education or training. Show no interest in accessing opportunities	1

<b>12. Alcohol and drug use</b> <b>This young person:</b>	Tick one ✓
e.g. Does not use alcohol/drugs, or drinks responsibly. No current concern.	5
e.g. Has moderate alcohol/drug use; some concern that use may increase	4
e.g. Has moderate alcohol/drug use but increasing/leading to risky situations	3
e.g. Alcohol /drug use is frequent and problematic	2
e.g. Alcohol/drug dependency is known and is highly problematic	1
Alcohol/drug use is unknown at the time of this assessment	99

<b>13. Extent of sexual exploitation</b> <b>In this young person's present life there is:</b>	Tick one ✓
e.g. No current sexual exploitation. Relationships/behaviour/associates are positive.	5
e.g. No current exploitation; some concerns re vulnerability factors	4
e.g. Some known vulnerabilities and concerns re current relationships/behaviour/associates	3
e.g. Considerable current concerns; suspected sexual exploitation occurring	2
e.g. Known, current sexual exploitation occurring	1
Extent of sexual exploitation is unknown at the time of this assessment	99

**A PRACTITIONER ASSESSMENT of RESILIENCE & RISK TOOL (APART)**

This assessment has been discussed with the young person:      Yes      No

Please note any comments they made - including any areas where their views differed from your assessment: