Ray of Light:
Serving Survivors of Sexual Exploitation and Sex Trafficking

Module I:
Understanding Sexual Exploitation and Sex Trafficking

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- **Training Objectives:**
  - **Understanding human trafficking and sexual exploitation**
  - **Being introduced to laws related to HT**
  - **Learning about recruitment and coercion**
  - **Increasing knowledge of warning signs of sexual exploitation and sex trafficking**
  - **Improving ability to interview potential victims and link to services**

Group Exercise: What is Your Experience with Survivors of Sexual Exploitation and/or Sex Trafficking?

Magnitude of Human Trafficking

- Estimated 600,000-800,000 victims trafficked across international borders worldwide
- 14,500-17,500 victims trafficked/year into US
- Around 200,000 young people in America may be victims of trafficking *within* the United States
- Estimates of the total number of trafficking victims range from 4 to 27 million

U.S. Department of State

After drug dealing, human trafficking is tied with the illegal arms industry as the second largest criminal industry in the world today, and it is the fastest growing.

Myth or Fact?

- Human trafficking involves movement
- Victims of human trafficking don't know what type of "work" they will be expected to do
- Most victims of human trafficking are women and children
- Women who prostitute in order to obtain drugs or money are not victims of human trafficking
- Trafficking victims come from other countries
- If a woman is married to her pimp, it is not trafficking
- Human trafficking has to involve some sort of physical threats, abuse, or restraint
- "Drug dealers" can be trafficking victims
- Many people who have been trafficked do not see themselves as victims
- You can identify a victim of sexual exploitation or sex trafficking by asking her if she wants to get out of the situation
- If a woman chooses to engage in commercial sex, it isn't traumatic

Trafficking Victims Protection Act of 2000 (TVPA)

- Sex Trafficking: **the recruitment, harboring, transportation, provision, or obtaining of a person for the purpose of a** commercial sex act**, in which a commercial sex act is induced by *force, fraud, or coercion*, or in which the person forced to perform such an act is under the age of 18 years; or**

- Labor Trafficking: **the recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of *force, fraud or coercion* for the purpose of subjection to** involuntary servitude**, peonage,** debt bondage **or slavery.**

Trafficking Victims Protection Act of 2000 (TVPA)

- **Areas of Focus:**
  - ***Prevention*** **– Public awareness and education**
  - ***Protection*** **– T Visa, certification, benefits and services to help victims rebuild their lives**
  - ***Prosecution*** **– Created federal crime of trafficking, new law enforcement tools and efforts**

Massachusetts Anti-trafficking Laws

- *S. 827/H. 2850, A Bill Relevant to the Commercial Exploitation of People*
  - *Went into effect February 19th, 2012*
- *H. 2277, An Act Relative to Safe Harbor for Exploited Children*

First State-Level Human Trafficking Conviction

Massachusetts Reporting Laws on Sexual Exploitation and Human Trafficking of Minors

- Under MA's new HT law, a February 19, 2012 revision of mandated reporting requirements includes human trafficking

- Must file a 51A with DCF regarding a child who may be harmed through abuse, neglect, physical dependence on a drug at birth, sexual exploitation, and human trafficking.

Potential Benefits for Trafficking Victims

- Foreign nationals:
  - May receive continued presence (CP) or may be eligible for a special visa (T-visa) that allows them to remain in the U.S. for 3 years (& then apply for a green card).
  - If they are certified as a trafficking victim, they can receive benefits and services to the same extent as refugees.
  - May be able to petition to bring certain family members to the U.S.
- U.S. citizens
  - Are eligible for many of the services same services as certified foreign national victims because of their citizenship
  - Can apply for benefits as a crime victim such as Victims' Compensation (for medical/dental care, mental health counseling, etc)
  - Many federally funded anti-trafficking programs are beginning to include services for U.S. citizen minors and adults, including case management. New specialized services are currently being developed.

What is the difference between sexual exploitation and sex trafficking?

hat is Sex Trafficking?

- *Commercial* Sexual Exploitation
- Making money off of another person by forcing or coercing them into some sort of commercial sex acts
  - With minor sex trafficking, force or coercion isn't necessary
- Coercion can be subtle or overt; physical or psychological
- Doesn't have to involve smuggling or movement

Types of Sex Trafficking

- Prostitution (on the streets or in a private residence, club, hotel, spa, or massage parlor)
- Pornography
- Online commercial sexual exploitation
- Exotic dancing/Stripping
- Live-sex shows
- Erotic/nude massage
- Escort services
- Phone sex lines

What is Sexual Exploitation?

- **The term “sexual exploitation” means: any actual or attempted abuse of a position of vulnerability, differential power, or trust, for sexual purposes, including, but not limited to, profiting monetarily, socially or politically from the sexual exploitation of another.”**

UN Secretary-General’s Bulletin on protection from sexual exploitation and abuse (PSEA) (ST/SGB/2003/13))

Examples of adult sexual exploitation that do not fit within trafficking definitions

- No money is changing hands; the "commercial" element does not exist because it's not a money-making venture
  - A young woman is drawn into an S&M situation. She is living with a husband and wife and coerced into sexually degrading situations. Photos and videos are taken. Substances are used to increase her cooperation.
  - A man lets fellow gang members "borrow" his girlfriend for sexual favors.

Examples of adult sexual exploitation that do not fit within trafficking definitions

- No “Trafficker” or “Pimp” (person who is controlling the victim and benefitting financially)
  - A woman is homeless and engages in survival sex. She trades sex for money, food, or a place to stay.
  - A woman is coerced into having sex with a police officer in order to avoid arrest.
  - A woman is addicted to opiates (heroin and pain medication. She sometimes has sex with her dealer when she needs a fix and can’t get any money.

Who are the victims of human trafficking and sexual exploitation?

There is No Single Typical Face of a Victim

- **Victims are:**
  - **Men and women**
  - **Adults and children**
  - **U.S. citizens or foreign nationals**
  - **Educated or illiterate**
  - **Rich or poor**
  - **Smiling, sad, or angry**
- **You can’t identify a trafficking victim or victim of sexual exploitation by any single characteristic**

The Myth of the "Perfect" Human Trafficking Victim

- She is a young (Caucasian?) girl
- She is sweet and innocent
- She did not have a lot of prior sexual activity
- She did not realize what was happening to her
- She experienced horrific physical and sexual assaults
- She clearly wants to escape the trafficking situation
- She does not have any mixed feelings about the trafficker
- She is thankful for any help she receives
- She does not have any vices
- She is able to tell a clear compelling story about the terrible things her trafficker did
- She has a good home to return to

Focus on Sexual Exploitation and Sex Trafficking of U.S. citizen adults

- May be years of trauma, immunized against violence and abuse
- Less likely to be viewed as a victim
- Less likely to view self as a victim
- Complicated by other factors such as substance abuse, homelessness

Targeting Vulnerable People

- Traffickers target people (often girls and women) who are vulnerable
  - Emotionally (scared, lonely, desperate to belong, and need love)
  - Physically or cognitively (disabilities)
  - Limited supports: homeless, "on the run," or have "disappeared"
- The average age of first recruitment is in early adolescence (12-14 years)[1]

1 Estes, R.J. & Weiner, N.A. (2001). The commercial sexual exploitation of children in the US, Canada and Mexico. Philadephia, PA: University of Pennsylvania.

Methods of Recruitment

- Early recruitment
  - Appearance of Romantic Relationship ("Love Con")
    - Gifts
    - Compliments
    - Warmth, affection, "love"
    - Sexual and physical intimacy
  - Indebtedness, guilt ("You owe me.")
  - Befriending (Can be recruited by an associate of the trafficker--a "catcher"--often another victim)
  - Coercion (e.g., modeling career)
  - Force- threats, kidnapping, violence

Seasoning Process

- "Grooming" (gradual entry)
  - May start with compliments, watching pornography, sexual experimentation
  - Stripping (for trafficker, in clubs, for other men) and posing for semi-nude or nude photos
  - Massage with "happy endings"
  - Prostitution
  - Substances to block awareness and resistance
- "Breaking down" initiation (more abrupt)
  - Removal from supports and familiar surroundings
  - Verbal and emotional abuse
  - Physical abuse
  - Rape or gang rape
- Often a combination of the two

Later Recruitment and Re-trafficking

- Traffickers may target people who have already been “beaten down,” who have vulnerabilities due to:
  - Poverty
  - Homelessness
  - Substance abuse
  - Trauma reactions
  - Disabilities
- Or they pose as “rescuers,” drawing in victims by offering love and security (can be former “John”)

“Pimp Culture”

- Pimps make money off of women, girls, boys, transgendered individuals, and sometimes men.
- They obtain obedience through subtle psychological manipulation, verbal and psychological abuse, and violence.
- A pimp typically sets “rules” for the people under his control. Examples include:
  - Referring to pimp as “Daddy” (sets up hierarchy; father figure sets rules)
  - Given a street name (loss of identity)
  - Required to act in a subservient way to pimp (no talking back, “Pimps up, Ho’s Down”)
  - No eye contact or talking to other pimps
  - Set quotas- amount of money she needs to bring back to her pimp each night
  - If she is “out of pocket” (out of line)—not reaching her quota, talking back, not respecting her pimp—she may be beaten or given some other consequence

“Pimp Culture” (cont’d.)

- Pimps create financial and emotional dependence
- Sense of family (Living with pimps & “wives-in-law”)
- They use threats and intimidation
- Victims are isolated from sources of support
  - Contact with family/ friends often discouraged or forbidden
  - Frequent moves (“the circuit”)
  - Pitting girls or women against each other (“Bottom Bitch”)
  - View of anyone outside of “the Life” as the enemy
- Substance use/abuse and pregnancy can be used as tools for control
- Sex trafficking is often marked by violence, repeated rapes, & chaotic environments

Fear of Leaving:
Coercion and Control During and After Escape Attempts

- Threats designed to prevent escape attempts
- Witnessing what happens to other victims after attempts to escape
- Stalking
- Retribution (assaults, kidnapping, etc)
- Addiction as a continued form of coercion
- Use of children
- Lessons learned from DV: Increased lethality during/ after escape attempts

How are Sexual Exploitation and Sex Trafficking Similar to or Different from Other Types of Interpersonal Trauma?

VIOLENCE
PHYSICAL
SEXUAL
USING COERCION AND THREATS
Making and/or threats to do something to hurt her • threating to leave her, to commit suicide, to report her to welfare • making her drop charges • making her do illegal things.
USING INTIMIDATION
Making her afraid by using looks, actions, gestures • smashing things • destroying her property • abusing pets • displaying weapons.
USING EMOTIONAL ABUSE
Putting her down • making her feel bad about herself • calling her names • making her think she's crazy • play mind games • humiliating her • making her feel guilty.
USING ISOLATION
Controlling what she does, who she sees and talks to, what she reads, where she goes • limiting her outside involvement • using jealousy to justify actions.
MINIMIZING, DENYING AND BLAMING
Making light of the abuse and not taking her concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saying she caused it.
USING CHILDREN
Making her feel guilty about the children • using the children to relay messages
USING MALE PREVILEGE
Treating her like a servant • making all the big decisions • acting like the "master of the castle" • being the one to define men's and women's roles
USING ECONOMY ABUSE
Preventing her from getting or keeping a job • making her ask for money • giving her an allowance • taking her money • not letting her know about or have access to family income.
POWER AND CONTROL
PHYSICAL
SEXUAL
VIOLENCE

Debra

- Debra met Eddie when she was 20 years old. He was 38. She was raising her 1 and 3 year old children alone, working three part-time jobs. Eddie lived in the neighborhood and was a powerful member of a gang. He was initially very complimentary of Debra, gave her gifts, and bought diapers and food. They began a sexual relationship right away. When Debra was going to be evicted, he offered to let her stay with him. Eddie “partied,” and he started being insulting and aggressive when he was drunk or high. He told Debra that she needed to bring in some money or the kids would have to go live with a relative. When she argued back, he beat her. He started arranging for her to work private parties as a stripper and took her earnings. After a short time, he started pressuring her to do “private dances.” She was soon prostituting and giving the money to Eddie.

Identifying Victims of Human Trafficking

Role of First Responders

- Emergency dept./Free or low cost health clinics

- Faith-based communities

- Law Enforcement

- Social Service Providers

LOOK BENEATH THE SURFACE

HUMAN TRAFFICKING IS MODERN-DAY SLAVERY

A victim of trafficking may look like many of the patients you see daily.

Ask the right questions and look for clues. You are vital because you may be the only outsider with the opportunity to speak with a victim.

There are safe housing, health, immigration, food, income, employment, legal and interpretation services available to victims, but first they must be found.

If you think someone is a victim of trafficking, call 1.888.3737.888

For more information about human trafficking visit www.acf.hhs.gov/trafficking.

Red Flags for Sex Trafficking 1

- Presence of a controlling male (may present as “boyfriend,” “husband,” or relative)
  - Mediated or controlled communication)- third party may speak for her or make decisions for her, does not want her to be interviewed individually
  - Does not make eye contact with man accompanying her
- Signs of physical abuse such as bruising, burns, scars, or other injuries
- Signs of malnourishment
- Tattoos or branding (may be marked by pimp)
- Provocative clothing and sexualized demeanor
- Possessions: either few or no personal possessions or lot of expensive possessions (jewelry, nice clothes, hair and nails done) that does not match financial status

Red Flags for Sex Trafficking 2

- Restricted communication (reluctant to share information)
- Demeanor –
  - Fearful, anxious, submissive, tense, or nervous behavior
  - Angry, resistant behavior
- Inconsistencies in story
- Use of different aliases and ages
- Lack of identification documents (driver's license or other ID, birth certificate, Social Security card)
- Unable to identify home address and phone number
- Lack of knowledge of given community or whereabouts
- Does not control own money or use of only cash (no bank account, bank cards, lack of financial information and documents, etc.)

Red Flags for Sex Trafficking 3

- Appears tired
- Sleep schedule off: report of long work hours, being up late, or up all night
- Unpaid or paid very little
- Frequent movement (especially between cities within a region)
- Lack of freedom to leave living or working conditions
- Individual owes a debt and cannot pay it off
- Peculiar security measures for locations (ie. opaque windows, barbed wire)
- Vulnerabilities to exploitation (substance abuse, poverty, homelessness, lack of support system)
- Arrests or other indications of prostitution-related activities
- Under 18 and providing commercial sex acts

What to I do if I suspect someone is a trafficking victim?

Victim Identification

- Meet with the person alone.
- Maintain a calm, respectful demeanor.
- Involve a trained interpreter if a language barrier exists.
- Ensure interview is conducted in confidential and trusted environment.
- Take time to establish rapport. Provide information.

Possible Interview Questions

- Do you feel safe at home?
- What is your relationship like with [name of possible trafficker]?
- Do you feel free to come and go as you please?
- What are your working or living conditions like?
- Where do you sleep and eat?
- Can you leave your living or work situation if you want?
- Have you been threatened with harm if you try to leave?
- Has anyone threatened your family?
- Have you experienced any kinds of abuse? (Describe verbal, physical, sexual)

Possible Interview Questions (Con't.)

- Prostitution history should be addressed at intake.
  - Have you ever had to exchange sexual acts for money, gifts, drugs, or basic needs (food, clothes, a place to sleep, etc.)?
  - Have you ever worked in the sex industry (for example, dancing, escort, massage, prostitution, pornography or phone sex)?

- This history should be re-addressed after a therapeutic relationship is established, since an initial denial of prostitution is not unusual (Schwartz, 2000).

Debra

- Debra is a 26-year-old single Hispanic woman who comes in to the emergency room complaining of severe abdominal cramps. Debra is unemployed and does not have health insurance. She does not have any identification cards with her. Her medical provider identifies that she has an STD and recently had an abortion and has an infection as a result. She also has bruising on her upper arms and healed cigarette burns on the back of her hands. She has a tattoo on her neck that says, “BigE.” She is accompanied to the ER by her “boyfriend,” Eddie, who seems to be irritated with her and is very controlling. Her medical provider notices that she seems exhausted and is deferential to Eddie. She answers questions with short answers and seems to be defensive.

Group Exercise: Role Play

- You are the medical provider who is treating Debra. You’ve recently received training on human trafficking.
- You separate Debra from Eddie to ask her more questions.
- Get into small groups to role play the initial interview. How do you frame your questions? What barriers do you anticipate having in the interview? How do you handle defensiveness?

Why victims do not report sexual exploitation and trafficking

- Reliance on trafficker
  - Survival- risk losing material support
  - Love, affection
  - Substance dependence (addiction)
- Lack of self-identification as a victim; normalization of abuse, exploitation, and trafficking experiences
- Lack of awareness of services
- Habit/ trained to lie
- Used to lifestyle (money, clothes, sense of power)
- Isolation/ exhaustion
- Logistics (no place to go, no money to leave)

Why victims do not report sexual exploitation and trafficking

- Shame
  - Fear of stigmatization- being rejected or discriminated against by family or society
  - Cultural barriers to reporting sexual exploitation and trafficking.
- Fear
  - Retribution by trafficker against self or loved ones
  - That situation will get worse
  - Fear of change
- Mistrust of authority and systems (law enforcement, social services, etc)
  - History of bad experiences with systems
  - Feel that they will not be believed
  - Fear that authorities will be unable to protect them
- Trauma bonding ("Stockholm syndrome")

Next Steps…

- Be familiar with available community resources in your area before your encounter a victim
- Call National Human Trafficking Resource Center Hotline if you think you've encountered a victim of sexual exploitation or sex trafficking
- If you think person is in immediate danger, call the police
- Offer assistance
- If person declines assistance, offer outreach materials or hotline number for local anti-trafficking service providers or other social services

National Resources

- Human Trafficking Resource Center Hotline
  1-888-3737-888
- Polaris Project, Washington, D.C.
  http://www.polarisproject.org/
- DOJ/OVC - funds and administers programs for services for survivors of HT
  http://www.ojp.usdoj.gov/ovc/help/tip.htm#3
- HHS Rescue and Restore Campaign
  -Toolkits for Health Providers
  -Free Outreach Materials
  http://www.acf.hhs.gov/trafficking/about/form.htm

Local Resources

Module II:
Providing Services to Survivors of Sexual Exploitation and Sex Trafficking

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- **Training Objectives:**
  - **Increasing ability to assess safety and current needs in survivors**
  - **Learning about establishing a community network of anti-trafficking professionals**
  - **Identifying challenges and recommendations for services within a variety of professions**

First and foremost…

Safety Planning

Safety Assessment

- What is the history of violence?
- Were weapons used as threats? Potential for lethality?
- Is there ongoing contact? Is the trafficker/ perpetrator aware of the victim's location?
- Is the survivor in contact with others who are still in touch with the trafficker?
- How much can the survivor speaking out harm the trafficker?
- How violent and extensive is the trafficking organization?
- What is trafficker's access to victim's family members?

Victims face additional risks due to:

- Barriers
  - Increased isolation
  - Language/cultural barriers
  - Lack of familiarity with ways to seek help and safety
  - Mistrust of police and service systems
- Mental health issues
  - Substance abuse
  - Depression
  - Identification with the perpetrator

Safety Plan

- Contact 9-1-1, law enforcement, social service providers, shelters for assistance with safety issues
- Identify other potential sources of support (family, neighbors)
- Determine location if unknown; discuss options for getting out
- Determine safe location for shelter
- Instruct client about gathering evidence and gathering important documents and belongings
- Plan exit strategy
- Safety planning after escape
  - Safety assessment
  - Resources
  - What to do if __?
  - Safety issues for friends and family

Assessment of Daily Needs

- Basic needs: food, shelter, clothing, medical and dental care
- Immediate and longer-term appropriate housing needs
- Cultural orientation and interpretation considerations
- Substance abuse and mental health issues
- Parenting issues
- Vocational and educational services
- Public benefits
- Community resources and social supports
- Legal Assistance and/or assistance in working with law enforcement
- Intensive case management

Multi-Agency Response

Social Service Providers	Legal Service Providers	Federal Law Enforcement	Local Law Enforcement
Interpreters	Immigration Attorney	**DOJ**	Local Police/Investigator
Case managers	Paralegal	AUSA	State's Attorney
Shelter Staff	Pro bono attorney	VWC	VWC
Therapist	Civil attorney	FBI	County Police/Investigator
ESL Teacher	Interpreters	ICE	State Police/Investigator
Doctor		DOL/EEOC	LEA Interpreters
Dentist		IRS	
Volunteers		Interpreters	
State and federal benefit issuing agencies			

LEA= Law Enforcement Agent

VWC: Victim Witness Coordinator

Coordinated Community Response

- Who will take the lead in finding resources?
- How will the different ‘players’ in the case interact?
- Will they work collaboratively?
- What is the plan for communication?
- How do you address differences of opinion?
- What role do you play in making a collaboration work?

Identify common ground and acknowledge disagreements:

- Acknowledge & respect differences in perspective

- Invite partners to brainstorming meetings; pose hypothetical case scenarios
- Admit that you don't know all the answers
- Mistakes will happen, learn from them

Addressing Challenges

1. Shelter/ Housing
2. Medical Services
3. Law Enforcement
4. Legal Services
5. Education and Employment
6. Interpreters

Housing: Common challenges

- Some victims don't meet eligibility requirements for existing shelters
- Trafficking survivors usually need long-term housing
- Transportation
- Difficult to find housing for men/boys
- Inflexible rules; triggered reactions
- Lack of linguistically and culturally appropriate resources

Housing/Shelter Recommendations

- Establish shelters specifically for women who have been trafficked or sexually exploited
- Need longer-term options
- Unique safety considerations
- Consider the role of shelter staff in relation to a trafficking investigation (if a victim witness is released to their custody, what does that mean?)
- Integrate other services into housing setting if possible
- Develop placements that are able to respond to issues of trauma and substance abuse
- Use empowerment model

Medical Issues

- HIV/AIDS and other STDs
- Physical trauma
  - Traumatic brain injury (TBIs)
- Unwanted pregnancies, abortions
- Substance dependence
- Stress-related illness

Medical Services: Common Challenges

- **Lack of preventative care & early intervention**
- **Lack of health insurance and financial barriers**
- **Difficult to navigate health care system**
- **Even answering basic intake questions can trigger clients' trauma experience**
- **Mistrust may lead to 'noncompliance' issues; medical providers may be reactive**
- **Balance between medication needs and substance abuse issues**
- **Confidentiality and communication between health care system and other providers**

Medical Services: Recommendations

- **Involve and educate local medical clinics since they are likely to provide services to low-income, uninsured clients**
- **Identify medical provider contacts and discuss issues of trafficking before referring cases**
- **Be creative, ask pro-bono providers, medical/dental schools**
- **Medical providers as first responders (know the signs)**
- **Awareness of potential triggers in medical care**

Law Enforcement: Common Challenges

- **Lack of education about human trafficking within law enforcement**
- **Mistrust of law enforcement by many victims**
- **People must meet criteria of "severe form of trafficking in persons" to be treated as a victim**
- **High burden of proof imposed on victims could contribute to re-victimization or prevent some victims from receiving services**
- **What about cases that aren't being investigated?**
- **Sexual exploitation versus trafficking**

Law Enforcement: Recommendations

- **Need to establish task forces that are educated about trafficking and sexual exploitation and have this issue as part of their mission**
- **Build relationships and trust in advance of working cases together**
- **Be aware of your own assumptions**
- **Be honest about your goals**
- **Be clear and up front when you can't discuss something because of confidentiality/ classified status**
- **Provide support to survivors operating as victim witnesses**

Legal Services: Common Challenges

- Pressure to immediately pursue legal issues
- Some victims may be facing criminal charges related to the exploitation or trafficking.
- Clients may 'cooperate' in ways that undermine their case – wishing to please authority figures or 'forgetting' details that trigger trauma reaction
- Many clients have had negative experiences with legal system
- Participation in the criminal justice system can be triggering

Legal Services: Recommendations

- **Contact attorneys that have experience working with crime/trauma survivors**
- **Prepare client for uncertainties of legal process**
- **Explain what to expect and how to handle it/ court advocates may be helpful in walking victims through the process**
- **Ensure there is a Case Manager/Advocate at every step, if possible**

Education and Employment: Common Challenges

- **Lack of education**
- **Lack of job skills**
- **Gaps in the resume**
- **Difficulty acclimating to typical work schedule/ demands**
- **Reduction in earning potential**
- **Emotional impacts on work life (alienation, feeling judged)**

Education and Employment: Recommendations

- **Work with career counselor to determine options and develop a realistic picture of how to reach goals**
- **Break down into short-term and long-term goals**
- **Build a resume**
- **Education about financial planning (managing bank account to calculating taxes)**
- **Consider practicalities (interview clothes, transportation)**

Language and Culture: Common Challenges

- Issues with using untrained interpreters
- Increased problems with building trust when there is a language barrier
- Vicarious trauma exposure for interpreters
- Consider cultural as well as linguistic barriers for survivors
- Cultural differences = different worldview

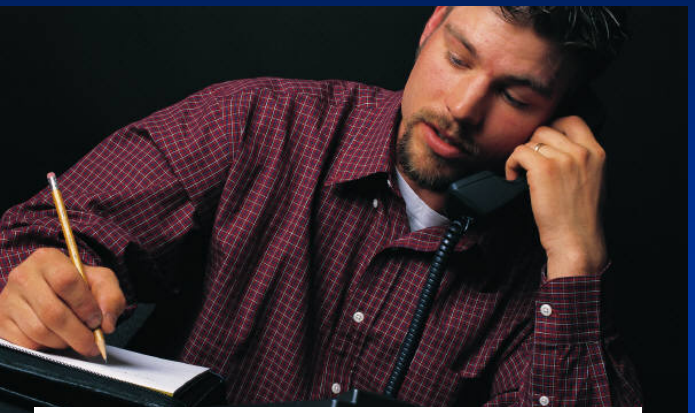
Language and Culture: Recommendations

- Educate yourself about the person's cultural background. Don't be afraid to ask questions!

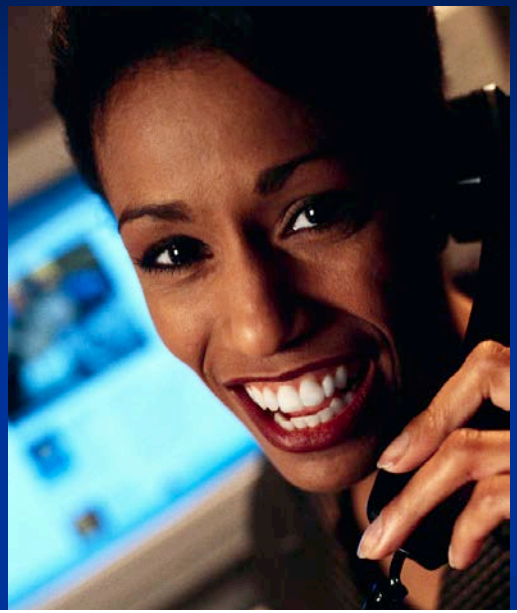
- Be aware of differences based on country or region of origin and educated vs. non-literate populations

- Request that they translate word for word
- Make sure the interpreter is not allied with the trafficker
- Use certified translators who are trained in relevant terminology

Do your homework!

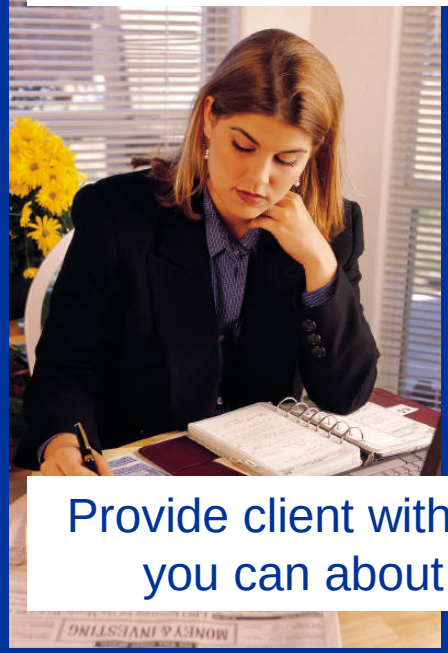


Support client's decisions



Learn everything you can about client's options

Find assistance for client whether you agree with client's decisions or not



Provide client with as much information as you can about pros/cons of options

Module III:
Trauma-Informed Services for Survivors of Sexual Exploitation and Sex Trafficking

Module III: Trauma-Informed Services for Survivors of Sexual Exploitation and Sex Trafficking

- **Training Objectives:**
  - **Learning about trauma exposure in victims of sexual exploitation and sex trafficking**
  - **Considering mental health impacts of sexual exploitation and sex trafficking**
  - **Being able to define trauma-informed care and describe the reasons it's needed**
  - **Understanding how to interact with survivors from a trauma-informed framework**
  - **Increasing awareness of the impact of this work and improving self-care**

Trauma in Sexual Exploitation, and Sex Trafficking

- Sexual and other physical violence is a frequent occurrence in adult prostitution[1]
- A sample of adults in prostitution in San Francisco reported high exposure to violence[2]
  - 82% had been physically assaulted
  - 83% had been threatened with a weapon
  - 68% had been raped while in prostitution
  - 84% reported current or past homelessness
- Victims of sexual exploitation and sex trafficking are sexually assaulted and raped, typically many times per day over the course of weeks, months, or years

1. Silbert MH, Pines AM (1983), Victimization of street prostitutes. Victimology 7(1):22-133.
2. Farley M, Barkan H (1998), Prostitution, violence, and posttraumatic stress disorder. Women Health 27(3):37-49.

Layers of Trauma

- Sexual exploitation or sex trafficking is often layered over previous trauma exposure
- Sexual abuse and other forms of child abuse are not uncommon amongst youth
  - 7% of girls in grades 5-8 and 12% of girls in grades 9-12 said they had been sexually abused.[1]
  - Every year more than 3 million reports of child abuse are made in the United States involving more than 6 million children.[2]
  - Reports estimate that 1 in 3 women have experienced sexual abuse before the age of 18.[3]

1. 1998 Commonwealth Fund Survey of the Health of Adolescent Girls. 1998.
2. http://www.childhelp.org/pages/statistics#gen-stats
3. Russell, Diana E.H. 1988. The Incidence and Prevalence of Intrafamilial and Extrafamilial Sexual Abuse of Female Children. In *Handbook on Sexual Abuse of Children*, ed., Lenore E.A. Walker. Springer Publishing Co.

Layers of Trauma

- **Early trauma leads to a constellation of emotional and behavioral consequences[1]**
- **Early abuse is associated with later victimization**
  - Abused teens are **more likely to engage in sexual risk taking[2]**
  - 42.2% of female rape victims were first raped before age 18[3]

1. Centers for Disease Control and Prevention. Atlanta: CDC; 2006. Adverse Childhood Experiences Study Available from: http://www.cdc.gov/nccdphp/ace/index.htm.
2. Long - Term Consequences of Child Abuse and Neglect. Child Welfare Information Gateway.Washington, D.C.: U.S. Department of Health and Human Services, 2013. Retrieved from http://www.childwelfare.gov/pubs/factsheets/long_term_consequences.cfm
3. Black, MC; Basile, KC; Breiding, MJ; Smith, SG; Walters, ML; Merrick, MT; Chen, J; Stevens, MR. The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention and Control,Centers For Disease Control and Prevention; 2011.

Layers of Trauma

- The majority of women in prostitution have a history of childhood physical and sexual abuse[1,2]
- Out of a sample of 130 people in prostitution in San Francisco, 57% had been sexually assaulted as children, and 49% had been physically assaulted as children [3]
- Other early adverse life experiences for trafficking victims include: exposure to domestic violence, substance abuse by caregivers, loss of a parent, and homelessness.[4]

1. Simons RL, Whitbeck LB (1991), Sexual abuse as a precursor to prostitution and victimization among adolescent and adult homeless women. J Fam Issues 12:361-379.
2. Silbert MH, Pines AM (1981), Sexual child abuse as an antecedent to prostitution. Child Abuse Negl 5:407-411.
3. Farley M, Barkan H (1998), Prostitution, violence, and posttraumatic stress disorder. Women Health 27(3):37-49.
4. Clawson et al. (2007).

Layers of Trauma

- Trafficking and sexual exploitation often starts in childhood and continues for many years
  - The average age of entry into prostitution is 13 years old[1]
  - Studies estimate that as many as 70% of women involved in prostitution are introduced to the commercial sex trade in early adolescence (11-14 years of age) or early childhood[2]

1. Shared Hope International. (2009). The National Report on Domestic Minor Sex Trafficking: America's Prostituted Children.
2. **U.S. Department of Justice. Child Exploitation and Obscenity Section: Child Prostitution. Available at: http://www.justice.gov/criminal/ceos/prostitution.html.**

Debra

- Debra was born in Puerto Rico. Her father left her family when she was seven, and her mother began drinking all the time. She started taking care of the household and her younger siblings. She was sexually abused by an older cousin when she was eight, and her uncle began abusing her when she was ten. She ran away from home at the age of fifteen. She got pregnant at sixteen, the product of a rape. She came to the U.S. with her son and got pregnant again at eighteen during a very short-term relationship.

What is PTSD?

- Person was exposed to: death, threatened death, actual or threatened serious injury, or actual or threatened sexual violence, as follows: (one required)
  - Direct exposure.
  - Witnessing, in person.
  - Indirectly, by learning that a close relative or close friend was exposed to trauma..
  - Repeated or extreme indirect exposure to aversive details of the event(s), usually in the course of professional duties (e.g., first responders, collecting body parts; professionals repeatedly exposed to details of child abuse).
- Re-experiencing of the trauma in various forms
- Avoiding trauma-related thoughts, feelings, or external reminders
- Efforts to avoid stimuli which are similar to the trauma, a general numbing of responsiveness
- Negative alterations in cognitions and mood
- Alterations in arousal and reactivity

Human Trafficking and PTSD

- Research suggests that about 2/3 women involved in prostitution meet criteria for PTSD[1]
- Percent of trafficking survivors ranking these PTSD symptoms as SEVERE[2]
  - 75%- Recurrent thoughts/memories of terrifying events
  - 67%- Jumpy/ easily startled
  - 67% trouble sleeping
  - 65%- feeling as if you didn't have a future
  - 65%- Sudden emotional or physical reactions when reminded of the most hurtful or traumatic events
  - 64%- Feeling on guard
  - 61%- avoiding activities that remind them of the traumatic or hurtful event
  - 60%- feeling detached/ withdrawn
  - 58%- avoiding thoughts or feelings associated with the traumatic event
  - 54%- recurrent nightmares
  - 53%- feeling irritable, having outbursts of anger
  - 52%- feeling as though the event is happening again

1. Farley M, Barkan H (1998), Prostitution, violence, and posttraumatic stress disorder. Women Health 27(3):37-49.

2. Evidence- Based Mental Health Treatment for Victims of Human Trafficking. US Department of Health and Human Services, Office of the Assistant Secretary for Planning and Evaluation

Other Post-trauma Mental Health Issues

- Generalized anxiety disorder,
- Mood disorders (including depressive and bipolar disorders, acute suicidality)
- Eating disorders
- Substance abuse and dependence
- Dissociative disorders
- Complex PTSD

Clawson, H. J., Salomon, A., & Grace, L. G. (2007). *Treating the hidden wounds: Trauma treatment and mental health recovery for victims of human trafficking*. Department of Health and Human Services, Office of the Assistant Secretary for Planning and Evaluation.

Behaviors Associated with Sexual Exploitation and Sex Trafficking

- Self-destructive and risk-taking behaviors
- Re-victimization
- Problems with interpersonal and intimate relationships- including parenting
- Substance abuse

Courtois, C. A. (2008). Complex trauma, complex reactions: Assessment and treatment.

In the Words of a Survivor

"I have had PTSD for more than a decade. It began with the violence of my ex, and continued throughout being pimped and then prostituting myself. Incapacitated by it, I struggled to speak or even move at times: I simply froze up. As the abuse continued and worsened, over time, the trauma continued to leave its record on my mind and body, layer on layer. My reactions to situations, from an outside perspective, might have seemed, probably still seem, at times, a little strange or unhinged. Sometimes in the face of extreme violence, I'd laugh: out on the other side of terror, a kind of hysterical 'bring it on'. My different 'heads' – I remain fragmented – manifest quite differently. Or so I am told – I don't always know. Difficulties with memory combined with splitting mean that I can lack continuity in relationships. I might react to the same situation very differently at different times, according which head I have on….

Similarly, I have contemplated suicide when things have felt really black in recovery. In truth, I didn't want to die, I just didn't know how to *live*. I don't want to go back but I haven't known how to go on."

http://survivingprostitutionandaddiction.blogspot.com

Debra

- After Debra got away from Eddie, she struggled with feeling depressed, overwhelmed, and alone. She stopped using drugs but continued to drink frequently. She either isolated herself in her apartment or got drunk when she went out so that she could “relax” and tolerate being around people. She felt like she needed a man to take care of her and often slept with men a short time after meeting them. She had nightmares and flashbacks about her early abuse and had a lot of anger about how her life had turned out. She was frustrated that she felt even worse than when she was with Eddie and talked about still loving him.

Women, Trauma, and Addictions

- Trauma is linked to substance use[1]
  - Female rape survivors are:
    - 3.4 times more like likely to use marijuana
    - 6 times more likely to use cocaine
    - 10 times more likely to use other drugs
  - For women with PTSD, the lifetime rate of:
    - Alcohol abuse is 28%
    - Substance abuse problems is 27%
- For women in substance abuse treatment:
  - 60-99% have experienced trauma
  - 33-59% have PTSD

1. Kilpatrick, D. G., Edmunds, C. N., & Seymour, A. E. (1992). Rape in America: A report to the nation. Arlington, VA: National Crime Victims Center.

Substance Abuse and Sexual Exploitation & Sex Trafficking

- Substance abuse as a vulnerability factor/ means of coercion
- Substance abuse as part of the trafficking experience
- Substance abuse to cope with the trauma reactions related to sex trafficking

Why are women who have been sexually exploited or trafficked more likely to abuse substances?

- “He would hold it over my head… no coke unless I brought home my quota. I was desperate.”
- “At first, we were just partying a lot. I was helping him sell, and we were rolling in dough. Then I started to need it.”
- “I drank to stay with my boyfriend, so I wouldn’t think about the things he was making me do.”
- “I starting using more and more heroin, to the point where I wouldn’t even feel it when he’d beat me.”
- “Using drugs helped keep the memories away.”
- “I need to smoke pot every night to fall asleep.”
- “The choice was either to keep drinking or to kill myself.”

The Need for Trauma-Informed Care for Survivors of Sexual Exploitation and Sex Trafficking

- What is taken away with sexual exploitation & trafficking?
  - Being treated as a human being/ Self-esteem
  - Safety (Inability to protect self)
    - Ownership of body
  - Trust (Mistrust)
  - Control/Choice (Helplessness)
- What are common struggles with trauma?
  - Trauma-related feelings and emotional reactivity
    - Feeling helpless, ashamed
    - Fear
    - Anger
  - Being triggered
    - Trouble distinguishing what is a real fear vs. a trigger
  - Trouble with relationships

Trauma-Informed Care[1]

- Trauma awareness
  - Integrate understanding of trauma into work
  - Staff training, consultation, and supervision
  - Ways of managing vicarious trauma and supporting self-care
- Emphasis on safety
  - Physical safety
  - Emotional safety (triggers)
    - Minimizing triggers
    - Clear roles and boundaries
    - Privacy, confidentiality, mutual respect
    - Respect of cultural differences and diversity
    - Opportunities to slowly build trust
- Opportunities to rebuild control
  - Information, Choice
  - Predictable environments
  - Consumer involvement in design and evaluation of services
- Strengths-based approach

1. Hopper, E. K., Bassuk, E. L., & Olivet, J. (2010). Shelter from the storm: Trauma-informed care in homelessness services settings. The Open Health Services and Policy Journal, 3, 80–100.

Recommendations for Trauma-Informed Care for Survivors of Sexual Exploitation and Sex Trafficking

- Use a trauma lens at all levels of service development and delivery
- Assume that every person who receives services has been impacted by trauma in some way.
- Screen for history of sexual exploitation, sex trafficking, and other forms of trauma at intake
- Sexual exploitation should be re-addressed after a therapeutic relationship is established

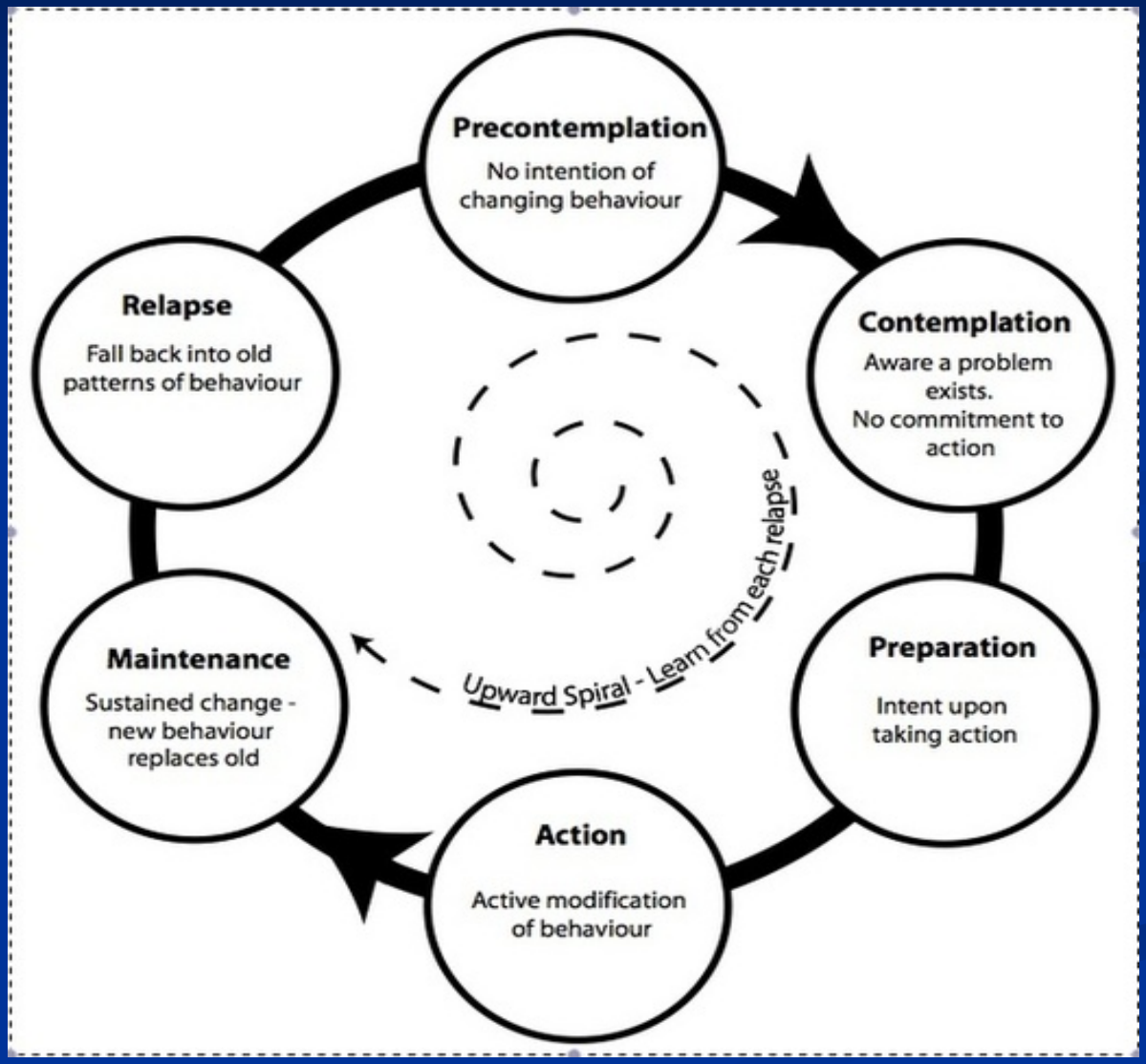
Recommendations for Trauma-Informed Care for Survivors of Sexual Exploitation and Sex Trafficking

- **Education and training**
  - About sexual exploitation and sex trafficking
  - About trauma
- **Specialized services**
  - Specialized clinics and shelters for women escaping sexual exploitation and sex trafficking

Trauma-Informed Care: Interacting with Survivors of Sexual Exploitation and Sex Trafficking

1. Rebuild Trust and Relationship
   - Engagement/ supportive, empathetic relationship
   - Minimize power imbalances
   - Maintain clear boundaries
   - Promote stable, positive supportive relationships in the person's life
2. Regulate
   - Interact in a calm and non-reactive manner
   - Listen and validate the person's experience
   - Identify/ plan responses to potential trauma triggers/reminders
3. Empowerment
   - Control: Provide predictable and consistent environments
   - Knowledge as power
   - Offer choice
   - Survivor involvement in planning and services
   - Survivor leadership

Stages of Change Model



Provider Impact

- Burn-out
- Vicarious trauma/ compassion fatigue
- Triggered reactions to own trauma history
- Need for self-care

Ask Yourself

- How is this work impacting you (positively and negatively)?
- What symptoms of stress and vicarious trauma are you experiencing?
- How do you stay centered and calm in the midst of daily stress?
- What can you do to add more self-care to your daily life?
- What can we do in our work environments to take care of each other?

Questions, Discussion

Thank You!

Worcester Alliance Against Sexual Exploitation (WAASE)

Ray of Light:
Serving Survivors of Sexual Exploitation and Sex Trafficking

Introduction:
The Manual and
Train the Trainer Tips

Tips for Trainers

- Organizing the Training
- Maintain the Big Picture
  - Make sure you know the “story” you are telling
  - Adapt the presentation to your audience
  - Be organized, with a beginning, middle, and end to the presentation
  - Manage your time. Make sure you cover the main areas. Anticipate which areas you might want to expand on and which you are willing to skip
- Be Engaging
  - Talk to the audience- don’t read the slides
  - Expand on the slides with additional information, stories, and vignettes
  - Be expressive with your voice and body
  - Vary the pace, tone, volume, and energy

Tips for Trainers (con't.)

- Involve the Audience
  - Use group activities, thought-provoking questions, and discussion
  - Consider opportunities to get the audience moving around
  - During audience involvement, manage the timing and focus of discussion (don't get "stuck" in negativity- consider in advance how to reframe barriers as challenges with potential to brainstorm solutions)

Tips for Trainers (con't.)

- Use of Personal information
  - Consider benefits vs. drawbacks
  - Openness and boundaries
- Regulate your Emotions
  - Managing your own reactions
  - How to respond to disclosures/distress in audience