

What Resources Are Available to Students Who Experience Interpersonal Violence and What do Those Resources Encompass?

John Carroll University is committed to providing a supportive response to students who experience any act of interpersonal violence, which includes relationship violence, stalking, sexual harassment, sexual assault, non-consensual sexual contact, and sexual exploitation. The purpose of this document is to provide clarity around what resources are available and what they encompass.

After experiencing an incident of interpersonal violence someone may be wondering which services(s) are going to provide them with the help and support they are looking for. Someone may also wonder what a meeting with an advocate or counselor would be like. Two common resources that survivors often access include advocacy and counseling. Below is an outline of what types of services an advocate could provide and what types of services a counselor could provide.

Advocacy Services:

- Crisis intervention and advocacy – meaning the ability for a student to discuss what happened (as much or as little as the student would like to share) and be provided with information about possible next steps they could take if desired. During that time the advocate would talk about all the options that the campus can offer to address the situation, what those processes look like and what involvement they could have within those processes. Options within the criminal justice system would also be discussed as well as information around obtaining a forensic (S.A.N.E. Sexual Assault Nurse Exam) medical exam.
- Safety Planning – refers to thinking through each part of a student’s day including classes, work, extracurricular activities, transportation, and their living situation and discussing with them plans to help keep them as safe as possible at all times.
- Resources and Referrals – the advocate will discuss additional resources that provide on-going support for emotional and physical wellbeing. This includes both on and off campus resources. The advocate can connect you with the appropriate person and help facilitate an academic or housing accommodation if desired.
- Hospital Accompaniment – if someone has experienced sexual violence and wishes to go to the hospital to a forensic (S.A.N.E. Sexual Assault Nurse Exam) medical exam where evidence is collected and an examination performed to check for any medical concerns as a result of the incident. The student is welcomed to have an advocate accompany them for support.
- Student Conduct Process Assistance - If someone is going through a Title IX and or Student Conduct process on campus they are always permitted to have an “advisor of choice” at any meeting or procedure that is part of the process. The advisor can be an

advocate or any person they choose. If they choose an advisor who is not an advocate, they are still welcome to consult with the advocate at any point about the process.

- Criminal Justice Process Assistance – if someone chooses to report to law enforcement they are entitled to have an advocate present with them who will continue to be present with them throughout the criminal justice process.
- Transportation – if someone needs transportation to a hospital or police department an advocate can help arrange transportation for the person.

What to Expect when Meeting with an Advocate:

An advocate's role is to provide accurate information about options so that a student can make an informed decision about next steps. An advocate would not push for any particular option and would support the student in whatever decision they make. The advocate would keep as much information as possible private. At John Carroll University the Violence Prevention and Action Center (VPAC) Program Coordinator, who provides advocacy services, is considered a private non-confidential resource. This means if an incident of interpersonal violence is disclosed, the program coordinator would have the initial responsibility to only report non-identifiable information date, time, location and general nature of the incident (i.e. stalking, sexual assault, etc.) to the Title IX Coordinator. Identifiable information would only have to be shared if the Title IX Coordinator felt that there was a pattern of abuse or cause for fear of your safety or the safety of others. The VPAC Program Coordinator would not share information with any other party unless the student receiving services requested it and signed a release of information.

A student working with an advocate can choose to share as much or as little information about the incident(s) as they choose. They would also have complete freedom to choose how often they interact with the advocate and how that interaction takes place such as via email, in-person, or via phone. While it is a student's right to have an advocate while meeting with law enforcement officials or any meeting that pertains to the student conduct system, it is always the student's choice as to whether or not they want the advocate to be present.

Counseling Services:

- Individual Counseling
 - Trauma – students may engage in counseling in order to receive emotional support for their interpersonal violence incident. Counseling can help students to re-establish a sense of safety and control, to treat themselves kindly and give themselves time, and to talk about their traumatic experiences with someone they can trust.
 - Other Concerns – students may also utilize counseling services for a variety of other presenting concerns including but not limited to: stress, anxiety, depression, relationships, academic difficulties, adjustment to college, eating or body image issues, loneliness or self-esteem. Goals for counseling may look different for each student, but often times goals include discovering more about one's self,

becoming more competent and confident in one's studies and one's relationships, and developing coping skills to help manage life's stressors.

- Psychiatry Services - a psychiatrist is available at the counseling center on a limited basis to provide assessment and medication monitoring for students engaged in counseling services who also want to take medication. Students who may be interested in psychiatry services will first talk with their counselor about whether or not medication may be helpful for them.
- Advocacy Support – although the primary role of counselors is to provide personal counseling services, counselors can also assist with various advocacy services. A counselor can provide information about possible next steps students can take if desired. This may include information about processes such as the campus student conduct process, the criminal justice system, and a S.A.N.E. medical exam.
- Resources and Referrals – counselors will also discuss additional resources that provide on-going support for a student's emotional, physical and academic well-being – depending on a survivor's needs. This includes both on and off campus resources.

What to Expect When Meeting With a Counselor:

The mission of the University Counseling Center is to foster the growth of students within the context of the whole person; enhancing their emotional, spiritual, intellectual, and social development in order to facilitate the achievement of their academic and personal goals

All information shared during the counseling experience is held in complete confidence within the University Counseling Center, except in cases where there is imminent danger to the individual or another person, or when there is abuse of a child or elderly adult. Your counselor can clarify any questions you may have about confidentiality and its limits.

Students can schedule an appointment at the University Counseling Center by stopping by or calling the front desk. Most appointments are usually made a few days in advance, but same-day appointments can be arranged for students **who have recently experienced an act of interpersonal violence**. Appointments are typically 50-minutes long. Some students meet with a counselor on a weekly basis, while other students may meet less frequently. You and your counselor can discuss what is the best fit for you based on your needs and goals for counseling.

All counselors on staff are generalists – meaning they work with a wide range of presenting concerns that are common amongst the college student population. This includes experience in working with individuals who experienced trauma in their lives, such as acts of interpersonal violence. To learn about areas of clinical interest for our counselors, check out the [“Meet Our Staff”](#) page on the University Counseling Center website.

Resources:

For Advocacy Services	
Violence Prevention and Action Center http://sites.jcu.edu/vpac/ 216.397.2175 (VPAC Coordinator) Resource line: 216.397.CALL (2255)	Cleveland Rape Crisis Center www.clevelandrapecrisis.org 24-hour hotline: 216.619.6192 (Also receives texts!)
Cleveland Domestic Violence and Child Advocacy Center https://www.dvcac.org/ 24-hour hotline: 216.391.4357	
For Confidential Counseling Services	
University Counseling Center http://sites.jcu.edu/counselingcenter/ 216.397.4283	Cleveland Rape Crisis Center www.clevelandrapecrisis.org 24-hour hotline: 216.619.6192
For Reporting	
JCU Title IX Coordinator http://sites.jcu.edu/title-ix/ (includes an online reporting form) 216.397.1559	JCUPD http://sites.jcu.edu/css/ 216.397.1234
For Medical Care	
Hillcrest Hospital – the closest 24 hour Sexual Assault Nurse Examiner Unit to JCU 440.312.4600	