

California State University, Chico

Division of Student Affairs

WellCat Safe Place Annual Report 2021-2022

I. Department Mission Statement

To offer clarity to the campus community about who we serve and what we provide as a department, WellCat Safe Place (WCSP) revised our mission statement:

WellCat Safe Place serves the Chico State community by providing **confidential** services for individuals impacted by sexual assault, intimate partner abuse, sexual exploitation, stalking, and harassment. We offer advocacy support, prevention education, and linkage to services on and off campus.

We strive to create a culture of consent and healthy relationships that foster a campus environment free of interpersonal harm. WCSP operates under five guiding principles:

1. **Survivor Centered:** Each individual experience of sexual assault, intimate partner violence, and stalking is unique and complex. We strive to provide individualized support and empower individuals to utilize autonomy and self-determination.
2. **Intersectionality:** We acknowledge that everyone holds multiple identities that weave together to create one complex being that impacts healing and growth.
3. **Advocacy:** Understanding advocacy as an individual and/or collective experience in our campus community, we strive to be intentional in providing direct, outreach, and educational services that foster short- and long-term change.
4. **Cultivating Future Leaders:** Providing internship opportunities to interdisciplinary students. WCSP commits to introducing a world of advocacy by offering opportunities that foster change, growth, and development.
5. **Restorative Healing:** WCSP promotes healing spaces through multiple avenues that support individualized journeys of growth.

WellCat Safe Place (WCSP) aligns with goals set within the Division of Student Affairs, University Strategic Plan, and the California State University, Chico values and mission. WCSP goals also support the Council for the Advancement of Standards in Higher Education (CAS) Standards and Outcome Domains:

1. Knowledge acquisition, construction, integration, and application
2. Cognitive complexity
3. Intrapersonal development
4. Interpersonal competence

5. Humanitarianism and civic engagement
6. Practical competence

Since the repopulation of campus beginning Fall 2021, our department paused as we witnessed and experience collective trauma that impacted the United State and the entire world. WCSP recognized that campus member's capacity and agency shifted, which required WCSP to mold, transform, and reimagine our direct and indirect services.

WCSP developed outcomes in Summer of 2021, in preparation for returning to in-person services, integration of new WCSP mission in the campus community, and staffing changes:

- 1. Empower agency and choice**

Faculty, staff, and students who utilize WellCat Safe Place services will be able to identify resources available to them.

- 2. Promoting post-traumatic growth and resiliency**

Faculty, staff, and students who utilize WellCat Safe Place services will be able to recognize healing practices in themselves and in the community

- 3. Identifying components of healthy relationship for corrective experiences**

Faculty, staff, and students who engage with WellCat Safe Place services through confidential advocacy and/or campus engagement programs will be able to identify key aspects of healthy relationships.

WCSP programs and services are under three distinct categories: Confidential Advocacy Services, Student Engagement Program, and Campus Training.

II. Department Goals:

Confidential Advocacy: Provide confidential, culturally competent, and trauma-informed services to individuals within the campus community impacted by sexual assault, intimate partner violence, sexual exploitation, and stalking to provide psychoeducation, crisis intervention, and advocacy. (USP 2, 4, 8; Division of Student Affairs Goal 3).

Education and Outreach: Innovate and sustain creative educational and programmatic events and opportunities for members of the campus community to engage in topics surrounding sexual assault, intimate partner violence, and stalking. (USP 3; Division of Student Affairs Goal 1).

Prevention: Engage student leaders and members of the campus community in training through prevention awareness program and workshops that ensure culturally inclusive, competent, and equitable access/engagement with an EDI lens. (USP 2,3,7,8; Division of Student Affairs Goal 1,2,3).

Our prevention and education services seek to build a campus community of support, collaboration, empathy, inclusion, and empowerment that will stand against interpersonal violence and change campus culture. Additionally, a safer and more respectful campus environment ensures that the entire campus is supportive, committed, and involved, providing additional opportunities for campus community members to find agency in preventing interpersonal violence during their time at Chico State.

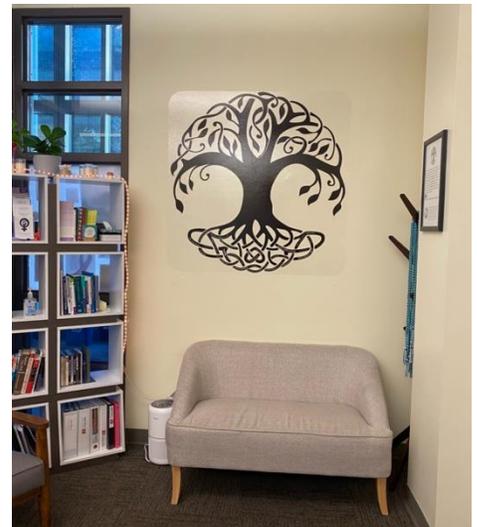
Equity, Diversity, and Inclusion (EDI) has been a priority for WCSP, but centralizing EDI as a department goal embeds it into every service offered by WCSP, including confidential advocacy, education, and outreach. WCSP offers resources in service of gender equity in higher education; while domestic and sexual violence impacts all genders, it impacts transgender, gender non-conforming and female-identified individuals are especially harmed³. Trans and Cis-gender women of color face the highest risk factors of sexual violence because of the intersections of racism and sexism.⁴ WCSP honors the impacts of intersectionality and strives to provide culturally competent services, education, and outreach. Recognizing that the ways in which history, identity, culture, and community impact how an individual engages in services centralizes EDI as a departmental goal, and makes WCSP a safer resource for BIPOC students, faculty, and staff to utilize.

Updated 6.20.2022

III. Department Updates

Office Space Reimagined: As we return to campus, one of the internal department goals was to ensure our space was reflective of our values of inclusivity and diversity. WCSP team took the time to display resources and positive message in our window display for 24/7 resource sharing.

Partnering with International Education and Global Engagement, we collaborated with international students to create verbiage for our wall decal. We asked the students to translate positive messages like “You are loved” to be displayed at the roots of the Oak Tree.



New WCSP Team Members: With the return onto campus, WCSP was able to restaff missing positions since the pandemic. In Fall of 2021, WCSP brought on Kayla Wilson, our new Administrative Support. In Spring of 2022, WCSP brought on Sawyer McAvoy, Coordinator of Advocacy Services, as our new full time confidential advocate.

WCSP expanded student staff to include students that specialized in marketing, branding, social media, and graphic design. We also brought on interns from social work and Multicultural and Gender Studies (MCGS) during Spring 2022. WCSP increased the annual work-study allocation to \$30,000.



IV. Department Accomplishments- Snapshots

Awareness Month Highlight Programs:

(Domestic Violence Awareness Month) October 2021:

- **Flowers on the Creek:** WCSP collaborated with our local domestic violence agency and brought back our annual event in Fall of 2021 where we celebrated and memorialized the lives of those lost due to Intimate Partner Violence (IPV). This annual collaborative program did not occur the last few years due to the pandemic. Due to the nature of the program, we were mindful to respect confidentiality and privacy of those who attended. (28 individuals signed in and about 45 individuals were observed to be of attendance)
- **Ribbon Awareness:** Purple is the color that symbolize DV/IPV awareness. Ribbons were put up and around the pillars in the breeze way of the library for the entire month of October to show solidarity, awareness, and resources available to the campus community.
- **These Hands Don't Hurt:** WCSP student leaders table throughout the month of October across various locations on campus and had our campus community swing by and stamp their hands onto a piece of paper that is being displayed to take pledge against Intimate Partner Violence (IPV). We invited various student organizations through social media to stop by and participate. (68 individuals took the pledge and over 100 individuals stopped by our table)



(Sexual Assault Awareness Month) April 2022:

- **Denim Square Workshop:** WCSP professional staff and student leaders facilitated an interactive, art-based workshop to engage the campus community to bring awareness to sexual assault and the intersectional identities of those harmed by sexual assault. As the entire campus adjust to being back in person, WCSP was intentional about collaborating with target student population.
- **Denim Day:** In collaboration with on and off campus resources/departments, WCSP facilitated a day with various programs including a career panel, guided self-care art activity, and Title IX presentation. We had a photobooth to also encourage campus community to post on social media about wearing denim. (173 participants)



Additional Program Highlights:

- **Trauma- Informed Yoga (Fall 2021):** WCSP invited a certified yoga instructor to facilitate trauma-informed yoga sessions with different pockets of students on campus. WCSP was able to offer eight sessions that included student leaders at Cross Cultural Leadership Center (CCLC) and student leaders at the Hub in campus housing.
- **Flower Grams (Spring 2022):** During Healthy Relationships Week in February, WCSP student leaders tabled and gave out flower grams to promote appreciation and celebration of healthy relationship. This was in conjunction with our IG educational post series.
- **Healing After Trauma (HAT) & Womxn’s Circle:** WCSP provided two various groups for students this past year. HAT focus on healing and self-care whereas, Womxn’s Circle focus on intersectional experiences and identity formation. WCSP also co-facilitated Womxn’s Circle for faculty/staff as well for the first time. (Virtual in the Fall and in the Spring.)



- **Modernizing Resources (QR code):** In partnership with UPD and Title IX, WCSP took the lead in revisioning and updating resources being shared to campus members who is involved with Domestic Violence/Intimate Partner Violence, Sexual Assault, Sexual exploitation, and stalking. WCSP took the lead in organizing resources and offer QR codes as a more trauma-informed and discrete way to access available resources.



V. Program Service Report

A. Direct Services

Following the return onto campus, WCSP continued to provide virtual services (via email, phone, and zoom) while reintegrating in person services. While we saw a slow increase in direct service usage, we continued our increase in outreach and programs through social media engagement. WCSP cannot help but speculate that slow increase of services continues to be residual reservations from the pandemic.

Figure 1: snapshot of services provided in 2021-2022, compared to 2019-2020 and 2020-2021.

| Safe Place Services | 2019-2020 | 2020-2021 | 2021-2022 | %Increase/Decrease |
|----------------------------------|-----------|-----------|-----------|--------------------|
| Academic Accommodations | 87 | 14 | 91 | +84% |
| Advocacy/ Crisis Appointments | 144 | 146 | 198 | +35.6% |
| Consultations | 22 | 13 | 15 | +15.4% |
| Not Anymore/Title IX Trainings | 78 | 45 | 43 | -4.65% |
| Title IX Advocacy | 32 | 4 | 10 | +150% |

B. Outreach Efforts

Focusing on connecting with students and meeting where they are at, we took to social media to engage the campus community. Aside from the in-person programs/workshops listed above, WCSP focused on social media engagement.

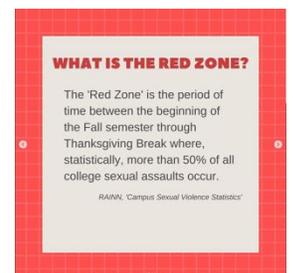
Below are the Instagram series post title and stats for this past academic year. In totality, for Fall 2021 we had **5,922 total numbers of engagement** and for Spring 2022 we had **7,187 total numbers of engagement**. Our primarily utilization of Instagram for social media **engagement increased 21.4% from Fall 2021 to Spring 2022**.

Below is a breakdown of engagement per post, per engagement program:

1. Fall 2021 Semester

The Red Zone: Total views 2,591

1. Sexual Violence on College Campuses -- 662
2. Consent: Let's Talk About It -- 516
3. Online Safety -- 434
4. Reporting on Campus -- 363
5. Survivors Returning to Campus -- 328
6. Prevention -- 288



Domestic Violence Awareness Month (DVAM):

Total views 1,358

1. Introduction -- 397
2. These Hands Don't Hurt -- 320
3. Support & Resources -- 341
4. Overview -- 300



What is Trauma: Total views 1,973

1. Self-Care -- 475
2. Defining Trauma -- 478
3. Common Responses -- 377
4. Healthy Coping -- 381
5. How to Help a Friend & Resources -- 262

2. Spring 2022 Semester

Healthy Relationships Week (HRW): Total views 1,896

1. Introduction -- 565
2. Tips Towards a Healthy Relationship -- 264
3. Falling in Love & Staying in Love -- 344
4. Learning How to Give and take in a relationship -- 199
5. Steps to take to Resolve a Conflict -- 288
6. Relationship Ups & Downs -- 236

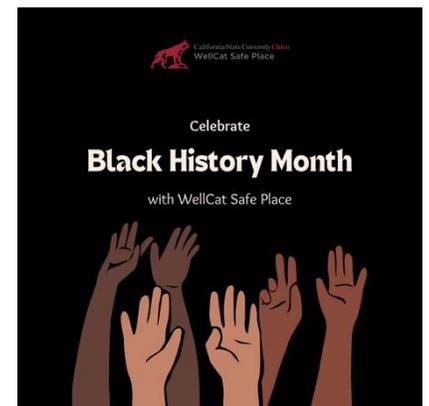


Love Every Bodies Week (LEBW): Total views 1,097

1. Introduction -- 516
2. What is Love Every Body Week -- 275
3. Overview & Resources -- 306

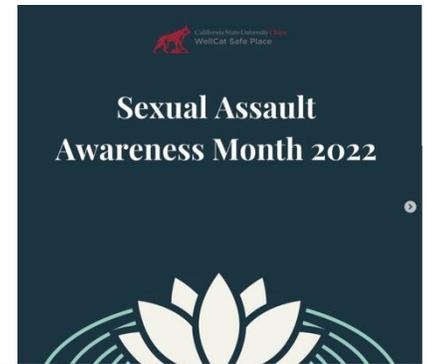
Black History Month: Total views 832

1. What is it? -- 295
2. Black Liberation -- 208
3. How to Participate -- 329



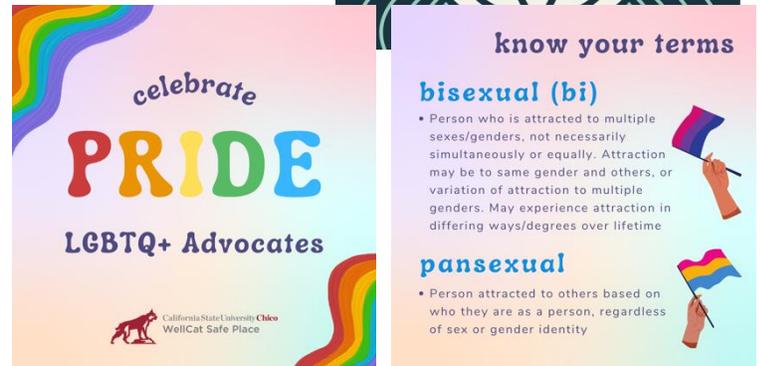
Sexual Assault Awareness Month (SAAM): Total views 2,240

1. SAAM Intro -- 354
2. What is SAAM? – 372
3. Unspoken forms of SA – 309
4. MythBusters – 238
5. Self-Care and Resources – 321
6. Denim Day -- 646



Spotlight Project: Total views 1,122

1. GSEC – 321
2. Career Center – 248
3. Eta Mu Theta – 305
4. Writing Center -- 248



Pride Awareness: Total views so far 489

1. Celebrate Pride – 291
2. LGBTQ+ Advocates – 198

C. Campus Training

WCSP was invited to do several trainings but due to the capacity of limited staffing and availability, WCSP was able to only complete a fraction of training request. Some campus trainings completed this past year include:

- Human Sexuality course
- Fraternity and Sorority Affairs
- Housing student staff training: How to report
- Student Leaders in Student Learning Center (SLC)
- WellCat Services student leader training (Fall & Spring)
- Sociology 200 course
- RA student leadership training: How to build healthy boundaries & bystander intervention
- Wildcats ACT
- International Student
- Cross Cultural Leadership Center – Student Leadership training (how to respond to disclosures)

VI. Program Objectives for 2021-2022

Initial Goal: Identify and develop an assessment tool to use for all direct services, Outreach, Prevention Education, and training workshops.

WCSP will prioritize enhancing validity and assessing the impact of programs within the

campus community.

Continued Goal – Due to the transition back onto campus and the limited number of staffing, this goal was not achieved. However, strides have been made to standard program response and feedback.

Initial Goal: Coordinate a WellCat Student Leadership training for all WellCat student employees and interns from each department.

WCSP will collaborate with WellCat Prevention, WellCat Counseling, and H.E.A.T. Coordinators to centralize core training for Paraprofessionals, student assistants, and intern placements.

Continued Goal – WCSP took the lead to standardize

Goal: Update all engagement materials with new WellCat logo and WellCat Safe Place mission statement for campus distribution.

WCSP will redesign brochures, swag items, resource cards, and more to showcase the new WellCat Safe Place logo and mission statement.