

CARE Overview + Creating Trauma-Informed Spaces

Associated Students

September 15, 2021

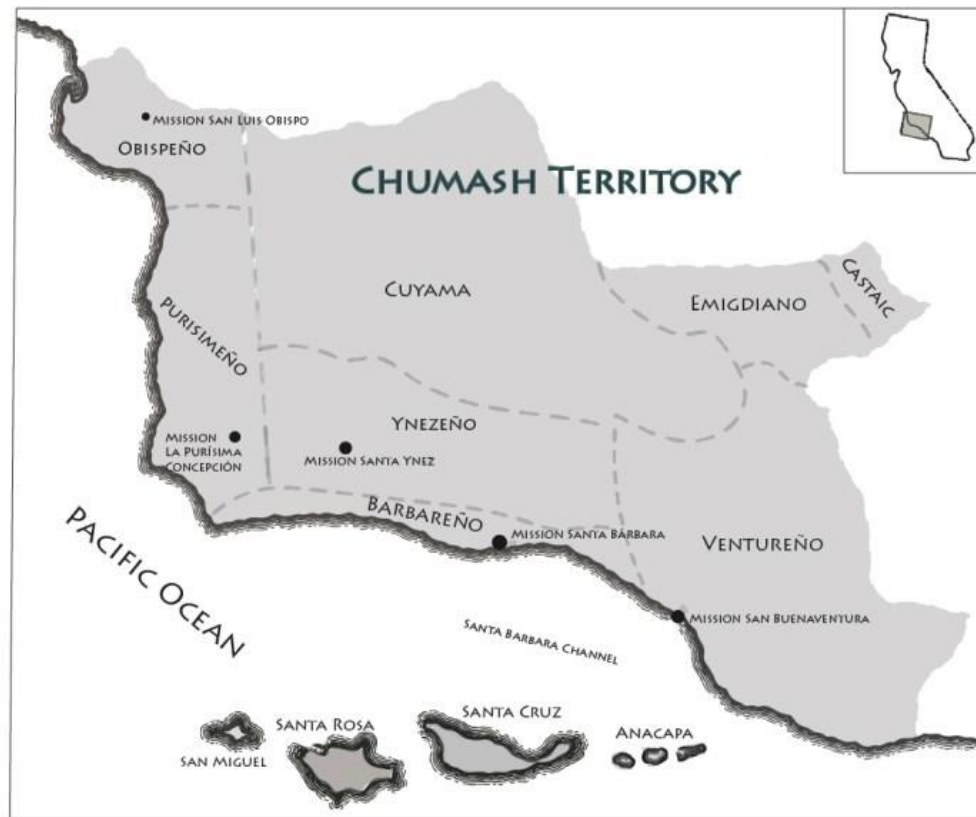
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UC SANTA BARBARA

Campus Advocacy,
Resources & Education

Land Acknowledgement



Centering Activity



<https://www.youtube.com/watch?v=iBjXX-eluw0>

Today's Overview

1. CARE Overview
2. What is Interpersonal Violence?
3. Creating Trauma Informed Spaces
4. Engagement Opportunities

CARE OVERVIEW

The mission of CARE is to anticipate and respond to the needs of students impacted by stalking, relationship violence and sexual assault by providing confidential advocacy and support.

CARE also works collaboratively with students, faculty and staff to educate the campus community about the vital role that each of us has in ending interpersonal violence at UCSB.

CARE does this by providing:

1. **Direct Services** (survivor advocacy)
2. **Prevention Education** (education for students)
3. **Training** (for staff and faculty)



What is Advocacy?

- CARE Advocates assist survivors in a caring and nonjudgmental way to explore all of the options and resources available to them, and are action oriented in our approach.
- Our advocates believe that it is always the survivor's decision to pursue any of the available resources or to report an incident to the police or the University.

What is Confidentiality?

Sessions with a CARE Advocate are **free** and **confidential**. This means that communication with an Advocate is legally protected and kept private and cannot be shared with anyone without the survivor's written permission.

FAQs

- Can I speak privately with an Advocate? **(YES)**
- Can we discuss my rights, resources, and options? **(YES)**
- Will CARE report the incident to law enforcement or the university? **(NO)**
- Will Advocates help and support me if I choose to report? **(YES)**

CARE's Advocacy Wheel



Fall 2021: CARE appointments are available over telephone or Zoom.

In-person accompaniments are available for processes related to reporting, medical, and safety planning.

CARE is located inside the Student Resource Building (SRB) on the first floor. Appointments are available online or by calling the 24-hour CARE Advocacy Line.

What is Interpersonal Violence?

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Interpersonal Violence

is the umbrella term used to refer to sexual assault, relationship violence, and stalking.

Sexual Assault: is any unwanted physical sexual contact that is not consented to or cannot be consented to.

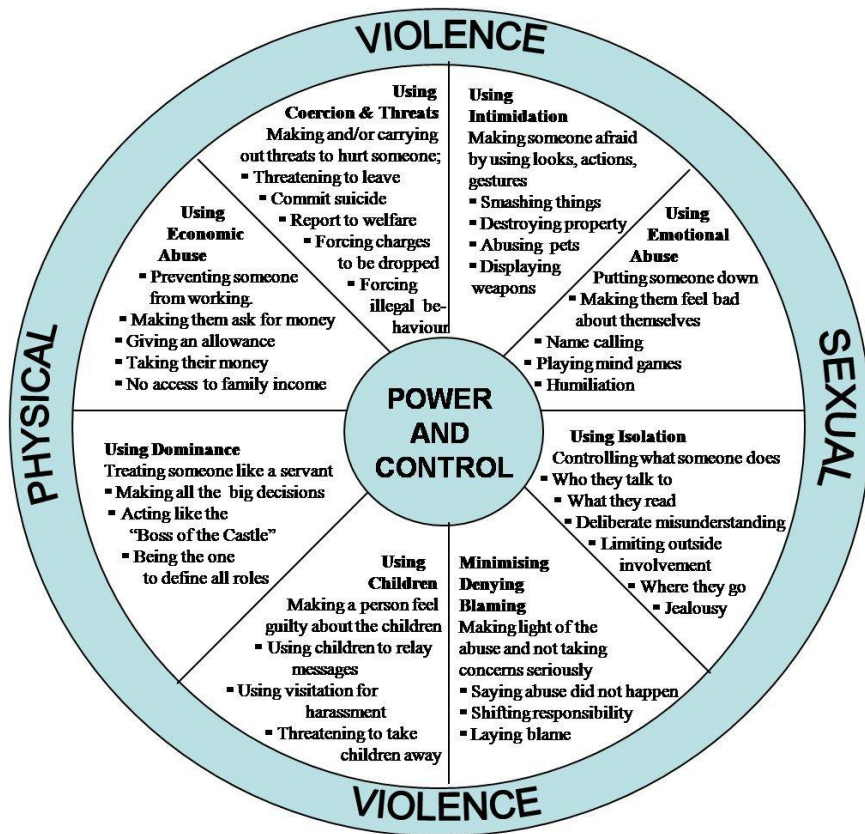
Relationship Violence: is behavior that happens within a relationship and is characterized by one partner using a pattern of behaviors to gain and maintain power and control over the other person(s).

Stalking: is when a person repeatedly engages in conduct directed at a specific person that places that person in reasonable fear of their safety or the safety of others.

Relationship Violence

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Dynamics of Relationship Violence



How might someone assert POWER?



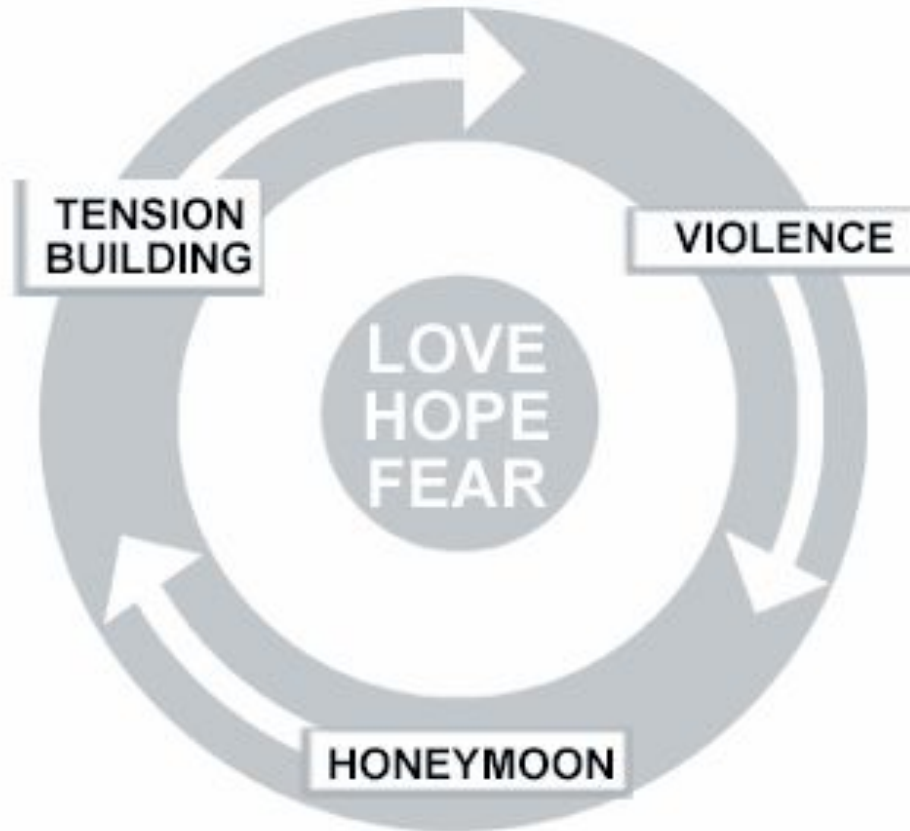
- Humiliation
- Limiting Independence
- Coercion & Threats
- Economic Abuse
- Intimidation
- Emotional Abuse
- Isolation
- Minimize/Deny/ Blame
- Using Dominance/Privilege

What are some things that might tell you that someone is experiencing an abusive relationship?

Red Flags of Relationship Abuse

- Not letting them go to class or study
- Stopping them from being involved with their fraternity/sorority/student org
- Texting/calling constantly
- Putting them down or humiliating them in front of others
- Threatening to transfer/dropout of school
- Forcing them to stay together over break periods
- Preventing them from applying to jobs or internships
- Blackmailing them with information they don't want others to know
- Downplaying/normalizing abuse
- Monitoring their location via social media, GPS, etc.
- Making all decisions in the relationship
- Throwing objects
- Punching in doors or walls
- Sexual abuse
- Constant criticism of them

CYCLE OF VIOLENCE



WHAT MAKES IT DIFFICULT TO LEAVE?

- Fear (stalking, harassment)
- Denial
- Victim-blaming
- Social norms
- Gender norms
- Cultural/religious factors
- Love and attachment
- Lack of support or options
- Campus community
- Family pressure
- Financial dependence
- Immigration status
- Gaslighting

Gaslighting

Is a tactic used to destabilize a victim's understanding of reality, making them constantly doubt their own experiences.

Actively discrediting	<i>You're too sensitive., You never remember things correctly., You don't even know what abuse is!</i>
Dismissing blame/reality	<i>Why do you always have to bring that up?, I worked all day I'm not dealing with this nonsense right now.</i>
Playing victim and Role reversal	<i>You always make me out to be the bad guy., Constantly bringing stuff up like that makes me feel bad.</i>

Sexual Assault

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What dominant stories exist about sexual assault?

The Story	The Reality
Victim-Blaming	“What were they wearing? They shouldn’t have been drinking so much.”
“ Dangerous Stranger ”	More often than not, a perpetrator is someone that the survivor knows
“ This issue doesn’t apply to me ”	Attributing sexual violence to an individual rather than the various systems that allow it to happen
Sexual violence is a misunderstanding	Perpetrators intentionally target others in a more vulnerable position



AFFIRMATIVE CONSENT

SB 967: “It is the responsibility of each person involved in the sexual activity to ensure that he or she has the affirmative consent of the other or others to engage in the sexual activity.”

~~Did anyone
say no?~~

Did everyone
say yes?

What are
some key
aspects of
consent?



<https://www.youtube.com/watch?v=TBFCeGDVAdQ&t=1s>

Stalking

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WHAT DOES STALKING LOOK LIKE?

Relationship Behaviors

- Texting a zillion times each day
- Showing up at the person's location
- Following their location on Snapchat
- Calling someone all the time
- Giving gifts

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How stalking is connected to dating violence and sexual assault

Often perpetrators will contact a survivor after an assault or after they leave the abusive relationship.

What does this look like?

Perpetrator may seek to intimidate, threaten, or silence the survivor.

Perpetrator may try to act like nothing is wrong, or blame the survivor.

Perpetrator may use contact with mutual friends to invalidate the survivor.



Impacts of Interpersonal Violence

Individual

- Cognitive: concentration, decision-making, memory
- Physical health: injuries, migraines, GI and immune issues, sleep disturbance, substance use/abuse
- Mental and emotional well-being: depression, PTSD, suicidal thoughts, flashbacks, guilt and self-blame
- Social: changes in social life, conflict with others, distrust of others

Community

- Retention risk
- Loss of productivity and engagement
- Trust and safety disrupted
- Secondary harm to others
- Lost sense of belonging
- Sense that violence and abuse is accepted
- Associates the campus with trauma



How Trauma May Manifest in the Behavior of College Students

- Difficulty focusing, attending, retaining, and recalling
- Avoidance & the tendency to miss a lot of meetings
- Challenges with regulating emotions
- Fear of taking risks
- Anxiety about deadlines, group work, or public speaking
- Anger, helplessness, or dissociation when feeling stressed
- Withdrawal and isolation
- Involvement in unhealthy relationship dynamics

Survivors and Compounding Trauma

"I'm a survivor of sexual assault and I haven't told many people that in my life. But when we go through trauma, trauma compounds on each other. And so...whether you experience any sort of trauma in your life, small to large -- these episodes can compound on one another."

Congresswoman Alexandria Ocasio-Cortez in her account of the U.S. Capitol Riots via her [Instagram Live](#)



Barriers to accessing survivor support

What are some barriers to accessing support that survivors with intersectional identities may encounter?

These experiences and behaviors require a specialized reaction to them.

Creating Trauma-Informed Spaces

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Trauma-Informed Care

- Basic tenets of Trauma Informed Actions
 - Safety
 - Trustworthiness
 - Choice
 - Collaboration
 - Empowerment
- A trauma informed environment realizes, recognizes, responds, and seeks to actively resist retraumatization (Samhsa, 2012)
- Empowerment model
 - Survivors have the decision making power for their lives
 - Should be provided all the information and resources that can help them make the most informed decision
 - Survivors set the pace of their own healing
 - Advocates trust that survivors will reach out when they would like the support we provide



Why are Trauma-Informed Spaces Important?

- Increase public awareness of the impact of trauma
- Build and strengthen partnerships to prevent and address trauma as a community
- Promote wellness, healing, and resilience
- Better able to identify individuals who have experienced trauma and quickly get them connected with resources
- Avoid re-traumatization
- Decrease burnout and improve services

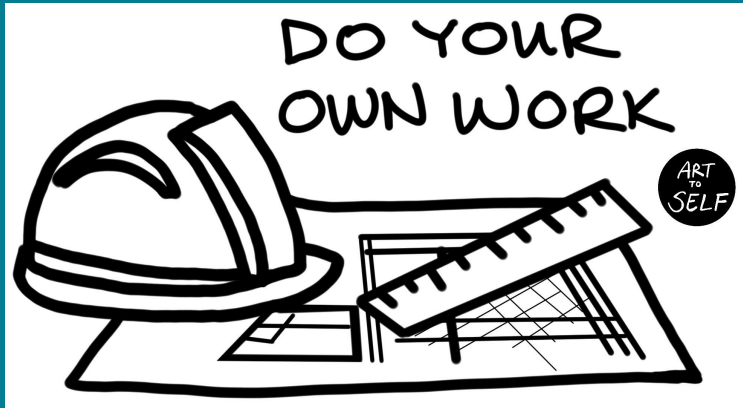
What Tools are Needed for Trauma-Informed Response



<https://www.youtube.com/watch?v=1Ewgu369Jw&t=9s>

But what is needed from us
BEFORE we can practice
empathy

- Understanding what our own activated states look and feel like.
- Asking yourself what **PAGE** am I on?
 - P - what is my purpose and values
 - A - am I emotionally attuned to this person
 - G- what is the goal of this interaction
 - E- what emotion am I really feeling



Compassion Fatigue

The emotional residue or strain of exposure to working with those suffering from the consequences of traumatic events.



Signs of Compassion Fatigue

- Feeling burdened by the suffering of others
- Isolating yourself
- Loss of pleasure in life or helping others
- Intrusive thoughts
- Blaming others for their suffering
- Insomnia
- Physical and mental fatigue
- Bottling up your emotions
- Poor Boundaries
- Increased nightmares
- Feelings of hopelessness
- Frequent complaining about your work or your life
- Overeating
- Increased use of drugs or alcohol
- Poor self-care
- Beginning to receive a lot of complaints about your work or attitude
- Denial

Let's Talk about It!

Breakout Room #1

- How might someone react to hearing about trauma when its unexpected?

Breakout Room #2

- What are things you can say to express empathy?

Breakout Room #3

- What are of cues of compassion fatigue that you have experienced or observed?

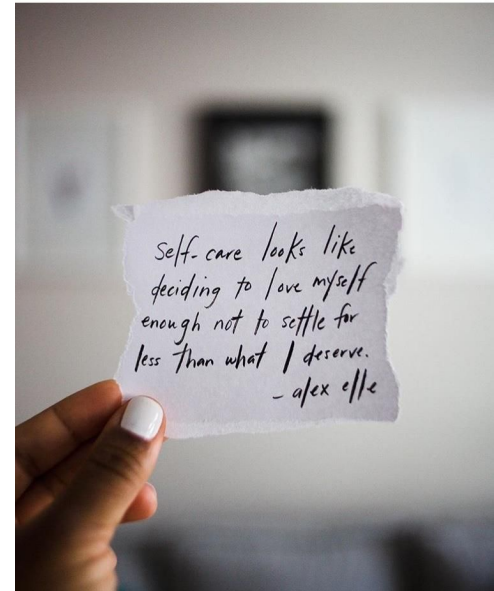
SELF-CARE

- We cannot fill from an empty cup
- Learn your cues of compassion fatigue and burnout
- Cultivate a self-care practice that will meet your needs
- Running errands, doing chores, etc.
- Being physically active (walk, running, yoga)
- Engaging in creative activities (writing, painting)
- Culturally-specific practices



Further Self-Care Opportunities

- Nurture your body (sleep, eat, and move!)
- Find joy in something outside of your role in the movement
- Set boundaries for yourself
- Connect with your community in a social way
- Ask/seek support when you need it



Where do we go from here?





Opportunities for Engagement

- Event/program collaboration
 - CARE Peer Educators
- Violence Intervention and Prevention (VIP) Internship - TBD
- Provide feedback
- Townhalls
- Serving on search committees
- CARE Needs Assessment Report
- Task Forces
 - Mental Health Task Force
 - UC Community Safety Plan
 - Title IX Student Advisory Board

How to Contact CARE

Survivor Advocacy Services

Call our 24/7 confidential phone line:
(805) 893-4613

Fill out an appointment request form on our website:
<https://care.ucsb.edu/make-an-appointment>

Prevention Education

Fill out an presentation request form on our website:

<https://care.ucsb.edu/get-involved/schedule-a-presentation>

Email us:

care@sa.ucsb.edu

Survey Feedback



<https://www.surveymonkey.com/r/MTC6MTP>