Creating a Trauma Informed Culture & Online Course Overview

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What is Trauma?

An experience or situation emotionally painful, distressing, life threatening overwhels a person’s normal coping skills leaves one feeling powerless
Interpersonal violence tends to be more traumatic than natural disasters because it is more disruptive to our fundamental sense of trust and attachment, and is typically experienced as intentional rather than as “an accident of nature.”

(International Society for the Study of Trauma and Dissociation, 2009)
“Trauma Informed”

- trauma is a common experience
- relationship between trauma and behavior
  - “problem behaviors”
- policies, procedures and practices reflect knowledge about trauma
- Plan, implement programs and services
Trauma Informed Policies

- Requesting retroactive withdrawal
- UMPD use of force
- Climate survey
Trauma Informed Procedures

- Interviews/Intakes
- Training
  - Reduce exposure to traumatic images, words, stories
- Program planning
  - “surprises” or “shock value”
  - language
Trauma Informed Practice:

- “universal” support/resources
- Faculty syllabus statements
  - Options/Choices
- Information & Support
Supporting Trauma Survivors

- Minimize the number of times a person has to describe their trauma
  - Screening
  - Intake process
  - Response protocols
The person is the “expert” on their experience and what they need
what has been helpful in the past?
restore control and self-efficacy
Build a respectful partnership
Share information
Respect boundaries
Be a willing learner
Overview of Online Course

Prevention of Sexual Assault, Relationship Violence & Stalking.
OVW Campus Grant 2013

- Core Partners: DOSO, UMPD, EO&D and District Attorney Office
- Response Policies
- Training:
  - Students: SaVe Act Compliance
  - UMPD Officers
  - Conduct Boards
Student Online Course

- Advisory Group
  - Content & pedagogical expertise
- Input from campus constituencies
- Student input & feedback at all points
- Three parts:
  - Stories
  - YIS: Your Intervention Strategies
  - Bystander Scenarios
Additional Course Criteria

- Sustainable and responsive
- “Real” and trauma informed
- Reflect campus diversity
- Complicated relationships
- Limitation of 3 D’s
- UMASS Amherst specific
  - Places, policies, resources
  - Culture, social justice
Part One: Stories

Graphic Novel Format

- Content: definitions and process
- Campus Resources
- Demonstrate Bystander Interventions:
  - Failed and successful
  - Overcoming barriers
  - Self-assessment & reflection
  - What can you do?
You are going to meet Josh, Lina, Ian, Luke, Callie, Tori and JJ, a group of students whose paths cross one school year. Some of what they will share might be hard to hear, that’s normal. Take a break if you need – your progress will be saved.

If you need support, you can call the CWC Hotline 24/7 at 413-545-0800. We’ll also check in throughout the stories.
My resident Tori found me in the lounge and told me that this guy Ian was stalking her. She showed me a rather disturbing text he sent her and I was worried.
When everyone was leaving I noticed that Lina was leaning on Ian, like she couldn’t stand up on her own. He seemed fine but she was wasted... the whole thing felt wrong, so I tried to step in.
Would you intervene to stop Ian from leaving with Lina?

- Yes
- No
- I Don’t Know

Submit
What is the most common drug used by perpetrators of drug-facilitated rape?

- GHB
- Roofies/Rohypnol
- Alcohol
- Benzos
After talking with the CWC hotline counselor I decided to go to UHS and get something called a SANE Kit taken.

UMass Amherst Resources

Cooley Dickinson Hospital or University Health Services (UHS)
Not a Title IX Reporter

UHS and/or Emergency room services are confidential; survivors can get medical support from them without making a report or telling anyone else about their assault.

When someone reports a rape at UHS and/or Emergency room services they are given the option to speak with a Sexual Assault Nurse Examiner (SANE) who is specially qualified to complete an Evidence Collection Kit (SANE Kit) with the survivor. **These exams are always free.**

DNA evidence must be collected within five days of an assault. Medical assistance can be accessed at any time.

150 Infirmary Way
(413) 577-5000
http://www.umass.edu/uhs/services/sane/
What Can You Do?

Preserving evidence keeps a survivor’s options open. If a survivor is considering pursuing legal charges there are steps to preserve the evidence a Sane Nurse can collect. Survivors should try to avoid:

- Bathing or showering.
- Using the restroom.
- Changing clothes.
- Combing hair.
- Cleaning up the crime scene.
- Moving anything the perpetrator may have touched.

What Is a SANE Kit?

The SANE Kit is made to gather DNA evidence – such as bodily fluids, hair, and skin cells – and document injuries sustained during an attack.

DNA evidence must be collected within five days of an assault.

After a SANE Kit is taken a survivor has 6 months to let the police know if they want their kit processed and used in creating a case.
Signs of an Abusive Relationship

Below are the warning signs that a friend might be in an abusive relationship. Check any behaviors that Tori might have noticed Callie exhibiting:

- Apologizing or making excuses for Luke’s behavior.
- Becoming isolated from friends or family.
- Acting nervous about talking when Luke is there.
- Trying to cover up bruises.
- Fearing for her life and for her children’s safety.
- Making excuses or avoiding friends and family.
- Blaming herself for the violent behavior.
- Seeming sad, lonely, depressed, or withdrawn.
- Seeming sick more often.
- Missing work or class.
- Acting defensive and angry.
- Increasing her use of drugs or alcohol.
- Controlling social media accounts.

Good job! It looks like you and Tori noticed a lot of the same signs. While Callie did not display all of the behaviors, all of the actions on this list could be warning signs that someone is in an abusive relationship. You can use these signs to start a conversation with the person you are worried about, to find out what is going on with them.
LGBT Survivors of Dating/Domestic Violence

Concerns for LGBT Relationships:

• Perpetrator may threaten to “out” their partner to people who do not know about their sexual orientation or gender identity.

• Survivors might feel pressure to stay silent to avoid supporting negative stereotypes about LGBT relationships.

• People who want to help might struggle to understand how a person can be abused by a partner who seems physically smaller.

What Can I Do?

• Listen to all survivors without making judgments or questioning the truth of their experience.

• Call the CWC Hotline if you need help figuring out how to support a friend.

Learn more about LGBT survivors and resources.
Part Two: YIS
Your Intervention Strategies

- Quiz
- Modified 3D’s
- Activism & Social Justice Lens
- In the moment & At any moment
Select your two favorite strategies:

- **Transform**
  Inspiring and passionate activists.

- **Empower**
  Strategic and resourceful observers.

- **Support**
  Empathetic and nurturing listeners.

- **Educate**
  Thought provoking open minded facilitators.

- **Lead**
  Bold and action focused interveners.
People who *empower* are observant and trust their intuition when a situation seems suspicious. They are connected to their surroundings and know how to engage other bystanders, authority figures, or organizations to intervene when they see something concerning happening.

**Empowering Actions Include:** alerting a bartender or party host to a potentially dangerous situation, contacting the police when something seems off, recording the license plate of a suspicious car, and more.

Empower is a *delegate* strategy, it gets appropriate people involved.

**Skills**
- Reading people and situations.
- Knowing what needs to be done and urging others to act.
- Remembering important details.
- Understanding which resources to reach out to.

This is **Very Much like me**
Skills

- Connecting with like-minded social groups.
- Planning and organizing events.
- Motivating others to act in person and online.
- Seeing the root cause of problems.

Challenges

- Learning to intervene in an immediate situation.
- Effectively engaging with a range of different viewpoints.
- Maintaining balance and not taking on too much.

Quick Tip:

Transform is a long term strategy. To address immediate concerns, pair it with a strategy such as Lead or Empower.

Transform @ UMass:

Plan or attend a violence prevention vigil or march.
When Can I Be an Active Bystander?

**In The Moment**

Interventions that interrupt an emerging situation:

- Stop someone from assaulting their partner.
- Call authorities, like an RA or UMPD for help.
- Offer support to someone who is experiencing violence.

**At Any Moment**

Interventions that change culture to prevent violence and/or support survivors of violence.

- Attend a rally or vigil.
- Advocate for better laws and policies.
- Host a violence prevention workshop.
- Check in with someone who experienced violence.

As you can see, there are many ways to be an active bystander. You don’t have to actually see a concerning situation to make a difference.
Part Three: Scenarios

- Five Scenarios
- Explore possible intervention
- Assess preparedness
- Develop a plan
  - In the moment & at any moment
You’re studying for an exam when you hear a couple arguing next door. The woman says “Get away from me. No! Don’t!” This is followed by a thump and a loud crash and then she starts crying.

How prepared are you to intervene in this situation?

- A) Very Prepared
- B) Somewhat Prepared
- C) Somewhat Unprepared
- D) Very Unprepared
Great choice! Here are some more specific ways that you can Empower. Use them as inspiration when you come up with your own unique plan.

Empower: Document relevant details to report the incident and/or call someone to help you intervene.

In the Moment:
- Report what you are hearing to UMPD, an RA or a Residence Director.
- Get a friend for support and go knock on the door to check in.

After the Moment:
- Talk to an RD about what you’ve heard and what can be done to support your neighbor.
- Call the CWC hotline, where they can provide helpful tools and/or additional help to intervene.
Next Steps

- Beta Test Fall of 2015
  - Moodle & Spire
- Opportunities to view full course
- UMPD training