PROVIDING TRAUMA-INFORMED SUPPORT
We will cover:

- Victim Advocacy & Violence Prevention
- What Does “Trauma-Informed” Mean?
- Mandatory Reporting
- Disclosures
- Resources
VICTIM ADVOCACY & VIOLENCE PREVENTION
About VAVP

Department Philosophy
VAVP seeks to create a campus culture that celebrates and normalizes healthy relationships by providing education, support, and healing to students, faculty, and staff.

Prevention education & Training
Prevention education seeks to change behavior and social norms in healthy and safe direction to eliminate relationship violence, sexual assault, and stalking.
My role

- Victim Advocacy
  - Confidential
  - For students, staff, and faculty
  - Support, information, and resources
    - Title IX advisor, address confidentiality, accompaniment
    - Advocacy vs. Counseling
- Violence Prevention
  - Programs
  - Trainings
  - Lectures/Presentations
- If in doubt, refer!
WHAT DOES “TRAUMA-INFORMED” MEAN?
Trauma

- “A deeply distressing or disturbing experience.”
- Responses are varied and complex: There is no normal reaction to an abnormal event
- Flags:
  - Marked change in behavior, personality, etc.
  - Social isolation & withdrawal
  - Easily startled
  - Significant fatigue
  - Injuries (especially bruises around wrists and neck)
  - Drop in academic performance
  - Depression, anxiety, irritability, mood swings
  - Difficulty concentrating and/or remembering things
Four Rs: Key Assumptions

- Realize
- Recognize
- Respond
- Resist re-traumatization
MANDATORY REPORTING
Discrimination and Harassment

◦ Race
◦ Color
◦ National origin
◦ Sex
◦ Gender
◦ Gender identity
◦ Gender expression
◦ Disability
◦ Age
◦ Religion

◦ Veteran status
◦ Marital status
◦ Pregnancy
◦ Parental status
◦ Sexual orientation
◦ Genetic information
◦ Any other legally protected status
Consent

- **Affirmative**, actively given, unambiguous and voluntary agreement to engage in a specific sexual activity during a sexual encounter.
- A clear "yes," verbal or otherwise
- Consent cannot be inferred from the absence of a "no."
- A current or previous relationship is not sufficient to constitute consent.

- A person cannot give consent when:
  - They are under the age of 15 or under the age of 18 depending on the age of both parties or in instances where the adult is in a Position of Trust.
  - They are asleep, or mentally or physically **incapacitated** either through the effect of drugs or alcohol or for any other reason.
  - They are under fear, duress, threat, coercion, or force
Sexual Misconduct

- Sexual harassment
- Nonconsensual sexual contact
- Nonconsensual sexual penetration
- Intimate partner violence
- Stalking
- Other sexual offenses
Retaliation

- Direct or indirect
Mandatory Reporting: Who to Report to

Carole Goddard
EO & Title IX Coordinator
(303) 964-6435
cgoddard001@regis.edu
Main Hall 204
Mandatory Reporting: How to report

◦ How to report
  ◦ Call or send information:
    ◦ What were you told/what you saw or heard
    ◦ A summary of your interaction with the parties involved
    ◦ What actions did you take (incl. referrals)
  ◦ Online reporting: https://cm.maxient.com/reportingform.php?RegisUniv&layout_id=4
    ◦ Cannot be done anonymously
Mandatory Reporting: After a report

- Please refrain from sharing the disclosure with other colleagues (excluding supervisors) to comply with FERPA and ensure you honor the privacy of the person who disclosed.
- The report will be assessed with the goals of stopping the behavior, preventing its reoccurrence, and remedying the impact on the person who disclosed.
- The person who disclosed is presented with options and typically has the choice about how to proceed.
- If you receive additional information after a report is submitted, please submit a follow-up report.
DISCLOSURES
Navigating Disclosures

- Be upfront about your role as mandatory reporter
- If someone starts to disclose, you can gently interrupt them and remind them you cannot keep the conversation confidential
- If they want to keep things confidential, refer them to confidential resources
- If they choose to proceed, listen without judgment and try not to ask too many questions
- Know your boundaries and limitations
- Let them know they can access other resources (confidential or not) to support them through this time
- Establishing safety, control, calm, and care
Safety

- Prevent violence by establishing and reinforcing healthy, positive norms and challenging negative ones.

- Establish immediate safety, regardless of when the act took place. Is the person safe right now? Do they have any injuries that require immediate attention? If so, please call Campus Safety at (303) 458-4122 or call 9-1-1. It is not appropriate to address long-term safety planning at this stage.

- If they need to go to the hospital, especially if it is after a sexual assault, please refer them to Denver Health (777 Bannock St, Denver) and tell them to ask for a SANE (sexual assault nurse examiner) nurse.
Control

- Minimize surprises. Explain what’s going to happen before it happens.
- Emphasize their autonomy. Give options, without asking more questions than necessary. Support them in making their own decision. Do not take over.
Calm

◦ Know an answer, offer to help find out or to escort the person to someone/an office who does have the answer.
◦ Slow down. Be patient – you may need to repeat yourself.
Care

- Avoid making assumptions
- Remain supportive and refer the person to appropriate campus resources—it is not your job to counsel, define the experience for the person, or determine “what really happened.”
- Listen, Believe, Support
- Take care of yourself too! Many of the resources available to people who disclose are appropriate for you to access as well. It can be a lot to bear witness to someone else’s challenges and pain. It may bring things up for you, and it’s healthy to seek support if you need it.
RESOURCES
Confidential On Campus

VICTIM ADVOCACY & VIOLENCE PREVENTION
Alison McCarthy
Serves students, employees, and visitors
Coors Center room 124B
303.458.4029 & 720.307.4809
amccarthy001@regis.edu

OFFICE OF COUNSELING AND PERSONAL DEVELOPMENT
Serves some students
Coors Center room 114
303.458.3507

CENTER FOR COUNSELING & FAMILY THERAPY
Serves students and employees
500 E. 84TH Ave., Thornton, CO 80229
303.964.5786

STUDENT HEALTH SERVICES
Serves students
Coors Center room 114
303.458.4153

UNIVERSITY MINISTRY AND JESUITS
Serves students and employees
Student Center room 214
303.458.4153
Non-Confidential On Campus

EQUAL OPPORTUNITY & TITLE IX
Carole Goddard
Serves students, employees, and visitors
Main Hall suite 204
303.964.6435
cgoddard001@regis.edu

HUMAN RESOURCES
Serves employees
West Hall room 107
303.458.4161
HRinfo@regis.edu

THE OFFICE OF THE DEAN OF STUDENTS
Serves students
Student Center room 223
303.458.4086

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Student Center room 223
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CAMPUS SAFETY
Serves students and employees
Regis Square suite 28
303.458.4122
safety@regis.edu
CONFIDENTIAL OFF CAMPUS

THE BLUE BENCH
www.thebluebench.org
24-hour sexual assault hotline:
303.322.7273

SAFEHOUSE DENVER
www.safehouse-denver.org
24-hour domestic violence hotline:
303.328.9989

ROCKY MOUNTAIN CRISIS PARTNERS
www.metrocrisisservices.org
24-hour crisis intervention services:
1.844.493.TALK (8255)

DENVER HEALTH HOSPITAL
www.denverhealth.org
303.602.3007