

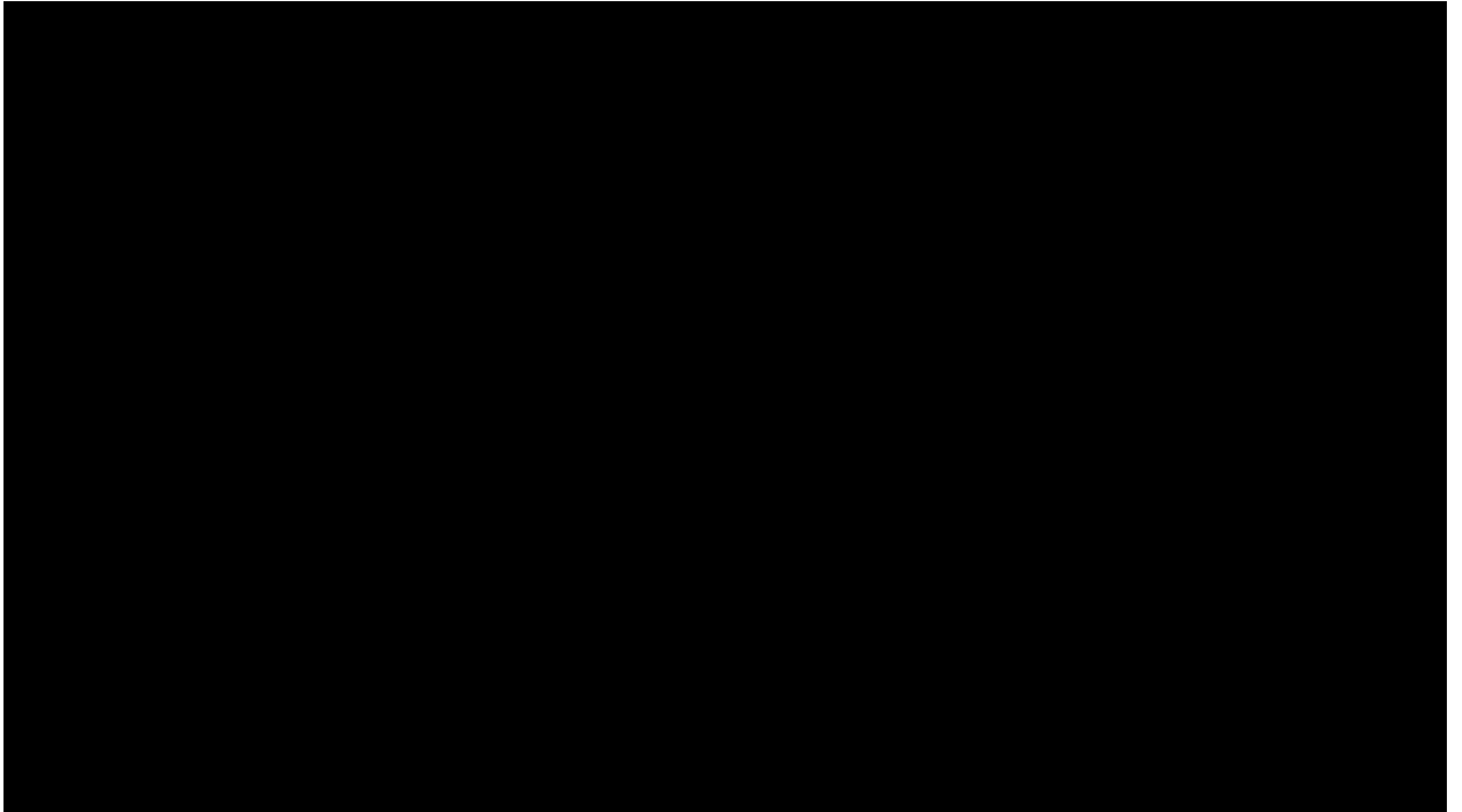
# The Application of the Stages of Change Model for Commercially Sexually Exploited Children and Transitional Age Youth

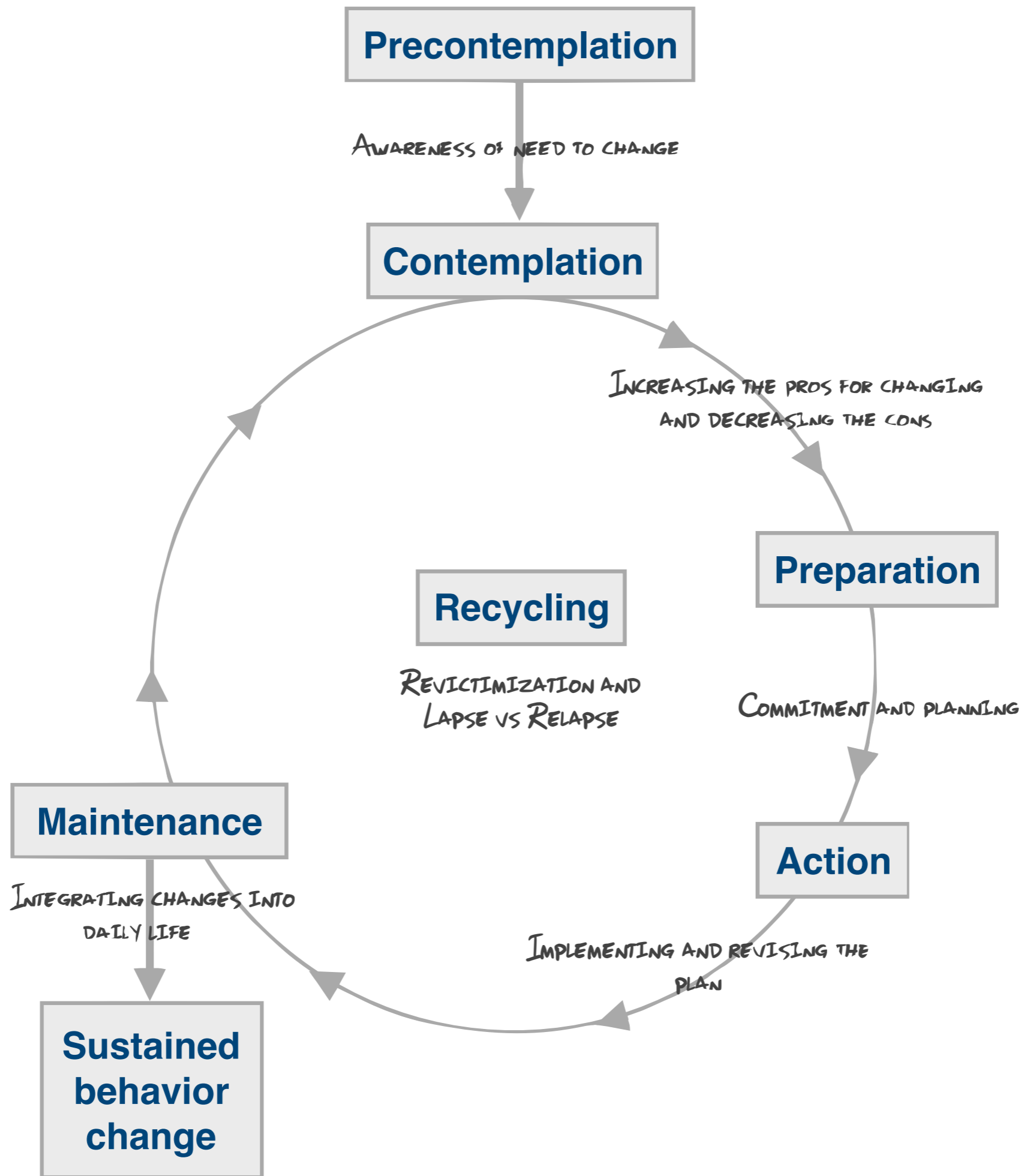
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# America's Daughter





# 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 run away and returned to her “boyfriend.”

# 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

- 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 ran away. However, she came back on her own within 24 hours.



# 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

- 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

# Preparation

After 6 months in treatment and 7 run aways 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 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

- 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.

# 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

# 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.

# 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 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.

# Lapse

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.

# 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.

# Vignette

Sarah has been at her placement for 3 weeks. During this time she has run away twice and both times she has come back on her own. Sarah 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. Sarah 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. Sarah 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 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 who recycle to a previous stage
- Incorporate the Stages of Change into the language of the agency

# Applying the Stages of Change

- Youth-driven treatment
- Use this model to help with family engagement
- Adjust your expectations and don't take the youth's progress personal
- Accept youth for where they are in their process
- Anticipate and plan for recycling
- Remember INSIGHT BEFORE ACTION!



# Thank you

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# Jessica's Story

**CHIME  
FOR  
CHANGE**  
FOUNDED BY GUCCI

Q&A