

California Center of Excellence

for Trauma Informed Care

**Unsafe Behaviors Inventory (UBI) Pilot Study
Informed Consent Form for Youth**

Purpose: We are doing a study to test the usefulness of a tool called the Unsafe Behaviors Inventory (UBI). The UBI is designed to measure how safe people are, based on questions about their behavior. Participating in the study is completely voluntary. If you don't want to participate in the study, it will not affect the services and supports you are receiving.

Procedure: If you do agree to be in this study, you will be asked to fill out the UBI form which lists a lot of different sorts of things you may or may not do—some are things that you or others may believe are unsafe. We estimate your participation will take 15 to 20 minutes, each time you fill out the questionnaire. You will be asked to complete the questionnaire twice, once very soon, and another time about 8 to 12 weeks later. Participating won't interfere with the services and supports you are receiving. If you have any questions, please ask your clinician/counselor. If you don't want to complete the form, you can stop anytime.

Confidentiality: You will be asked some questions which will be used to create a special secret code which will be what's used on your UBI instead of your name. That way the researchers will not know your name. Your personal information will not be shared with anyone.

Exception to Confidentiality: The law requires that clinicians and counselors report suspected or known abuse, neglect, or exploitation of children or disabled adults or previously unreported communicable disease. In cases of imminent danger to self or others, your clinician or counselor may be required or allowed to break confidentiality in order to secure your safety or the safety of others. This is the law, and participating in the UBI study does not affect that; we just want you to understand the limits of confidentiality.

Contact: If you have questions, comments, or concerns about the study you can ask your clinician/counselor. The study is being conducted by the California Center of Excellence for Trauma Informed Care (CCE-TIC), located in Santa Cruz, California. If the pilot study shows promising results, the UBI will be further tested. If you have questions or concerns you would like to raise with CCE-TIC, you may send them to traumainformedcalifornia@gmail.com or call (831) 515-7570. You can ask any questions you want to.

Risks & Benefits: Participating in the study will not involve any additional risk, although answering the questionnaire may make some people a little uncomfortable. If you start to feel uncomfortable with any part of participating in the study, you may stop at any time. Participating in the study will not bring any specific benefit—you won't get any money or special treatment because of it. The only potential benefit is having a better way to recognize improvements in your safety.

By signing below, you agree that the following statements are true for you:

1. I understand that my participation is voluntary.
2. I understand that I can stop participating in this study at any time and it won't affect the services and supports I'm receiving.
3. I understand that my information will be kept confidential and that even the researchers will not know my name.
4. I received a complete explanation of the procedures to be followed in the project and all my questions have been answered.
5. I have reviewed the procedures and hereby agree to participate in this research.

Signature: _____ Date: _____