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AGAINST HUMAN TRAFFICKING

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HUMAN TRAFFICKING 102: TREATMENT BEST PRACTICES



LEARNING OBJECTIVES

- Assess for human trafficking
- Discern the special needs presented by a survivor of trafficking
- List barriers to victims receiving help
- Identify physical and psychological effects of complex trauma resulting from a lived trafficking experience
- Engage with the child and the child's support system in a healthy and trauma informed way

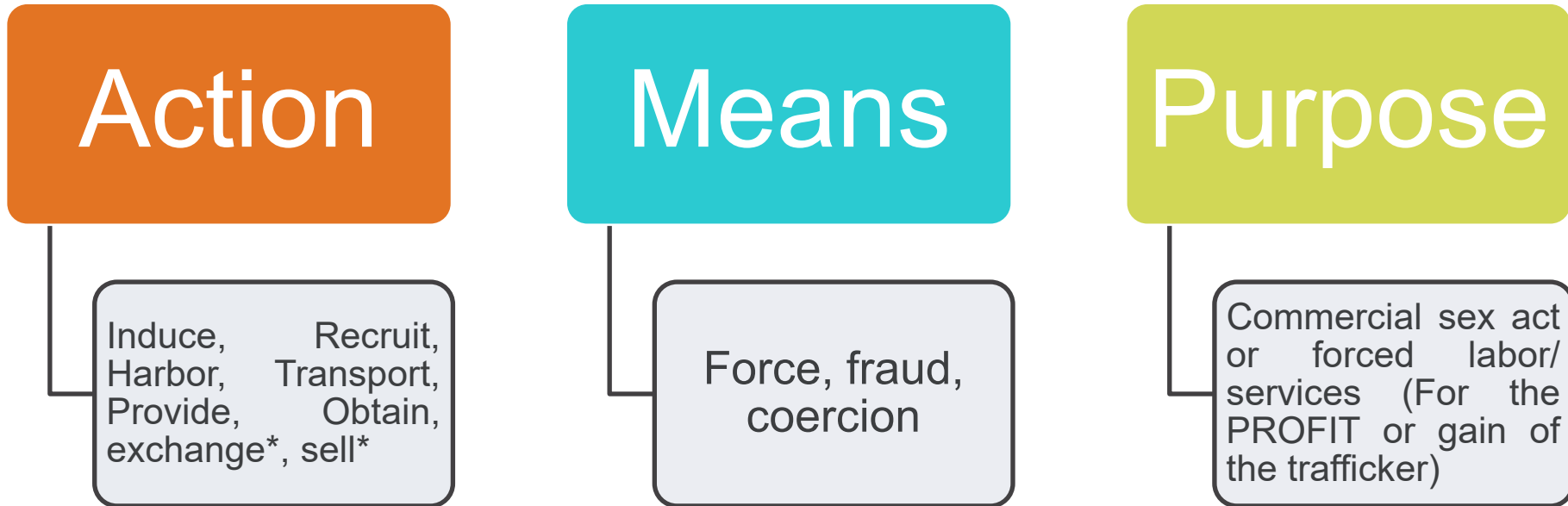
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REMINDER: WHAT IS HUMAN TRAFFICKING?

HUMAN TRAFFICKING

“The business of stealing freedom for profit”



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ASSESSMENT



ASSESSMENT

- Keep it simple
- Unless you are a FI or LE there is no need to be formal about this process
- Be curious
- Use open ended questions
- Take your time
- Do not use interviewing techniques – be conversational



INFORMAL QUESTIONS

DO YOU FEEL SAFE?
WHO TAKES CARE OF
YOU?
DO YOU FEEL FORCED
TO DO THINGS?

WHERE DO YOU LIVE?
WHO LIVES WITH YOU?
TELL ME ABOUT YOUR
TATTOO

DO YOU FEEL LIKE YOU
CAN LEAVE?
DO YOU HAVE A JOB?
HOW DO YOU GET
PAID?

WHAT DO YOU DO FOR
WORK?
HOW DO YOU
SUPPORT YOURSELF
WHILE ON THE RUN?

TELL ME ABOUT YOUR
FAMILY
TELL ME ABOUT YOUR
FRIENDS

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WHAT ARE YOU LOOKING FOR?



- Youth background
- High risk behaviors
- Presence of a controlling adult
- Tattoos of “the life”
- Involvement with LE or DCS/CPS

- Possession of unexplained gifts or luxuries
- Runaway
- Survival Sex
- Gang Involvement
- Trafficking language

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FORENSIC INTERVIEW STANDARDS

Age and developmental level

Effects of trauma on memory

Suggestibility

Multiple interviews

Bias

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EFFECTS, NEEDS AND BARRIERS



PSYCHOLOGICAL EFFECTS

- Depression
- Anxiety disorders, including panic disorder
- Post-Traumatic Stress Disorder (PTSD)
- Substance use and disorders
- Shame and guilt
- Alienation and isolation from social supports
- Suicidal ideation
- Identity disturbance/ confusion



COGNITIVE EFFECTS

- Cognitive errors
- Excessive/inappropriate guilt
- Idealization
- Trauma induced hallucinations/delusions
- Intrusive thoughts or memories

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COGNITIVE EFFECTS

Views about the World

"The world is a dangerous place"
"People cannot be trusted"
"Life is unpredictable"

Views about Self

"I am incompetent"
"I should've reacted differently"
"I feel damaged"

Views about the Future

"Things will never be the same"
"What's the point? "
"I will never get over this"

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IMPACT OF COMPLEX TRAUMA

Social Impact

- Isolation
- Disconnection from community
- Homelessness
- Incarceration
- Disempowerment
- Lack of life skills
- Trust Issues
- Educational Deprivation

Emotional Impact

- Anger & Rage
- Deep emotional pain or grieving
- Feelings of humiliation or shame
- Self-blame or self-loathing
- Loss sexual desire, feelings, or response

Psychological Impact

- Bond with perpetrators
- Sleep disturbance & nightmares
- Paranoia
- Anxiety
- Dissociative disorders
- Self-injurious and suicidal behavior
- Clinical depression

Spiritual Impact

- Despair
- Hopelessness
- Lack of belief in humanity
- Lack of faith in a spiritual power

Physical Impact

- Continuous physical abuse
- Rape & Gang Rape
- STD's & STI's
- HIV & AIDS
- Loss of bowel control
- Pregnancy
- Sterility
- Facial/Dental reconstruction
- Tattoo/branding
- Brain damage
- Substance abuse

NEEDS

Physical Health

- Untreated injuries
- STIs/STDs
- Illnesses

Behavioral Health

- PTSD
- OCD
- Panic attacks
- Dissociative disorders
- Substance use

Housing

- Specialized foster home programs

Education

- Remedial services
- Nontraditional options for schooling

Employment

- Programs to connect youth with job skills and application support
- Internships

Other needs

- Basic life skills
- Opening a bank account
- Keeping medical records



Specific Needs

- Multiple interviews
- May need to return to the same program
- May need long term programming (keep in mind considering insurance, etc.)
- May need longer rapport period
- May need A&D treatment before anything else
- Complex trauma therapy

BARRIERS

Fear

Trauma Bonding

Isolation

Shame

Psychological
Trauma

Use/Threat of
Violence

Hopelessness
Resignation

Self-Blame

Sole Support

Unable to ID

False Promises

Distrust of
authority

Gaslighting

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OVERCOMING BARRIERS THROUGH TRAUMA INFORMED CASE MANAGEMENT





~~ONE WAY~~

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HOPE
HOPE

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SAFETY SAFETY

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PEOPLE
PASSION
PURPOSE

ESTABLISHING SAFETY

- Involve client and family at every step
- Do not hide things from the client
- Do not break trust in the “name of safety”
- Watch your language and tone
- Body language
- Allow client to make own goals



THINGS TO KEEP IN MIND

- Will not self-identify
- “relapse” is common
- Survival skills are hard to lose
- Trust is difficult to gain (even trust of self)
- Loyalty to abuser



ENGAGING FAMILIES



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ENGAGING FAMILIES

- Education is crucial
 - ACE's
 - Address victim blaming
 - Allow family to grieve together
 - Strengthening Families, TBRI, Journey Homeward
- Encourage family therapy/individual therapy for guardian
- OPAL
 - from Journey Homeward
- Address all vulnerabilities



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OVERCOMING BARRIERS THROUGH THERAPY

- GFTN Therapist, Amanda Stevens



COMMON THREADS

Emotional Regulation struggles

COW (Crisis of the Week)

Attachment + Relationship Struggles

Boundary Issues

Lack of life skills

Physical Health needs

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FAMILIAL TRAFFICKING VS “ROMANTIC” TRAFFICKING

Familial

- No safe adult ... ever.
- Complex trauma
- Significant attachment concerns
- Very Defensive/Protective of their family
- Cling to anyone who shows them “Kindness”
- Can’t differentiate between safe/unsafe adult figures
- Drawn to “father/mother figure” in an inappropriate sexual way
- Crossover of inappropriate sexual behaviors not necessarily with age inappropriate partners with intrusive thoughts of sexual acts

Romantic

- Codependency issues, attachment concerns, dysfunctional family issues
- Substance use – introduced or previous use
- Compounded concerns
- Survival skills are a challenge
- Common vulnerabilities
 - seeking love/attention/belonging,
 - negative core beliefs, basic needs are not met, in foster care, substance use

FAMILIAL TRAFFICKING VS “ROMANTIC” TRAFFICKING

Boys

- Typically very rigid boundaries w/ therapist don't talk/gruff/macho attitude
- Looking for "clout or street-cred"
- Usually admit to "labor trafficking" of drugs
- Defensive of any suggestion of sex trafficking i.e. "I love sleeping with older women. Ain't nobody forcing me to have sex with anyone I don't want to."

Girls

- Typically open/no boundaries
- More talkative typically (even if not open about trafficking specifically)
- Defensive towards boyfriends/Discuss the "problem" not the "relationship"
- Looking for love/acceptance/self-worth

EARLY THERAPY TIPS

- Build rapport!!!!
- Motivational Interviewing skills
 - meet them where they are at
- Education as early as possible
 - Can be in conjunction with a case manager/ mentor
 - Red/green flags and healthy/unhealthy or safe/unsafe relationships
 - Vulnerabilities
 - Education for family/support system as well



MODALITIES

- DBT
 - Emotion regulation skills
 - Distress tolerance skills
- Building boundaries
- Motivational Interviewing
- Attachment work/abandonment work
- Person Centered
- EMDR
- TF-CBT

CURRICULA

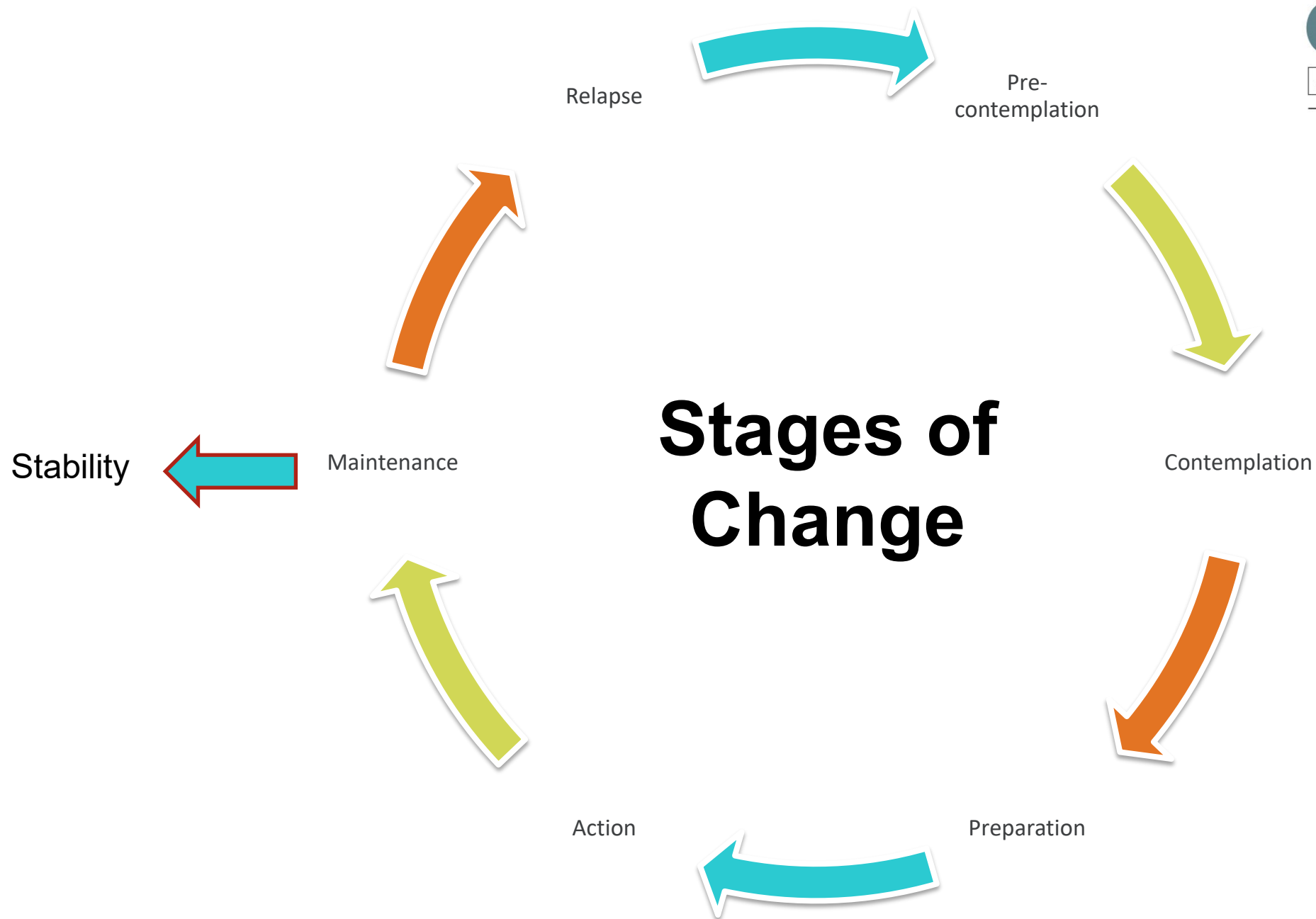
- Better Boundaries Workbook
- "Reinventing Your Life" text for life schemas
- USE GAMES!!!!
 - Staff favorites: "Totika" "The Ungame" "Would You Rather"
- Ending the Game
 - Very helpful for those that do not see they have been trafficked
- Katie's Picks: Beyond Trauma, Seeking Safety, and SELF

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FINAL THOUGHTS + TIPS







PARTNER

PARTNER

PARTNER





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DON'T LET
PERFECTION
BE THE BARRIER
TO PROGRESS.

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Thank You!

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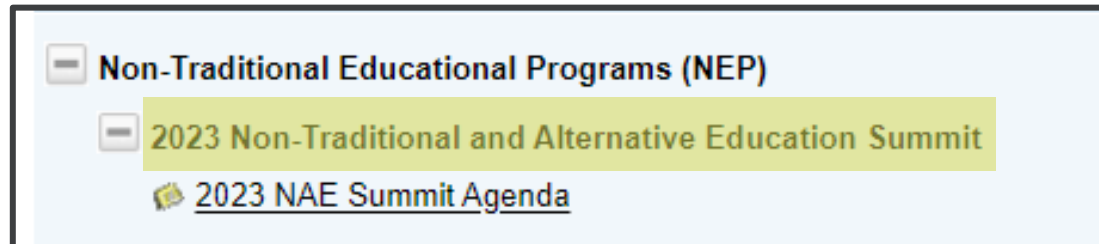
Help us be better

[Growfreetn.org/survey](https://growfreetn.org/survey)

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- All breakout session presentations may be accessed by going to ePlan.tn.gov and clicking on “TDOE Resources” along the left menu options. On the TDOE Resources page, scroll down to Non-Traditional Educational Programs (NEP), click on the + icon, and then select 2023 Non-Traditional and Alternative Education Summit to find all presentations by session title.
- ***Note: A login is not required on ePlan to access TDOE Resources.***



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<https://tinyurl.com/naesummit>

