## onfidential supporters training Spring 2025







# Supportive Neasures



#### KRISTEN MATHEWS, MSW, LMSV TIX CASE MANAGER OFFICE OF CIVIL RIGHTS & TITLE IX



## VICTORIA ZAMBRANO, MSW, LCS

COORDINATOR THE LIGHTHOUSE PROGRAM

## Supportive Measures = Student Success

#### Kristen Mathews, LMSW

Case Manager, Title IX

#### Victoria P. Zambrano, LCSW

Coordinator, The Lighthouse Program





#### **OCR&TIX**



-Mandatory Reporters

-Private but not Confidential

-Has a Reporting and Resolution Process

-Neutral party

-Serves all LSU community members

#### BOTH

-Scope includes sexual misconduct and interpersonal violence

- Provide supportive measures and connections to resources

- Review and explain reporting options
- -Licensed mental health professionals

#### LIGHTHOUSE



-Confidential Resource

- -Survivor focused
- -Serves on-campus students

-Direct interdepartmental referrals in the Student Health Center

-Coordinates forensic evidence collection



## Trauma's Impact

Hyperarousal/ Activation

Challenges with Interpersonal Relationships



Hypervigilance

Changes in Selfmaintenance or Self-care

#### Stress Tolerance Threshold

Executive Functionin

> Memory Encoding & Retrieval

Emotional Regulation

## Supportive Measures: What are they and why do we offer them?

Per PM-73, "Supportive measures are free, nonpunitive, individualized services designed to restore or preserve equal access to education and to protect student and employee safety. Supportive measures are offered as appropriate, as reasonably available, and without fee or charge. Supportive measures are kept private to the extent possible."





It is October and you are meeting with Sam, a freshman engineering major. Sam discloses that, in early September, Sam was sexually assaulted in their dorm room by a fellow student, Taylor. Following the assault, Sam avoided and stopped talking to Taylor; however, over the past two weeks, Taylor has seemed to notice this and visits Sam's dorm room unannounced. Taylor has also asked mutual friends to pressure Sam into speaking with Taylor.

Sam expressed feeling uncomfortable in their dorm room since the assault. Sam's unease is exacerbated by Taylor's unwelcomed visits. Sam additionally expressed feeling unsafe to leave their dorm due to fears of bumping into Taylor. Consequently, Sam reported they have not attended lecture for the past two weeks and have fallen behind in their classes. Sam expressed feeling overwhelmed and unsure of how they will catch up academically. Sam additionally disclosed, per their friend's account, Taylor may have a STI. Sam expressed concern about their health as Taylor did not use protection during the assault.

## Case Study:

Identifying Needs



## Supportive Measures: 4 Main Areas





- No Contact Order
- Temporary Restraining Order
- Increased Campus Security
- Emergency Housing and/or On-campus Rehousing
- Crisis Intervention
- Safety Planning

Safety Supportive Measures



## Health & Wellbeing Supportive Measures

- Medical • STI Testing & Treatment • Medical Evaluation • Forensic Evidence Collection
- Mental Health ○ Psychoeducation
  - Direct MHS referral
  - Wellness Coaching
  - Community resources
    - Support Groups
    - Campus Life





- Academic Arrangements • Flexibility with absences & assignment deadlines • Making up missed exams or assignments ○ Incomplete grades
- Academic Advising referral
- Academic Appeals
  - Retroactive withdrawal
  - Retroactive resignation

## Academic Supportive Measures



#### Office of Civil Rights & Title IX

COLLEGE (I.e., University Center for Freshman Year)

YOUR NAME CONTACT INFORMATION

DATE

RE: STUDENT

Dear COLLEGE ABBREVIATION (UCFY) Appeals Committee,

I am writing in support of STUDENT'S request to appeal to retroactively drop COURSE(S) (I.e., MATH 1021, BIOL 1005, and PSYC 2000) for the SEMESTER YEAR (spring, 2022) semester. STUDENT has been working with our office since TIMEFRAME (summer, 2021) due to a challenging set of Title IX-related circumstances. They reported that they struggled with their schoolwork during TIMEFRAME (the spring 2022 semester), and given the nature of what they reported, that is completely understandable. Please take this information into consideration as you determine the outcome of their appeal.

Warm Regards,

SIGN AFTER CONVERTING TO PDF

#### Dear «Instructor»,

Hello, my name is \_\_\_\_\_\_ and I am the Case Manager in the Office of Civil Rights & Title IX. Our office is working with your student, FIRST NAME LAST NAME (who is in your course: «Course», Section «Section»).

FIRST NAME has requested my assistance as the Title IX Case Manager to notify you of their requested supportive measures. Specifically, FIRST NAME has requested flexibility on absences and deadlines for their assignments from the dates of DATE1 to DATE2. I understand in a course like yours, it may be challenging for students to stay on track with material when extensions are given. FIRST NAME is aware that extensions on assignments and absences could potentially impact their ability to keep up with the content in the course. Ultimately, FIRST NAME understands it is their responsibility to stay on track.

Supportive measures are designed to preserve the equitable access to FIRST NAME's educational programs and activities. This office has determined that under <u>PM-73</u> and Title IX of the Education Amendments of 1972, the request is appropriate under the circumstances. Federal regulations require that supportive measures be kept confidential. FIRST NAME and I both appreciate your cooperation in advance. Please feel free to coordinate academic arrangements with FIRST NAME directly.

If you need clarification, need assistance fulfilling this request, or have any questions or concerns please contact me at \_\_\_\_\_\_ as soon as possible. If you'd like more information about supportive measures, please refer to page 14 of <u>PM-73</u>.

In your role, you are likely deemed a mandatory reporter of sexual misconduct. However, you are not obligated to report this specific matter to the university, as the student is currently connected with our office. Feel free to retain this letter as documentation of this exception.

While I cannot share any specific details about FIRST NAME's circumstances, I'm happy to answer any other questions you may have. Finally, we very much appreciate faculty's support and the honoring of the student's privacy, as it can be incredibly painful and retraumatizing for survivors to discuss details of their situation.

We very much appreciate your support and collaboration. At this point, please coordinate directly with FIRST NAME on academic arrangements from here.

Respectfully,



Office of Civil Rights & Title IX





- Office of Disability Services registration ○ Note taker
  - Extended testing time
  - Private testing in Johnston Hall
  - Flexibility with absences
- On-campus work arrangements

## Academic Supportive Measures



## Financial Supportive Measures

- Satisfactory Academic Progress (SAP)
- Referral to financial aid counseling • Financial Aid Appeals
- - TOPS
  - LSU-issued scholarships
- **Student Emergency Fund**
- Referral and Letter of Support for LSU Food Pantry

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#### Case Study: Implementing Supportive Measures



#### Reminders

- Supportive measures require collaboration with the student
- Supportive measures are specific to the student's needs
- Supportive measures can be creative



- Proctor U exam fee
- Change of parking for employee
- Flexibility with sorority hours & participation

## Supportive Measures Takeaways

## Examples of unique SMs





