



## *2024-2026 STAND Up Facilitator Memorandum of Understanding*

### **STAND Up Purpose and Mission**

The STAND Up Trauma-Informed Care initiative assists individuals in learning positive and helpful ways to have conversations with those who have been involved in a traumatic event related to power-based personal violence. The workshop provides information about sexual assault, dating violence, domestic violence, and stalking; social perspectives on trauma; the impacts of trauma on the brain and the body; active listening techniques; tools for mandated reporters; and campus and community resources. Participants who engage with this content will help us all STAND Up for those who are impacted by these issues.

### **Train the Trainer Details**

The STAND Up train-the-trainer is a unique experience in the respect that the curriculum is exclusive to Texas A&M University and was developed in response to an expressed need among students to adequately address the short- and long-term impacts of trauma. During the training, participants will:

- Learn about the evidence-based foundations of the STAND Up Trauma-Informed Care Training
- Participate in skill-building around the core tenets of the STAND Up curriculum:
  - **Support for Self:** Examining the fears and concerns one may have if they are told about an assault
  - **Think and Accept:** Building an understanding of how trauma impacts the body and brain and how we need to move beyond false narratives of victimization to engage in trauma-informed approaches
  - **Nurture:** Learning how to create supportive spaces during a disclosure of assault
  - **Determine Options:** Becoming aware of local resources and the rights & responsibilities of students, faculty, and staff on our campus
- Engage in an in-depth examination of their personal and professional connection to the issues of interpersonal violence, trauma, and supporting survivors of such events
- Strengthen competence through experiential components, including giving and receiving feedback, role playing, and practicing trauma-informed discussions

**The train-the-trainer will occur Tuesday, May 14 – Wednesday, May 15, 2024: 8:30am-5:00pm each day in the Student Services Building (SSB) 308. Participants must attend the entire training to receive certification as a STAND Up facilitator.**

### **Texas A&M STAND Up Function and Composition**

STAND Up was developed at Texas A&M University by members of the Sexual Assault Survivor Services (SASS) Committee. This committee was a collaborative working group comprised of individuals from across the university and local community. The committee strived to, and succeeded in, sharing resources and perspectives to enhance services for support and education around sexual violence. The SASS Committee provided oversight and vision for the program.



Program logistics, including scheduling facilitators, assessing impact, and marketing, are coordinated by Health Promotion in Student Life.

STAND Up workshops are three and a half hours long and co-presented by a pair of trained facilitators. There is also a one-hour STAND Up overview option that is presented by one trained facilitator. Either option may be delivered to groups of students or groups of faculty and staff. The setting for this instruction can vary between classrooms, department retreats, employee trainings, and student organization meetings as well as workshops/overviews that are open to the entire student body or Texas A&M workforce. Student workshops and overviews are typically scheduled for times when they are most likely to be outside of class meetings, meaning weekday evenings and weekends. Workshops and overviews for faculty & staff are typically scheduled during regular business hours or when classes are not in session (i.e. winter break, spring break, between spring and summer semester, etc.).

## **2024-2026 Trainer Requirements**

All 2024-2026 STAND Up Facilitators will agree to:

- Support the STAND Up mission and actively promote it to our campus community
- Commit to be an active facilitator with the program for two academic years (August 1, 2024 – July 31, 2026)
- Facilitate at least 3 times per academic year. Every facilitator is encouraged to lead at least one 3.5-hour workshop. The other two facilitations may be one-hour overviews or additional 3.5-hour workshops
- Communicate their schedule and general availability for trainings to Health Promotion each semester
- Attend STAND Up meetings/trainings at least once per semester. These will allow for the sharing of experiences, best-practices, updates on federal/state/university policies, and feedback to our Green Dot and STAND Up Implementation Committee
- Use our online volunteer management system to complete and update their volunteer profile, sign-up for open facilitation opportunities, and record service hours

## **In Return**

Serving as a STAND Up facilitator is a professional development opportunity that goes above and beyond the standard requirements of one's position description. It is this service, however, that is integral to the continued growth of the STAND Up initiative. In recognition of their time and effort, STAND Up facilitators will receive:

- An email at the end of each semester that details their progress toward MOU completion requirements
- An invitation to an annual facilitator welcome back lunch, as well as other appreciation events throughout the year
- Weekly emails from Health Promotion announcing accomplishments, opportunities, and program updates
- Ongoing recognition of their commitment to serving others and actively upholding the mission of Texas A&M University's Step In Stand Up campaign



Please review these requirements with your supervisor and Department Director/Chair and return the completed Requirement Acknowledgement and Application Questions pages (3-4) to Health Promotion – email the documents to sass@tamu.edu. Please contact us with any questions you might have.

## Commitment Acknowledgment

I, \_\_\_\_\_ (print name) hereby acknowledge that by applying to be a STAND Up facilitator:

- I will attend all-day training on **May 14 and May 15, 2024**.
- I will discuss with my supervisor the amount of time and my ability to facilitate STAND Up workshops and overviews.
- I will provide Health Promotion with an understanding of my schedule and make time to actively participate as a facilitator.
- I will facilitate at least 3 times per academic year, and at least one of these facilitations will be a full 3.5-hour workshop.
- I will commit to the program for at least two full academic years, with commitment starting August 1, 2024, and ending July 31, 2026.

Facilitator Name (Typed or Printed)	Facilitator Signature	Date
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*I have read the STAND Up Memorandum of Understanding (MOU) and understand the expectations of facilitators. I support the employee in engaging in this program and taking on the role of facilitator.*

Supervisor Name (Typed or Printed)	Supervisor Signature	Date
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Dept. Head Name (Typed or Printed)	Dept. Head Signature	Date
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Reviewed and approved by the Green Dot and STAND Up Implementation Committee:

Committee Chair Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Application Questions (please attach a separate sheet with answers if necessary)**

1. Why would you like to become a STAND Up Facilitator?
2. What are specific groups or audiences on campus that you would most like to work with as a STAND Up facilitator?
3. How will your participation as a STAND Up facilitator connect with and benefit your current role on campus or in the community?
4. Please describe your comfort and experience with facilitating topics around power-based personal violence. What kinds of support would you need to have throughout the year, to make sure you are confident with this content?
5. Given that the STAND Up workshops and overviews cover sensitive topics, what strategies would you use as a facilitator to limit or prevent your own burn out when it comes to presenting the content?