

Supporting Title IX Respondents at Boston University

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• Center for Psychiatric Rehabilitation

- Funded as a NIMH/NIDLRR/SAMHSA National Research, Training and Service Center in Psychiatric Rehabilitation since 1979 By Dr. William Anthony.
 - Strong focus on education, employment and wellness for individuals who live with mental health conditions, as well as shifting systems of care and provider training.
 - WHO in Psychiatric Rehabilitation and our work globally.
 - Affiliated with Sargent College/OT Department faculty appointments.
 - The difference between Treatment and Psychiatric Rehabilitation.
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RECOVERY AND RESILIENCY SERVICES FOR BU

- LEADBU Seminars (in person and online) for credit for BU and LEAD Espaniol!

- Peer Academic Supports for Success Program.
 - National Depression Screening Day for both campuses-Since 2008.
 - Wellbeing Project: Terriers Thrive Together Week (the month of October)
 - Training for students, RA's, staff and faculty to respond to distress and build resiliency.
 - Collaboration with the NEWBURY center.
 - The NITEO program.
 - Supportive Coaching for title IX respondents on campus.-Healthy Relationships Class as prevention may be implemented.

- Faculty advisors for ACTIVE MINDS.



Orienting to Our Role in the Process

- How Students learn about us and get to us.
- Who we are at the University and who we are not.
- What we can provide to the student.
- How/when we can provide support to the student.





We don't
learn from
talking; we
learn from
listening.

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Listening

- Leaving our personal biases at the door. It is not an easy place to "sit" with Title IX complaints.
- Focusing on the student and their distress in the moment.
- Physical body language and use of office space to create a space of safety and support.

Acknowledging Negative Realities

- The importance of sitting in the muck with the respondent.
- They have to go through the process.
- Our role is not to fix, advise, but to respond, support, teach coping skills, and coach.
- We highlight strengths to the students that they possess as a connection to their resiliency during this time of adversity.



Compassion toward weakness
enables people to expand their strength

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- Sharing Our Belief
The Student Can
Survive the Process-
no matter the
outcome.
 - Validating the
student as a person
whose feelings are
valid.

Wellbeing Coaching for Respondents

- Bio rhythms-sleep, exercise, food as coping tools
- Substance use/misuse
- Academic structure/responsibilities
- Social connections and social fallout
- Mental Health needs
- Distress tolerance/suicidal thoughts
- Telling their families/cultural issues
- Campus resources





Our Doors are Always Open (even in COVID)

- Recovery from this experience, has no timeline even for Respondents.
- Our Relationships with respondents are unconditional.
- We welcome students back.
- Students who were found “non-guilty”, are often traumatized by the whole process-socially, academically, emotionally and need continued counseling to make sense of their experience and continue to learn and grow.