

Human Trafficking Trauma Informed Care and Treatment

Satellite Conference and Live Webcast
Thursday, June 10, 2016
1:00 – 3:00 p.m. Central Time

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

Tajuan McCarty, BSW, MPH, MPA
Founder, The WellHouse and
Grace to Grace Consulting
Birmingham, Alabama

Materials Provided

- Sex trafficking glossary of terms
- Texting slang
- Adult assessment
- Juvenile assessment
- Victim service providers

Definition

Children

- Commonly referred to as CSEC
 - Commercial Sexual Exploitation of Children
- Children under the age of 18 induced into commercial sex
- Alabama's Safe Harbor Act – 21 and under will not be arrested for prostitution
 - Will be treated as victims
 - Passed 2016

Definition

Adults

- Induced into commercial sex through force, fraud or coercion
- Does not normally identify as victim
- Over the age of 18
 - Creates dilemma with ages 18-21

Alabama

- Human trafficking is definitely a clear and present danger to Alabama and its communities
- Human trafficking cases have been reported all across the state



Alabama

- **Cases have been reported in:**
 - Montgomery County – Guntersville
 - Birmingham – Dothan
 - Fort Payne – Mobile
 - Madison County
 - Huntsville
 - Albertville

Sex Trafficking Glossary of Terms

Refer to Handout

Texting Slang

Refer to Handout

Identifiers – Red Flags (CSEC)

- Runaway
- Homeless
- Older Boyfriend
- New cell phone
- Hair and nails done
- Brandings (tattoos)
- Recurring or multiple STD's
- No identification

Identifiers – Red Flags (CSEC)

- Torture indicators: cigarette burns, rope/handcuff burns, multiple tiny incisions, patterned bruising
- Physical trauma around pubic areas
- Person with the victim talks for them
- Has no personal possessions
- Avoids eye contact
- Does not know their location

Identifiers – Red Flags (CSEC)

- Is fearful, anxious, depressed, nervous or paranoid with routine procedures or interviews

The needs of the trafficking victim vary depending on his or her circumstances

One of the greatest challenges is to overcome the barriers we face regarding services provided to victims

We can't solve problems by using the same kind of thinking we used when we created them

- Albert Einstein

What Persons that are Trafficked Endure

- Sold for sex multiple times a day
- Trauma: sexual, physical, mental and emotional
- Tortured
- Drugged and addicted
- STD's
- HIV/HEPC
- Pregnancy - unwanted

The Teenage Brain

- Brain imagery now shows that the juvenile brain is biologically not fully formed

The Teenage Brain

- The last part of the brain to develop is the prefrontal cortex, which relates to the ability to determine good and bad, better and bet, future consequences of current activities, working toward a defined goal, prediction of outcomes, expectations based on actions and social "control" (the ability to suppress urges that, if not suppressed, could lead to socially unacceptable outcomes)

Affects of Stress

- Too much fear over time or too fast changes the brain
- The body can be reacting in fear where there is no longer a threat
- Triggers can cause relapse (in brain)
- The brain is unable to think rationally
- Effects short term memory, ability to recall in linear chronology, emotional regulation, ability to pay attention and motivation

Affects of Stress

- Low levels of dopamine / serotonin
- High levels of cortisol / adrenaline
- Anxiety and panic attacks
- Depression
- Self destructive / risky behavior
- PTSD
- Trauma Bonds (Stockholm Syndrome)
- Disassociation

What's next?

NOW THAT WE KNOW WHAT HAPPENS TO THE BRAIN, HOW DO WE HELP THE VICTIM AND WHAT ARE THEIR NEEDS?

Levels of Care

Immediate

- Crisis Intervention
- Safety
- Shelter
- Medical Care
- Mental Health
- Clothing
- Personal Items
- Food
- Detox

Levels of Care

Interim

- Counseling
- Stabilization
- Safe Housing
- Family needs
- Employment
 - School
- Legal Support

Levels of Care

Long Term

- Permanent housing
- Life Skills
- Financial Management
- Family Reunification
- Substance Abuse Treatment

Immediate Needs

- Crisis Intervention
 - Rape Crisis Centers, Emergency Room
- Safety
 - Mandated reporting
 - Report to more than one agency
- Shelter
 - The WellHouse, Family Connections, Camille's Place

Immediate Needs

- **Medical Care**
- **Mental Health**
- **Clothing**
- **Personal Items**
- **Food**
- **Detox**

Interim Needs

- **Counseling**
 - **Needs someone with specialized trauma training**
- **Stabilization**
 - **Need for consistency in workers and those helping**
- **Safe Housing**

Interim Needs

- **Family needs**
- **Employment**
 - **School**
- **Legal Support**

Long Term Needs

- **Permanent housing**
 - **Section 8, Shelter Care Plus**
- **Life Skills**
 - **Basic skills most people assume everyone knows**
- **Financial Management**
 - **Balancing checkbook, how to open bank accounts**

Long Term Needs

- **Family Reunification**
 - **May or may not be possible**
- **Substance Abuse Treatment**

Ground Rules for Interviewing

- **Be non-judgmental and kind**
- **Address immediate needs first**
- **Check your environment**
- **Time – Allow them to speak**
- **Be flexible**
- **Be up front**
- **Ask for permission**

Ground Rules for Interviewing

- **Language – Verbal / Body**
- **Minimal interjections**
- **Meet them where they are**
- **Respect their boundaries**
- **Be transparent – Trust is earned, not to be expected**
- **Gang affiliations – Be mindful of clothing**

References

- **Adolescent Brain Development: Vulnerabilities and Opportunities, by Ronald Dahl and Linda Spear; Annals of the New York Academy of Sciences, 2004.**
- **<http://www.enditalabama.org>**
- **Intervene, Shared Hope International**
- **<http://www.polarisproject.org>**