



# **Danger Zones and Stepping Stones Diagnostic Assessment Tool**

2.0 Young Person's  
Self-Assessment

# Introduction

This questionnaire has been developed by speaking to other young people about their experiences of temporary accommodation. The aim is to help you better understand whether or not the place you are currently staying is suitable for you. After gaining a clearer understanding of your current situation we will give you some general advice about what to do next.

You can use this tool if you're staying somewhere like a hostel, an emergency shelter or in supported accommodation. You can also use it if you're staying with a friend, family member or with someone who know less well. Please do not use the questionnaire if you're currently experiencing street homelessness. Instead, please contact housing support services immediately (see page 8).

**The questionnaire enables you to plot where you are currently staying on the Danger Zones and Stepping Stones matrix (see page 7). This model assesses each living environment in relation to:**

- › The level of risk that you may experience harm whilst living there (Y axis).
- › The level of support you're receiving to move to more suitable accommodation (X axis).

**Plotting your living arrangement on the matrix will show you which of the following categories your accommodation falls into:**



### Storm Shelters:

You are relatively safe from harm in this type of accommodation but will receive limited support to take steps towards more suitable housing.



### Stepping Stones:

This is the best environment for you. You are kept safe from harm, and are also supported out of temporary living towards more stable accommodation.



### Danger Zone:

Arrangements in this category pose a high level of risk to your safety and/or wellbeing and it is very unlikely that you will be able to move on from where you are staying and take steps towards more suitable housing.



### Minefield:

While these temporary living arrangements can provide you with the skills, knowledge and ability to move onto stable accommodation, the level of risk is so high that you are likely to experience harm whilst staying there.

It is important to note that while we hope this assessment is helpful for you, it will by no means give you a complete understanding of your situation. To keep yourself safe and find more suitable accommodation as soon as possible it is important that you discuss the findings with a professional.

# Assessing Risk (Y axis)



## Actual experience of harm or imminent threat of harm – Automatically high risk environments

**Q1.** Have you experienced any forms of abuse where you are currently staying? (e.g. physical, sexual, emotional) Yes  No

**Q2.** Have you experienced abuse anywhere else that has been caused, or made worse by, where you are currently staying? Yes  No

If 'Yes':

Can you explain the link between the abuse you have experienced and where you are staying?

*It is important to be sure that the harm/abuse you have experienced is connected to where you are currently living. If it is not then there are different ways of addressing this risk without leaving your current accommodation. Please contact a housing professional for further advice on this (see page 8).*

**Q3.** Do you feel in any immediate danger as a result of where you are currently staying? Yes  No

If 'Yes':

Can you explain why you feel in danger and how this is linked to where you are staying?

*It is important to be sure that the immediate danger you are at risk of is connected to where you are currently staying. If it is not then there are different ways of addressing this risk without leaving your current accommodation. Please contact a housing professional for further advice on this (see page 8).*

If you have answered 'Yes' to any of the three questions above you are living in a high risk environment and should contact a homelessness professional for support immediately (see page 8). Additionally, if you currently feel at risk of harm it would appropriate to contact the police to ensure you are safe.

# Point-based assessment



For the remainder of the questions in the assessment, please consider your experience in your current accommodation so far and answer 'Always', 'Frequently', 'Rarely' or 'Never'.

Do you feel like you are isolated from your family and friends as a result of where you are currently staying?  Never  Sometimes  Frequently  Always

Do you feel like the people you are staying with pressure you to do things or act in certain ways to stay in the accommodation?  Never  Sometimes  Frequently  Always

Do you feel able to speak openly to the person/people you're staying with if you have any problems/concerns about the accommodation?  Always  Frequently  Sometimes  Never

Do you feel pressured to consume drugs or alcohol in the place you're staying?  Never  Sometimes  Frequently  Always

Do you feel at risk of harm where you're staying because of your own drug/alcohol use?  Never  Sometimes  Frequently  Always

Do you feel at risk of harm where you're staying because of someone else's drug/alcohol use?  Never  Sometimes  Frequently  Always

Do the physical standards of your accommodation (cleanliness, upkeep) allow you to keep safe and healthy?  Always  Frequently  Sometimes  Never

Do you feel you have adequate personal space where you're currently staying, including somewhere to sleep?  Always  Frequently  Sometimes  Never

Do you feel there are enough security measures where you're currently staying to keep you safe?  Always  Frequently  Sometimes  Never

Do you feel the place you're staying has sufficient facilities to meet your basic needs (cooking, cleaning etc.)?  Always  Frequently  Sometimes  Never

**Count for each column:** \_\_\_\_\_

**Score calculation:** 0 (Above count) (Above count) (Above count)  
 \_\_\_\_\_ x 1 = \_\_\_\_\_ x 2 = \_\_\_\_\_ x 3 = \_\_\_\_\_

**Score total (Y axis):** Sum of column scores = \_\_\_\_\_ out of 30

# Assessing Support (X axis)



Do the people you're staying with personally help you to find more suitable accommodation?  Never  Sometimes  Frequently  Always

Does where you're staying make it easier to access help from elsewhere?  Never  Sometimes  Frequently  Always

Does where you're staying put you in the right frame of mind to plan ahead?  Never  Sometimes  Frequently  Always

Does where you're staying help you understand more about your housing options?  Never  Sometimes  Frequently  Always

Do you feel that staying where you are is helping you to develop life skills (e.g. cooking, cleaning, managing money)?  Never  Sometimes  Frequently  Always

Where you're currently staying, do you feel like you have the resources you need to look for a more suitable place to live (Wi-Fi, internet, phone access)?  Never  Sometimes  Frequently  Always

**Count for each column:**

\_\_\_\_\_

**Score calculation:**

0 (Above count) (Above count) (Above count)  
 \_\_\_\_\_ x 1 = \_\_\_\_\_ x 2 = \_\_\_\_\_ x 3 = \_\_\_\_\_

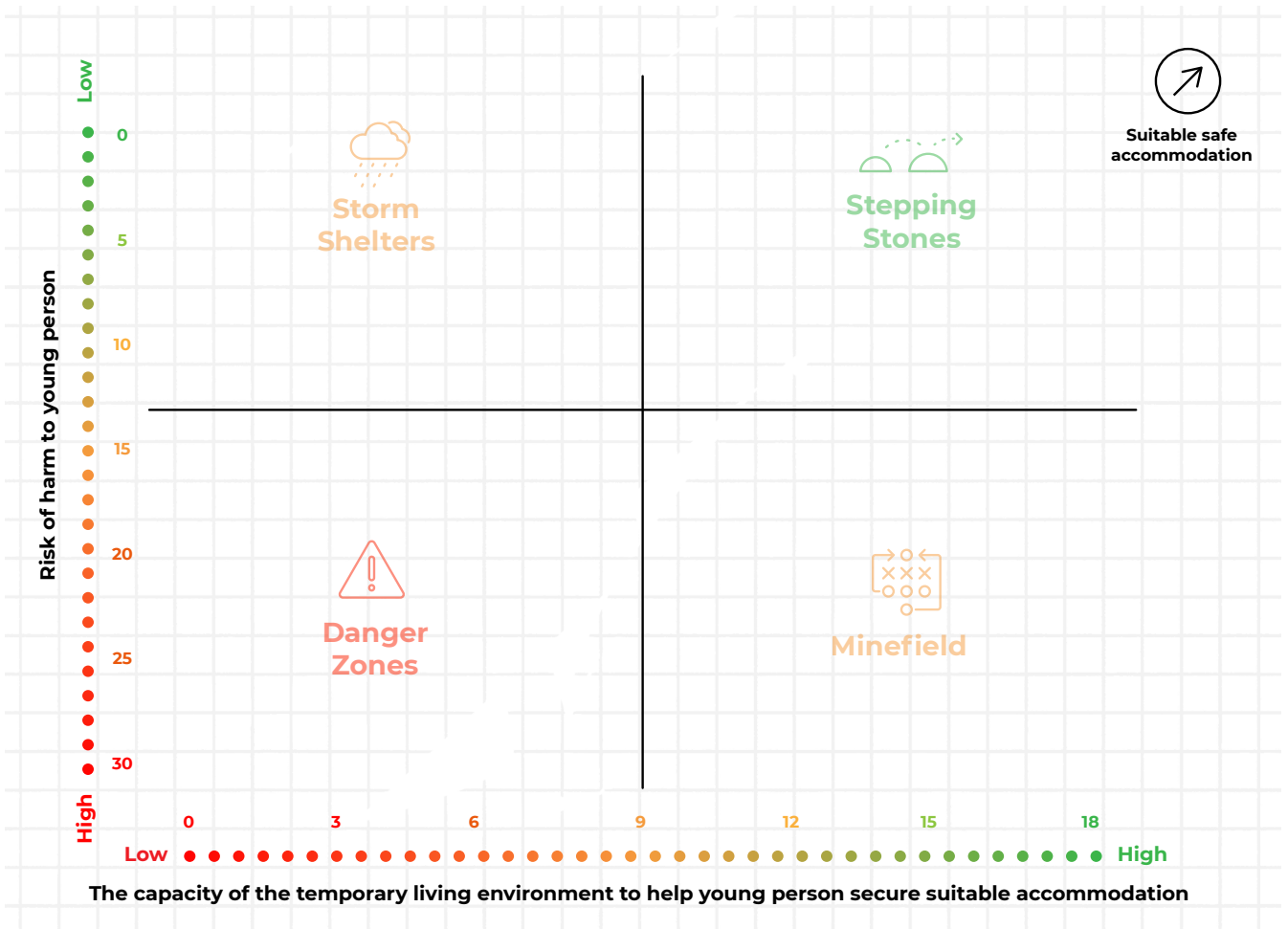
**Score total (X axis):**

Sum of column scores = \_\_\_\_\_ out of 18



# The Danger Zones Assessment Model

The scores generated above for risk (0-30) and support (0-18) should be used to plot your temporary living arrangement on the Danger Zones and Stepping Stone matrix below.



# Taking the Right Action

From the placement on the Danger Zones and Stepping Stones matrix you should have a general idea of the suitability of your current living arrangement. This will give you a starting point for further discussions with a homelessness professional.

In general, we would suggest you take the following steps:



**Storm Shelters:** If you are staying in a Storm Shelter you are safe to remain there if necessary. You should, however, seek further support and advice regarding your housing options to ensure that you can take pro-active steps towards more suitable accommodation.



**Stepping Stones:** If you are staying in a Stepping Stone then you're in the best place to make positive changes to your situation. You should still seek advice regarding appropriate pathways towards more suitable accommodation where necessary.



**Danger Zone:** If you are staying in a Danger Zone you should immediately seek help from a homelessness professional and look to move to more suitable accommodation. Further to this, all efforts should be made to address any ongoing threats which may be present at your accommodation and if you feel it is necessary the police should be contacted.



**Minefield:** If you are staying in a Minefield you should also immediately seek help from a homelessness professional and look to move to more suitable accommodation. As above, all efforts should be made to address any ongoing threats which may be present and if you feel it is necessary the police should be contacted.



## **Here are some places to contact for support if you need it:**

### **'Get Help' from Depaul UK:**

Weblink: <https://uk.depaulcharity.org/get-help/>

### **Cetrepoint helpline**

Helpline number: 0808 800 0661

Weblink: <https://centrepoint.org.uk/youth-homelessness/get-help-now/>

### **Citizens Advice guidance on making a homelessness application with your local council:**

Weblink: <https://www.citizensadvice.org.uk/housing/homelessness/applying-for-homeless-help/applying-for-homeless-help/>

### **Shelter advice finder tool:**

Weblink: [https://england.shelter.org.uk/get\\_help/local\\_services](https://england.shelter.org.uk/get_help/local_services)

### **Crisis 'get help' webpage:**

Weblink: <https://www.crisis.org.uk/get-help/>



Homelessness has no place

With support from



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