Responder Training for Health Care Providers:

Responding to a patient/student who experienced relationship or sexual violence

Lauri Gallimore, RN, B.S.
Director of Nursing

Amanda Childress, M.Ed.
Co-Director of Student Health Promotion & Wellness,
Sexual Assault Awareness Program (SAAP) Coordinator
Activity

- Turn to the person next to you and describe your last *meal*
  - what did you eat, how was it prepared, how did it taste, who did you share it with, etc.

- Turn back to that same person and describe your last *sexual experience*
  - what did you do, how did you like it, who did you share it with
Learning Outcomes

Providers will:

• Improve their understating of what a victim/survivor may be experiencing when they present as a patient

• Learn trauma informed interpersonal skills to support and respond to patients/students who have experienced trauma

• Develop a general protocol to respond appropriately
Basic Background Info

- Offenders target people from all backgrounds
  - Gender, race, age, sexual orientation, religion, SES, etc.

- The majority of offenders are repeat offenders

- 80 to 90% of offenders target someone known to them (acquaintance, friend, current or former partner)

- Alcohol is used in 75-85% of sexual assaults

- The majority of victims never report
  - Why? What barriers? Who would they have to tell?
Trauma Response

- What are people feeling when they are in crisis
- What are they looking for from us

Activity

- Think about a time when you were in crisis
  - Helpful and Not Helpful
How You Can Be Helpful

- Listen
- Be genuine & sincere
- Provide support
- Be empathetic
- Be patient
- Ask how you can help
- Refer them to resources

- Believe them
- Be non-judgmental
- Acknowledge their strength for telling you
Not Helpful

- Being judgmental
- Interrogating them or investigating the incident
- Touching them w/o permission
- Trying to fix or solve things
- Telling them what they should have done or what you would have done
- Taking charge or telling them what to do
- Having a risk reduction conversation (choices around alcohol, drugs, sexual decision making)
Importance of the First Responder

1. You lay the foundation for how the victim/survivor will reach out for any kind of help

2. You can influence the survivor’s healing process
General Protocol

1. **Determine major medical concerns**
   - Safety, physical injuries, suicidal ideation, etc.

2. **Ensure privacy/confidentiality**
   - Limits (Reporting incidents of child abuse)

3. **Ask about their immediate concerns**

4. **Ask to call someone to be with them**
   - An advocate, friend, Safety & Security, the Police, etc.

5. **Provide info about options & refer them to resources**

6. **Ask if you can follow-up/check back in with them**

7. **Make appropriate reports/documentation**
   - Reporting incidents of child abuse

8. **Take care of yourself**
Questions?
Resources (for you or them)

- **Safety & Reporting**
  - Safety & Security
  - Hanover Police Department
  - Judicial Affairs
  - Title IX Coordinator

- **Confidential Support**
  - SAAP Coordinators*
  - SAPAs*
  - Counseling at Dick’s House
  - WISE
  - Spiritual or Religious Advisor
  - F/EAP

  * Can help navigate options

- **Medical**
  - Health Services at Dick’s House
  - DHMC
  - Planned Parenthood

- **Housing & Academic**
  - Undergraduate Deans

- **Other Support Resources**
  - International SOS
  - Community Directors & UGAs
  - OPAL & CGSE Advisors
  - Coaches, Faculty, Advisors
  - Friends, Family, Partner