



ADMINISTRATION FOR
CHILDREN & FAMILIES
Office on Trafficking in Persons



**NATIONAL HUMAN TRAFFICKING
TRAINING AND TECHNICAL
ASSISTANCE CENTER**

Service Recommendations for Human Trafficking Survivors With Substance Use Disorders

Presented by: Human Trafficking Leadership Academy (HTLA) 2018, Cohort II

Note Disclaimer: Regarding Content Creation

- This document was developed by fellows of the 2018 Human Trafficking Leadership Academy (HTLA) organized through the National Human Trafficking Training and Technical Assistance Center (NHTTAC) and Coro Northern California.
- A team of six non-government service providers and six survivor leaders worked together to develop recommendations on how to enhance service provision to survivors of human trafficking or those at risk of human trafficking using trauma-informed practices and survivor-informed principles.
- The fellowship is funded by the Office on Trafficking in Persons (OTIP) and the Office on Women's Health (OWH) at the U.S. Department of Health and Human Services (HHS).
- The recommendations and content of this document are those of the authors and do not necessarily represent the views of OTIP, OWH, or HHS.

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Mission and Challenge Question

- The HTLA fellowship brings together survivor leaders and organizations to build their personal leadership skills, knowledge, and networks while collaborating to enhance programming and services.
- Using trauma-informed principles and survivor-informed practices, how can service providers improve their support of human trafficking survivors who are struggling with co-occurring disorders?

Focus Areas

- Risk Reduction—for clients with substance use disorders who are also being trafficked (who are not in and/or not ready to enter a substance recovery or social service program)
- Cultural Competency—for programs that serve trafficking survivors with substance use, mental, and behavioral disorders
- Supportive Services—for human trafficking survivors in recovery from substance use disorders, with a focus on housing and support groups

Risk Reduction

Risk Reduction as an Intervention With Trafficked Clients

- Human trafficking victims often require multiple attempts or interactions before successfully exiting their trafficking situation.
- Vulnerability to human trafficking and substance use disorders intersect.
- The opioid crisis is ravaging our communities, and trafficking victims are among the large numbers of fatalities.
- Emerging literature points to underlying causes and measurable data that can impact our response to both issues: ACEs.
- ACEs are adverse childhood experiences, and the Kaiser Permanente study revolutionized our understanding of the long-term impact and societal costs of high levels of childhood trauma.

ACES Linked to Human Trafficking and Addiction

Childhood Trauma Linked to Chronic Diseases in Adulthood:

Implications on the Medical and Economic Burden of Trafficking

Emotional, mental, and physical trauma during childhood are correlated with higher risk for many diseases that occur during adulthood, including coronary heart disease, depression, autoimmune disease, and drug addiction.

Children and adolescents who are victims of sex or labor trafficking experience the same types of trauma but to a greater extent and are thus at elevated risk for chronic diseases later in life.

—Vincent J. Felitti, M.D.

Addiction doc says: It's not the drugs. It's the ACEs.

People with an ACEs score of 5 or higher are 7 to 10 times more likely to use illegal drugs, to report addiction, and to inject illegal drugs.

Treat people with respect instead of blaming or shaming them. Listen intently to what they have to say. Integrate the healing traditions of the culture in which they live. Use prescription drugs, if necessary. And integrate adverse childhood experiences science: ACEs.

—Dr. Daniel Sumrok

Risk Reduction Recommendations

Ramping up Resilience Counseling

- Support individuals in making behavior changes that will reduce their risk behavior and increase personal resilience
- A client-centered exchange that utilizes the Stages of Change model to support individuals in making behavior changes that will increase their personal resilience through reducing their sex- and drug-using risks
- Evolved out of behavior models and clinical interventions that have been shown to be effective with persons who have experienced trauma, are abusing substances, and/or engaging in high-risk sex acts and could be victims of exploitation; based on the 1999 Centers for Disease Control HIV Prevention Counseling Intervention

Require the incorporation of sexuality and gender affirmation into community-based child protection and welfare networks funded by HHS

- Emerging research discusses this as effective.
- Wells, E.A., Asakura, K., Hoppe, M.J., Balsam, K.F., Morrison, D.M., & Beadnell, B. (2013). Social services for sexual minority youth: Preferences for what, where, and how services are delivered. *Children and Youth Services Review*, 35 (2), pp. 312–320.

Fund street to shelter housing options

- The Salvation Army is responding to human trafficking victims' shelter needs in innovative ways.
- <http://salvationarmynca.org/antihumantrafficking>

Cultural Competency

Importance of Cultural Competency

Diversity is anything that's different—it goes beyond race and ethnicity to different ways of thinking, doing, and behaving. We take an approach that enables people to understand, respect, and appreciate differences. When they do this, they are able to work with other people on their terms—and other people are able to work with them.

—Enrique Garcia Bejar

- According to a growing body of research, a conservative estimate is that 1 in 5 homeless youth identifies as LGBTQ.
- Individuals suffering from a mental health disorder are at higher risk for being trafficked.

Cultural Competency Recommendations

- Require therapeutic foster care certification to include complex trauma competencies.
- Require federally funded human trafficking prevention and awareness programs to provide trainings on high-risk populations (e.g., persons with disabilities, LGBTQ+ populations, undocumented persons and those receiving temporary work visas).
- Require intake forms used by direct service providers to include:
 - An option for male, female, transgender, non-binary, or _____ (fill in with their own self-identifier) when selecting gender
 - An option for the caseworker/client to list any special needs related to their identity and/or culture (e.g., translator, religious traditions, chest binder, weave, diet)

Cultural Competency Recommendations (cont'd)

- Create an inclusive atmosphere by demographic representation of populations that are most impacted by trafficking (LGBTQ+, POC, displaced youth, undocumented persons, etc.) through incorporation of the following:
 - Hiring/engaging staff and volunteers who are representative of the populations being served
 - Creating awareness and education materials that include representation of overrepresented populations
 - Placing pronouns in email signature (e.g., Jessica (she/her), Britt (they/them), Eric (he/his))
- Require organizations that provide direct care services to human trafficking survivors to hire licensed case managers and therapists that utilize evidence-based interventions and treatment modalities (e.g., CPT, EMDR, BSP).

Supportive Housing

Housing Recommendations

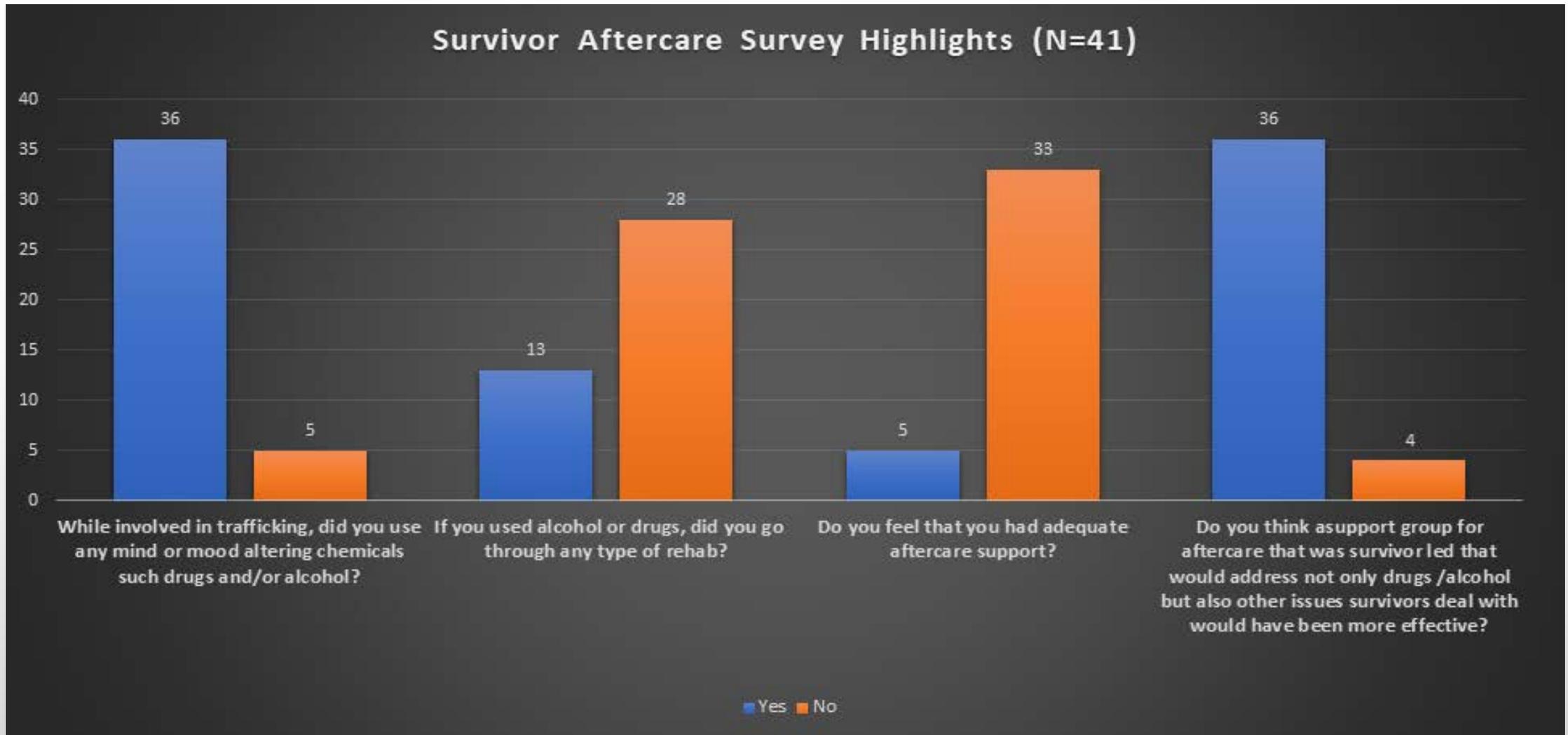
1. Federal agencies should work with human trafficking survivors and service providers to develop and implement training for all staff involved in public and affordable housing and sober living homes.
 - a. Agencies could create a pilot by partnering with a state that has a federally funded enhanced collaborative model human trafficking task force. Together, they could create a training that defines human trafficking, discusses red flags, and provides staff with connections to technical assistance and local direct service providers.
2. There should be affordable long-term and transitional housing designated specifically for survivors of human trafficking with co-occurring disorders.
 - a. Housing should be affordable, safe, and convenient to transportation.
 - b. Agencies could work with mappers and law enforcement in each state to identify high-crime areas and develop housing avoiding these areas.
 - c. Public housing agencies could implement a voucher system specific to human trafficking survivors and provide financial support to sober living houses.

Housing Recommendations (cont'd)

3. Federal agencies should support housing staff with community resources for human trafficking survivors.
 - a. Case management is pertinent to maintaining stable living conditions and achieving long-term recovery.
 - b. Agencies can have a designated community outreach coordinator to create and maintain relationships with service providers.
4. Federal agencies should avoid policies that disqualify potential residents based on prior convictions; specifically, drug convictions.
 - a. If current policies make exceptions for or prioritize human trafficking victims, agencies should ensure that these exceptions and policies are understood through ongoing training and education of staff.

Survivors Peer Support Group

Survivor Support Needs Survey



Survivors Peer Support Group Overview

Purpose

- Provide a safe space to reinforce, maintain, and further progress made in treatment.
- Provide a nurturing environment for members at any stage of change.
- Provide empowerment through peer support, leadership opportunities, shared learning, and growth.
- Honor and support individuals' recovery process—meet survivors where they are.
- Recognize and address the unique needs of trafficking survivors in the aftercare setting.
- Focus on the role group members play as part of a larger community.

Model

- Follows Guiding Principles for Human Trafficking Survivors and adapts the group structure from 12-step addiction/recovery peer support groups with insight from professionals
- Functions to mitigate the isolation and social exclusion of survivors within their communities
- Tailors group structure/positions to meet the unique needs of diverse communities
- Connects groups to the larger national network of survivors across the country
- Is easily replicated/scaled in the same fashion as AA/NA

Risks/Liabilities

- Have clear group rules/guidelines on confidentiality and commitment to recovery.
- Group members referred by direct service provider/treatment center/licensed professional to ensure readiness and access to continued external support.
- Have a system to provide community referral hotline numbers to group members who are no longer eligible to participate (e.g., re-enter trafficking situation, relapse)
- Require an open door policy to support survivors at every stage of their recovery journey.

Survivors Peer Support Group Beta Testing

Mock group of 10 survivors met on three separate occasions in Cincinnati, OH

(Group made up of trafficking survivors who are community leaders; each has 10–22 years in recovery and is out of their trafficking situation)

- 89% were not aware of or familiar with human trafficking survivors-only groups, although half were aware of other support groups.
- 100% said they would attend a survivors-only group at least once, and 78% would go often.
- Only 33% were very comfortable attending a mixed-gender group; the remaining were somewhat comfortable to not very comfortable.
- Influential factors for attending a survivors-only group included: feeling welcome, getting along with others, feeling hopeful, being nonjudgmental, getting help, and a substance-free environment.
- The reasons that participants liked the mock group included: being with people who could relate to their experiences and feelings, it was comfortable and inspired hope, they learned new information, and they could talk about things they couldn't discuss in other groups.
- Advice for doing survivors-only groups: have treatment resources and have them feel less like NA.

Peer Support Recommendations

- Pilot a peer support group for human trafficking survivors with substance use disorders through a federally funded grant.
- Research the benefits/detriments of survivor-only peer support groups for survivors with substance use disorders.
- Collaborate with human trafficking survivor leaders and the lead agency to further develop toolkit and workbook.
- Incorporate lessons learned from the pilot program and research; launch peer support groups in short- and long-term federally funded treatment facilities; explore feasibility for access by survivors from the community.
- Provide training to agency staff to ensure they are trauma-informed and fully equipped to support logistics and other group needs.

Thank you!

We learned so much during this experience.

We welcome your questions.

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