Vision 2020 application for AY2 for IUSBBRAVE: Bringing Recovery, Voices & Engagement for a Campus Free of Sexual Assault and Violence

Team: Valerie Hinkle, April Lidinsky, Susan Lee, Rick Dennie, Marianne Castano Bishop, Nicole Micolichek, School of Education and Counseling Graduate Students (five of them)

Abstract: IUSBBBrave 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 ot 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). IUSBBBrave 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 3) increasing survivor use of IUSB counseling services and better identifying and addressing the impact of sexual violence for all Student Counseling Center clients.

Narrative

Goals: We made significant progress in this first year, spending the summer and early fall in consultation with Emmanuel Cannady (ND, who has designed similar programming for that campus) to design a curriculum that can be taught by peers to peers. We have a polished version of this curriculum now that we have taught twice; we might continue to revise it slightly, based on responses, but it is up and running now. Our goals for this programming, along with strengthening tools and practices in the Counseling Center are for:

1. Students to be informed re/consequences of sexual violence
2. Students to be empowered to prevent harmful situations
3. Students to know how and where to get help
4. Increased success among survivors of sexual violence

Starting in July, we met frequently (and continued to meet as a team through late November) to draw on research and what we thought were the best aspects of existing curricula to design a 45 minute Power Point presentation with supporting materials and activities that are suited to be taught by student by their peers (though we are currently planning to partner students with more experienced staff/faculty mentors to lead sessions for the nest phase).

We offered (and assessed) several programs during the fall semester, discussed in more details below: On Oct. 7, we offered a general Bystander Intervention presentation and training attended by students, staff, and faculty, led by Emmanuel Cannady; on Oct. 27 we offered a public talk focused on men’s roles in being active bystanders, titled “Be That Guy,” led by Emmanuel Cannady; and we offered two train-the-trainer events on November 17 and 19.
Insights from this work influenced Summer 2014 orientation presentations from Susan Lee (and April Lidinsky at one Orientation). We are planning to work with students to design a brief student-led presentation on Bystander Intervention that will be ready to roll out in Orientation sessions, starting in early summer 2015.

How we assessed them:

We worked with Cannady, who designs assessment tools for Notre Dame, and looked at existing models to assess our programs via numerical and written data. Additionally, the Student Counseling Center began 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.

What we found (assessment results):

Regarding our Goal 2 (for students to be empowered to prevent harmful situations),

A. 21 students attended an initial presentation (October 7) on bystander intervention programming presented by Emmanuel Cannady. On a scale of one to four (1 = not at all and 4 – absolutely) participants were asked to evaluate their likelihood of intervening in an identified potential sexual assault as a result of participating in this training. Of nine respondents, six circled “4”, two circled “3” and one did not respond.

B. 41 students (best estimate of those who were not staff) attended the Oct. 27 “Be that Guy” program by Emmanuel Cannady that addressed the power of men to prevent sexual violence on campus. Participants were asked to complete a written post-program feedback with the results listed below.

How successful was the program at achieving the following objectives?

1. To provide information about the cultural contexts of sexual violence
   Poor: 0 Fair: 2 Good: 9 Excellent: 23 N/A: 0

2. To help audience members understand masculinity as culturally constructed
   Poor: 0 Fair: 0 Good: 9 Excellent: 24 N/A: 0

3. To offer ways that men can become leaders in preventing sexual violence
   Poor: 1 Fair: 2 Good: 10 Excellent: 21 N/A: 0

Please provide feedback on the program;

1. The material was presented in a logical manner
   Poor: 0 Fair: 2 Good: 8 Excellent: 24 N/A: 0

2. I will talk about this program with friends
   Poor: 1 Fair: 1 Good: 7 Excellent: 24 N/A: 0
3. I will use parts of this program in my everyday life  
   Poor: 1  Fair: 4  Good: 5  Excellent: 23  N/A: 0

4. The speaker was engaging  
   Poor: 0  Fair: 0  Good: 6  Excellent: 28  N/A: 0

5. Overall, this program was enjoyable  
   Poor: 0  Fair: 0  Good: 5  Excellent: 28  N/A: 1

C. Eight students have completed peer facilitator training in bystander intervention programming. We have not yet collected feedback on the efficacy of this training.

Regarding our Goal 4 – to increase success among survivors:

Semester One the Student Counseling Center collected the following data for the first time:

Number of new clients (n = 96) who had unwanted sexual contact or experiences: 17 or 17.2%
Number of new clients who had been sexually harassed or assaulted on our campus: 7 or 7.1%
Number of new clients who had experienced harassing or abusive behavior from another person: 27 or 27.3%

The SCC is not able to track the success of individual and identified students with the aggregate data received. Our plan was to use AY1 of the grant to get a baseline for the number of survivors we have served and to ensure that our staff has access to sufficient training and resources to meet the needs of students who have been impacted by those traumatic experiences.

Additionally, the three licensed clinical staff members have read/discussed two scholarly articles this past semester in order to inform and/or improve our approach to survivors: Hensley, L. G. (2002). Treatment for survivors of rape: Issues and interventions. Journal of Mental Health Counseling, 24, 330-347.


What it means:

This data shows that there is a need on this campus for improved information and education about sexual assault, bystander intervention, and resources. We are pleased that the early evaluations of our programs and training suggest that participants find them valuable.

What we are going to do next:
We look forward to scheduling and implementing more “train the peer leader” events this semester, so that we have a larger group from which to draw for scheduling Bystander Intervention trainings. We plan to offer at least two (and likely more) this spring, both through invitations to the general campus (through flyers, emails, and the Daily Titan), and through engaging student clubs, the SGA, and the Greek groups. We will offer to present this training during their meeting times, and aim to have peer discussion-leaders in each of these groups. We will also publicize our willingness to offer these trainings in classes through the “Professor, Don’t Cancel That Class!” program.

We also plan to collaborate with students who are trained discussion leaders to design a brief student-led program to offer at Orientations, starting in early Summer 2015.

Additionally, we plan to design an assessment tool to offer at each of the peer-led Bystander Intervention programs, based on the assessment tools we have used for other aspects of our program.

The Student Counseling Center staff will continue to gather data on survivors of abuse and assault through the full, 12-month academic year (July 1 – June 30 in the Titanium electronic record system). Enhanced training for working with survivors will be included in the SCC graduate internship orientation in August 2015 and in ongoing clinical supervision of internship counselors throughout the academic year. Impact of counselor intervention on academic persistence of survivors will be assessed by qualitative means for those clients who attend five or more counseling sessions. Client responses will be documented in clinical notes and reviewed/reported for the BRAVE project.

* **Budget** from the past year - $4,630.
* **Budget** for the coming year(s) - $4,630, as follows:
  
  BRAVE Outreach and Education (student coordinator, web designer, speaker(s)): $3500
  
  Print resources (posters, fliers, buttons, etc.) $  700
  
  Hospitality: $  430
  
  Total: $4630

New budget: We plan to eliminate the counselor salary and use those funds for student coordinator, a web designer (Marianne Castano Bishop is working on this) and speakers.

* **Fiscal sustainability, including any current and future funding sources**

We believe that the BRAVE project will continue to receive strong support from Student Services and academic departments. Because of changes in the budget structure of the Student Counseling Center, BRAVE funds will no longer be needed to support its staff involvement. We propose to redirect those funds to in a manner that will create greater connections with and increased interest among students, which will further sustain the project beyond the Vision 2020 grant period.

**Timeline for the coming year:**
February: Schedule Bystander-Intervention discussion-leader trainings and advertise programming for “Professor, Don’t Cancel That Class!”.

March-April: Offer at least two more discussion-leader trainings and at least two peer-led (or, peer-and-staff/faculty-led) Bystander Intervention programs to students/ student groups.

May-August: Offer short programs in Summer Orientation sessions led by students on Bystander Intervention. Implement enhanced abuse and sexual assault training in SCC intern orientation.

Fall 2015: Continue to offer both train-the-discussion-leader events and student/staff-led sessions both for the general campus population and through students groups and clubs. Currently, we envision at least two trainer events and 2-3 general sessions during each semester.

Routing sheet attached
Project Director: April Lidinsky  WGW Program x 4528  alidinsky@iusb.edu

Co-Investigator:  

Project Title: Bringing Recovery Awareness, Voice & Engagement for a Campus Free from Sexual Assault & Violence

Amount of this request: $4,000

Type of Proposal:  
- Faculty Research Grant
- Curriculum Development
- Seed Grant
- Research Project Initiation Grant
- Regional Research Grant
- Other Vision 2020 Y2

Special Needs:  
- Human Subjects
- Animals
- Biosafety: Pathogenic agent
- Human tissue or fluids
- Recombinant DNA

Brief layman's description of project:

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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-seeking guidelines and inviting them to become "empowered bystanders," 2) engaging in year-round training to develop bystanders who can safely interrupt/promote sexually harmful behaviors, and 3) increasing survivor use of IUSB counseling services and better identifying and addressing the impact of sexual violence for all Student Counseling Center clients.

APPROVALS:

Project Director: April Lidinsky  Date: Feb 1, 2015  Comments: 

Chairperson:  
(If applicable)

Dean: Karen Luther  Feb 3, 2015