

Name \_\_\_\_\_ Client ID \_\_\_\_\_  
(FIRST and LAST Name)

Today's Date \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_  
(dd/mm/yyyy) (dd/mm/yyyy)

Caregiver Name \_\_\_\_\_ Relationship to Client \_\_\_\_\_  
(FIRST and LAST Name)

Please review the racial and ethnic categories list at the back of this document and indicate which category best describes **YOUR** racial or ethnic group by filling in the blue circle(s). You can choose more than one option.

The CASTER helps us understand more about your past experiences and your current behaviours.

**Section One** contains a list of potentially traumatic events that some people have experienced. Please indicate if these events have ever happened to you by choosing either **Yes** or **No** for each event.

If you answer **Yes** to an event, please then indicate *how much* that experience is currently affecting you as follows:

**Not at All** if the event does not currently affect you at all.

**Somewhat** if the event currently affects you somewhat.

**Very Much** if the event currently affects you very much.

For example, if you experienced a serious accident, and it affects you very much currently:

	No	Yes	Not at all	Somewhat	Very Much
10 Serious accident or injury for you	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

**Section Two** contains a list of different thoughts, feelings, or behaviours. Some may be common for others your age, whereas others may be related to upsetting events that have happened to you. Please tell us how often you have experienced these **during the past 6 months**:

**N = Never** during the past 6 months

**S = Sometimes** during the past 6 months

**O = Often** during the past 6 months

For example, if you have experienced problems falling asleep sometimes in the past 6 months:

**During the past 6 months**, how often have you experienced the following? Circle which applies.

**N = Never** (past 6 months only) **S = Sometimes** (past 6 months only) **O = Often** (past 6 months only)

1	Problems falling asleep	N	<input checked="" type="radio"/>	<input type="radio"/>
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**Section Two** has three additional questions. These questions tell us about important changes that you may have experienced in your life. Please tell us how many changes you have experienced.

For example, if both of your parents and your stepfather have been primary caregivers for you, you would select "3" for the following question:

Since birth, how many <i>TIMES</i> has a parent/important caregiver (e.g., stepparent, foster parent, grandparent) left your life in a significant way?	1	2	<input checked="" type="radio"/>	4	5	6	7	8	9	10	11+
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Please ask for assistance if there are any questions about completing this form. Thank you.

## SECTION ONE

Name or Client  
ID \_\_\_\_\_CASTER™ Self-Report (Youth Ages 12-18)  
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Have you <u>ever</u> experienced any of the following?		Check which applies		If Yes, please check how this experience currently affects you		
		No	Yes	Not at All	Somewhat	Very Much
Environmental/Living Conditions		No	Yes	Not at All	Somewhat	Very Much
1	Serious fire or natural disaster (e.g., flood, earthquake, forest fire)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Public health or environmental crisis (e.g., unsafe drinking water, chemical spill, disease/pandemic)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Major family move(s) (e.g., to a new community, home, country, or multiple moves)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Lived in a country during war and/or civil unrest (e.g., riots, violence)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Lived in a refugee camp or immigration facility	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Lived somewhere that felt dangerous, stressful, or unsafe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Homelessness (e.g., lived in the streets, shelter, temporary housing)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health, Injury, or Loss		No	Yes	Not at All	Somewhat	Very Much
8	Serious medical condition for you or someone close to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Frightening or painful medical procedure for you or someone close to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	Serious accident or injury for you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Drug overdose for you or someone close to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	Learned about serious harm, injury, or abuse of a family member or someone close to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Witnessed suicide or attempted suicide of someone close to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Death of parent or primary caregiver	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Death of a sibling or someone close to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Death of a beloved pet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Life in the Community		No	Yes	Not at All	Somewhat	Very Much
17	Treated badly or unfairly because of gender and/or sexual orientation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	Treated badly or unfairly because of race, skin colour, and/or place of birth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	Treated badly or unfairly because of religion and/or cultural identity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	Treated badly or unfairly because of ability (e.g., learning, physical) and/or appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	Hurt, bullied, or threatened in person or online by someone outside of the family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	Witnessed violence or unfair treatment of someone outside the home (e.g., school or community)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	Witnessed a death or attempted suicide of someone in the community (NOT including family member)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	Difficult or unfair experiences with law enforcement for you (e.g., stopped, harassed, detained, confronted, or arrested)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	Difficult or unfair experiences with law enforcement for someone close to you (e.g., stopped, harassed, detained, confronted, or arrested)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Life in the Family		No	Yes	Not at All	Somewhat	Very Much
26	Physically hurt by parent/caregiver (e.g., hit, kicked, hit with object)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	Physically hurt (e.g., hit, kicked, hit with object) by a close family member who is NOT a parent/caregiver	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	Harsh non-physical discipline by parent/caregiver (e.g., locked in room, withholding food)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	Harsh or cruel criticism (e.g., threats, name calling, insults) by parent/caregiver	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	Not enough food, appropriate or clean clothing, or other basic needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	Not enough affection, attention, or comfort from a parent/caregiver	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32	Saw or heard conflict/violence between parents/caregivers (e.g., screaming, threatening, hitting, kicking)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33	Parents/caregivers separated or divorced	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	Serious financial trouble for the family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35	Parent/caregiver with problematic drug or alcohol use, gambling, or other excessive behaviour (e.g., video games, social media, shopping)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36	Parent/caregiver with serious emotional or mental health problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37	Significant separation from parent/caregiver or close family member	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38	Removed from home by authorities (e.g., child protection agency)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39	Highly sexual home (e.g., saw/heard adult sexuality, frequent sexual language)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40	Exposed to, made to do, or had sexual things done to you by someone in the family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other		No	Yes	Not at All	Somewhat	Very Much
41	Exposed to, made to do, or had sexual things done to you by someone outside the family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42	Been offered gifts, money, or drugs/alcohol to do sexual things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43	Harsh or cruel criticism (e.g., threats, name calling, insults) by someone important to you who is NOT a parent/caregiver	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44	Kidnapped or abducted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45	Other events that were scary, upsetting or hurtful (please describe below) List _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**During the past 6 months, how often have you experienced the following? Circle which applies.**

**N = Never** (past 6 months only) **S = Sometimes** (past 6 months only) **O = Often** (past 6 months only)

1	Problems falling asleep	N	S	O	34	Feeling confused, disoriented	N	S	O
2	Problems staying asleep	N	S	O	35	Feeling I am bad or unlovable	N	S	O
3	Nightmares	N	S	O	36	Hearing or seeing things that others don't	N	S	O
4	Exhausted (e.g., low energy, not feeling well rested, very tired)	N	S	O	37	Crying uncontrollably	N	S	O
5	Not wanting to sleep on my own	N	S	O	38	Quick mood changes	N	S	O
6	Wetting myself (urine) during day	N	S	O	39	Tantrums or angry outbursts	N	S	O
7	Wetting myself (urine) during night	N	S	O	40	Easily frustrated, irritated, or annoyed	N	S	O
8	Soiling myself (feces/poo)	N	S	O	41	Thinking or talking about harming or killing myself	N	S	O
9	Other toileting concerns (e.g., smearing feces/poo, urinating outside the toilet, hiding used menstrual products)	N	S	O	42	Suicide threats or attempts	N	S	O
10	Headaches, stomach-aches, or body aches	N	S	O	43	Purposely harming myself (e.g., cutting, hitting myself)	N	S	O
11	Difficulty eating (e.g., refusing to eat, eating too much or too little)	N	S	O	44	Thinking or talking about harming or killing others	N	S	O
12	Poor hygiene (e.g., not brushing teeth, not bathing, not changing clothes)	N	S	O	45	Verbally or physically hurtful towards people	N	S	O
13	Risky or reckless behaviours that endanger yourself or others	N	S	O	46	Hurtful towards animals	N	S	O
14	Impulsive behaviours (doing or saying things without thinking first)	N	S	O	47	Destruction of property (e.g., smashing, breaking things)	N	S	O
15	Playing with matches, lighters, fire	N	S	O	48	Using alcohol, inhalants, or recreational drugs	N	S	O
16	Preoccupation with weapons	N	S	O	49	Concerning sexual behaviours (e.g., excessive sexual comments/ behaviours, preoccupation with accessing sexual media)	N	S	O
17	Taking things without permission or stealing	N	S	O	50	Trying to make others do sexual things/touching others in a sexual way	N	S	O
18	Taking and hiding food	N	S	O	51	Difficulty making/keeping friends	N	S	O
19	Picking at skin, pulling out hair/eyelashes/eyebrows, or excessive nail biting	N	S	O	52	Avoiding doing things with others	N	S	O
20	Self-soothing (e.g., rocking, twisting/chewing hair, shaking leg, or tapping foot)	N	S	O	53	Feeling overly lonely or isolated	N	S	O
21	Difficulty being soothed or comforted	N	S	O	54	Not doing well at school/day program (e.g., poor marks, difficulty learning, behaviour or social issues)	N	S	O
22	Difficulty sitting still; restless	N	S	O	55	Not wanting to go to school/day program	N	S	O
23	Overly passive (e.g., quiet, still, or not reacting)	N	S	O	56	Difficulty doing things on my own or being away from parent/caregiver	N	S	O
24	Easily bothered by certain sounds, smells, sights, tastes, or textures	N	S	O	57	Afraid to be alone	N	S	O
25	Easily distracted or trouble concentrating	N	S	O	58	Afraid of specific people, places, or situations List: _____	N	S	O
26	Overly sensitive to being touched	N	S	O	59	Uncomfortable speaking in certain places or situations (e.g., school, social events)	N	S	O
27	Easily startled (e.g., "jumpy" in response to touch, sound, or being approached)	N	S	O	60	Scary or upsetting past event shows up in my play, stories, or art	N	S	O
28	Overly watchful for signs of danger	N	S	O	61	Memories or thoughts of scary or upsetting past event	N	S	O
29	Overly nervous, anxious, or tense	N	S	O	62	Thinking or talking about scary or upsetting past event	N	S	O
30	"Tuning out" or feeling like I'm in a daze	N	S	O	63	Avoiding thinking or talking about scary or upsetting past event	N	S	O
31	Feeling numb, having no feelings	N	S	O	64	Difficulty remembering details of scary or upsetting past event	N	S	O
32	Not feeling connected to my body (e.g., feeling like I'm watching myself from outside my body)	N	S	O	65	Blaming myself for scary or upsetting past event	N	S	O
33	Feeling overly sad or depressed	N	S	O					

Other concerns (Please describe below)

66		Never	Sometimes	Often
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#### Additional Questions

67	Since birth, how many <i>TIMES</i> has a parent/ <u>important</u> caregiver (e.g., stepparent, foster parent, grandparent) left your life in a significant way?	0	1	2	3	4	5	6	7	8	9	10	11+
68	Since birth, how many <i>TIMES</i> have you lived away from parents/ <u>important</u> caregivers (e.g., foster care, group home, with extended family)?	0	1	2	3	4	5	6	7	8	9	10	11+
69	Since birth, how many <i>DIFFERENT</i> schools have you attended?	0	1	2	3	4	5	6	7	8	9	10+	

## Ethnographic and Racial Categories

**Asian**

- East (e.g., Chinese, Japanese, Korean)
- South (e.g., Indian, Pakistani, Sri Lankan)
- South East (e.g., Malaysian, Filipino, Vietnamese)
- European (e.g., English, German, Turkish, Russian)
- North American (e.g., Canadian, American)
- Caribbean (e.g., Guyanese, Chinese Jamaican)
- Other: \_\_\_\_\_

**Black**

- African (e.g., Ghanaian, Kenyan, Somali)
- Caribbean (e.g., Barbadian, Jamaican)
- Latin American (e.g., Colombian, Brazilian)
- European (e.g., English, Spanish, French)
- North American (e.g., Canadian, American)
- Other: \_\_\_\_\_

**Indigenous**

- First Nations
- Inuit
- Metis
- Other: \_\_\_\_\_

**Latin American**

- European Origin (e.g., Spanish, French, German)
- Indigenous (e.g., Peruvian, Bolivian, Guatemalan)
- Mixed Origins (e.g., Indigenous and European, Black and European)
- Other: \_\_\_\_\_

**Middle Eastern, West Asian** (e.g., Egyptian, Iranian, Lebanese, Afghan, Israeli, Turkish)

**White**

- European Origin (e.g., English, Italian, Portuguese, Russian, Australian, NZ)
- North American (Canadian, American)
- Other: \_\_\_\_\_

**Multi-racial/multi-ethnic:** please specify (e.g., Black – African and White North American)

\_\_\_\_\_

**Others:** \_\_\_\_\_

**Prefer not to answer**

**Do not know**