Vision 2020 application for Year 4 for IUSB BRAVE: Bringing Recovery, Voices & Engagement for a Campus Free of Sexual Assault and Violence

Team: April Lidinsky, Loni Oehlwein, Nicole Micolichek, Valerie Hinkle, Adam Duckworth,

Abstract: IUSBBrave seeks to create a living and learning community free from sexual violence. Students victimized by sexual assault often feel disempowered and alienated from their college experience, resulting in “impediments to academic success, lower graduation rates, health problems and persistent mental health issues. Students cannot learn in an atmosphere where they do not feel safe” (American College Health Association, 2007, Shifting the Paradigm). IUSBBrave seeks to reduce the incidence of sexual assault and abuse in order to improve student retention and success. We aim to achieve this through: 1) orienting all new students to sexual assault safety/reporting guidelines and inviting them to become “empowered bystanders,” 2) engaging in year-round training to develop bystanders who can safely interrupt/prevent sexually harmful behaviors, and training students to be peer-educators, 3) creating programming opportunities to invite students to learn about these issues in new ways, and 4) increasing survivor use of IUSB counseling services and better identifying and addressing the impact of sexual violence for all Student Counseling Center clients.

Narrative and updates:

Ongoing Accomplishments: During our fourth year, we continued to hone and update our 75-minute presentation, and to offer the presentation to classes and in elective sessions. At these basic trainings, students learn definitions of consent, are taught about rape culture and its iterations, and learn about being safe and active bystanders, with specific suggestions for possible interventions. We also give them a IUSB BRAVE pin, a cup with the Facebook link or it, information on campus resources and the http://stopsexualviolence.iu.edu/ link, as well as the flyer from the Office of Student Conduct on "What It Means to Be a Titan."

As we’d hoped, portions of the BRAVE curriculum are now integrated into Orientation, an aspect of our work that we would like to continue to develop. New approaches this year have included developing student-led PSA videos to use in Orientation and other occasions (still in development), and an intensive event series, “BRAVE Actions,” for the entire Spring 2017 semester. This series draws together additional trainings, film events, and related programming, with the incentive for students to become certified “BRAVE Ambassadors” by attending a BRAVE training and two additional events.

This year, we were invited to present on the BRAVE approach at the Statewide Conference on Sexual Assault at IU Bloomington on June 28, 2016. The co-presenters of this talk, titled, “Bringing a Gender Studies Perspective to Consent Programming,” were April Lidinsky, Nicole Micolichek, and Elicia Scheretie-Brown.

Sustainability: While maintaining a rigorous program schedule this year, we have also been working with Marty McCampbell (Deputy Title IX coordinator) and Laura Whitney (Student Conduct) to begin the process of integrating the BRAVE curriculum into the Office of Student
Services. A fourth year of grant money could help defray some of the day-to-day costs of running the program and provide some one-time funding to honor the time of volunteer trainers, while McCampbell and Whitney continue to advocate for graduate assistants to take a lead on the prevention and education initiatives. We believe that people should be compensated for doing this crucial work. Significantly, now that the Campus Climate Survey results are back, we can better tailor and focus our programming, prevention, and education initiatives. This also means applying this data to BRAVE in the coming months.

Here are highlights of what we accomplished in this past year, with the support of Vision 2020:

* Overall, we worked closely with 94 students in individual trainings, and many hundreds more were introduced to BRAVE in their Orientation sessions in Summer, Fall, and January and through Welcome Week in Fall 2016.
* We taught 3 trainings in Spring 2015 and 5 in Fall 2016.
* We continue to update our Facebook page with consent and upstanding information, as well as training opportunities.
* We produced a different color-changing BRAVE cup to hand out at Welcome Week and all trainings.
* We staffed a busy Welcome Week table in Fall 2016.
* We partnered with Titan Productions to bring Sex Signals to IUSB in September 2016.
* We worked with Counseling graduate student Elisia Scherectie-Brown in Spring 2016 and Housing staff member Adam Duckworth for Fall 2016, to help keep track of evaluation forms.
* BRAVE continues to be mentioned in all Orientation sessions, starting with Summer 2015.
* April 1, offered a 5-hour workshop with Rick Dennic and 15 Orientation Leaders on using improv techniques (which we learned in 2015 from BRAVE-related speaker Laura Zam).
Videotapes were produced, but the sound quality kept them from being used in Orientation sessions. We would like to return to this project.
* Worked with students Tyler Garber and Austin McBride on developing a men’s leadership student group for additional programming and campus initiatives that will highlight men’s roles in reducing gender-related violence.
* Worked with a 10-person student/staff/faculty team during Fall 2016 for a Spring 2016 “BRAVE Action Series,” with 13 programs (BRAVE trainings, films, visiting programs, etc). Students can now earn a BRAVE Ambassador certificate by attending a BRAVE training and two other events in this series.
* We are discussing more ways to effectively reach ALL students with the full BRAVE training, rather than relying on brief trainings in Orientation and volunteer trainings during the school year. We would like to do more effective outreach to men, training more peer-leaders, doing more with social media outreach and branded merchandise.

Our goal for IUSB BRAVE continues to be that:

1. Students are informed re/consequences of sexual violence
2. Students are empowered to prevent harmful situations
3. Students know how and where to get help
4. We support increased success among survivors of sexual violence
Our final goal this year is to help foster a smooth transition to institutionalizing BRAVE training in Student Services, with funding for resources as well as pay for well-prepared trainers.

**How we assessed our goals:**

1) We continue to use the assessment forms we designed last year to gather quantitative and qualitative feedback for every training session and program. Additionally, the Student Counseling Center (SCC) continued to collect data regarding the number of clients who: (1) had unwanted sexual contact or experiences (2) had been sexually harassed or assaulted on our campus and (3) had experienced harassing or abusive behavior from another person. (SCC information below.)

**Here’s our assessment form:**

**BRAVE training evaluation**

1) The program was clear and engaging  
   SA  A  D  SD  N/A

2) I will talk about this program with friends.  
   SA  A  D  SD  N/A

3) I understand the meaning of consent.  
   SA  A  D  SD  N/A

4) I will use parts of this program to become an  
   SA  A  D  SD  N/A
active bystander.

**Something I will take away from this program:**

**How did you hear about the program?**

**We added this year:** “Is there anything you wish we had covered that we didn’t?” in order to consider gaps in our programming.

Responses to our basic trainings continue to be very positive.

2) We have evaluation information from:

1/21/16 - basic BRAVE training, 10 evals
2/10/16 – basic BRAVE training in class, 19 evals
2/1/16 - basic BRAVE training, 9 evals
8/09/16 – special BRAVE training for RAs (12 students – no evaluations. An oversight!)
9/14/16 – basic BRAVE training, 5 evals
9/15/16 – basic BRAVE training in Dr. Schultz’s class – 19 evals
9/26/16 – basic BRAVE training, 5 evals
11/02/16 – basic BRAVE training, 2 evals

The program was clear and engaging  
   SA  A  D  SD  N/A
I will talk about this program with friends.  
   SA  A  D  SD  N/A
I understand the meaning of consent.  
   SA  A  D  SD  N/A
I will use parts of this program to become an  
   SA  A  D  SD  N/A
active bystander.

Table showing the # of respondents who circled Strongly Agree or Agree to the evaluation questions:

<table>
<thead>
<tr>
<th>date</th>
<th>2/10</th>
<th>1/21</th>
<th>2/1</th>
<th>9/14</th>
<th>9/15</th>
<th>9/29</th>
<th>11/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>1)</td>
<td>19</td>
<td>10</td>
<td>9</td>
<td>5</td>
<td>19</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>2)</td>
<td>18</td>
<td>10</td>
<td>9</td>
<td>5</td>
<td>10</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>3)</td>
<td>19</td>
<td>10</td>
<td>9</td>
<td>5</td>
<td>19</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>4)</td>
<td>19</td>
<td>10</td>
<td>9</td>
<td>5</td>
<td>19</td>
<td>5</td>
<td>2</td>
</tr>
</tbody>
</table>

What it means: The overwhelmingly positive feedback on the program is good to see, though it is clear that for the program to shift campus culture, we need to be reaching far more students. Institutionalizing the BRAVE program within Student Services will help achieve this next goal.

The written feedback from February 10 is typical of the written responses:

- The different ways to be an active bystander.
- Better understanding on being an active bystander.
- It’s better to do something than nothing.
- Being an active bystander is important.
- Direct, delegate, distract.
- I am a powerful woman and I need to engage that fact and stop feeling inferior to men and other women.
- How to be an active bystander.
- Be aware! Intervene and help others.
- Better to do something than nothing at all.
- Be aware of surroundings. Bystander approach. You only have to change the situation, you don’t have to fight when you see a sketchy situation.
- Be an active bystander. Be the voice for someone who doesn’t know how to use theirs.
- Be more aware of those around me and how I can help.
- Be an active bystander.
- I have the power to help – amnesty.
- Resources for victims on campus.
- Distraction and delegation are just as useful to being an active bystander as being direct.
- Spreading awareness
- How to intervene and become an active bystander.

Our final question about information students wished we’d covered that we hadn’t included many “No, nothing!” responses, but also some responses we are using to continue to develop our programming and training:

- I wish the presentation related to men more than them as aggressors
- More in depth about rape culture and how to combat it
• Mixed messages in the media

What these responses mean: While students who opt in to the program are often very enthusiastic about the session, we need to continue to develop our materials to address popular culture and pornography (a theme that students often bring up, even if it does not show up in the comments). These responses also helped spur us to work with students on additional programming focused around the experiences of men and their role in dismantling toxic masculinity.

4) Regarding our Goal 4 – to increase success among survivors:

The Student Counseling Center staff continued to document the number of student clients who presented with issues related to sexual assault, sexual abuse, and relationship violence. The percentage of new students affected in two of three areas where data are collected prior to the start of the counseling process remained consistent from 2015 to 2016 as follows:

Experienced unwanted sexual contact: 2015: 27.4% 2016: 27.9%

Experienced harassing or abusive behaviors by others: 2015: 33.9% 2016: 33.6%

The percentage went down in one smaller but important category:

Has been sexually harassed on the IUSB campus: 2015: 5.4% 2016: 3.1%

A priority for the clinical staff in 2016 was to improve both data gathering and counseling services with regard to clients’ current and past experiences of abuse, assault and violence. We have accomplished this by better engaging clients on those topics during the Intake Evaluation and then appropriately including those concerns in our DSM-5 diagnostic impressions. Whenever appropriate and clinically sound, a client’s current and past history of abuse, assault, and violence become part of the focus of clinical attention in the counseling process.

In 2015, the staff documented diagnostic impressions 16 times for the DSM-5 categories indicating sexual abuse, sexual or relationship violence, harassment, or issues related to personal history of sexual abuse or violence. In 2016, that number rose to 41. We believe that the increase may have resulted from campus-wide BRAVE efforts to elevate student awareness about and desire to seek help for sexual abuse and assault-related mental health concerns. Further, the SCC staff was intentional about including those concerns in discussions with clients, in clinical supervision meetings, and in full staff clinical meetings, which we believe resulted in better counseling services for our student clients.

What we are going to do next:

In addition to the Spring BRAVE Actions series, we look forward collaborating with Marty McCampbell and Laura Whitney to help foster a smooth transfer of this work to Student Affairs
This work includes supporting a newly forming student group promoting male upstanders on sexual violence, and a more active presence – ideally, peer-led – in all orientation sessions.

We aim to reach all incoming students with BRAVE programing through Orientation, and to increase opportunities to reach other students through consistent offerings of other trainings. We would like to produce Consent/Active Bystander informational posters to put up all over campus, and are developing other ways to make our message more visible and consistent.

Budget from 2016: $1500 for year 3 of your project. You will be able to carry forward the $3060 from previous year awards for a total of $4560 available to you to run the project until March 2017

<table>
<thead>
<tr>
<th>Month</th>
<th>Name</th>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan-16</td>
<td>Lidinsky</td>
<td>Brown</td>
<td>108.50</td>
</tr>
<tr>
<td>Feb-16</td>
<td>Lidinsky</td>
<td>Brown salary</td>
<td>26.75</td>
</tr>
<tr>
<td>Apr-16</td>
<td>Lidinsky</td>
<td>Brown salary</td>
<td>5.00</td>
</tr>
<tr>
<td>Jun-16</td>
<td>Lidinsky</td>
<td>Ohlwein</td>
<td>534.55</td>
</tr>
<tr>
<td>Jun-16</td>
<td>Lidinsky</td>
<td>Micolichek</td>
<td>534.55</td>
</tr>
<tr>
<td>Jul-16</td>
<td>Lidinsky</td>
<td>ERC Copies</td>
<td>25.00</td>
</tr>
<tr>
<td>Jul-16</td>
<td>Lidinsky</td>
<td>Brown salary</td>
<td>8.75</td>
</tr>
<tr>
<td>Jul-16</td>
<td>Lidinsky</td>
<td>Brown &amp; Salisbury</td>
<td>750.00</td>
</tr>
<tr>
<td>Sep-16</td>
<td>Lidinsky</td>
<td>4Imprint</td>
<td>310.39</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4,403.54</td>
</tr>
</tbody>
</table>

Jan 17  Loni Oehlwein  $500 (for trainings and program development)
Jan 17  Nicole Micolichek  $200 (for trainings and program development)

Remaining  235.34

Budget for the coming year - $4,000, as follows:

BRAVE Education and Outreach (paying trainers $500; speaker/s):  $2,500
Print and video resources (posters, fliers, buttons, new merch ideas):  $1,000
Hospitality:  $ 500
Total:  $4,000

* Fiscal sustainability, including any current and future funding sources: As we’ve noted, we are working hard to make the coming year the bridge year to institutionalizing BRAVE in Student Services, but recognize the support materials crucial to the success of this program. (The copy budget this year was masked by April Lidinsky occasionally and forgetfully using departmental funds for copies.)
We recognize that this may be an unusual request to use an additional year of funding to help with a transfer of power, but trust that the committee understands how hard we are working to ensure the BRAVE program does not languish in the hands of too-busy volunteers, but instead is institutionalized by a university that has championed the program. There is good will and energy in Student Services for this transfer, but also a struggle to find adequate resources. Given the spirit of Vision 2020 – start-up ideas that can be institutionalized – we make this argument with some optimism. Marty McCampbell and Laura Whitney can no doubt speak to the committee about the challenges they are facing in finding resources for the transfer of the program, if the committee wishes.

**Timeline for the coming year:**

**Spring semester:** Offer the BRAVE Action Series of 13 events, including BRAVE trainings and a Train the Trainer session. Continue to work with the newly forming student group fostering men’s leadership on this issue. Work with Student Services to integrate BRAVE into their paid workload, including a possible hire of trained graduate students.

**Summer:** Participate in Orientation sessions with trained BRAVE peer-leaders.

**Fall semester:** Continue to support the BRAVE goals, anticipating the university will be able to support paid staff to lead sessions, but using any BRAVE funding to help support resources for programming, training, and advertising.
BRAVE Action Series

January 25th
Free Pizza
Public viewing of
The Hunting Ground
Panel discussion to follow.
Housing Community Building - 6:00pm

January 31st
BRAVE training
Open to all
Housing Study Room - 7:00pm

February 7th
Beat the Blame Game
From the duo who brought you Sex Signals, a program on improving communication.
EA 1011 - 5:30pm

February 14th
BRAVE Actions
Join us for sharing creative ways to say, “Oh, Yes!” and “No.”
Interactive table in the Grill over the lunch hour.
University Grill - 11:30 - 1:00pm

February 21st
BRAVE training
Open to all
University Grill ( Fireside A) - 5:50 - 6:45pm

February 23rd
Michiana Monologues*
Vegetable Buddies - 7:00pm

February 26th
Michiana Monologues*
Bristol Opera House - 3:00pm

March 2nd
Michiana Monologues*
Civil Rights Heritage Center - 7:00pm

March 3rd
Michiana Monologues*
American Sign Language Performance and Silent Auction.
IU South Bend Campus Auditorium - 7:00pm
*Find ticket information for all Michiana Monologues performances on Facebook: Michiana Monologues

March 7th
The Bro Code
Panel discussion to follow. EA 1011 - 7pm

March 9th
Public viewing of The Bro Code
Panel discussion to follow.
Civil Rights Heritage Center - 7pm

March 23rd
BRAVE train the trainer
Housing Study Lounge - 5:30 - 6:30pm

April 20th
Take Back the Night at IU South Bend
6:00pm

Become a certified BRAVE ambassador by attending and participating in a BRAVE training and attending two other events this series.

Email Titanpro@iusb.edu