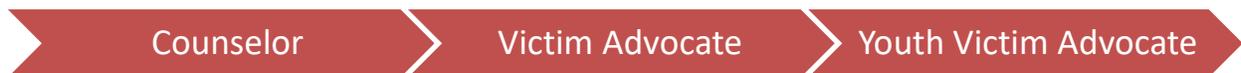


On March 3, 2020, the Sexual Assault Victims’ Rights Amendment Act (SAVRAA) of 2019 took effect. Introduced by Mayor Muriel Bowser, SAVRAA enhances the District’s response to sexual violence in many areas including expanding the right to an advocate for victims/survivors, ensures that teen victims/survivors of sexual assault are granted the same rights as adult victims/survivors, and prescribes minimum training for sexual assault counselors, advocates, and youth advocates.

As enacted, a **sexual assault counselor** means an employee, contractor, or volunteer of a community-based organization serving sexual assault victims 13 years of age or older who renders support, counseling, or assistance to a sexual assault victim; and has undergone at least 40 hours of training related to sexual assault counseling using a curriculum approved by the Office of Victim Services and Justice Grants (OVSJG). A **sexual assault victim advocate** means an employee or contractor of a community-based organization whose director or their director’s designee is a member of the Sexual Assault Response Team (SART) and who is a sexual assault counselor; and has undergone an additional 20 hours of training related to sexual assault victim advocacy using a curriculum approved by OVSJG. A **sexual assault youth victim advocate** means an employee or contractor of a community-based organization whose director or the director’s designee is a member of the SART and who qualifies as a sexual assault victim advocate; and has undergone an additional 20 hours of training related to youth sexual assault victim advocacy using a curriculum approved by the OVSJG.

It is important to note two things regarding the training elements. First, it is the minimum required to meet the statutory definitions of each role; agencies that employ, contract, or engage volunteers to provide services are able to require additional training. Second, the training is iterative, i.e., to serve as a sexual assault youth victim advocate, one will have to have completed training for the sexual assault counselor and the sexual assault victim advocate.



As noted in the statute, training curricula has to be approved by OVSJG. In order to provide a guide to community-based service providers, OVSJG undertook developing minimum training standards for each role. In April 2020, OVSJG released a draft of the training standards for review and comment, to be submitted by May 20, 2020. Four responses were received addressing various elements of the proposed standards and we made changes reflecting this feedback.

One recommendation was to repeat some topics included in the counselor training in each the advocate and youth advocate training. Recognizing that three trainings are progressive, and that the counselor training is required of anyone seeking to complete the advocate or youth advocate training we do not believe this is necessary.

In many cases, comments focused on making explicit certain terms or concepts that we, in drafting, understood to be implicit. But we agree with commenters that it is critical to have a shared explicit understanding of what is required and have updated language in myriad areas.

Several commentators recommended that a topic should have more time allocated to it but did not suggest in which area time should be reduced. Again, as noted above, this is the minimum training required and organizations are strongly encouraged to develop their own internal training standards for volunteers, contractors, and staff respective to their roles and the services they will provide.

There were some suggestions about ordering the topics differently. We recognize that individuals and organizations may have a preference in presenting subject matter in a different order and we are amendable to this. It will be dependent on an organization, when submitting a curriculum to OVSJG for review and approval, to make clear how their training topics align with the standards, irrespective of the order in which they are presented.

Lastly, as we reviewed the standards, we recognized that we did not provide any guidance on the format of training required, e.g., in-person training, instructor led real-time training provided remotely, recordings or trainings, packaged on-line courses, etc. No more than **50 percent** of the subject matter portion of each training may be completed through self-paced, non-interactive study, e.g., watching videos of trainings by oneself.

As next steps, OVSJG is developing the process in which individuals apply for review of their existing training in relation to the standards and for organizations to submit a curriculum for review.

We thank every person and organization that took the time and effort to review and provide responses and we look forward to working collaboratively to continue to enhance the District's response to sexual violence.

**I. Overview and Foundational Concepts**

**5 hours**

Upon completion of this training module, participants will be able to:

- Discuss the history and development of the anti-sexual assault movement and how it intersects with the history and work of the broader Victims’ Rights and other anti-violence movements.
- Define and discuss sexual assault.
- Understand anti-oppression and empowerment theory as those lenses impact sexual assault.
- Define core ethical concepts in the field.

Training Topics
History of the Anti-sexual Assault Movement <ul style="list-style-type: none"> <li>• VAWA</li> <li>• Intersection with anti-DV, human trafficking, stalking, and other movements</li> </ul>
History of the Victims’ Rights Movement – national and local
Sexual Assault 101 <ul style="list-style-type: none"> <li>• Definitions                             <ul style="list-style-type: none"> <li>○ Victim-centered</li> <li>○ Trauma</li> <li>○ Trauma-informed</li> </ul> </li> <li>• Myths and Facts</li> <li>• Prevalence and Statistics</li> <li>• Rape Culture</li> </ul>
Anti-Oppression Theory, Lens, and Work <ul style="list-style-type: none"> <li>• Cultural humility</li> </ul>
Empowerment Theory and Approach
Ethics <ul style="list-style-type: none"> <li>• Privacy and Confidentiality</li> <li>• Boundaries</li> <li>• Conflict of Interest</li> <li>• Informed Consent</li> </ul>

**II. Definitions and Dynamics of Sexual Violence**

**8 ½ hours**

Upon completion of this training module, participants will be able to:

- Explain the different forms of sexual violence and how they intersect with other types of violence and victimization.
- Outline the neurobiology of sexual assault and its impact on survivors’ help-seeking and recovery.
- Discuss the short-term and long-term effects of sexual violence.

Training Topics
Types of Sexual Violence <ul style="list-style-type: none"> <li>• Child Sexual Abuse</li> <li>• Adult Sexual Abuse and Sexual Assault</li> <li>• Stranger and Non-stranger Sexual Assault</li> <li>• Sexual Harassment</li> <li>• Human Sex Trafficking and Commercial Sexual Exploitation</li> </ul>
Consent

Intersection of Sexual Violence and Other Forms of Violence <ul style="list-style-type: none"> <li>• Intimate Partner Violence/Domestic Violence</li> <li>• Dating Violence</li> <li>• Stalking</li> </ul>
Youth Victims
LGBTQ+ Victims
Sexual Assault and Individuals with Mental Illness and Intellectual and Developmental Disabilities
Neurobiology of Sexual Assault
Short and Long-Term Effects <ul style="list-style-type: none"> <li>• Trauma</li> <li>• Rape Trauma Syndrome</li> <li>• PTSD</li> <li>• Substance Use Disorders</li> </ul>

### III. Laws and System Responses – Part I

3 ¼ hours

Upon completion of this training module participants will be able to:

- Define the degrees of sexual abuse in the DC criminal code.
- Discuss options for making a report to law enforcement, including not making a report.
- Explain the role of MPD’s Sexual Assault Unit Detectives.
- Outline the possible avenues a case may take after making a report to law enforcement.
- Explain protections under the law for privileged communications between a counselor or advocate and the victim.
- Explain the differences between the civil and criminal justice systems.

Training Topics
DC Code <ul style="list-style-type: none"> <li>• Criminal Sex Offenses</li> <li>• Civil Actions</li> <li>• Statute of Limitations</li> </ul>
Reporting to Law Enforcement <ul style="list-style-type: none"> <li>• MPD’s Sexual Assault Unit &amp; Youth and Family Services Division</li> <li>• Standard Operating Procedures for Colleges and Universities</li> <li>• Reporting to other area law enforcement</li> </ul>
Prosecuting Sexual Assault
Confidentiality, Privilege, and Mandated Reporting
Civil Protection Orders
Responding to Subpoenas
Crime Victim Compensation

### IV. Laws and System Responses – Part II

3 hours

Upon completion of this training module participants will be able to:

- Outline the District’s Acute Response System.
- Explain how to access an advocate.
- Explain where to go for a SANE exam and what to expect before, during, and after the exam.
- Explain the purpose of a medical forensic exam, what is collected, and what happens to the PERK after it is completed.

- Explain medication that may be administered following an assault.
- Make referrals to mental health and counseling providers, housing assistance, medical care, social services, and public assistance programs.

<b>Training Topics</b>
Medical Forensic Services Available for Victims
Advocate Dispatch System
SANE Exam/Medical Response <ul style="list-style-type: none"> <li>• How to get an exam</li> <li>• Protocol</li> </ul>
Physical Evidence Recovery Kit (PERK) Collection and Purpose
Toxicology Collection and Testing
PERK Tracking
Services Available for Victims in the District and How to Access <ul style="list-style-type: none"> <li>• Reproductive Health</li> </ul>

## V. Counseling Skills

6 ¼ hours

Upon completion of this training module, participants will be able to:

- Demonstrate components of active listening.
- Formulate active empathy statements.
- Identify components of safety assessment and planning.
- Identify elements of trauma-informed crisis response.
- Demonstrate trauma informed crisis response communication skills.

<b>Training Topics</b>
Victim Experiences of Trauma and Trauma Responses
Active Listening
Demonstrating Empathy
Validation <ul style="list-style-type: none"> <li>• Working with victims whose experiences don't constitute a crime in DC</li> </ul>
Crisis Intervention <ul style="list-style-type: none"> <li>• Assessment</li> <li>• Stabilization</li> <li>• Reconnection/Resilience</li> </ul>
Communicating Difficult/Frustrating Information
Suicide Intervention
Threat Assessment and Safety Planning

## VI. Working with Diverse and Marginalized Populations

6 hours

Upon completion of this training module, participants will be able to:

- Identify the challenges and appropriate responses when working with victims of diverse identities and from diverse backgrounds.
- Differentiate between cultural competence and cultural humility.
- Identify personal cultural identity and potential implicit biases.
- Identify ways to implement cultural humility to avoid unintentional revictimization.
- Identify the appropriate techniques when working with an interpreter.

Training Topics
Systemic Barriers for Diverse and Marginalized Populations
Cultural Humility
Micro-aggressions and Revictimization
Accessing and Using Interpreters
Assessing Individual Identity, Values, and Beliefs

## VII. Vicarious Trauma and Self-Care

**3 hours**

Upon completion of this training module, participants will be able to:

- Define burnout, compassion fatigue, and vicarious trauma.
- Identify common signs and symptoms of burnout and vicarious traumatic stress.
- Discuss culturally competent and trauma-informed strategies to prevent or address the development of burnout and vicarious traumatic stress that take into account individual’s existing trauma histories.
- Define trauma stewardship and resilience.
- Describe components of a self-care plan.

Training Topics
Burnout
Compassion Fatigue
Secondary/Vicarious Trauma & Traumatic Stress
Trauma Stewardship <ul style="list-style-type: none"> <li>• Healthy Boundaries</li> <li>• Self-care</li> </ul>
Resilience

## VIII. Role Plays

**5 hours**

Training Topic
Role Plays

**I. Advocacy Overview and Foundational Concepts****3 hours**

Upon completion of this training module, participants will be able to:

- Define the role of the Advocate.
- Identify the differences between Counselor and Advocate under SAVRRA.

<b>Training Topics</b>
The Sexual Assault Victims' Rights Act
The Advocacy Relationship
Common Advocacy Situations
Avoiding the Unauthorized Practice of Law

**II. Victim's Rights****4 ¼ hours**

Upon completion of this training module, participants will be able to:

- Discuss and advocate for the legal rights and remedies available to survivors of sexual assault and as victims of crime generally under District law.
- Explain the intersection of the rights of victims of intimate partner violence and human trafficking.
- Identify the rights and processes surrounding sexual assault on college campuses under Title IX and other related laws.
- Outline the confidentiality rights afforded to survivors of sexual assault in various contexts such as the criminal justice and medical systems, as well as exceptions to those rights.

<b>Training Topics</b>
Crime Victims' Rights Act and District Law
Sexual Assault Survivors Bill of Rights
SAVRRA Rights
Rights of Survivors of Intimate Partner Violence and Trafficking
Title IX and Campus Sexual Assault
Right and Exceptions to Confidentiality <ul style="list-style-type: none"> <li>• Release of information</li> </ul>
Obtaining a TPO/CPO

**III. Victim Options****7 ¼ hours**

Upon completion of this training module, participants will be able to:

- Explain a victim's various options in reporting a sexual assault as well as seeking medical care.
- Work successfully with law enforcement, medical personnel, and friends and family of the survivor on a survivor's behalf.
- Describe and help survivors engage with the criminal and civil justice system responses to sexual assault in depth, including prosecution and ways to obtain a TPO or CPO.
- Discuss the process for obtaining results from Physical Evidence Recovery Kits (PERK), and toxicology specimen testing.

Training Topics
Reporting to Law Enforcement
Medical Forensic Care <ul style="list-style-type: none"> <li>• Medical Care Options</li> <li>• SANE Exam</li> <li>• Follow-up Care</li> </ul>
Prosecution of Sexual Assault
Working with Law Enforcement
Working with Survivors' Family and Friends
Process for Obtaining a TPO/CPO
PERK and Toxicology Testing Process
Other Systems of Care and Advocacy Points

#### IV. Victim Resources

**1 ½ hours**

Upon completion of this training module, participants will be able to:

- Explain the process of filing a claim for Crime Victims' Compensation.
- Outline victim eligibility requirements, required documentation, compensable expenses, and reimbursement caps for Crime Victims Compensation.

Training Topics
Crime Victims' Compensation
SART Victim Feedback Process

#### V. Sexual Assault Response Team (SART)

**1 hour**

Upon completion of this training module, participants will be able to:

- Explain the purpose and responsibilities of the Sexual Assault Response Team.
- Outline the member organizations of the DC SART and their role in the sexual assault response continuum.
- Explain the process for becoming a new member of the SART.
- Explain the purpose and components of Case Review.
- Explain SART members' obligations to participate in, review, and respond to feedback from the public on the sexual assault response in the District of Columbia.

Training Topics
SART Membership
Case Review
Feedback Sub-Committee Process

#### VI. Role Plays

**3 hours**

Training Topic
Role Plays

**I. Overview and Foundational Concepts**

**4 ½ hours**

Upon completion of this training module, participants will be able to:

- Identify continuum of sexual violence experienced by youth populations.
- Identify and assess symptoms of trauma experienced by youth.
- Identify the role of youth advocates under SAVRAA.
- Safety plan with youth according to their unique needs and experiences.
- Make appropriate referrals for youth.

<b>Training Topics</b>
Sexual Assault Dynamics, Statistics, and Impacts for Youth 13-17
Polyvictimization of Youth <ul style="list-style-type: none"> <li>• Co-occurrence of child abuse and sexual assault</li> <li>• Sexual assault and dating violence</li> <li>• Other childhood adverse experiences</li> </ul>
Empowering Youth
Suggestibility <ul style="list-style-type: none"> <li>• Child and adolescent development and susceptibility to suggestive questioning</li> <li>• Impact suggestive questions have on criminal investigations and prosecutions</li> <li>• Techniques for minimizing the potential for suggestibility</li> </ul>
Navigating Parent and Family Dynamics
Social Media - Amplifying Trauma for Youth
Assessing and Safety Planning with Youth <ul style="list-style-type: none"> <li>• Area Resources for Youth Victims</li> </ul>

**II. LGBTQ+ Youth Victims**

**1 ¾ hours**

Upon completion of this training module, participants will be able to:

- Identify issues of risks, challenges, and systemic barriers to services specific to LGBTQ+ youth victims of sexual violence.
- Demonstrate understanding of trauma informed practices for working with LGBTQ+ youth victims.
- List District services specifically for LGBTQ+ youth.

<b>Training Topics</b>
Terminology - Recognizing the Impact of Language
Recognizing and Intervening to Reduce Barriers to Accessing Services
Trauma Informed Responses for LGBTQ+ Youth
Assessing and Safety Planning with LGBTQ+ Youth
District Programs and Services for LGBTQ+ Youth

**III. Youth Rights and Options**

**4 ¾ hours**

Upon completion of this training module, participants will be able to:

- Define the rights that all youth, ages 13 to 17, have in the District of Columbia.
- Explain the rights that youth survivors of sexual assault have in the District.
- Describe in depth the rights and options for reporting to law enforcement and obtaining medical and forensic care available to teens in the District.
- Discuss parental involvement and notification as well as mandatory reporting laws.

<b>Training Topics</b>
SAVRAA Rights for Youth <ul style="list-style-type: none"> <li>Youth with Disabilities</li> </ul>
Rights Afforded to All Youth in District Law
Options and Process for Obtaining a SANE Exam
Reporting to Law Enforcement
Parental Consent, Notification, or Involvement <ul style="list-style-type: none"> <li>Medical Care</li> <li>Counseling</li> <li>Protection Orders</li> <li>Making a Police Report</li> </ul>
Mandatory Reporting and Confidentiality
Notification Process and the Right to Information
PERK and Toxicology Results

#### **IV. Advocating in Youth Systems**

**6 hours**

Upon completion of this training module, participants will be able to:

- Advocate for and with youth who wish to report to law enforcement or obtain a SANE exam, or who are already interacting with law enforcement related to a sexual assault.
- Work successfully on a teen’s behalf with the law enforcement, child protection, and medical systems.
- Support and assist teens in the exercise of other relevant rights that intersect with their status as survivors of sexual assault, such as their rights under the School Safety Act and Title IX.
- Refer teens to appropriate resources for support, safety, and representation.

<b>Training Topic</b>
The Law Enforcement Process for Youth
The Role of the Child and Family Services Agency (CFSA)
Interacting with the Prosecution Process
Forensic Interviews
SANE Exams and Medical Systems
The Child Sexual Exploitation Intervention System
Advocating with Schools, Colleges, and other Entities
Obtaining Resources for Youth: Transportation, Housing, Legal, and Other Services
Obtaining a TPO/CPO as a Teen
Other System Actors in a Teen’s Life <ul style="list-style-type: none"> <li>Guardian Ad Litem (GAL)</li> <li>Court Appointed Special Advocates (CASA)</li> <li>Department of Youth and Rehabilitation Services (DYRS)</li> <li>Child and Adolescent Mobile Psychiatric Service (CHAMPS)</li> <li>HOPE Court</li> </ul>

#### **V. Role Plays**

**3 hours**

<b>Training Topic</b>
Role Plays