

# Responder Training for Health Care Providers:

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

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# 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