

Programming for Youth Who Have Experienced CSEC: A Trauma-Informed and Data-Driven Approach



Wellspring
Living

**RESTORING LIVES
BROKEN BY
SEXUAL EXPLOITATION**

MISSION

**TRANSFORMING LIVES OF THOSE AT RISK OR
VICTIMIZED BY SEXUAL EXPLOITATION**



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MISSION

AGENDA

Welcome Activity
Human Trafficking as We've Seen It
Protocols & Structure
Group Discussion
Takeaways for Implementation



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Introductions

Andrea Hipwell

Director of Women's
Residential Services

Wellspring Living
2010-present

Survivor Leader

Speaker

Spoken at DOJ Summit &
White House nomination



Introductions

Kendra Hanson

Institute Services Director

2015-present

Responsible for mentoring
agencies, networking and
collaboration with agencies,
training



Objectives

- To identify key elements and outcomes of programming for children who have experienced CSEC in: therapy, life skills, education, and independence
- To identify new strategies regarding the strengths-based approach for working with youth who have experienced CSEC to see true behavior change rather than compliance

DELIVERY SERVICE



RESIDENTIAL CARE

GIRLS' RESIDENTIAL PROGRAM

(ages 12-17)

WOMEN'S RESIDENTIAL PROGRAMS

(ages 18-39)

RECEIVING HOPE CENTER

(ages 12-17)



COMMUNITY-BASED PROGRAMS

WOMEN'S ACADEMY

(ages 18+)

YOUTH ACADEMY

(ages 14-22)



WELLSPRING LIVING INSTITUTE

Training, Education & Awareness

Governmental/Legislative Consultation

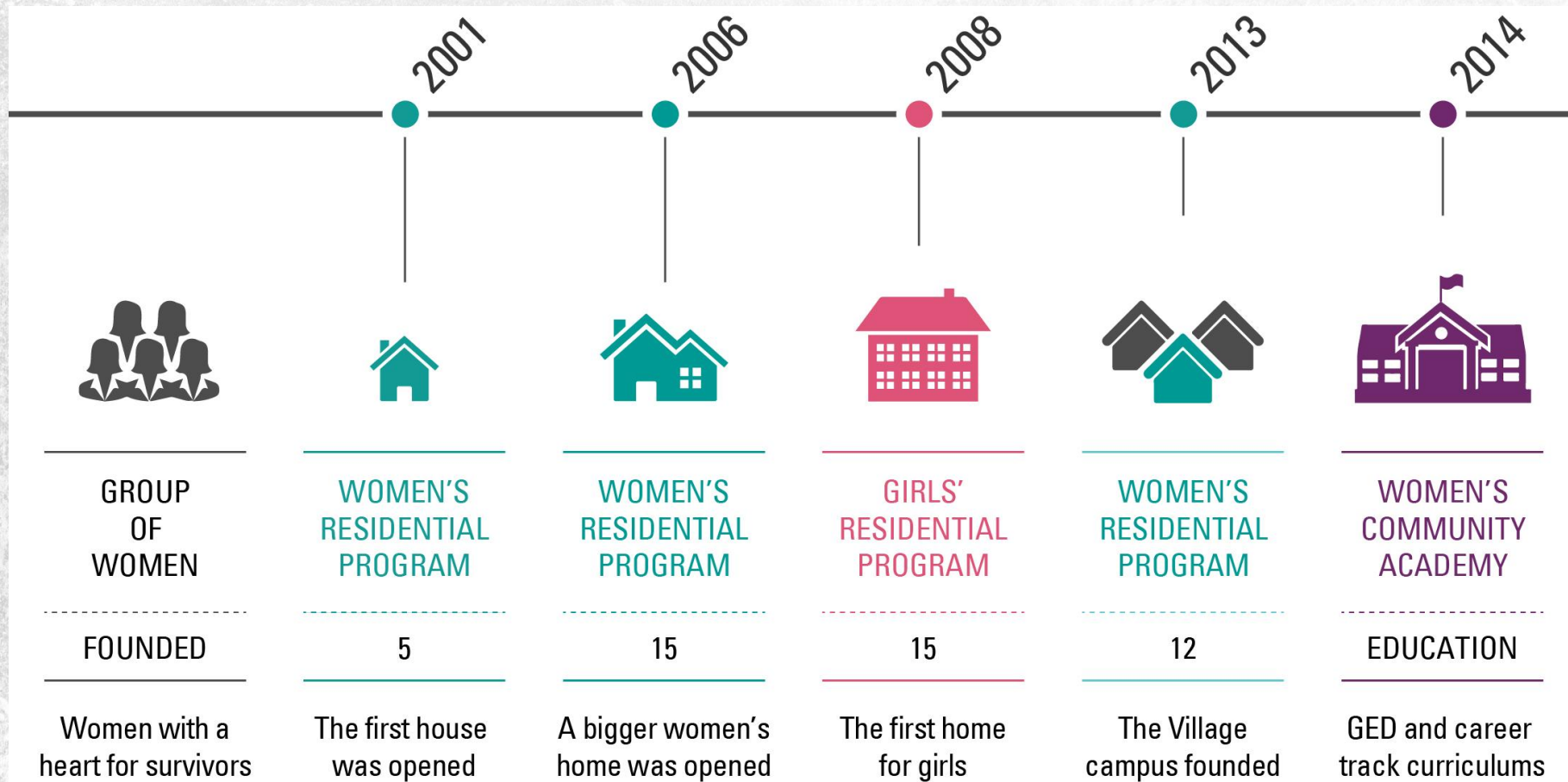
Corporate, Civic & Charity Partnerships

Becoming a National Voice of Leadership



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Wellspring Living History



GIRLS' RESIDENTIAL PROGRAM

AGES 12-17

100% of participants
demonstrate decrease in
trauma symptoms

85% of participants achieve
measurable stability

In 2019, we served 38 girls through GRP by providing:

- SAFE RESIDENTIAL ENVIRONMENT
- COMPREHENSIVE TRAUMA INFORMED CARE
- EVIDENCE-BASED THERAPY: INDIVIDUALIZED, GROUP, AND FAMILY
- CASE MANAGEMENT
- INDIVIDUALIZED HYBRID TREATMENT SCHOOL
- LIFE SKILLS DEVELOPMENT
- CULTURALLY RELEVANT FIELD TRIPS AND EXPERIENCES

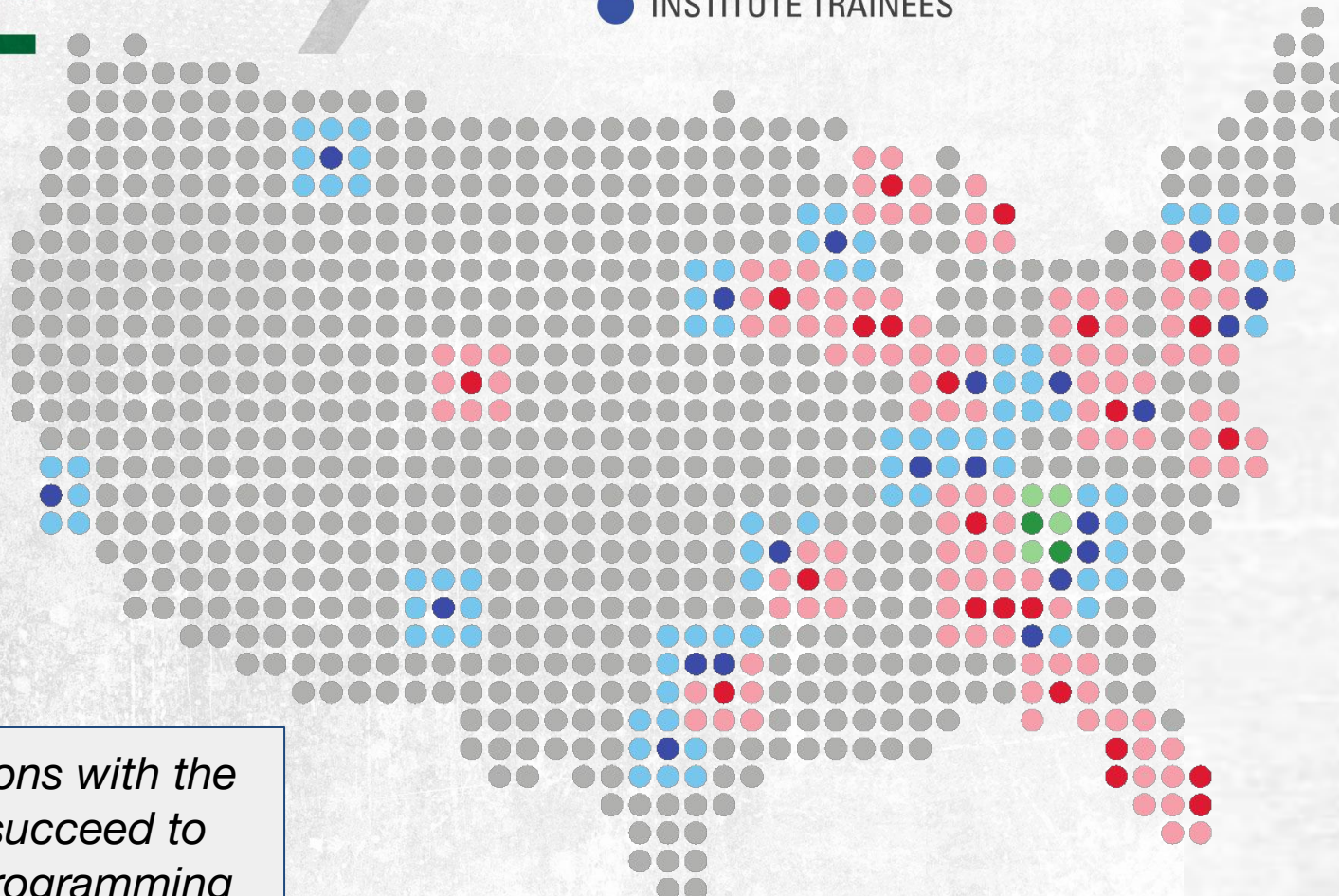
Each participant stays up to 13 months

RESIDENTIAL

WELLSPRING LIVING INSTITUTE

US IMPACT MAP

- MENTORSHIP PARTNERS
- ENROLLING IN MENTORSHIP
- INSTITUTE TRAINEES



*Equipping organizations with the
tools they need to succeed to
create sustainable programming
for survivors of exploitation*

Over 39 organizations mentored

Girls Residential Program Purpose

In our handbook:

“Created to foster holistic change in young women to become self-sufficient and empowered through faith-centered community, education and counseling. It is our goal to provide you with a loving, safe, and supportive environment so that you can have the opportunity to grow, heal and attain your goals.”

Who We Serve

Since 2015 data tracking online	Served 110 Victims
Average Age	15.4 years old
In custody of state / child welfare	77%
Pathway to entry	70% Homelessness, Survival Sex, Runaway
Pathway to entry	12% Familial Trafficking
Pathway to entry	5% Juvenile Justice
Pathway to entry	8% Social Media
Persons of Color	72% (arge majority African American)

Program Operations

27 FT staff

3 levels

- Two main living room/bedroom floors with offices + de-escalation room
- 12 bed/12 bath
- Downstairs:
Kitchen, classrooms



Program Foundations

- Comprehensive Care
- Community
- Individualized
- Safety
- Strength-Based



What does it mean to be trafficked?

What Trafficking Looks Like

Trafficking Must Include

Act	Means	Purpose
Recruitment	Threat or use of force	Exploitation, including:
Transport	coercion	prostitution of others
Transfer	abduction	sexual exploitation
Harboring	fraud	forced labor
Receipt of persons	Deception	Slavery or similar Practices
	Abuse of power or vulnerability	Removal of organs, other
	Giving payments or benefits	

Video Example



Trafficking FAQs

- Most trafficking victims have multiple STIs and serious health issues
- Most don't realize they were exploited
- Because most trafficked victims are runaways, they are looking for belonging, making them vulnerable to traffickers and gangs
- Victims of trafficking can be any age, and any gender
- Human trafficking victims can come from a range of backgrounds and some may come from middle and upper class families.
- Many survivors have been trafficked by family members, including parents
- Traffickers target victims on the telephone, on the internet, through friends, at the mall.
- Trafficking victims often have experienced multiple and complex long term trauma in their home environment prior to becoming a victim of trafficking

What are some of the coping skills of a trafficking survivor?

- Saying what he/she thinks you want to hear
- Self-harm
- Suicidal/Homicidal tendencies
- Depression
- Planning resistance
- Becoming the “leader”
- Outward compliance while planning how to get away from treatment

You may be surprised to learn...

- The pendulum swing of emotions is exponentially quicker than most teenagers
- Violence is a way of responding to felt needs
- Gang affiliation is common
- Trauma bonds occur frequently when two things happen in a trafficking situation: intermittent good-bad treatment and power imbalances, which creates a distinct emotional and psychological bond between a victim and exploiter
- The abuse found in trafficking may be less than that in the home where they grew up

What are some typical responses of a trafficking victim?

- “He’s my boyfriend”
- I want to be on the streets
- Protective of the exploiter, especially when trauma bonded
- Shame, believing this is the only life possible
- Distrust of law enforcement and those associated

Pathways to Entry / Recruitment

- Pimp controlled street prostitution
- Escort services
- Residential and underground brothels
- Cyber-pornography or internet based exploitation
- Private parties
- Familial pimping
- Erotic/nude massages
- Stripping
- Gang based prostitution

Effects of Trafficking

- **Interpersonal Trauma:** Often person-to-person crimes, can include domestic violence, sexual assault, child abuse, sexual abuse or exploitation, or robbery and physical assault.
- **Complex Trauma:** repeated or prolonged instances or multiple forms of interpersonal trauma, often occurring under circumstances where escape is not possible due to physical, psychological, maturational, family/environmental, or social constraints

Solutions for Working with Victims of Trafficking

STRUCTURED PROGRAMMING WITH ROOM
FOR PRACTICE

INTAKE PROCESS

Intake Process to Run Smoothly

- Initial Preliminary Screening
 - Exclusionary criteria/Trafficking/Main contact
- Scheduling In-Depth Screening / Ideally in person
- Schedule Medical Screening
- Schedule Arrival Date (ensure staggering)
- Upon Arrival: wand, search, tour
- Welcome Basket / Room Tour
- ***Each entity needs to be trained on trafficking***

PHYSICAL & EMOTIONAL SAFETY

Physical & Emotional Safety

- Beautiful building, renovated every few years
- Each girl has her own room and bathroom
- Consistent safety checks
- Safety Planning (see example)
- Cameras in common areas
- ***They do not always want to be there***

STAFFING

Important Elements for Staff

- Professionals (More therapists than you may think)
- Lower staff ratios (5:1 mandated, 3:1)
- Ways to break up the group
 - Recommend: Cottages
 - Levels/Floors/Age/Time in Program
 - As needed based on cliques
- Recommended experience with at-risk youth AND residential care
- Remembering that it's a choice for the participants to be there

STRENGTH-BASED APPROACH

Preferences for Working with Victims of
CSEC

Strength Based Approach

- Developed by Insoo Kim Burg & Annie Kellahan
- Trained our staff since opening, continuous
- The ability to recognize and use one's own strengths
- The ability to discover and amplify strengths in others
- The ability to link a another's strengths to solutions to the challenges they face
- The ability to find strengths in colleagues and to contribute in positive ways to staff relations that are supportive and honoring of one another's unique strengths

Guiding Principles

- It is more respectful.
- It is culturally competent because it requests client input.
- It is more empowering to others.
- It is collaborative.
- It is more respectful of others expertise and others innate wisdom.
- It facilitates more permanent change.
- It creates longer term impact.

Ask vs. Tell

- Asking creates a process of thinking and searching in the brain
- Curiosity questions invites teamwork and helps the person feel capable and confident
- Telling stagnates thinking
- Telling creates physiological resistance in the body

Strength Based Tools + Tips

Engaging & Building Relationships

- Deep noticing and listening for resources
- Looking for strengths
- Reframing
- Asking for more (of what's working)

Empowering Individuals

- Encouragement (vs. Praise)
- Focusing on Exceptions
- Concept of practice

Takeaways for Working with Survivors

- Everyone has strengths.
- Everyone is the expert on their own life.
- If something is working, do more of it.
- Small steps lead to large changes.
- There are always exceptions to problems.
- Be hopeful, optimistic, and respectful.
- Everyone is doing the best they can.

EDUCATION

School

- Online: Principal, Special Education Teacher, Paraprof
- Average grade level: 9th
- More and more allowing GED
- Residential Therapeutic Treatment School
- Non-traditional Approach
- Online + In Person Tutors
- Title 1 School with more



NON-TRADITIONAL APPROACH TO THERAPY

Therapy

- Combined Approach
 - EMDR
 - Trauma-Focused Cognitive Behavioral Therapy
 - Equine
- Non-traditional times, locations, approach, especially in residential



BALANCED LIVING

How participants progress

Balanced Living

- Their choice
- **Everything** is a choice
- How quickly they progress depends on options and choice
- % completion
- greater focus on accountability as they get to the transition stage



BEHAVIOR MANAGEMENT

Response Plans

Strength-Based Consequencing

Designed to...

1. Use or build on a currently identified strength to address the problem.
2. Work toward learning or developing a needed strength to prevent the problem in the future.

Strength-Based Consequencing

Tips before you consequence:

1. Know the person's strengths and who and what is important to them.
2. Know the person's past successes.
3. Remember you are still going to address inappropriate behavior - *how you respond and how to talk about it are what you do differently.*
4. When consequenceing a serious behavior, apply a pragmatic or logical consequence immediately. Then use a strength-based consequence to earn back privileges or eliminate restrictions.

Strength Based Consequencing

Steps

1. Identify the unacceptable behavior
2. Identify the missing strength/skill that contributed to the unacceptable behavior
3. Identify existing strengths
4. Come up with a task/project that would assist them in developing the missing strength/skill, or use an existing strength in responding to the behavior.

Basic Limit Setting

1. Acknowledge feelings
2. State the limit
3. Give choices
4. Restate the limit



Based on teaching by Insoo Kim Berg &
Annie Kelahan

Mock Client Directions

- Name
- Age
- Reason they are in the program
- At least three strengths
- Who/what is important to them
- Their vision for the future

Program Metrics Goals

- 85% of participants will show a decrease in trauma symptoms by the CPSS (Child PTSD Symptom Scale) within six months.
- 70% of participants demonstrate interacting with others in meaningful relationships within six months.
- 75% of participants that stay 30 days or longer achieve Stage Three.
- 85% of participants will have daily school attendance within thirty days.

Program Metrics 2017-2020

Consistent year to year

- % days making progress toward goals = 84%
- Average % decrease of trauma symptoms* = 43% decrease
- % of participants who succeed in the program = 70%
- % of graduates pursuing goals within one year of graduation = 50% report goals reached

*Utilized UCLA PTSD Reaction Index

Closing Reflection

- Who in this workshop said or did something today that you'd like to appreciate out loud?
- What are you taking away from this training that will be important for you to remember?
- What are you going to practice doing differently, or more of, in relating to youth and their families in the coming month?