

REMOTE RESOURCES FOR SURVIVORS SPRING 2020

Assembled by SPCSA

A NOTE FROM SPCSA

The unique circumstances of this term may bring about new challenges for survivors or those affected by gender- and power-based violence, including difficulty navigating Dartmouth resources remotely. The following information about the changes in the availability of resources at Dartmouth and how to access them, updated as of April 25th, 2020, was collected by SPCSA from staff members and their respective offices. Though the accessibility of resources at Dartmouth should remain relatively consistent throughout the term, SPCSA recognizes the fluidity and unpredictability of the current circumstances. As such, we will do our best to maintain consistent communication with relevant offices and update this guide as needed. The guidance provided in the following document should not supersede direct communication from the resources mentioned. Any questions, concerns, or comments about the following information can be directed to SPCSA@dartmouth.edu.

WISE (CONFIDENTIAL RESOURCE**)

WISE is still fully operational and can serve all Dartmouth students, regardless of location. The crisis hotline is staffed 24/7 and can be reached at 866-348-WISE. You can also email WISE at campus@wiseuv.org or use the chat feature on the website: www.wiseuv.org. WISE is still collaborating with all of their campus partners, including the Title IX office. Depending on individual circumstances, WISE can also help connect you with a local resource. We encourage you to check their website: <https://wiseuv.org>

TITLE IX OFFICE (PRIVATE RESOURCE*)

The Title IX office is fully operational with all services and supports completely available to all students. While staff in the Title IX office are working remotely, their phone lines are directly forwarded to their personal cell phones. If someone is not in a space where they are not able to speak freely, the office and WISE will work with them on an individual basis to figure out the safest method to provide support. The office is still reachable via email, Zoom, and phone. As usual, accommodations provided by Title IX are determined on a case by case basis. Regarding classes, Title IX will work with you and your professor to make adjustments that may lessen any impact you may be experiencing if the presence of someone in a remote class is impeding your ability to learn. Housing accommodations for students on campus are also still available; for students off-campus, Title IX will refer to WISE or their local equivalent. **Hearings and investigations are continuing via Zoom.** If a student is in an environment in which they do not feel comfortable participating in the investigation process via Zoom, the investigator will work with that individual to come up with possible solutions. The College is still committed to completing the investigation process in a timely manner. We encourage you to check their website for updates and more information as the situation evolves: <https://sexual-respect.dartmouth.edu>

DARTMOUTH COLLEGE HEALTH SERVICES: COUNSELING (CONFIDENTIAL RESOURCE**)

The Counseling Center can provide their regular short-term counseling services, nutrition counseling, and psychiatric services through teletherapy to enrolled students in all 50 U.S. states via phone or HIPPA-approved Zoom, depending on student preference and internet connectivity capabilities. If you are new to the Counseling Center's services, your first appointment will be a triage appointment, in which you and a counselor discuss your needs and treatment options. This policy is consistent with regular in-person counseling. **Services needed regarding gender-based violence are expedited.** Questions about services or scheduling appointments can be done by calling 603-646-9442 – phone lines are staffed weekdays 8 AM - 4 PM (EST). **On-call services are still ongoing 24/7** – during non-business hours, call the Department of Safety and Security or the Inpatient Nursing Department (IPD) at 603-646-9440 to be connected to an on-call counselor. We encourage you to check their website for updates and more information as the situation evolves:

<https://students.dartmouth.edu/health-service/counseling/about/clinical-services/counseling>

CHAPLAIN (CONFIDENTIAL RESOURCE**)

Rabbi Daveen Litwin is the Dean of the Tucker Center and the College Chaplain. She is an ordained clergy member and thus a confidential resource*** who can provide confidential pastoral counseling (open, inclusive, non-diagnostic), spiritual care, and crisis response remotely, including issues regarding gender-based violence. **Dean Litwin is available to ALL campus members, whether or not they are religious.** You can set up an appointment with the Chaplain by emailing College.Chaplain@dartmouth.edu or Daveen.H.Litwin@Dartmouth.edu. We encourage you to check the Tucker Center's website for updates and more information (including a list of other ordained clergy members who are recognized by Tucker as members of the United Campus Ministers) at:

<https://students.dartmouth.edu/tucker/about/pastoral-counseling>. Further spiritual resources for various faiths such as virtual religious programs, prayers, and meditations from the Tucker Center are also available at:

<https://students.dartmouth.edu/tucker/spiritual-life/coronavirus-spiritual-resources>

STUDENT WELLNESS CENTER (SWC) (PRIVATE RESOURCE*)

The SWC's physical space is closed and the entire staff of the SWC is working remotely. The office has launched online resources such as relaxation downloads, meditation programs, sleep improvement programs, Zoom yoga classes, remote wellness check-ins, and more, which can be accessed here. The office will continue to transition as many of their resources to a remote format as the term progresses. The SWC website also serves as a hub for information on other campus resources. We encourage you to check their website for updates and more information as the situation evolves: <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/covid-19-wellbeing-tips>

ADDITIONAL SELF-CARE RESOURCES FOR SURVIVORS:

Check out the following articles, video series, and info on how to find support and manage your mental health and wellbeing during this unprecedented time.

- National Sexual Violence Resource Center: "7 Ways Survivors of Sexual Violence Can Practice Self-Care When Retraumatized During Tragedy"
- Centers for Disease Control and Prevention: "Coronavirus 2019 (COVID-19): Manage Anxiety & Stress"
- Religious Coalition for Reproductive Choice, SisterSong, the Colorado Organization for Latina Opportunity and Reproductive Rights, and the Womxn Project: "Support, Self-Care and Resiliency" video series
- Autostraddle: "We Have to Take Care of Each Other: Mutual Aid for COVID-19 and Beyond"
- Ten Percent Happier: "Coronavirus Sanity Guide"
- The New York Times: "10 Ways to Ease Your Coronavirus Anxiety"
- OptionB.org

*Private resources are required to promptly share a disclosure of sexual or gender-based harassment, sexual assault, sexual exploitation, relationship and interpersonal violence and stalking, including all known details, with the Title IX Coordinator. This information will only be communicated with other individuals on a need-to-know basis or as required by law.

**Confidential resources may not share your information without your expressed consent unless there is imminent danger to self or others or as otherwise required by law (e.g., mandatory reporting for sexual violence against minors).

***Ordained clergy are identified as confidential resources under New Hampshire statute and College policy.