

SEX TRAFFICKING WORKSHOP

2023

SAN ANTONIO, TEXAS

University of Texas at San Antonio

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Introduction of Speakers




Counselors Against Sex Trafficking (CAST)



The screenshot shows the homepage of the Counselors Against Sex Trafficking (CAST) Research Lab. The browser address bar displays 'castrl.com'. The page features the organization's logo, a navigation menu with 'About Us', 'Our Work', and 'Events', and a 'Check for updates' button. The main content area has a large background image of a landscape with mountains and a field. Overlaid on this image is the text 'COUNSELORS AGAINST SEX TRAFFICKING RESEARCH LAB' and a mission statement: 'We focus on developing research towards improving the identification, intervention, and advocacy to reduce sex trafficking in the United States.'

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A Review of Child S


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ABSTRACT

Child sex trafficking (CST) h
often goes unidentified or
Often generalized as human
who fall victim of sex traffick
With social platforms becom
increasingly vulnerable to CS
victimization. Counselors wor

uments

mero¹ 

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e for the screening of sex traf-
sight into the features of sex
his phenomenon. The authors
tial use of 13 instruments and
procedures. The final analysis

Research with Sex Trafficking Content Experts

Child Sex Trafficking Counseling Competencies

The CST Competencies for Counselors present 128 competency statements were organized into five domains:

- (a) intervention strategies and the helping relationship
- (b) trauma and sex trafficking
- (c) assessment of risk factors and indicators
- (d) ethical practice
- (e) cultural diversity and human growth and development.



Counselors Against Sex Trafficking (CAST)

**Texas Higher
Education**
COORDINATING BOARD

Minority Health Research and Education Grant Program

ST Clinical Placements

- Added 10 new internship sites
- A total of 25+ student placements

ST Training to Counselor-Trainees

- 2 days of ST-Specific training

ST Training to Supervisors and Counselors in the Community



Research on the Mental Health of Survivors of Sex Trafficking

Interviews with:

- 10 counselors with clinical experience of working with survivors of sex trafficking
- 10 survivors of sex trafficking



Phenomenological analysis on the lived experiences of counselors working with ST survivors in the United States



Phenomenological analysis exploring the mental health experiences of survivors of sex trafficking



Grounded theory analysis seeking to understand how post trauma growth manifest in the lives of sex trafficking survivors in the United States



Grounded theory exploring how do social determinants of health play a role in the lives of sex trafficking survivors in the United States

OBJECTIVES

1	Introduction to Sex Trafficking
2	Mental Health and Sex Trafficking
3	Youth Center of Texas and the Case Management Model
4	Group Discussions <ul style="list-style-type: none">• Providing Spanish-speaking Services to Survivors of Sexual Violence• Fostering Flourishing• Identification and Screening of Sex Trafficking

Introduction to Sex Trafficking

Human Trafficking

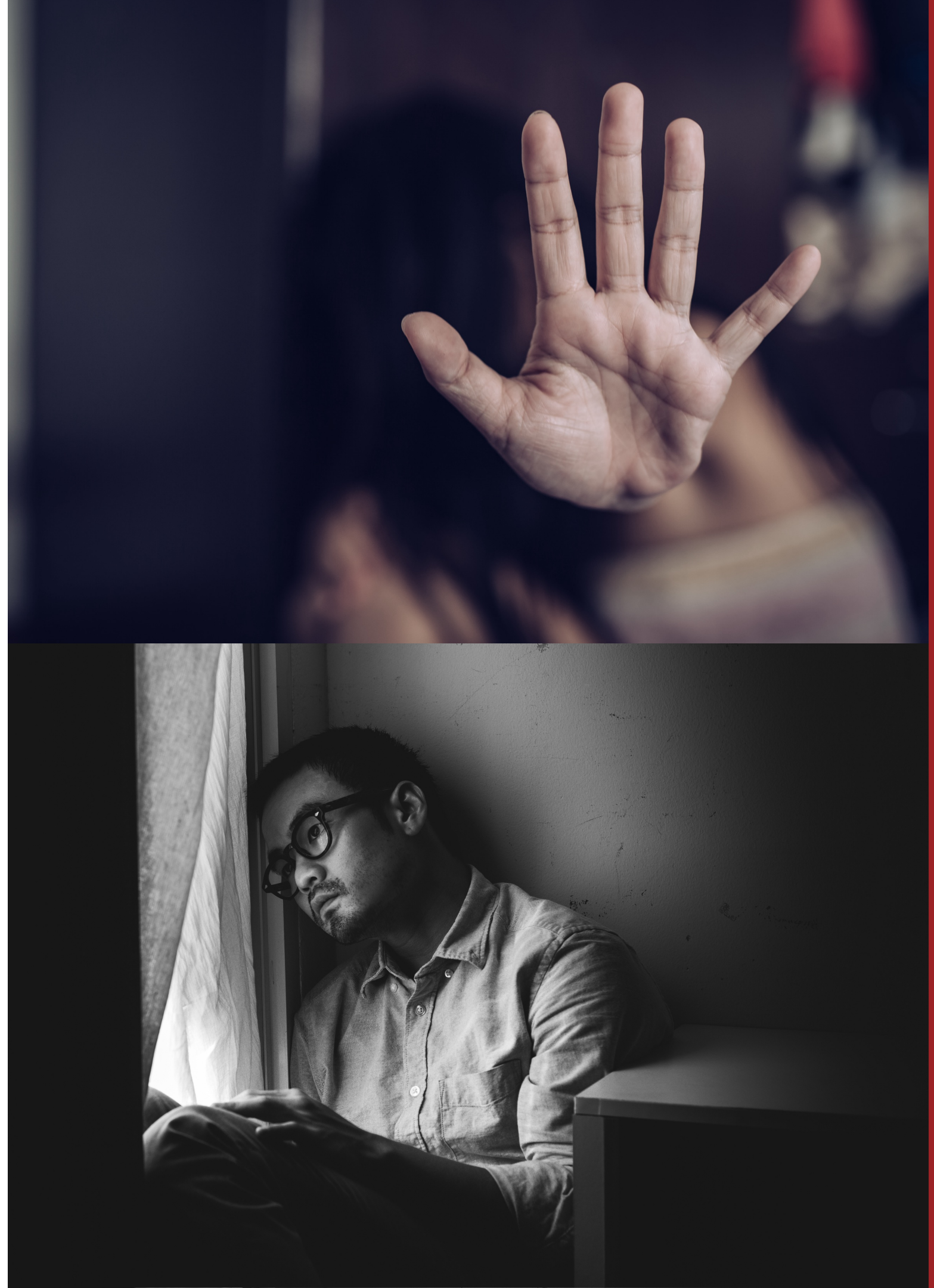
- Modern-day slavery
- Human trafficking is the business of stealing freedom for profit
- Sex trafficking and forced labor
- Illegal exploitation of a person
- Estimated to gross \$150 billion annually (International Labor Organization, 2014)

What is Sex Trafficking (ST)?

The legal definition of the term sex trafficking is the recruitment, harboring, transportation, patronizing, soliciting, or obtaining of a person for the purpose of a commercial sex act.

Any minor under the age of 18 **CAN NOT** consent to commercial sex and is considered a victim of sex trafficking regardless of whether force, fraud, or coercion is used.

(Victims of Trafficking and Violence Protection Act of 2000,
Pub. L. No. 106-386, 114 Stat. 1464-1548, 2000, p. 1470)



Prevalence of Sex Trafficking

- 6.3 million people are estimated to be trapped in forced sexual exploitation globally on any given day.
- The United States is listed among the top three countries of origin of victims along with Mexico and Honduras.
- Texas contains around 25% of all trafficked persons in the United States at any given time.
- In 2019, Texas had the second-highest reported cases of human trafficking, according to the National Human Trafficking Hotline.
- Texas House Bill 2059 requires healthcare providers and any Texas Medical Board licensee who has direct patient contact to complete a prevention course on human trafficking.
- The age of onset has been reported as young as under the age of 8, with most individuals around 15–17 years of age when trafficking began.
- 1 in 6 runaways reported are probable victims of sex trafficking.

Populations with Increased Vulnerability

Racial/Ethnic minorities

LGBTQ identities

Lower socioeconomic status

Foster care

Homeless

Children and Youth

Physical and Cognitive Disabilities

Refugees, Asylum Seekers, and
Migrants

Warning Signs and Symptoms

- Medical Concerns
- Trauma or Mental health Concerns
- Criminal and Legal history or Concerns
- Personal Concerns Related to Locus of Control
- Social Concerns





[CASE EXAMPLE REMOVED]

Interventions and approaches used:

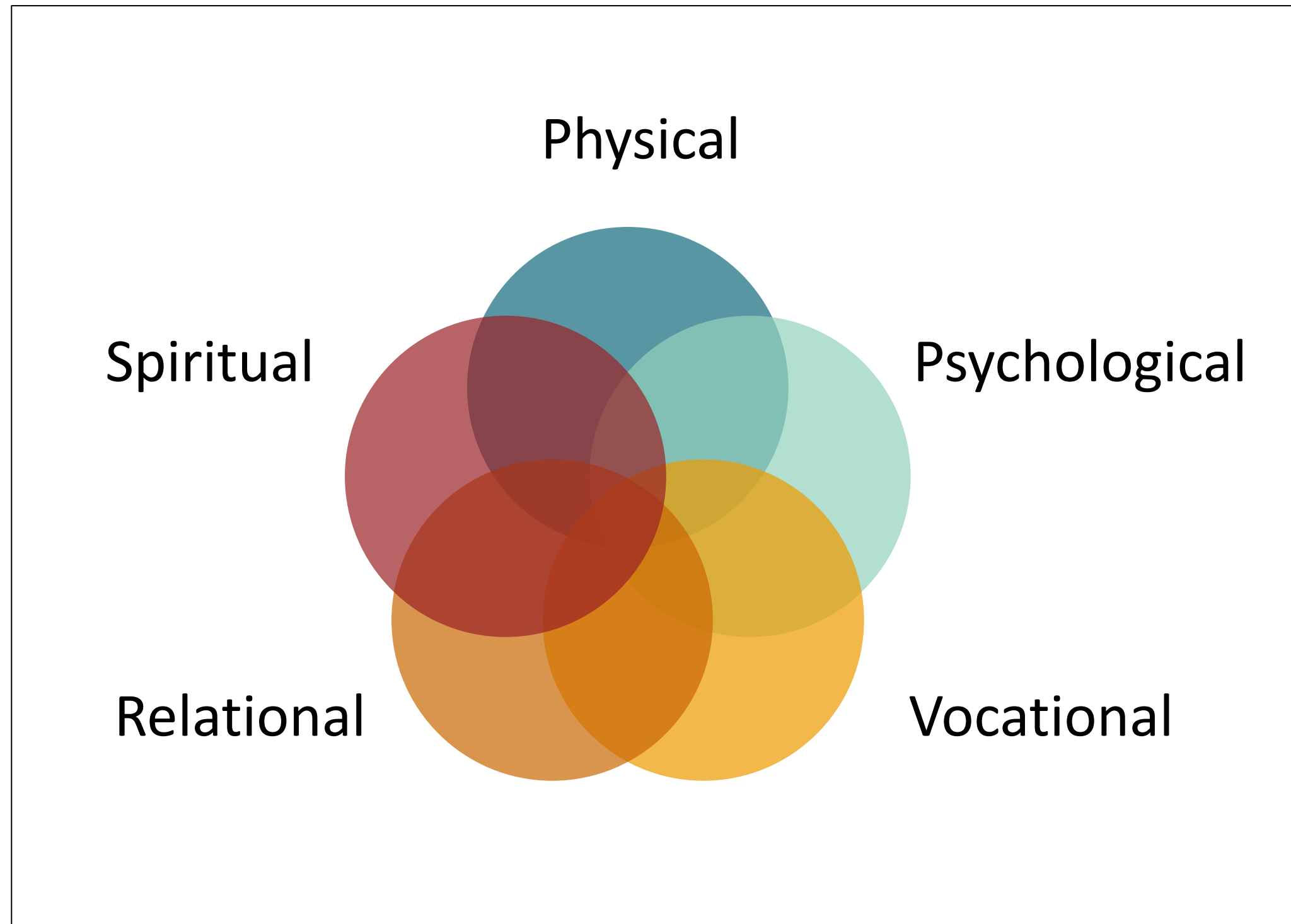
Person-centered
Narrative Therapy
Cognitive Therapy
TBRI
Eating disorder counseling
Legal advocacy
Attachment theory

Mental Health and Sex Trafficking

Multidimensional Impact of Sex Trafficking

*“It's something that impacts your
life forever, even if you don't want to
it to.”*

- Crystal



Processing Shame

- *“They're just gonna feel shame and they're not gonna want to tell you that they went back, and they might even just not come into their counseling session.”*

Processing Grief

- *“Teasing out the identity of the perpetrator versus the victim and helping them know that those are two separate things I think that's where it starts. Is just um helping them divorce their identity.”*

Addressing Substance Use

- *“Supposedly statistics are like 80% of women or men, children being trafficked are on drugs, I can guarantee you if they know it or not, it's like 99 or 100.”*



Other Mental Health Concerns

“All of the challenges that come along with reintegrating back into society. So maybe criminal background....Drug and alcohol abuse or addiction...healthy relationships ...Things like that self-worth...We're so empty or like at this empty shell when we come out of that and, it takes so much work and time for us to get better.”

-Cassie



Considerations for Assessment

- Assessment selection
- Knowledge of warning signs
- ST Specific Instruments
 - Commercial Sexual Exploitation Identification Tool (CSE-IT)
 - Trafficking Victim Identification Tool (TVIT)
- Clients impacted by ST will likely present with co-occurring concerns.
- *Messages from Survivors*



Addressing Safety

- ❑ Risk assessment
- ❑ Establishing bodily safety (e.g., abstinence from self-injury)
- ❑ Establishment of a safe environment (secure living situation, safety planning, non-abusive relationship, job, adequate support)
- ❑ Creating a safe environment to process their experiences



“So I think for clinicians it's important to create a neutral space...It doesn't mean they can't have their own belief systems, but they need to understand that maybe the things that bring them solace are things that were instruments of oppression for other people.”

- Annabel

“I think a lot of it is going to be looking for the signs, reading the body language...they're going to have their arms crossed, they're not going to look you in the eye, they're gonna lie to you because they're afraid to tell you the truth”

-Crystal

“Just be there to listen and don't try to like give them answers to their problem like they know what's best for them...don't like tell them like you need to do this because that's like another way of controlling someone. You know, like a word like ‘rescue someone’ is like something that needs to be taken out of the trafficking language. Because they're not rescuing a person, they've suffered like they've gone through hell, they know how to survive, they don't need to be rescued”

-Gretchen

Attributes

- Safe
- Trustworthy
- Relational
- Validating
- Empathic
- Honest
- Humility

Knowledge and Skills

- Addressing non-verbal behavior
- Knowledge of sex trafficking and trauma
- Assessment and identifying sex trafficking
- Understanding client's level of engagement

Helpful Practices

- Providing resources
- Providing support
- Empowerment of the client
- Modeling healthy boundaries

Use of Theoretical Frameworks and Modalities

- Dialectical Behavioral Theory (DBT)
- Feminist Theory
- Narrative Therapy
- Neurofeedback
- Transtheoretical Model of Change
- Revictimization Theory
- Social-Ecological Model
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- Trust-Based Relational Intervention (TBRI)
- Eye Movement Desensitization And Reprocessing (EMDR)
- Talk therapy
(individual, group)
- Expressive arts and
creative techniques



[CASE EXAMPLE REMOVED]

Interventions and approaches used:

Person-centered
Grief and loss counseling
Ecotherapy
Play therapy
TBRI
Attachment theory
SUD treatment and support groups



YOUTH CENTER OF TEXAS
Sunflower Home

Youth Center of Texas and the Case Management Model



Sunflower Care Framework

The Sunflower Care Framework is a tool that was created by the Youth Center team in collaboration with the Office of the Governor of Texas and the Child Sex Trafficking Team to ensure success for survivors of commercial sexual exploitation of youth.

RELATIONAL DEVELOPING GOAL

Staff will build genuine relationships with residents by incorporating Trust Based Relational Intervention (TBRI) principles and practices.

MEDICAL & PHYSICAL DEVELOPING GOAL

Staff will support each resident while encouraging the development and maintenance of physical wellness.

PSYCHOLOGICAL DEVELOPING GOAL

Residents will acquire and practice new social skills, identify faulty thoughts, and replace with positive thinking.

SPIRITUAL DEVELOPING GOAL

Each resident will connect to their spirituality to aid in their holistic growth and healing.

EDUCATIONAL DEVELOPING GOAL

Staff will support each resident by encouraging the development of social skills and achievement of career and educational goals.

TRANSITIONAL DEVELOPING GOAL

Each resident will feel prepared to transition into a life that is peaceful, productive, and free from victimization.



Case Management Model

SUNFLOWER HOME SERVICE PLAN (SHSP)

The Sunflower Home Service Plan is an individualized plan developed to guide case management services and to help achieve each survivor's goals. The plan is based on up to a year residency at the Sunflower Home and is evaluated each quarter by the assigned Case Manager and survivor during weekly collaborative meetings.

The foundation of the SHSP is based in Trust-Based Relational Intervention® (TBRI) and The Transtheoretical Model (Stages of Change) and its delivered using Trauma-Informed Care principles in a therapeutic environment.

Since the inception of our Sunflower Home Program, the center has also implemented the use of the Commercial Sexual Exploitation Identification Tool® (CSE-IT®) for all survivors in residency.

The SHSP provides each survivor equitable access to unique and individualized support services with emphasis in mental health and wellness, educational achievement and re-entry into the workforce, financial independence, and other aspects of independent living.

The SHSP also includes professional training and education for all staff in the areas of professional boundaries, trauma-informed care and self-care and wellness.



COUNSELORS
AGAINST SEX
TRAFFICKING

Group Discussions



Providing Spanish-speaking Services to
Survivors of Sexual Violence



Fostering Flourishing



Identification and Screening of Sex
Trafficking

References

- Victims of Trafficking and Violence Protection Act of 2000, Pub. L. No. 106–386, 114 Stat. 1464–1548, 2000, p. 1470)
- International Labour Organization, Walk Free, and International Organization for Migration, 2022
- Bureau of Justice Statistics, Human Trafficking Data Collection Activity 2022, 2022



COUNSELORS
AGAINST SEX
TRAFFICKING

Thank you!

www.castrl.com



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YOUTH CENTER OF TEXAS
Sunflower Home

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