

RESPONDING TO HUMAN TRAFFICKING

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OVERVIEW OF OUR TIME TOGETHER

- Brief Definitions
- Discussion of personal practice
- Discussion of trauma, stress and human trafficking survivorship
- Review of literature related to promising practices
- Recommendations

WHO'S IN THE ROOM

- Share your Name and the region where you work
- What type of treatment do you provide? OR what type of SW are you engaged in?
 - Theories
 - Specific Populations
 - Specific needs
- What techniques do you use when working with someone who has experienced significant trauma?
- What interested you about this workshop today?

HUMAN TRAFFICKING: DEFINED

human trafficking occurs when a person is compelled to provide/engage in sexual exploitation, labor or a service through force, fraud, or coercion.

HUMAN TRAFFICKING: DEFINED

Force - physical violence, use of restraints, confinement, abduction, drugs

Fraud - deception, false promises about the terms and conditions of employment, wages or educational opportunities

Coercion - psychological: threats, blackmail, manipulation



In 2016 there were an estimated 40.3 million people in forced labor, sexually exploited or forced into marriage

HUMAN TRAFFICKING: DOMESTIC AND INTERNATIONAL

HUMAN TRAFFICKING NATIONALLY

In all 50 states

Urban & Rural areas

Sex Trafficking & Labor Trafficking

All genders, ages, economic status, race...

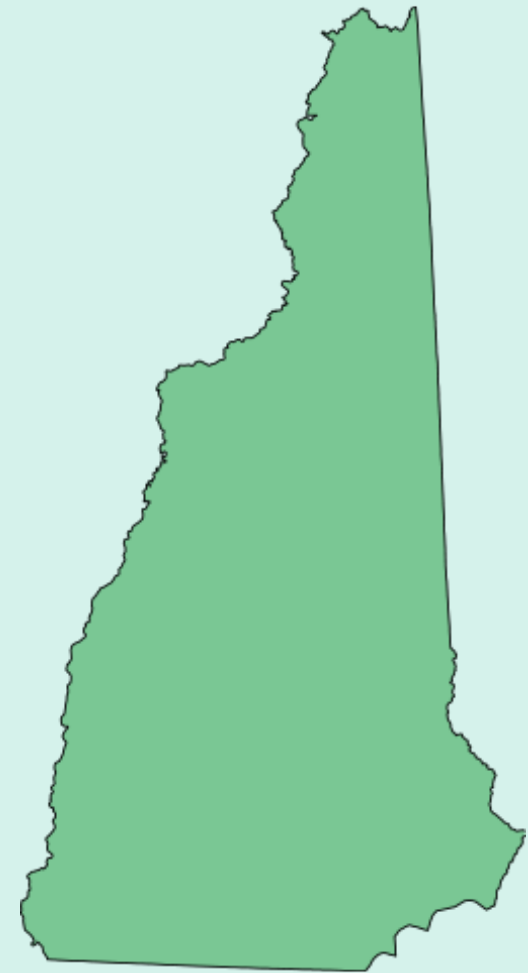
HUMAN TRAFFICKING IN NEW HAMPSHIRE

Sex & Labor trafficking

In all 10 counties

Urban and Rural areas

Impacting individuals of all ages, genders,
races, etc.



NH STATUTE (NH RSA § 633:7 – Trafficking in Persons)

Labor, Sex, and Child Sex Trafficking – 633.7(I) To compel against his or her will through:

- Causing or threatening serious harm
- Confining or Threatening to Confine
- Abusing or threatening to abuse legal process
- Controlling passport or other immigration document
- False promise relating to conditions of employment, education, marriage, or financial support
- Facilitating or controlling the person's access to an addictive, controlled substance

*633.7(II) Child Sex Trafficking– None of these elements are needed

WHAT ARE YOU SEEING?

Imagine:

- you receive a referral to work with someone who has experienced human trafficking - first thoughts?
- a current client/participant shares that they are experiencing something that sounds like human trafficking - reaction?

Any past experiences? (good or bad)



TRAUMA, STRESS AND HUMAN TRAFFICKING

Not all stress is bad. Some stress is a necessary and even essential part of growth and development...

Through the ACEs research and other related projects, three types of stress have been identified:

Positive Stress

Brief elevations in stress hormones, heart rate, and blood pressure in response to a routine stressor (e.g., a test, game).

Tolerable Stress

Time-limited activation of the stress response that if buffered by relationships with adults who help the child adapt, the brain and other organs recover (e.g., natural disaster).

Toxic Stress

High doses of adversity experienced during critical and sensitive periods of early development, without adequate buffering protections, can become "biologically imbedded" leading to the toxic stress response (e.g., ACEs).



Thriving “I got this.”	Surviving “Something isn’t right.”	Struggling “I can’t keep this up.”	In Crisis “I can’t survive this.”
<ul style="list-style-type: none">• Calm and steady with minor mood fluctuations• Able to take things in stride• Consistent performance• Able to take feedback and to adjust to changes of plans• Able to focus• Able to communicate effectively• Normal sleep patterns and appetite	<ul style="list-style-type: none">• Nervousness, sadness, increased mood fluctuations• Inconsistent performance• More easily overwhelmed or irritated• Increased need for control and difficulty adjusting to changes• Trouble sleeping or eating• Activities and relationships you used to enjoy seem less interesting or even stressful• Muscle tension, low energy, headaches	<ul style="list-style-type: none">• Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness• Exhaustion• Poor performance and difficulty making decisions or concentrating• Avoiding interaction with coworkers, family, and friends• Fatigue, aches and pains• Restless, disturbed sleep• Self-medicating with substances, food, or other numbing activities	<ul style="list-style-type: none">• Disabling distress and loss of function• Panic attacks• Nightmares or flashbacks• Unable to fall or stay asleep• Intrusive thoughts• Thoughts of self-harm or suicide• Easily enraged or aggressive• Careless mistakes and inability to focus• Feeling numb, lost, or out of control• Withdrawal from relationships• Dependence on substances, food, or other numbing activities to cope

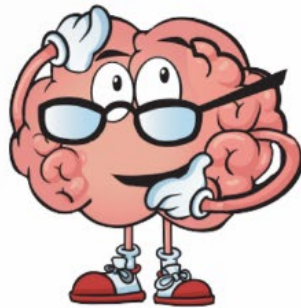
"Traumatic experiences can be dehumanizing, shocking or terrifying... and often include betrayal of a trusted person or institution and a loss of safety.... [Trauma is a] psychologically wounding experience that induces powerlessness, fear, recurrent hopelessness and a constant state of alert."

– National Center on Trauma-Informed Care

"Some people's lives seem to flow in a narrative; mine had many stops and starts. That's what trauma does. It interrupts the plot...."

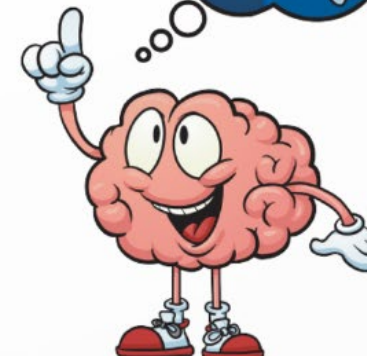
—Jessica Stern, Denial, A Memoir of Terror

THE PREFRONTAL CORTEX
HELPS US MAKE GOOD CHOICES,
PAY ATTENTION AND LEARN.



THE AMYGDALA HELPS
KEEP US SAFE. IT IS
WHERE ALL OF OUR
EMOTIONS COME FROM.
BUT SOMETIMES, IF WE
HAVE STRONG EMOTIONS,
IT KEEPS US FROM
THINKING CLEARLY.

THE HIPPOCAMPUS
HELPS US REMEMBER
WHAT WE LEARN AND
STORES OUR MEMORIES.





TRAUMA, STRESS AND HUMAN TRAFFICKING

There are three main types of trauma: Acute, Chronic, or Complex

Acute trauma results from a single incident.

Chronic trauma is repeated and prolonged such as domestic violence or abuse.

Complex trauma is exposure to varied and multiple traumatic events, often of an invasive, interpersonal nature.

TYPICAL PRESENTING CONCERNS

- Sleep Disturbances
- Relationship issues (including domestic violence)
- Childhood trauma
- PTSD
- Untreated, long standing mental health concerns

TREATMENT BASICS: TIPS

- Trauma-informed, victim-centered approach
- Stay calm, believe and validate
- Follow agency/organizational protocol
- In an emergency, call the police
- Remember mandatory reporting

TREATMENT BASICS: TRAUMA-INFORMED CARE

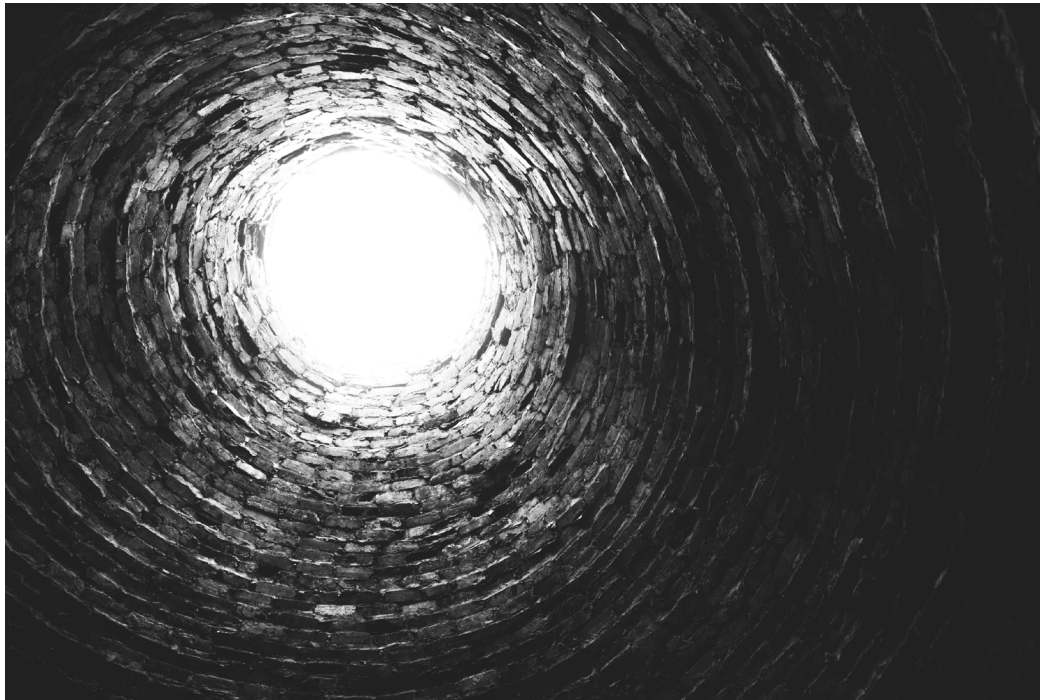
- Safety first (physical, emotional, spiritual, relational)
- Relational and rapport building
- Informed consent (respect and dignity)
- Holistic approach
- Advocacy
- Predictable and reliable

TREATMENT CONSIDERATION

Working with those being actively trafficked

VS.

Working with those trafficking in the past




PROMISING PRACTICES / EVIDENCE BASED PRACTICES

- Interactive/Alternative vs Talk Therapies
- Stages of Change & Motivational Interviewing
- Animal Assisted Therapies/Treatments and Activities
- Art/Movement Therapies
- Mindfulness/Grounding Practices

Recognizing stages of change is like a signpost that allows the Advocate to assess the capacity of a survivor. With this knowledge, we champion their empowerment to make the changes they want in their lives. It's also a reminder that progress occurs in stages and that the work is a long-term, dynamic and wholly individualized process.

Advocate, Anti-Human Trafficking Services with Covenant House



EVIDENCE-BASED THERAPEUTIC TREATMENT RECOMMENDATIONS

Cognitive
Therapy

Aims to challenge dysfunctional thoughts based on irrational or illogical assumptions.

Cognitive-
Behavioral
Therapy

Combines cognitive therapy with behavioral interventions such as exposure therapy, thought stopping, or breathing techniques.

Exposure
Therapy

Aims to reduce anxiety and fear through confrontation of thoughts (imaginal exposure) or actual situations (in vivo exposure) related to the trauma.

EMDR

Combines general clinical practice with brief imaginal exposure and cognitive restructuring (rapid eye movement is induced during the imaginal exposure and cognitive restructuring phases).

Stress
Inoculation
Training

Combines psycho-education with anxiety management techniques such as relaxation training, breathing retraining, and thought stopping. (Rauch & Cahill, 2003)

NATIONAL LEADING AGENCY RECOMMENDATIONS

APA

- Consider comprehensive and coordinated community-level responses in supporting victims and survivors
- Strive for partnership with and coordination of efforts between protection, prosecution, and prevention sectors
- Apply psychological theories of healthy personality and identity development, thriving, and psychological growth during the recovery process for survivors of trafficking

OVC: trauma-informed, victim-centered (fully guided by the victim/survivor), holistic treatment

SAMHSA:

- Focus on trauma-informed practices
- Create a trauma-informed office/waiting room
- Go beyond individual practice to be a trauma-informed *organization*

BRAINSTORMING TOGETHER

- What could you incorporate into your practice?
- What partnerships would enhance your work and enable you to work with trafficking survivors?
- How might you contribute to the human trafficking work in your state, region and/or local community?

RESOURCES & FURTHER LEARNING

- Trafficking Stages of Change
- Power & Control Wheel
- New Hampshire Human Trafficking Collaborative Task Force:
<https://www.nhhumantraffickingtaskforce.com/>
- Human Trafficking Task Force e-guide: <https://www.ovcttac.gov/taskforceguide/eguide/4-supporting-victims/resources-4-supporting-victims/>
- National Action Plan to Combat Human Trafficking (especially Priority Action 2.6.1: Increase access to mental health and other healthcare services p36): <https://www.whitehouse.gov/wp-content/uploads/2021/12/National-Action-Plan-to-Combat-Human-Trafficking.pdf>

HUMAN RESOURCES

- Emergency Support: NH Crisis Centers Hotline (statewide) (800) 277-5570 / (866) 644-3574
- Mandatory Reporting: DCYF (603) 271-6562 / BEAS (603) 271-7014
- Housing: Brigid's House of Hope / Dismas Home / The Light House
- National Hotline for Tips and Help (888) 373-7888 / www.humantraffickinghotline.org
- NH Law Enforcement in the Know:
 - Mike Posanka, Homeland Security Investigations (HSI) (617) 459-9001
 - Task Force Officer: Dave McCormack (603) 419-8208
 - Task Force Officer: Charlie Pendlebury (603) 520-9133

HANDOUTS

- Power and Control Wheel
- Trafficking Stages of Change
- ACEs Infographic
- At The Root/Becky's Business Card



CITATIONS

There are many...I've made them available on my website: <https://attherootnh.com/nasw2022/>