Vision 2020 application for AY3 for IUSB BRAVE: Bringing Recovery, Voices & Engagement for a Campus Free of Sexual Assault and Violence

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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

Goals: We are very pleased with our progress during this second year, when our program has truly taken off, and is being recognized and praised throughout the IU system. Our team continues to meet once or twice a month to continue to refine our 75-minute BRAVE PowerPoint and interactive curriculum. We are increasingly happy with the streamlined curriculum, which has been well-reviewed (by participants and IU Student Welfare Committee members, as well as by our new Title IX deputy, Marty McCampbell). 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 FB link on it, information on campus resources and the http://stopsexualviolencui.edu/ link, as well as the flyer from the Office of Student Conduct on "What It Means to Be a Titan."

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

*Overall, we worked closely with 214 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 2015.
* We taught 3 trainings in Spring 2015 — two classes (total of 56 students) and one Sigma Phi training (10).
* We partnered with the Student Counseling Center and Psi Chi on an informational table on sexual assault and safety during the week of April 21.
* We partnered with the Title IX office the Titan Productions to bring The Hunting Ground to campus on April 28.
* We worked with Marketing to design logos for a Facebook page (which we update regularly)
* We worked with Marketing to design color-changing plastic cups with our social media information, which we purchased with Vision 2020 funding and that we’re distributing at Welcome Week events and trainings.
* We staffed a Welcome Week table in Fall 2015.
* We partnered with Titan Productions to bring Sex Signals to IUSB on Sept. 15
* In Fall 2015, we taught 128 students in 7 presentations. 4 were standard trainings, we trained one sorority (Theta Phi Alpha), trained the Social Work club, and trained Christina Gerken’s large Intro to Gender Studies class (details in Assessment section).
* We developed curriculum for and taught one peer-leader workshop in Fall 2015, training three new peer-leaders. We plan to work with them in the coming month/s so they can co-teach with us.
* We brought on board Counseling graduate student Elicia Scheretie-Brown to be our social media intern and to help run trainings and keep track of sign-ups. She’s been invaluable.
* On October 14, we brought playwright and sexual assault educator Laura Zam to campus for a workshop on using standup comedy to develop pedagogical skits about consent
* On October 15, Laura Zam gave a talk related to BRAVE’s consent goals and recovery from trauma.
* On October 24, we brought 6 students and 3 BRAVE trainers to the IUPUI “It’s on Us” student sexual assault prevention conference. Ideas from this conference continue to help us shape our curriculum and goals.
* April Lidinsky presented BRAVE information in two statewide Webinars, in June and October (in one she was a key presenter with IUB’s Leslie Fasone)
* Began presenting in Orientations in December 2015 and January 2016. BRAVE has been mentioned in all Orientation sessions, starting with Summer 2015 Orientations.
* Planned Spring 2016 trainings.
* On January 15, 2016, Elicia Scheretie-Brown attended a IU Train-the-Trainer event at IUPUI, gathering information to shape our curriculum and goals.
* We have been invited to work with IUB on a presentation on feminist approaches to sexual assault prevention training.
* Jan 21, taught BRAVE training
* Jan 28, invited BRAVE training for the Student Government Association
* Planned additional Spring 2016 trainings for BRAVE on Feb. 1, 10, and 24, 2016
* Are working with Rick Dennie on turning insights from Laura Zam’s stand-up workshop into presentations for orientation, starting in Summer 2016)
* Are considering ways 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 continue 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
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**

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

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

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

**What we found (assessment results)**

Responses to our basic trainings continue to be very positive. I’ll include here sample feedback from our Nov. 8, 2015 training session, which is typical of the feedback we receive (and are keeping track of in Box files, so we can track trends):

**BRAVE TRAINING- Christina Gerken -W100 class (M-W 2:30 p.m)**

19 total evaluations
The program was clear and engaging
SA= 19 A= 0 D= 0 SD= 0 NA= 0
I will talk about the program with friends.
SA= 16 A= 3 D= 0 SD= 0 NA= 0
I understand the meaning of consent.
SA= 19 A= 0 D= 0 SD= 0 NA= 0
I will use parts of this program to become an active bystander.
SA= 17 A= 1 D= 0 SD= 0 NA= 1

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

Consent
Direct, Delegate, Distract
Everything was great
Definition of consent
How to stop an assault, etc. from occurring without confronting the perpetrator and putting anyone in danger
That being an active bystander can present/save lives of women & men. Everyone has a role to play
Distracting (potential) attacker not just (potential) victim. Tea 😊
Direct, Delegate, Distract
Consent and the bystander issue
It is on me to make a difference and brave sexual violence. Don’t wait for someone else
Essential skill to deflect potentially harmful situations
The 3 D’s of an active bystander: Direct, Delegate, Distract
How to be an active bystander and spread awareness
The tea video explaining consent
It is my responsibility to help someone in a vulnerable situation
My sexual assault was not my fault. I didn’t give consent but he used our emotional relationship to his advantage

How Did you hear about IUSB BRAVE: Class= 14 Orientation= 1 Emails/school paper= 1
Flyers= 2
QSA= 1

What it means: We believe this feedback demonstrates our program is engaging and useful, and teaches the key concepts we hope to teach ALL students on campus, if we can expand our training through Orientation sessions and peer-led trainings. We also believe we need to consider broader ways to market our trainings and the BRAVE messages, through eye-catching posters, merchandise beyond cups, etc.

2) We held one peer-leader training last year (and plan to do many more). Here’s the evaluation we used, and the results:

BRAVE Peer Facilitator Training “Train The Trainer” --November 10, 2015
3 Evaluations
The program was clear and engaging.
SA = 2  A = 1
I will talk about this program with friends.
SA = 2  A = 1
I feel confident I will be able to co-present this information with a faculty/staff person.
SA = 0  A = 3
I will use parts of this program to become an active bystander.
SA = 3  A = 0

Do you have ideas for strengthening this training?

* Maybe letting students know a few particular things that they may challenge relating to
the presentation.
* I think next time when you do the peer facilitator training you should consider videotaping it. Would be a useful resource for training and giving people the confidence to present the material.
* Not so sure about the Lady Gaga [a video we showed this small group]- it may be too much. Are there topics you would like additional training on before co-presenting the IUSB BRAVE curriculum?
Statistics, Title IX, and rules sexual misconduct.
It was all good

What it means: We want to keep working on our peer-leader training and phasing in these peer leaders by preparing them to teach portions of a training until they feel comfortable with teaching, ideally, 1/2 a presentation with a faculty or staff member.

3) We have evaluation information from:

9/30 - basic BRAVE training, 13 evals
10/15 - Laura Zam consent workshop - 15 evals
11/4 - basic training in Dr. Gerken's Intro to Gender Studies class, 19 evals
11/10 - peer leader BRAVE training, 3 evals
11/16 - basic training for sorority, 19 evals
11/18 - basic training for Social Work club -19 evals
* Additional evaluations we are still inputting from Jan 21 and 29 trainings.

Evaluation details from Zam’s Consent Workshop:

BRAVE training-Consent workshop with Laura Zam- Fall 2015
15 Evaluations
The program was clear and engaging
SA=12 A=3 D=0 SD=0 NA=0
I will talk about this program with friends
SA=11 A=3 D=0 SD=1 NA=0
I understand how I can help teach consent
SA=12 A=3 D=0 SD=0 NA=0
I understand how I can promote active bystander practices
SA=12 A=3 D=0 SD=0 NA=0

Something I will take away from this program:
* Always help a stranger, intervene if you can
* That all acts of perpetration do not have to be obvious, and that all victims will not speak out It is important to recognize when a person is not giving consent and to have ways to intervene * There are so many unexpected scenarios, it is important to expect the unexpected in every situation Is that there are so many ways a scenario can be played out* No means no *
Different situations require different responses *More people need to experience exposure to these topics *Acting out the action helps us get in touch with how it feels vs. how we think it
feels *How hard it can be to recognize when it might be happening to you * How to go about these situations *There really isn’t one “easy answer” like some will claim
How did you hear about the program?
Friend= 1  Facebook= 1  Daily Titan= 1  Class= 1  April= 6  Flyer= 1  No comment=3
IUSB website= 1

4) We gathered quite a bit of information from Laura Zam’s October 16, 2015 public lecture, “I Believe in Me” - 33 evals. Questions and responses below:

The program was clear and engaging
SA= 30  A= 2  D=1  SD= 0  NA= 0
I will talk about this program with friends
SA= 28  A= 4  D= 1  SD= 0  NA= 0 Something I will take away from this program:
Never take life for granted and never give up, keep going!
The power of courage
* This was super. She is lovely and engaging speaker. I truly felt inspired by her talk. I will look out for her book. Thank you for inviting this speaker- very empowering!
* Courage before accomplishments
* Courage before confidence
* Laura’s bravery has been inspiring in my own development of a one-woman show. The visual of her mother looking out the small window, seeing birds asking “how can I fly?”Wow!
* We can gain confidence from the confidence of others
* To commit to my goals
* I am going to start a project
* To start a project to save my life
* Fresh perspective, new questions to inspire clients/students to change their lives. Thank-you! *
The reminder to ask “how” questions when I feel stuck
* So much revolves around living an authentic life, of being your authentic self regardless of who thinks you’re crazy or being or too intense or whatever else. You have to believe in yourself for who you are and really own it…..and the rest just blossoms.
* The lesson of having courage in order to gain confidence!
* My confidence currently happening in my life. I really appreciated this inspirational talk and I felt like Laura was speaking directly to me-but I’m sure we all felt like that! She’s absolutely smoking! Thank you for this experience.
* That I have done this “system” & until this I hadn’t allowed myself to admit that I am accomplished.
* Confidence and optimism
* I loved the idea of transforming challenges into How questions. I also appreciate the idea of “Always Always Always Guffaw”
* Humor is important and I don’t have to “fake” being serious. Yay!
* New techniques for personal growth
* Yes, never give up. Life is not easy but worth the effort
* A new life
* Live w/guffaw. I love that.
* Courage before confidence. Project will move you forward
* Laugh!  
* Courage before confidence!  
* Lots of thoughts on how to apply this to some of the challenges in my own life  
* Laura Zam was an energetic and dynamic speaker—what an asset to the IU community! Thank you for hosting this event! Practical, straight forward steps toward believing in yourself.  
* A guide for confidence  
* Courage—accomplishment—confidence  
* Great approach to courage and confidence  
* Laura’s POSITIVITY! *MAKING MY GOAL OF CLEARING OUT MY LITERAL BAGGAGE (WEIGHT, CLUTTER, ETC) A PROJECT!  

How did you hear about this program?  
Flyer= 2 WGS= 6 Facebook= 9 Twitter= 1 April= 5 Daily Titan= 3 Friend/Family= 5 Teacher= 1 SB Tribune= 1  

What it means: Clearly, this was a well-received program, and we look forward to offering more programming like this — creative and innovative, while aimed at goals related to BRAVE.  

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

The Student Counseling Center (SCC) played a decreased role in AY2 of the BRAVE program due to an unusual administrative situation. The SCC was without a Director and one part-time licensed clinician for 13 months. As a result, the two remaining part-time licensed counselors not only carried the largest caseloads at the SCC, but also performed all of the Center’s administrative and clinical oversight, including clinical supervision of two pre-licensed therapists and six interns (combined Spring and Fall semesters 2015). Participation in outreach programming, including IUSB BRAVE training, became secondary to the mental health needs of both our center’s clients and other IUSB students who were involved in a number of mental health crisis situations.  

SCC staff nevertheless maintained visibility in the BRAVE program by attending trainings and lectures and offering to talk with and/or “process” any painful memories or experiences that may have been triggered by the content of BRAVE presentations. At least seven students accessed counseling services as a direct result of interest in or exposure to various BRAVE-related programs. Additionally, the staff of the SCC worked with 16 clients with DSM-5 Axis I diagnostic impressions (focus of clinical attention) in categories indicating sexual abuse, sexual or relationship violence, harassment, or issues related to history of sexual abuse. These cases were carefully staffed; the two licensed mental health counselor supervisors consulted on a weekly basis and reviewed best practices for working with sexual violence survivors. We unfortunately lacked the resources to complete the planned review of records to provide a qualitative summary of violence survivor counseling experiences. All staff and interns received training in Title IX and sexual assault resources during their orientation process.  

We believe that greater awareness of sexual assault concerns also resulted in an uptick (in two of three categories) of new Student Counseling Center clients who identified sexual violence-related problems on the Background Information Forms completed at the outset of counseling,
with 26.6% of all clients indicating they had received unwanted sexual contact; 34.8% noting they had experienced harassing or abusive behavior, and 4.9% indicating they had experienced sexual violence on our campus.

We are pleased that a new Student Counseling Center Director was hired and joined the staff in January 2016. He brings education/skills in Cognitive Processing Therapy, a specialized form of cognitive therapy especially appropriate for PTSD and other trauma-focused counseling. It is our expectation that all of the professional counseling staff members will benefit from his training and supervision in this area during AY3 of the BRAVE grant.

What it means:

This data shows that students find our trainings and programs useful and engaging, and that there is a need on this campus for improved information and education about sexual assault, bystander intervention, and resources. With very few exceptions, participants Strongly Agree or Agree that the material is important to them, compellingly presented, and they are able to reflect back the key concepts we want to teach about consent, rape culture, and strategies for being active bystanders who know a range of safe methods to intervene in potentially harmful situations. We are gratified that this training method has been well-received by students and is well-reviewed and championed by staff and faculty working on sexual assault prevention programming in the IU system.

What we are going to do next:

In addition to the planned spring trainings, 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 will continue to advertise to faculty that we can present in their classes through the “Professor, Don’t Cancel That Class!” program, and to student groups and the general campus (through flyers, emails, our BRAVE Facebook page, and the Daily Titan). We also also in the process of working with Rick Dennie and students who are trained discussion leaders to design a brief student-led program to offer at Orientations, starting in early Summer 2016.

We will continue to look for programming opportunities and speakers to foster the conversation on campus. We want to work for more visibility, more merchandising, more trainings, and more outreach to men. We aim to reach all incoming students with BRAVE programing through Orientation, and to increase opportunities to reach other students though 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 the past year - $4,630

We spent $3,897 on:

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<tr>
<th>Name</th>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Lidinsky</td>
<td>Zam - Honorarium</td>
<td>$1,500.00</td>
</tr>
<tr>
<td>Lidinsky</td>
<td>Elicia Brown</td>
<td>$23.25</td>
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<tr>
<td>Lidinsky</td>
<td>Copies - WERC</td>
<td>$25.00</td>
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14-Nov 33382705 Bystander 65
14-Nov 33292320 CDWG 240.76
14-Dec 33856078 Internal Billing 60
15-Aug 42100108 color copies 30
15-Aug 42505134 color copies 15
15-Aug 42474748 Catharsis Production 999.95
15-Sep 20150902 color copies 42
15-Sep 42786515 4Imprint 358.97

Budget for the coming year(s) - $4,500, as follows:

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

* 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. We believe that the SGA and Orientation Programming could continue to help supplement support for BRAVE events for the near future and if Vision 2020 funding runs out.

Timeline for the coming year:

Spring semester: Continue established basic and peer-educator trainings, plan additional programming and speakers, in partnership with other campus groups, and work with Rick Dennie on Orientation programming.

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

Fall semester: Continue offering basic and peer-educator trainings, table at Welcome Week, offer speakers/programs that complement the BRAVE goals, particularly in increasing our outreach to men, and work to make our message increasingly visible through print and social media and merchandise.