The Application of the Stages of Change Model for Commercially Sexually Exploited Youth and Their Families

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Overview of Workshop

- Overview of the Stages of Change
- Applications of the Stages of Change with CSEC survivors and their parents
- Helping CSEC survivors and their parents move through the stages
America’s Daughter

Include link to
https://www.youtube.com/watch?v=aTAVZChvLR4
Precontemplation

- No awareness of need to change
- Denial
- Difficult to reach
- Does not want help
- Defensive
Precontemplation

Jackie is a 17-year-old female who just spent the last 20 days in juvenile hall and was admitted to a residential treatment facility. During the intake process, she was asked what her goals are to which she replied, “Nothing! I don’t want to be here!” That first night in placement, she AWOL’d and returned to her “boyfriend.”
Sara, Jackie’s mom, wants nothing to do her “while she’s running those streets.” Since Jackie has continually expressed wanting a better relationship with her mom, you scheduled some time to talk with Sara. Sara tells you, “I’d didn’t raise no daughter to be a whore, and I can’t support her running around and sleeping with anyone and everyone.” Sara goes on to say, “I do want a relationship with Jackie - she’s my daughter, but she needs to get her life together first.”
Contemplation

• Becomes aware of the need to change, but has not made the commitment to change

• Weighing pros and cons of maintaining the current behavior and the new behavior

• Can remain here for a long time without taking action
Contemplation

Jackie was picked up by police for a loitering charge. She spent 8 days in juvenile hall and while there she found out that she was pregnant. Jackie was readmitted to the same residential treatment facility. She was more receptive to being in treatment and told the intake coordinator that she was thankful to be off the streets. Jackie has been talking with her therapist and advocate about not knowing what she’s going to do - she wants to have her baby and raise it with her “boyfriend” but doesn’t want the baby exposed to “the life.” After being at the facility for 2 weeks, she AWOL’d. However, she came back on her own within 24 hours.
Contemplation

After Sara found out that Jackie is pregnant, she has had a mix of emotions. She still doesn’t want anything to do with Jackie while she’s “sleeping with any man who walks” but was happy to hear that she’s going to be a grandma. In talk with Sara more, she tells you, I’m hoping this baby will force Jackie to get her life together so she can raise my grandchild.” You noticed that the more Sara talked about the baby, the more compassion she had for Jackie.
Preparation

• Has made a commitment to changing the old behavior and continues to increase the commitment to change

• Begins to create a change plan

• Open to resources

• Regularly attends services

• Stage most often skipped over
After 6 months in treatment and 7 AWOLs from the residential treatment facility, Jackie has engaged in treatment and reconnected to her dreams of being a teacher. She still has feelings for her “boyfriend,” but as puts it, “I’m worth more and I”m going to have a daughter soon.” Jackie is working with her multidisciplinary team to create a plan for her to finish school, find a placement where she is able to raise her daughter, and for disconnecting from “the life.”
Preparation

After months of collateral sessions with Jackie’s therapist, Sara is willing to participate in family therapy. She told you, “I disagree with the lifestyle she has chosen for herself, but I have a grandchild on the way and that baby needs to be the focus so I need to put aside my disgust with all this ‘sex work’ and focus on Jackie and the baby.”
Action

- Implementation of the change plan
- Focus starts to become more behavioral
- Tends to be open to support from others
- As triggers are identified, they create a relapse prevention plan
Action

Jackie has been going to school consistently and is in the process of completing her application for the local community college. Her social worker has identified some possible placements where she’s able to stay with her daughter and Jackie has an intake interview with one of the placements. Jackie is more engaged in therapy and willing to accept help from her multidisciplinary team. As Jackie has been more focused on future, she’s spent less time wanting to go back to “the life” or her exploiter.
Jackie and Sara just started family therapy as Jackie wants to be there to support Sara and the baby so the child doesn’t have to go through all of this.
Maintenance

• Integration of change into “new life”

• Intensity of triggers isn’t as high

• Sustaining behavior change is still work

• Stays out of “the life”

• May maintain job/school

• Stable living environment
Maintenance

Jackie has been living in her new placement for the last 6 months and is currently in her first semester at the local community college. She hasn’t had any contact with anyone from “the life” for months.
Maintenance

Sara and Jackie have been in family therapy for 6 months now. There have been some bumps in the road but they have been able to work through them. Their relationship is stronger now than it has ever been in the past.
Recycling

• Revictimization vs. Lapse vs. Relapse
• Runs away from program
• Re-establishes contact with exploited
• Returns to old scenery
• IT’S EXPECTED
Revictimization

Jackie is walking to school when a known pimp in the area drives up next to her. He jumps out of the car and grabs her. While pressing a gun to the side of her head, tells her to get into the car.
Jackie’s baby girl turned 1-year-old and she started feeling guilty that her ex hasn’t had any contact with her so Jackie decided to reach out to him and send him a picture of their baby. He thanked her for the picture and told her that she must be a good mom to have a daughter with that big of a smile.
Sara and Jackie got into an argument and Jackie called Sara “a dumb ass whore.”
Relapse

Jackie had a really stressful day at school and was exhausted. She picked up her daughter from daycare and had a really hard time consoling her. It seemed like the crying just wouldn’t stop. As the crying kept going, she started feeling more ineffective as a mother and remembered how good it felt when her ex told her that she was a good mother. So, she called him. They started talking more and after a couple days, she asked him if he wanted to meet their daughter. Before she knew it she was having all those feelings for him. Jackie started seeing him more and slowly was lured back into commercial sexual exploitation.
Relapse

After Jackie found out that Sara went back to her pimp, she told you that she doesn’t want anything to do her anymore.
Angelica has been at her placement for 3 weeks. During this time she has AWOL’d twice and both times she has come back on her own. Angelica is not open to talking about CSEC related topics and quickly shuts down the conversation when it’s brought up. She does want to get caught up in school and has been going to school almost every day since she’s been at her placement. Angelica was diagnosed with a STI and is taking her medication as prescribed. She has not begun her drug intervention programming yet because she’s doing homework during group time and refuses group. Angelica doesn’t want to talk with her therapist but still meets with her.
Organizational Application the Stages of Change

- Assess what stage(s) of change your agency is designed to work with

- Assess what stage(s) of change the youth and their parents you are working with are in and if there is a discrepancy with how your organization is designed, talk with your senior leadership to see how you will remedy this

- Determine how your agency will work with youth and parents who recycle to a previous stage

- Incorporate the Stages of Change into the language of the agency
Applying the Stages of Change

• Youth and family driven treatment

• Use this model to help with family engagement

• Adjust your expectations and don’t take the youth’s and/or parent’s progress or lack thereof personally

• Accept youth and parents for where they are in their process

• Anticipate and plan for recycling

• Remember INSIGHT BEFORE ACTION!
Precontemplation to Contemplation

- Talk with youth about their dreams - what did they want to be when they were young?

- Help youth identify what’s important to them

- Gently point out discrepancies between what they are wanting out of life and how they are currently living

- Ask youth to envision what it would be like to live the life they want

- Validate who they are as a person

- Help youth discover their greater purpose - how can they make sense of all of the abuse they have experienced

- Read excerpts from books
Contemplation to Preparation

- Create pro/con lists of changing vs not changing
- Talk with youth about the future and solutions rather than their past and the problems
- Introduce the youth to local resources that can aid in their change efforts
- Talk with the youth about why others want them to change vs. not change
- Continue talking with youth about who they are and what type of person they want to become
Preparation to Action

- Help youth evaluate their environment - are there certain areas they should avoid?
- Help youth identify what their triggers or challenges may be with making the changes they want to make
- As youth gain greater insight, work with the youth on identifying coping/regulation skills to manage the triggers
- Work with the youth on identifying positive self-statements to say or create a personal mantra
Action to Maintenance

• Don’t assume that because someone appears to be doing well that they aren’t struggling - sustained behavior change is still work

• Continue using interventions discussed earlier and adapt as needed

• Teach the youth how to reward him/herself for progress they are making

• As the youth integrates the changes into his/her life, check-in regularly with youth to see if there needs to be any changes in the plan
Jessica’s Story

Include link to
https://www.youtube.com/watch?v=1wOowLl3h6o
Q&A
Thank You

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