

Australian	
INSTITUTE	
of SOCIAL	
RELATIONS	

MyDOOR 2 Practitioner Aide Memoire

(without Parent-Child questions)

For MyDOOR 1 follow up or interview-based screening

Client ID	
Practitioner	
Date	

This screen is for people who do not currently care for any children 18 years or below in any capacity (including as a step-parent, grandparent, foster carer or kinship carer).

Once a client has completed MyDOOR 1, the practitioner meets with him/her/them to discuss and evaluate any items of risk that were endorsed by the client (here shown as the shaded responses). MyDOOR 2 can also be used when the screen is completed face-to-face, with ready-to-hand follow-up questions.

Domain 1. Your culture and religious background

Domain-specific notes

Specific cultural and religious factors may be protective, or may elevate risk.

- Genograms can be helpful in mapping sources of stress and support, and lines of responsibility (eg financial, care-giving), both here and in country of origin.
- See DOOR 3 for further detailed analyses and follow up options.
- Review this domain in conjunction with risks on other domains; patterns and combined stressors are important in determining the best overall response.

MyDOOR 1: Self-Report Items MyDOOR 2: Example prompts for follow-up 1.1 Is there anything about your culture or religion that is important for us to understand in order to help you with this issue? □ Yes □ No MyDOOR 2: Example prompts for follow-up • What would you like me to understand about your background?

Domain 2. About you today

- Risks are often higher for women considering leaving a relationship, or recently separated, especially if a partner was unaware
 of this or had different expectations of attending counselling.
- If clients have used other services for similar issues, then inquire what (or who) may have changed since then.
- Note how openly, coherently and rationally the client talks about their feelings or how restricted and cut-off they seem.
- Normalise a range of feelings that occur around key personal, relationship or family transitions such as loss of employment, retirement or birth of a first child post-separation. Enquire further when normative feelings are absent.
- Note extreme or irrational responses and consider links to safety. Note unbalanced assertions about person's perception of their entitlements and rights.

MyDOOR 1: Se	elf-Report Items	MyDOOR 2: Example prompts for follow-up
2.1 What's the main issue that bro	ought you to here today? (Tick one only)	• Is this the first time you sought help
 □ Relationship assistance □ My mental health □ Financial stress □ Drug/alcohol problem □ Other matter 	 □ Relationship separation □ Child's coping/behaviour □ Gambling □ Wider family issue 	for this issue? What happened at the other places or with the self-help methods you already tried?
2.2 Which words describe how you	personally feel about the issue?	How manageable are these feelings now?
☐ Fine/Content	☐ Accepting/Resigned	 Are you getting enough support with this?
☐ Sad/Down	☐ Distressed/ Upset	, 3 3 3 11
☐ Frustrated/Annoyed	☐ Worried/Anxious	
☐ Hopeless/Powerless	☐ Scared/Afraid	
□ Embarrassed/Humiliated	☐ Jealous/Resentful	
☐ Angry/Furious	☐ Shocked/Devastated	





Domain 3. Managing conflict

Domain-specific notes

- Disagreements in relationships are normal, so take notice if a client expresses that conflict is completely absent in all areas of interpersonal life.
- Also notice if a client is highly dysregulated and involved in conflict across many areas of life.
- Explore the severity of anger and hostile attitudes, and patterns of communication, noting escalating conflict and hostility.
- Note the manner with which the person describes problems overly constricted and poorly restricted emotional responses need to be considered further.
- Review this domain in conjunction with risks on other domains; patterns and combined stressors are important in determining the best overall response.

3.a Managing conflict with your partner	
MyDOOR 1: Self-Report Item	MyDOOR 2: Example prompts for follow-up
Please answer this question if you are in a current committed relationship. Otherwise skip to the next section 3b.	
 3a.1 With regard to your current partner, over the past 6 months how often have you: a. Felt hostile or hateful towards him/her/them? ☐ Often ☐ Sometimes ☐ Not often/Never 	How frequent? How severe?Is this getting worse lately?At its worst, what does this look like
b. Had angry disagreements with him/her/them?☐ Often ☐ Sometimes ☐ Not often/Never	
c. Avoided or kept away from him/her/them? ☐ Often ☐ Sometimes ☐ Not often/Never	
3b Managing conflict with a former partner	
MyDOOR 1: Self-Report Item	MyDOOR 2: Example prompts for follow-up
Please answer this question if you have separated recently. Otherwise skip to the next section 3c.	
3b.1 With regard to your former partner , over the past 6 months, how often have you: a. Felt hostile or hateful towards him/her/them? ☐ Often ☐ Sometimes ☐ Not often/Never	How frequent? How severe?Is this getting worse lately?At its worst, what does this look like
b. Had angry disagreements with him/her/them?☐ Often ☐ Sometimes ☐ Not often/Never	
c. Avoided or kept away from him/her/them? ☐ Often ☐ Sometimes ☐ Not often/Never	
3c Managing conflict in wider relationships	
MyDOOR 1: Self-Report Item	MyDOOR 2: Example prompts for follow-up
Please answer this question about wider family members, friends, colleagues and others involved in your life (eg house mates, neighbours).	
3c.1 With regard to these other people , over the past 6 months, how often have you: a. Felt hostile or hateful towards any of them? ☐ Often ☐ Sometimes ☐ Not often/Never	 How frequent? How severe? Is this getting worse lately? At its worst, what does this look like
b. Had angry disagreements with any of them?☐ Often ☐ Sometimes ☐ Not often/Never	
c. Avoided or kept away from any of them? ☐ Often ☐ Sometimes ☐ Not often/Never	

MyDOORS (McIntosh & Lee, 2016)





Domain 4. How you are coping

- Consider connections between coping difficulties and surrounding stressors on Domain 10.
- Consider overflow into safety problems raised in Domain 9.
- Note the person' ability to talk openly and coherently; overly constricted or poorly restricted emotional responses indicate a need for further assessment.
- Explore the nature and effectiveness of support they are receiving.
- Receiving psychological treatment is not in itself a risk factor.
- Untreated, ongoing or worsening mental health or drug and alcohol problems need to be further assessed (see DOOR 3).
- Note the high prevalence of mental health and alcohol/drug issues in family violence.
- If severe distress/depression is noted, follow up carefully on suicide risk (see Domain 9b).
- Consider specialist referral options when multiple risks are evident, or when downward escalation of problem behaviour is apparent.
- Review this domain in conjunction with risks on other domains; patterns and combined stressors are important in determining the best overall response.

MyDOOR 1: Self-Report Item	MyDOOR 2: Example prompts for follow-up
4.1 Do you have any <i>major</i> worries about how you have been coping in the past 6 months?☐ Yes☐ No	What are the concerns? History and severity of the problem?Is this getting worse lately?
 4.2 In the past 6 months, have you: a. felt very anxious/fearful? □ Yes □ No b. felt very angry/irritated? □ Yes □ No c. felt very sad/empty/depressed? □ Yes □ No d. done or felt things that are unusual or out of character for you? □ Yes □ No 	 Is this affecting how you are managing everyday tasks? Are you getting any professional help?
 4.3 In the past year, for whatever reason: a. have you drunk alcohol and/or used drugs more than you meant to? ☐ Yes ☐ No b. have you felt you wanted or needed to cut down on your drinking and/or drug use? ☐ Yes ☐ No c. is anyone else worried about your alcohol and/or drug use these days? ☐ Yes ☐ No 	 Have drug and alcohol problems led to legal or work-related problems (eg road accidents losing a job)? Are you receiving professional help for this?
 4.4 In the past year, for whatever reason: a. have you gambled more than you meant to? ☐ Yes ☐ No b. have you felt you wanted or needed to cut down on your gambling? ☐ Yes ☐ No c. is anyone else worried about your gambling these days? ☐ Yes ☐ No 	 Have gambling problems led to legal or work-related problems (eg significant unmanageable debts, losing a job)? Are you receiving professional help for this?





4.5 In the past 2 years, have you been seriously ill or injured, requiring hospitalisation?☐ Yes☐ No	•	Can you foresee this happening again? Are there any ongoing health concerns for you?
4.6 In the past 2 years, have you seen a doctor, psychologist or psychiatrist for a mental health problem or drug/alcohol problem? □ Yes □ No	•	Was this helpful? Is there a formal diagnosis? Does this link to why you're here today?
4.7 Are you getting enough emotional support now (eg from friends, family, professionals)?☐ Yes☐ No	•	Would you like any help with this?

Domain 5. How others are coping

- Explore any problems in light of safety problems raised in Domain 9.
- Note the high prevalence of alcohol/drug usage in family violence (see literature in DOOR 3).
- Receiving psychological treatment is not in itself a risk factor.
- Untreated, ongoing or worsening mental health or drug and alcohol problems need to be further assessed (see DOOR 3).
- Consider specialist referral options when multiple risks are evident, or escalation of problem behaviour is apparent (see DOOR 3).
- Review this domain in conjunction with risks on other domains; patterns and combined stressors are important in determining the best overall response.

determining the best overall response.		
5a. How your partner is coping		
MyDOOR 1: Self-Report Item	MyDOOR 2: Example prompts for follow-up	
If you are currently in a committed relationship, then please answer these que the next section 5b.	uestions about your partner. Otherwise skip to	
5a.1 In the past 6 months, have you had any <i>major</i> worries about how your partner has been coping/behaving? ☐ Yes ☐ No	What are the concerns? History and severity of the problem?Is this getting worse lately?	
5a.2 In the past 6 months, has your partner behaved in a way that seemed: a. very anxious/fearful? ☐ Yes ☐ No b. very angry/irritated? ☐ Yes ☐ No c. very sad/empty/depressed? ☐ Yes ☐ No d. out of character or unusual for them? ☐ Yes ☐ No	 Is this affecting their ability to function on a day-to-day basis? Is s/he getting professional support? 	
5a.3 In the past year, have you been worried about your partner's drinking and/or drug use? ☐ Yes ☐ No	 Have drug/alcohol problems led to legal or work related problems (eg road accidents, losing a job?)? 	
5a.4 In the past year, have you been worried about the gambling habits of your partner? ☐ Yes ☐ No	 Have drug/alcohol problems led to legal or work related problems (eg road accidents, losing a job?)? 	
5a.5 In the past year, has your partner been seriously ill or injured, requiring hosptialisation? ☐ Yes ☐ No	 Can you foresee this happening again? Are there any ongoing health concerns for him/her/them? 	





 5a.6 In the past 2 years, to your knowledge, has your partner seen a doctor, psychologist or psychiatrist for a mental health problem or a drug/alcohol problem? ☐ Yes ☐ No 	Is there a formal diagnosis? Is s/he getting professional support?
5b. How your former partner is coping	
MyDOOR 1: Self-Report Item	MyDOOR 2: Example prompts for follow-up
If you have separated recently, then please answer these questions about that that person(s) in the past 6 months then skip to the next section 5c.	person(s). If you have not communicated with
5b.1 In the past 6 months, have you had any <i>major</i> worries about how your former partner has been coping/behaving? ☐ Yes ☐ No	What are the concerns? History and severity of the problem?Is this getting worse lately?
5b.2 In the past 6 months, has your former partner behaved in a way that seemed: a. very anxious/fearful? □ Yes □ No b. very angry/irritated? □ Yes □ No c. very sad/empty/depressed? □ Yes □ No d. out of character or unusual for them? □ Yes □ No	 Is this affecting their ability to function on a day-to-day basis? Is s/he getting professional support?
5b.3 In the past year, have you been worried about your former partner's drinking and/or drug use? ☐ Yes ☐ No	Have drug/alcohol problems led to legal or work related problems (eg road accidents, losing a job?)?
5b.4In the past year, has your former partner been seriously ill or injured, requiring hosptialisation? ☐ Yes ☐ No	Can you foresee this happening again?Are there any ongoing health concerns for him/her/them?
5b.5 In the past 2 years, to your knowledge, has your former partner seen a doctor, psychologist or psychiatrist for a mental health problem or a drug/alcohol problem? ☐ Yes ☐ No	Is there a formal diagnosis? Is s/he getting professional support? output Description:





5c. How other family members are coping		
MyDOOR 1: Self-Report Item	MyDOOR 2: Example prompts for follow-up	
Think about the people in your immediate family (like parents and siblings) and how they are coping		
5c.1 In the past 6 months, have you had any <i>major</i> worries about how a family member has been coping/behaving? ☐ Yes ☐ No	What are the concerns? History and severity of the problem?Is this getting worse lately?	
5c.2 In the past 6 months, has a family member behaved in a way that seemed: a. very anxious/fearful? ☐ Yes ☐ No	Is this affecting their ability to function on a day-to-day basis?Is s/he getting professional support?	
b. <i>very</i> angry/irritated? ☐ Yes ☐ No		
c. very sad/empty/depressed? ☐ Yes ☐ No		
d.out of character or unusual for them? ☐ Yes ☐ No		
5c.3 In the past year, have you been worried about a family member's drinking and/or drug use? ☐ Yes ☐ No	 Have drug/alcohol problems led to legal or work related problems (eg road accidents, losing a job?)? 	
5c.4 In the past year, has a family member been seriously ill or injured, requiring hosptialisation? ☐ Yes ☐ No	 Can you foresee this happening again? Are there any ongoing health concerns for him/her/them? 	
5c.5 In the past 2 years, to your knowledge, has a family member seen a doctor, psychologist or psychiatrist for a mental health problem or a drug/alcohol problem? ☐ Yes ☐ No	Is there a formal diagnosis? Is s/he getting professional support?	

Domains 6, 7 and 8 (about parenting and children and their safety) are skipped





The following questions include your partner (if you are in a current committed relationship); and/or your former-partner.

Domain 9a. Your safety

- Note carefully the client's openness and ability to discuss these issues. Patterns of being dismissive, minimising, avoiding, or appearing overwhelmed, or fearful to talk are important to notice. Note any disparity of facts against referral information.
- If in doubt about comfort to disclose, a useful question is 'If you had ever been threatened/hurt, would you feel worried about telling someone?'.
- Has the client spoken to a professional or authorities about any concerns?
- Immediate threats to safety require immediate follow-up, including safety planning, and may require further, coordinated referral to specialist services.

MyDOOR 1: Self-Report Item	MyDOOR 2: Example prompts for follow-up
9a.1 In the past year, have you <i>in any way</i> been concerned for your own safety because of your current and/or former partner? ☐ Yes ☐ No	What has happened?History and current severity of concern?
9a.2 Are you now <i>in any way</i> afraid for your own safety because of him/her/them or anyone else? ☐ Yes ☐ No	Who and what is causing the fear?
9a.3 In the past year, has anyone else said they were worried for your safety? ☐ Yes ☐ No	Who and what was the concern?
9a.4 As a result of your partner/former partner's behaviour, have the police ever been called, a criminal charge been laid, or Intervention/Violence/ Protection Order been made against him/her/them? ☐ Yes ☐ No a. Is there now an Intervention/Violence/Protection Order against him/her/them? ☐ Yes ☐ No	What happened?Current status of order and any breaches?Request copy of order.
 9a.5 In the past year, has your partner/former partner: a. Followed you or watched your movements in a way that felt worrying (eg driving by or watching your home, being in the same place when he/she/they had no business there)? □ Yes □ No b. Tried to control you or acted in a very jealous way (eg controlling your money, where you went, who you saw)? □ Yes □ No c. Threatened your safety? □ Yes □ No d. Hurt you in a way that wasn't an accident or used force to get you to do something you did not want to do? 	 What happened? History and current severity of concern? Are you changing anything about your life as a result of these behaviours (eg taking a different route to work, not answering the phone or other more extreme solutions)?
 ☐ Yes ☐ No 9a.6 Has your partner/former partner ever threatened to or actually tried to hurt or kill him/her/themself? ☐ Yes ☐ No 	History, nature, current severity of threat?
9a.7 Does your partner/former partner have access to a gun or other weapon? ☐ Yes ☐ No	What is the weapon? Where is it kept?
9a.8 If yes to any of the above: Are any of these or similar behaviours becoming worse or more frequent recently? ☐ Yes ☐ No	What is happening now?





Domain 9b. Behaving safely

- Note carefully the client's openness and ability to discuss these issues.
- Note any disparity of facts against referral information.
- Patterns of being dismissive, minimising, avoiding, or appearing overwhelmed, or fearful to talk are important to notice.
- References to entitlements or justified behaviours need to be considered carefully, with specific reference to any relevant cultural or religious factors.
- Immediate threats to safety require immediate follow-up, including safety planning and may require rapid referral to specialist services.

MyDOOR 1: Self-Report Items	MyDOOR 2: Example prompts for follow-up
9b.1 As far as you know, has anyone expressed concern about the safety of your behaviour toward your partner, former partner or towards any child(ren)? ☐ Yes ☐ No	• Who and what is/was the concern?
9b.2 As a result of your behaviour, have the police ever been called, a criminal charge been laid, or Intervention/Violence/Protection Order been made against you? ☐ Yes ☐ No a. Is there now an Intervention/Violence/Protection Order in place against you? ☐ Yes ☐ No	 History, nature and current status of order? Any breaches of safety/protection orders?
9b.3 Do you think anyone (including current partners, former partners or children) is afraid of you in any way? ☐ Yes ☐ No	• Why do you think this may be the case?
 9b.4 Would your partner, former partner or anyone else be likely to say that you have done any of the following things in the past year: a. Followed or watched his/her/their movements in a way that felt worrying to them (eg driving by or watching their home, being in the same place when you had no business there)? ☐ Yes ☐ No b. Tried to control him/her/them, or acted in a very jealous way (eg controlling their money, where they went, who they saw)? ☐ Yes ☐ No c. Threatened his/her/their safety? ☐ Yes ☐ No d. Hurt him/her/them in a way that wasn't an accident, or used force to get them to do something they did not want to do? ☐ Yes ☐ No 	 What happened? History, nature and current severity of concern?
9b.5 Have things in your life <i>ever</i> felt so bad that you have thought about hurting yourself, or even killing yourself? ☐ Yes ☐ No a. If yes: do you feel that way lately? ☐ Yes ☐ No	 Current thoughts about this? Prior attempts? Do you have a plan about how you would do that? What is the plan?
9b.6 Do you have access to a gun or weapon? ☐ Yes ☐ No	What weapon? Where is it kept? Is it possible you would use this?





10. Other stresses

- •Cumulative stress is a trigger for safety incidents when discussing separation or soon after separation.
- •Explore the effectiveness of supports the client has in place, including children. Consider what else you can assist them with, directly or by referral.
- •When multiple or severe stressors co-occur with risks on other domains, coordinated response by a network of services is recommended.

MyDOOR 1: Self-Report Items	MyDOOR 2: Example prompts for follow-up
Are these things happening now and causing major stress for you?	
10.1Being unemployed/under-employed ☐ Yes ☐ No	Would you like support with this?
10.2 Financial difficulties ☐ Yes ☐ No	Would you like support with this?
10.3 Property/asset settlement ☐ Yes ☐ No	Would you like support with this?
10.4 Financial support from spouse/former spouse ☐ Yes ☐ No	Would you like support with this?
10.5 Getting legal advice/representation ☐ Yes ☐ No	Would you like support with this?
10.6 Housing problems ☐ Yes ☐ No	Would you like support with this?
10.7 Transportation problems ☐ Yes ☐ No	Would you like support with this?
10.8 Feeling lonely/isolated ☐ Yes ☐ No	Would you like support with this?
10.9 Feeling harassed by your current or former partner, or by their family/new partner (including online) ☐ Yes ☐ No	Would you like support with this?
10.10 Illness/sickness/physical disability ☐ Yes ☐ No	Would you like support with this?
10.11 Problems in your neighbourhood with safety, crime, drugs etc. ☐ Yes ☐ No	Would you like support with this?
10.12 Are there any other stresses that are a serious problem for you at the moment? ☐ Yes ☐ No	Would you like support with this?
If so, please tell us what they are.	

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