


Girls in Residential Treatment: Strategies, Risk Factors, and Best Practices

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The Trafficking Victims Protection Act of 2000 (TVPA)

- Defines “severe forms of human trafficking” as:
 - The recruitment, harboring, transportation, provision, or obtaining of a person for
 - **sex trafficking in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such act has not attained 18 years of age; or**
 - **labor or services, through the use of force, fraud, or coercion for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery.**
 - Coercion includes threats of physical or psychological harm to children and/or their families. Any child (under the age of 18) engaged in commercial sex (including prostitution, pornography, stripping) is a victim of trafficking.



RISK FACTORS???

High Risk Indicators:	The “hook” and lies:
Poor (low or no income)	Good Job and/or Training
Living in an unsafe place	An affordable/free place
American Indian/Alaska Native communities	New opportunity off reservation or away from tribal intervention
LGBTQ	Safety, money, future, kinship, love
Disability –physical, mental health, and cognitive	Day to day help, support, resources
Undocumented Immigrants	Staying hidden, starting new life
Runaway, Throwaway & Homeless young people	All of the above...

Victims can be found in legal and illegal labor industries, including but not limited....

Child Care	Elder Care	Drug Trade
Massage Parlors/Spas	Hair Salons Barber Shops	Restaurants Bars Exotic Dance Clubs
Hotels Motels Private Residences	Truck Stops Rest Areas	Factories Farms Storefronts

TRAFFICKERS



- US citizens
- Family
- Acquaintances
- Women
- Pimps
- Diplomats
- Farm owners
- Storefront owners

- Foreign nationals
- Partners
- Boys/girls
- College Students
- Gang Members
- Business Owners







DO NOT FALL INTO A STEROTYPE and are not so easy to spot....

Indicators for screening:

- **Personnel that conduct evaluations should be aware of the indicators of a potential trafficking victim, including, but not limited to...**
- **evidence of mental, physical, or sexual abuse;**
- **physical exhaustion;**
- **working long hours;**
- **living with employer or many people in confined area;**
- **unclear family relationships;**



Indicators for screening:

- **heightened sense of fear or distrust of authority;**
- **presence of older significant other or pimp;**
- **loyalty or positive feelings towards an abuser;**
- **inability or fear of making eye contact;**
- **chronic running away or homelessness;**
- **possession of excess amounts of cash or hotel keys;**
- **and inability to provide a local address or information about parents.**

Council on Accreditation Standards



Victim Assistance Training Online (VAT Online)

Resources and Training



<http://www.state.gov/jip/training/>

<https://www.ncjtc.org/training>

<http://www.aof.hhs.gov/ndtrafficking>

<http://traffickingresourcecenter.org/>

<http://ojp.gov/ovc>

NHTRC | NATIONAL HUMAN TRAFFICKING RESOURCE CENTER
1-888-373-7888

What's on the label?

Delinquent diagnostics often involving a crime:

1. Oppositional Defiant Disorder
2. Conduct Disorder (antisocial personality)
3. Intermittent Explosive Disorder
4. Substance Use Disorders
5. ADHD, ADD, Impulse Control Disorder

What's on the label?

Our experience with Mental Health (JJ/RFC):

1. PTSD
2. Reactive Attachment Disorder
3. Depression and Anxiety Disorders
4. Bipolar Disorder
5. Eating, Sleeping & Learning Disorders
6. Personality Disordered behavior...

Secondary Traumatic Stress

- Compassion fatigue & Burnout
 - Your duty to own
 - depersonalize
 - Management and "Self Care"
- Vicarious traumatization
 - Leaving it behind for the day
 - Building in prevention and response prn

"First do no harm"

Unintended harm:

- Character generalization (You are so 'angry', manipulative, 'don't act like a _____, etc.)
- Your thinking/behavior is crazy (What's wrong with you? You're crazy!)
- Personalizing mood/behaviors/choices (Why treat me like that-you hurt me/mad at you... Respect)
- Dismissing or minimizing experience (lying, hysterical, dramatic, etc....)
- It will 'get you' later...(forecasting failure, predicting doom)

"First do no harm"

Damaging experiences

- Verbal abuse or disrespect
- Physical abuse or sexual abuse/harassment
- Body image slanders or messages
- Restraint/seclusion, (long isolative 'grounding')
- Threats to family visit, home visit, phone call---loss of relationship
- Reminders of past failures or problems as a negative motivator vs. a learning opportunity

The Therapeutic Relationship and Demeanor

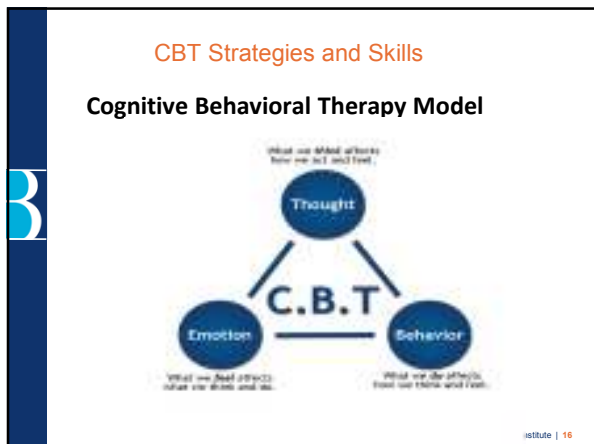
- Don't get engaged in a power struggle!
- Don't tell the youth what to do/lecture them, collaboratively decide on options (worst-case scenario: present a two-choice option; can add, "I'd really appreciate it if. . .")
- Empathize with anger/frustration while not sanctioning behavior (validation)
- Redirect to another topic (something they value or a recent event)
- Keep voice calm and non-judgmental in tone
- Praise positive behavior, honesty, and openness (especially about negative feedback)

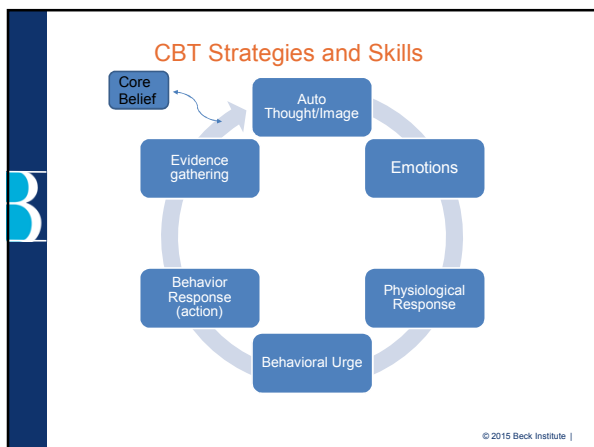
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Psychological "First Aid Kit"

- Use when distress becomes intense and youth have the desire to self-harm (NSSI)
- Consists of items to help them get through the urge to self-harm
- Items tend to be able to distract the youth by capturing the attention of the senses
 - Hearing: music
 - Vision: photographs, pictures, positive letters to read
 - Taste: candy, mints
 - Touch: soft/plush object, certain fabrics, ice
 - Smell: lotion, perfume, candy/mint
- TIP Skills: Temperature change- warm shower, ice; Intense exercise- jumping jacks, dancing; Progressive muscle relaxation (Can also use diaphragmatic breathing)

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- CBT Strategies and Skills
- ### **EMOTION REGULATION SKILLS**
- Emotion Identification**
- Emotions Charts
 - SPEED checks
- SPEED**
- SPEED Monitoring
 - SPEED Mapping
- Distress Management/ Tolerance**
- Mindfulness (living with the distress)
 - Self-Soothing (decreasing distress)
 - Grounding (staying connected)
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CBT Strategies and Skills

Thought Evaluation & Restructuring
 The 3 "C"s (thought catching, checking, changing)

Emotion Identification
 CBT Chat Forms
 The Triangle

Cognitive Distortions
 Thinking Traps
 Extreme / Hot Thoughts

Thought Evaluation
 Thought Records
 Testing your Thoughts
 Thought Replacement

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CBT Strategies and Skills

Behavioral Strategies

Behavioral Experiments and Action Plans
 Every week with review and follow up

Behavior Mastery/Choice
 Do the opposite and then rate outcomes

Problem Solving
 ITCH forms
 Coping Cards

Evidence Gathering
 Rating and teaching how to give feedback

Socratic Questioning
 Ask don't tell/curiosity/non judgement

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CBT Strategies and Skills

**Self-Perception of Excess
Energy & Distress**

Legend
 Good: (0-25) - Good functioning, low concern and get ahead with life
 Fair: (25-50) - Moderate concern, consider self-care
 Warning: (50-75) - High concern, take action to improve functioning
 Danger: (75-100) - High, and action to improve functioning is urgent

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CBT Strategies and Skills

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Evidence Based Practice Show & Tell

- Use of innovative tools and equipment
- Use of creative collaboration and internal change agents
- Use of NREPP for evidence based and evidence informed practice models
- Use of evidence based, gender appropriate, trauma informed curriculum
 - Beck Institute
 - Cognitive Therapy for Adolescents in the School Setting
 - Safer Society
 - Pathways for SOT
 - Stephanie Covington
 - Beyond Anger and Violence
 - Voices
 - Healing Trauma; Strategies for Abused Women

Thank You for Attending!!!

ENJOY YOUR DAY

HAVE A WONDERFUL TIME IN GRAND RAPIDS!!!!
