

# Healing, Hope & Empowerment

The Importance of Trauma Informed Practice When Working with CSEY Youth

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## Overview

- Introductions
- Trafficking
- Risk Factors
- Challenges
- Response
- Restoring Hope
- Questions

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## Video

- <https://www.youtube.com/watch?v=aTAVZChvLR4>

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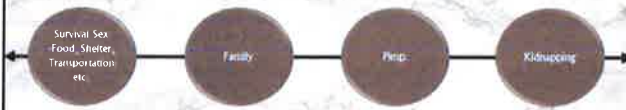
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### Exploitation Spectrum

Not all exploitation looks the same



Exploitation can happen in many different contexts and in many different ways

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### HUMAN TRAFFICKING

- Against Federal Law- 2000
- Types of Trafficking
  - Sex, Labor, Debt Bondage- 3 most common
- Difficult get understand scope of issue
  - Reporting
  - Efforts being made to get more accurate data- Will always be under reported
  - Hidden in plain sight
- Addressing the issue of Human Trafficking has gained momentum over the past decade

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### HUMAN TRAFFICKING- Myths

- Trafficked youth are typically minorities from low socio economic backgrounds
- Trafficked individuals can only be from foreign countries or are immigrants
- Trafficking always involves travel, transportation or movement
- Trafficking is another term for smuggling
- Trafficking always involves physical force, restraint, and harm
- Victims will always ask for help and self-identify as a victim of this crime
- If a trafficking victim "consents" to their situation or was informed of what they would be doing, it can not be prosecuted as Human Trafficking

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### HUMAN TRAFFICKING

|                           |  |
|---------------------------|--|
| <b>ACT OF</b>             | <ul style="list-style-type: none"> <li>Recruiting</li> <li>Enslaving</li> <li>Transporting</li> <li>Moving</li> <li>Harassing</li> <li>PURPOSES OF COMMERCIAL SEX ACTS</li> </ul>                        |
| <b>BY MEANS OF</b>        | <ul style="list-style-type: none"> <li>Force</li> <li>Threat</li> <li>Coercion</li> </ul> <p><b>Victims NOT NEED TO BE PRESENT FOR RESCUE</b></p>  |
| <b>for the PURPOSE OF</b> | <ul style="list-style-type: none"> <li>Exploitation</li> <li>Involuntary servitude</li> <li>Slavery</li> <li>Child Marriage</li> <li>Sexual</li> <li>Any commercial sex act involving a minor</li> </ul> |

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### COMMON FORMS OF TRAFFICKING

- Pimps/Traffickers
- Family-Based
- Gang-Controlled
- Non-Pimp Controlled Survival Sex
- Independent "Renegading"
- Peer-to-Peer

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### Human Trafficking Around the World

- An estimated 43 billion men, women and children suffer from human trafficking today
- An estimated 1 in 4 transgender individuals reported are living sex trafficking victims
- The average age of youth being sexually trafficked is 13 years old
- Of the estimated 43 billion human trafficking cases, 20 billion are estimated to be sex trafficking
- Women and Girls are estimated to make up 98% of sex trafficking victims
- It is estimated that over 200,000 children in North America are trafficked each year

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100,000  
x 5 times/day  
500,000  
times per day a child could be sold/bought for sex

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### INDIVIDUAL RISK FACTORS

**Indicators**

- Impoverished
- Risk-Taking
- Desire for Love/Attention
- Invisibility
- Low self-esteem and worth
- Sexlessness
- Wants Independence
- Mental Health
- Trauma History
- Truancy
- Substance Abuse
- Developmental Disability

**Marginalized Youth**

- LGBTQ
- Native American Youth
- Homeless Youth
- Runaway/Missing Youth
- Child Welfare System-Involved Youth
- Large Connection between children involved in the child welfare system and Trafficking

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### ADDITIONAL RISK FACTORS




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### Video

• <https://youtu.be/uKK2ikLWtCI>

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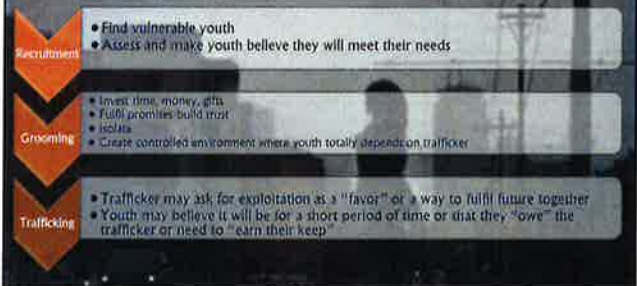
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### TRAFFICKING PROCESS




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### TRAFFICKERS CAN BE ANYONE

- No one profile
  - Not your typical "Halloween" pimps
  - Can't necessarily pick them out of a crowd
- Are very skilled at manipulation
- Look to "meet the needs" of youth

"My job is to make sure she has what she needs, personal hygiene, get her nails done, take her to the mall, take her out to eat, make her feel wanted... but I keep the money."  
 -American pimp, as cited in *Tourman*




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### Trauma Bonding Indicators

|  |  |   |
|--|--|---|
| <b>PTSD</b>                                      | <b>Denies Anger</b>                          | <b>Sees trafficker as "Good Guy"/Protector</b>      |
| Intensely grateful for small kindness            | Believe they can control and lessen abuse    | Focused on keeping trafficker happy                 |
| Denies violence- even in moments it is occurring | Sees exploiter as victim                     | Sees world from exploiter's perspective             |
| Rationalize Violence                             | Hyper vigilant of trafficker needs           | Experiences self through trafficker's eyes          |
| Believe they have control/fault over violence    | Thankful that trafficker has not killed them | Tries to lessen trafficker's needs/ get inside head |

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**WHY DON'T  
THEY JUST  
LEAVE?**

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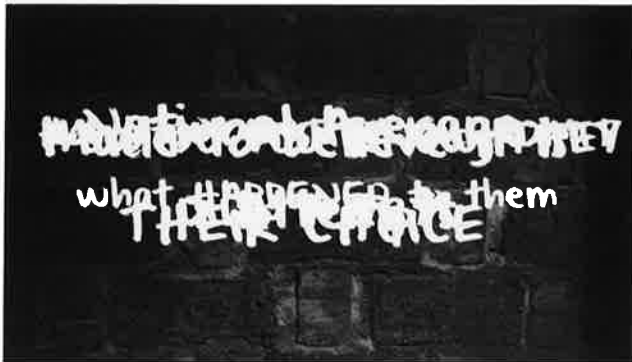
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**TRAUMA INFORMED CARE- TIC**

- Recognition of the impact trauma has on a person
- Services that are individualized to address, heal, and avoid re-traumatization
- Best practice
- Trauma affects everyone differently
  - TIC allows providers to individualize care based on the needs of the youth
  - Blanket rules, structure, consequences don't provide a TIC environment
- TIC allows an environment that is set up for healing

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| Traditional Response  | VS | TIC Response   |
|---|----|--|
| <b>CONTROL</b>  |    | <b>BALANCE</b><br>Ensure Safety & Collaboration  |
| <b>NEGATIVE BEHAVIOR:</b><br>NEEDS to be Changed  |    | <b>NEGATIVE BEHAVIOR:</b><br>Viewed as Adaptive and exists for a reason that we need to figure out   |
| <b>PRIORITY:</b><br>Get rid of Negative Behavior  |    | <b>PRIORITY:</b><br>Build Emotional Regulation Skills  |
| <b>AGENT FOR CHANGE:</b><br>Punishment  |    | <b>AGENT FOR CHANGE:</b><br>Relationships  |
| <b>STAFF/TREATER:</b><br>Authority & Expert   |    | <b>STAFF/TREATER:</b><br>Collaborator  |
| <b>STAFF/TREATER:</b><br>Expected to NOT have strong feelings or be impacted by the work. If they do, viewed as weak or unprofessional. |    | <b>STAFF/TREATER:</b><br>Expected TO have strong feelings and be impacted by the work. Feelings need to be managed and talked about in an open safe way. |

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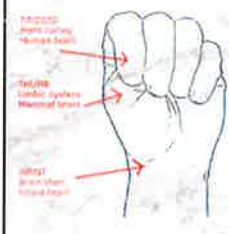
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### Trauma & the Brain



#### Prefrontal Cortex

- Conscious reactions
- Logical Decision making
- Integration of data points

#### Limbic System

- Unconscious reactions- instincts
- Made up of Amygdala & Hippocampus
- Defense circuitry
- Memory & encoding/consolidation- "puts labels on the file"

#### Amygdala

- Danger indicator- Automatic- Doesn't involve any thinking
- Makes you aware of danger before you are consciously aware that it exists
- Causes you to react- unconscious

#### Hippocampus

- Labeling, grouping, coding

- Is engaged after threat has passed
- Blocked by trauma
- Becomes Hypersensitive w/trauma
- You can perceive danger when none exists
- Becomes overloaded w/trauma that's why recollection of trauma may be fragmented

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### Brain Functions

- Keep you alive
- Assess for safety/threat
  - Senses
  - Fire example
- Level of Vigilance depends on what your brain assesses as threat or safety




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# BEHAVIOR

IS EXPRESSING  
A NEED

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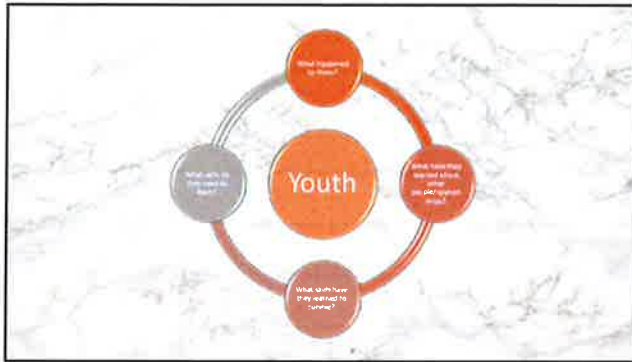
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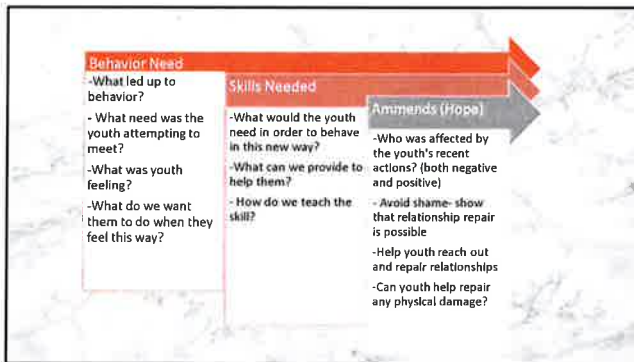
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### ENGAGEMENT

Meet them where they are

Build Trust Relationship

Set goals they are interested in

Consistency

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### UNDERSTANDING EXPOITATION

Meet them where they are

Continue to build trust. As trust builds, you will be able to start to point out things you may not have before. Because they trust you, they will be more open to hearing you without being defensive.

Talk about future goals- Help them examine current situation

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### TIME- GOING BACK TO "THE LIFE"

Meet them where they are

Understand complicated nature and that relapse can be a part of recovery

Continue to be there

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### YOUTH BONDED TO TRAFFICKER

- Understand Trauma Bonds
- Don't invalidate feelings
- As relationship trust builds, help them look at relationship and start to see good vs. bad and manipulation.

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### PEER RECRUITMENT

- Create safety plans
- Control behavior: **PAY ATTENTION**  
Sometimes small behaviors are the seeds of grooming
- There won't be a one size fits all protocol for this. There will have to be case by case planning for the safety of all

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### Challenge and Response Activity

- Get into small groups
- Read through the scenario
- Answer the questions and come up with strategies to respond

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### Approaching the conversation

- Be open and non-judgmental (Soft eyes)
- Youth will likely not identify as a victim and may not know, understand, or believe they have been exploited
- Ask questions about experiences, feelings, senses- **LISTEN** and let them lead the conversation
- **BE PATIENT**- You may not get all the answers at once
- Information may be fragmented- Don't show confusion on your face
- Continue to build the relationship and **LISTEN** so you can fit the puzzle pieces together

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### Shame



- Youth are often going to feel a lot of shame about their exploitation
- Traffickers also often use shame to manipulate youth
  - Lead them to believe they do not belong with society, family & peers

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### Things to remember

- **Things will likely not change quickly**
- **As treaters, we have to be patient and understand the complexities that exist**
- **Safety is paramount**
- **We must identify what makes the youth feel safe and help them achieve that**

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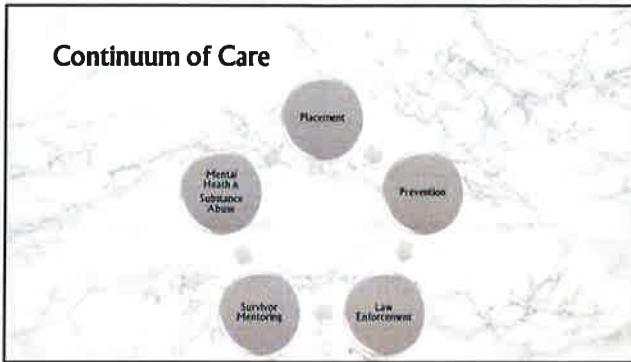
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**WISCONSIN INDICATOR GUIDE**

**Wisconsin Child Sex Trafficking and Exploitation Indicator and Response Guide**

This guide provides a comprehensive overview of child sex trafficking and exploitation in Wisconsin, including definitions, indicators, and response protocols. It is structured as follows:

- Introduction:** Defines child sex trafficking and exploitation, emphasizing the element of force, fraud, or coercion.
- Indicators:** Lists signs and symptoms of child sex trafficking, such as unexplained absences, changes in behavior, and possession of multiple cell phones.
- Response:** Outlines the steps for reporting and responding to suspected cases, involving law enforcement, child protective services, and other relevant agencies.
- Resources:** Provides contact information for various support services, including the National Human Trafficking Hotline and local law enforcement.

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**Life after "The Life"**

- Restore hope
- Demonstrate Value/ Worth
- Have to provide support to eliminate vulnerabilities
- Empower w/ choices

The graphic features a pair of hands holding a sign that says "HOPE".

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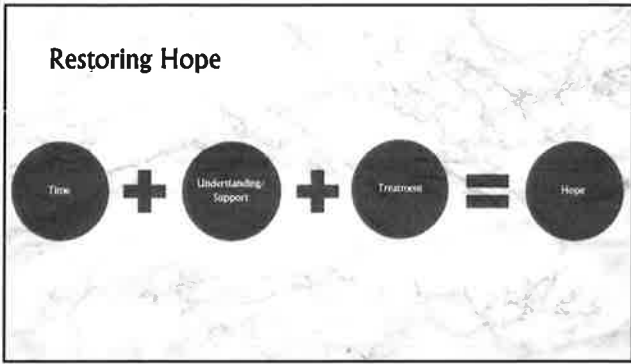
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