

**BUDGET PROPOSAL CONTACT INFORMATION**

Department Name: Psychological and Wellness Services

Create Date: 01/05/2026

Due Date: 02/06/2026

Submitter Name: Madie Brown

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Department Head Approval:

Department Head: Dr. Bernard Anderson

Requested Amount: **\$91,125**

**Departmental Information**

**STUDENT UTILIZATION**

The University of Washington Tacoma is dedicated to providing free, confidential advocacy for students affected by sexual assault, rape, relationship violence, domestic violence, stalking, sexual harassment and other related sex- and gender-based violence (SGBV) experiences. The UWT Confidential Advocate (CA) is a specialized, trained professional with specific expertise that helps students understand their legal rights and options for supportive measures under Title IX and in Washington state. Additionally, the CA also supports students with:

- Navigating making a Title IX report, a Title IX investigation and hearing
- Navigating filing a police report and civil protection orders
- Accessing rights-based supportive measures (academic, work, and housing accommodations), including mutual no communication directives
- Safety planning
- Connection to referrals, resources

Additionally, the CA is involved in a number of UW tri-campus committees and projects, representing UWT's unique student needs and contributing to the development of programs and policies that are designed to benefit UWT students within the broad scope of the tri-campus system.

It can be frightening and intimidating to ask for and receive help after experiencing sexual violence. The CA services extend so much farther than just in the university setting. They are often the first place survivors turn to for support. For example, the CA will support students even when their instance of SGBV happens off campus and is unrelated to the UWT. The CA is nonjudgemental, trauma-informed and survivor-first, meaning that all decisions to pursue next steps, if any, are entirely up to the survivor.

**CORE VALUES/MISSION ALIGNMENT**

Goal 1: The unique, specialized, and highly accessible services help students remain enrolled and in class even during what can be the most difficult experiences of their lives. Studies estimate that the drop-out rate of student victims of SGBV is around 24% (Mengo & Black, 2014), with many instances often left unreported. The CA helps student survivors maintain enrollment and engagement with their academics to the best of their abilities by facilitating essential rights-based accommodations; advocating on behalf of the survivor to faculty and staff; and coordinating involvement with systems, services, and resources so that the survivor can focus on their courses and other competing responsibilities that don't stop when instances of SGBV happen to them. Client feedback from autumn quarter 2025 states that they were able to better engage with their academics after working with the CA.

Goal 2: CA services are designed to enhance survivor well-being. The CA is an essential service within the UWT student support ecosystem, working directly with offices, faculty, and staff to advocate for the survivor's needs. The CA's confidentiality (protected by state law) is essential to survivors' safety and privacy. Services are trauma-informed and survivor-first to avoid causing harm and to facilitate healing. Autumn quarter 2025 clients reported they felt the CA believed them and respected their privacy, created a safe environment, and respected their cultural and personal identities. Clients also reported that their well-being improved after working with the CA.

Goal 10: The CA established the annual Denim Day at UWT in 2021. Denim Day is an international awareness day that seeks to raise awareness of sexual assault, educate on consent and violence prevention strategies, and believe and celebrate survivors. At UWT, Denim Day is an interactive tabling fair that invites attendees to write messages of empowerment to survivors on pieces of donated denim jeans. Denim Day at UWT includes an Art & Solidarity Walk rooted in survivor justice (see uploads). Upwards of 20 campus and community partners and 100 UWT students, staff, and faculty attend each year.

## SAF-FUNDED PROGRAM OR SERVICES GOALS AND OUTCOMES

The CA has two goals this year: to increase awareness and usage of the service, and to gain more expertise in supporting the unique needs of military-connected survivors of SGBV.

To increase awareness and usage of services, the CA conducts an ongoing comprehensive marketing campaign and maintains intentional campus partnerships. The extensive marketing campaign includes information about who the CA can help and how, and how to make an appointment. Marketing strategies include:

- Developing an informative UWT webpage;
- As a resource in HuskiesCare;
- Flyers on all campus bulletin boards, on various tables in all buildings, and on the TVs around campus;
- Using sandwich boards in high-traffic areas;
- Sending emails to all students; UWTLINE emails to employees;
- Leveraging faculty connections by sharing marketing materials in PowerPoint sizes and speaking about the Confidential Advocacy services in classrooms;
- Training RAs and Pack Advisors on how to promote the CA in their spaces with students;
- Posting frequently to PAWS social media (@uwtpaws) as well as cross-posting to other Student Affairs social media accounts;
- Posting to the Grit List (maximum allowance); and
- Promoting the CA in detail at New Student Orientation and New International Student Orientation.

The CA has a strong relationship with the Health Promotion Specialist (HPS) and PAWS clinical and administrative staff. The Health Promotion Specialist and Doctoral Trainees at PAWS promote the CA at all health education and outreach events, totaling 15 events and 543 students reached as of January 26, 2026. These outreach opportunities help to increase campus community awareness of the CA. Client referrals to the CA often originate with PAWS.

Additionally, due to the CA and HPS positions having been separated out, the CA plans to partner with the HPS to co-host the annual Denim Day at UWT this April. Denim Day at UWT is a key event in efforts to raise awareness of CA services, with the CA receiving at least 2-3 referrals during the event each year.

Now that the CA is intended to be a dedicated 1.0 FTE position, the CA looks forward to working more closely with campus partners, including but not limited to Campus Safety, Student Health, and PAWS, to implement critical violence prevention education programs. Violence prevention programs educate on consent and healthy relationships, responses to instances of violence such as bystander intervention, peer health education, and resource promotion.

To support the CA's second goal of gaining more expertise in supporting military-connected survivors of sexual violence, the CA attended a three-part, 4.5-hour virtual training by the Stalking Prevention, Awareness, and Resource Center (SPARC): Tracked, Trapped, and Silenced: Responding to Stalking in Military Connected Communities.

Additionally, the Advocate has attended the following from autumn quarter 2025 to January 2026:

- Digital Safety Planning, SPARC.
- Stalking Survivors Speak: What Survivors Want You to Know, SPARC.
- Health Impacts of Stalking, SPARC.

## STUDENT UTILIZATION (COMPARISON OVER PAST 2 YEARS)

Due to funding constraints, the CA role is currently part-time. The CA currently has 10 clients on their case load since September 2025, totaling 45 direct service hours as of January 2026. At least 5 hours per week is dedicated to various advocacy tasks on behalf of clients, such as note taking and record keeping, meeting with UW and UWT staff and faculty, coordinating next steps, consultation, and completing UW-required activities. Trends indicate the CA's client case load increases around quarterly mid-terms and finals, and in spring quarter. So far, the CA has received referrals from the Care Team and the UW Civil Rights Compliance Office, with most clients referring themselves to the service. 40% of clients are BIPOC, and 100% identify as female. Seven clients are junior/senior students, and three are first-year/sophomores.

Last academic year, the CA served 22 clients in over 141 appointments in 204 hours. Seven clients used services over multiple quarters of the academic year. Three clients identified as male, and 19 as female. Just over half of clients are BIPOC. Three clients were first-years/sophomores, fifteen were juniors/seniors, and four were graduate students.

In academic year 2023-2024, the CA served 17 clients over 114 total hours served, five of which access services over multiple quarters or every quarter.

## COLLECTION OF FEEDBACK & IMPROVEMENTS

Due to the state protected confidentiality of the advocacy services, measures to collect student participation and benefit from the service are restricted to the Advocate's records. To evaluate the services and client satisfaction, the Advocate implements voluntary, quarterly anonymous surveys. The quarterly survey collects information on but not limited to:

- Client caseload
- Type(s) of violence experienced
- Satisfaction with services
- Client experiences with other, related tri-campus services (such as a Title IX investigation)
- Impact to well-being, academic, and case outcomes

The quarterly evaluation data is used to inform the Advocate on what is working well and to determine what adjustment(s) may need to be made to the services to increase usage, satisfaction, and case outcomes.

## SERVICE BENEFITS TO STUDENTS

The most common phrase the CA hears from clients is "I just want this to stop." Whether it be stalking (virtually and in-person), sexual assault, domestic violence, or conduct from another person that makes one feel uncomfortable (excessive staring, standing too close, frequent invitations to go on a date), the CA has the expertise and directive to help. It is exhausting to navigate sexual violence, which is often ongoing and not a single incident, while engaging with academics and balancing the competing responsibilities of work and home life. The most significant way confidential advocacy services has benefitted students is by educating them on their rights and options per their unique situation, and then helping them to make an informed decision that supports their safety and well-being. The survivor always chooses their next steps, if any. The CA uses their expertise to advocate on behalf of the survivor in systems that the average person does not know, to put in place supportive measures for which survivors have the right to, to stop or severely mitigate the violence. The most meaningful impact to survivors is the renewed ability to re-engage with their academics and focus on healing.

Sexual violence has been considered one of the top three most concerning, riskiest, and/or dangerous college health and safety issues (in addition to suicide and drug overdose) for decades. While it's not commonplace for universities to employ confidential sexual violence advocates, UWT recognizes the need for specialized expertise in supporting its student health concerns. UWT established Psychological and Wellness Services to provide confidential mental health counseling to support mental health concerns and suicide ideation, as well as the health promotion specialist to educate on drug prevention and manage harm reduction initiatives. Now, UWT has the opportunity to separate the CA role out from previous embedded positions to become a 1.0 FTE position. A full-time CA can expand the program to:

- Offer more direct service hours to increase case load,
- Expand the CA's responsibilities, such as accompanying clients to court dates and off-campus client needs,
- Create evidence-based, campus-wide violence prevention programs to decrease incidents of sexual violence and stalking,
- Partner with academic programs to offer internships, practicum sites, or other experiential learning opportunities with respect to confidentiality,
- Conduct outreach to increase student awareness of the service, and
- Advocate for the unique needs of UWT students in a larger capacity on tri-campus committees and initiatives.

Clients have consistently reported beneficial experiences with CA services. Client satisfaction data is limited as it is voluntary, however, feedback is generally positive. Clients report they felt their identities were respected by the CA and that they would recommend the CA to a peer. Clients felt strongly that after meeting with the CA, their well-being improved, and they were better able to engage in their academics. Additionally, clients strongly agreed that they felt more confident in choosing next steps while working with the CA.

## Staff Budget Requests

Category	Details	Amount Requested
Classified Staff <sup>2</sup>	Salary for confidential advocate. E001	
	Classified Staff Wages:	<b>\$65,000</b>
	Fringe @ 32.5%:	<b>\$21,125</b>
	PERSONNEL TOTAL:	<b>\$86,125</b>

## Other Budget Requests

Category	Details	Amount Requested
Non-Food Supplies & Materials	Programmatic budget for outreach expenses, marketing materials, and delivering services. S001	\$5,000
SUPPLIMENTAL TOTAL:		\$5,000

PERSONNEL TOTAL:	\$86,125
SUPPLEMENTAL TOTAL:	\$5,000
<b>COMPLETE PROPOSAL TOTAL:</b>	<b>\$91,125</b>

## Supplemental Documents



[DENIM DAY PHOTOS](#)



[DENIM DAY PHOTOS - 2](#)



[DENIM DAY PHOTOS - 3](#)