

Trauma Informed Prevention and Intervention of Domestic Sex Trafficking During COVID-19



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Agenda for Today

- Self Reflection
- Definitions
- Stages of exploitation
- Psychology of a trafficker
- Risk and vulnerability factors
- Gender-Based Violence
- Warning signs
- Treatment model
- COVID-19 and keeping youth safe



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Objectives

By the end of the training, you will:

- Understand the reality of human trafficking in an Ontario context and identify myths and misconceptions
- Examine the stages of commercial sexual exploitation
- Identify risk and vulnerability factors as well as sex trafficking warning signs/indicators
- Be introduced to the Stages of Change Intervention Model as it applies to sex trafficking



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Disclaimer

This subject matter may be triggering.
Please do what you need to take care of yourself.

Tips


- take breaks
- ask questions
- debrief afterwards
- etc.

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Self Reflection

Perceptions affect work with young people at risk

- **Current Understanding**
What is your current understanding of the term "domestic human trafficking"?
- **Feelings or Thoughts**
What types of feelings or thoughts does the term bring up for you?
- **Perceptions**
How do you think one's perceptions of trafficking might influence their ability to intervene with a young person who may be involved in trafficking or at risk of becoming involved?



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Through the Victim Quick Response Program (VQRP), survivors of human trafficking can access immediate funding (can take up to a few weeks) through any Victim Services

apply within 1 year after date of last incident

<https://www.victimservicesontario.ca/>

Expense Category	Expense Type
Safety	Window lock, door dead bolts, bars, peepholes, window coverings, window coverings, locks (see table 2 for breakdown) Cellular phone, activation, cellular minutes, VMT card, charging cables
Practical Assistance	Beds, mattresses Meals and groceries Accommodation Replacement of government documents Eye glasses and exams Aids for victims with disabilities Interpretation services Storage locker
Personal	Dental Tattoo removal
Travel and Related	Transportation to safe accommodation or for medical appointments, treatments/services Care for dependents and pets
Restoration	Crime scene cleanup Clothing removal
Counseling	Counseling Transportation associated with counseling
Risk/Injury Treatment	Traditional Indigenous Health Services Treatment at recovery facility

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Defining Domestic Human Trafficking

- Human Trafficking is the recruitment, transportation harbouring or controlling of persons for the purpose of exploiting those persons through forced labour or the sex industry

HOW TRAFFICKING BREAKS DOWN.



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Common Myths and Misconceptions

Gender


Domestic vs. International


Someone You Know


Not Kidnapped

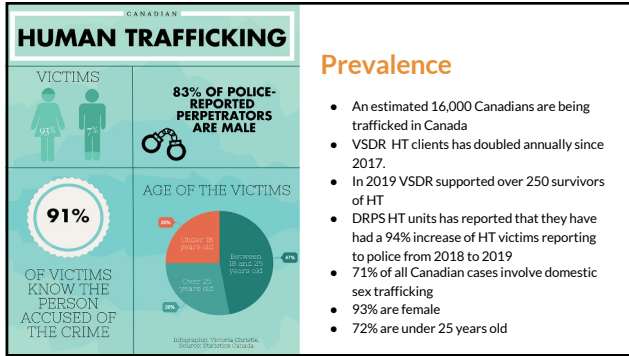

Drug Use


Physical Violence


Usually Not Locked Up


Sex Work ≠ Human Trafficking


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Women in the Role of Recruiter

- Self preservation
- Survival
- Reclaiming power
- Feels like an opportunity
- Important for us to see them as survivors of HT ourselves



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CASE STUDY/POLL

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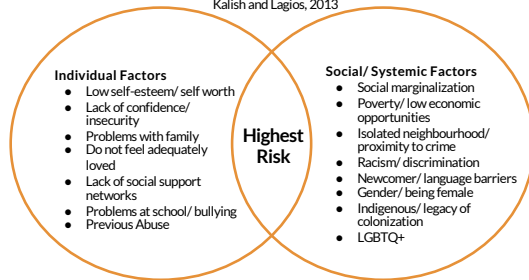
Where are Youth Recruited



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Risk and Vulnerability Factors

Kalish and Lagios, 2013



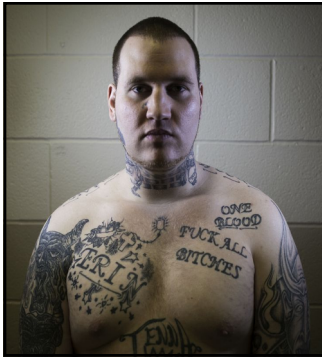
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The Pimp's Mindset

"You'll start to dress her, think for her, own her. If you and your victim are sexually active, slow it down. After sex, take her shopping for one item. Hair and/or nails is fine. She'll develop a feeling of accomplishment. The shopping after a month will be replaced by cash. The love making turns into raw sex. She'll start to crave the intimacy and be willing to get back into your good graces. After you have broken her spirit, she has no sense of self value. Now pimp, put a price tag on the item you have manufactured."



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Meet Matthew Deiaco

YouTube video to watch later
on the mindset of pimps:
<https://www.youtube.com/watch?v=VQhdHu55fhg>

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Warning Signs

- Language/vocabulary pertaining to trafficking
- Excessive primping
- Frequent relocation
- Neglecting healthcare needs
- Not in control on their own money – always owing people money
- Seems disoriented or isolated from the outside world, withdrawing from friends
- Secretive, very protective of privacy
- Signs of controlling or abusive relationship
- Always accompanied by someone who seems controlling
- Unexplained money: clothes, hair, jewelry
- No identification; documents taken away
- 2 phones or changing phone numbers often
- Signs of branding
- Exhibits behaviours including hyper-vigilance or paranoia

YouTube video on warning signs: <https://www.youtube.com/watch?v=TQEQoU3O2GM>

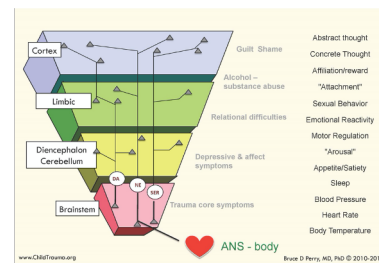
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Trauma and The Brain


- The brain develops in a sequential manner from the bottom up and from right hemisphere to left hemisphere
- While some degree of stress may be beneficial to the brain, trauma creates an ongoing threat that has profound influence on the developing brain and development in general
- it is important to recognize that the brain is at its most plastic during its first three years of development



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Ingredients for a Healthy Brain


- Consistency
- Predictability
- Nurturance & stability
- Enrichment

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A Healthy Brain



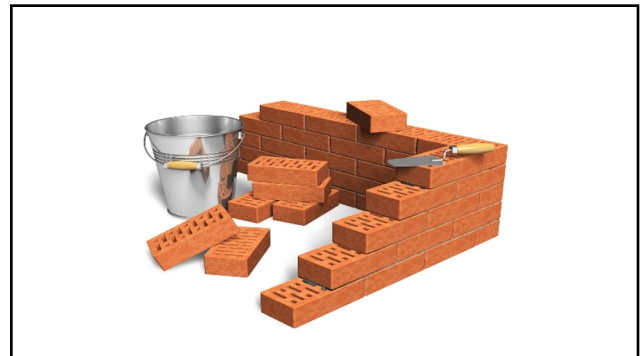
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Trauma & The Brain

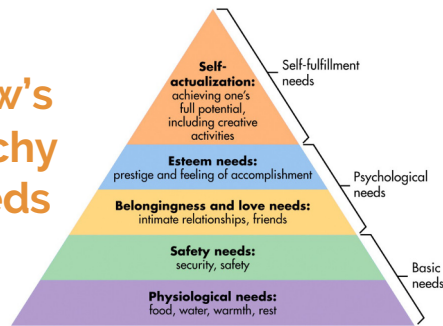
Chaos and/or Threats & instability & Trauma

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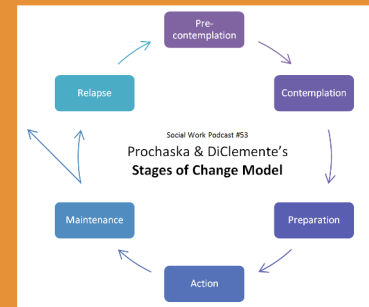
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Maslow's Hierarchy of Needs



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Stages of Change



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Stages of Change as Interventions

- **Pre-contemplation**- How to continue safely
- **Contemplation**- Explore pros/cons, what needs are being met?
- **Preparation**- Psycho-education re: cycle of exploitation
- **Action**- Process their narrative/attachment/historical trauma. Planning their preferred change
- **Maintenance**- Process temptations returning and strengths of leaving. Reconnection with trusted support system and goal planning

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CASE STUDY/POLL

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Engagement Techniques

- Listen
- Use open-ended questions
- Do not identify the client as "victim"
- Don't assume anything
- Be sensitive to asking too much too soon
- Try to spread talks over several sessions
- Be non-judgmental (watch facial expression and exclamation)
- Encourage own agency (when you're ready, can I help you..., etc..)
- Self designed safety plans: do you have anyone who you could call if you were in trouble? Are those numbers programmed into your phone?

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Key questions to keep in mind

- Are you being forced to do something you don't want to do?
- Could you leave if you wanted to?
- Do you get to have control over who you spend time with?
- Has anyone threatened you?
- Are you doing this because you were promised something in return?
- Do you get to keep the money?
- How many hours do you work a day?
- Who decides where you sleep, eat, wear?



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Resource

Tools for Change: The CIHS Toolkit

The Community Initiative for Health and Safety (CIHS) was a two-year project of Living in Community. Individuals with experience in sex work were hired to conduct research and consultation with affected communities to provide ideas, essential resources and strategies to address issues related to sex work and youth sexual exploitation.

Tools for Change: The CIHS Toolkit

- Understanding Sex Work
- Understanding Sexual Exploitation
- Tools for Sex Workers
- Tools for Residents and Businesses
- Tools for Families and Schools
- Tools for Customers
- Tools for Building Community
- Resources
- Contact Us

About This Site

This Sex Work Toolkit addresses community concerns about sex work and youth sexual exploitation in an inclusive and respectful way and seeks better outcomes for residents, businesses and sex workers.

About CIHS

Community Initiative for Health & Safety

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CONSENT IS:

CLEAR COHERENT WILLING ONGOING

<p>CLEAR Consent is active.</p> <p>It's expressed through words or actions that create mutually understandable permission.</p> <p>Consent is never implied, and the absence of a no is not a yes.</p> <p>Silence is NOT consent.</p> <p>"I'm not sure," "I don't know," "Maybe" and similar phrases are NOT consent.</p>	<p>COHERENT People incapacitated by drugs or alcohol cannot consent.</p> <p>Someone who cannot make rational, reasonable decisions because she or he lacks the capacity to understand the "who, what, when, where, why or how" of the situation cannot consent.</p> <p>People who are asleep or in another vulnerable position cannot consent.</p>	<p>WILLING Consent is never given under pressure.</p> <p>Consent is not obtained through psychological or emotional manipulation.</p> <p>Consent cannot be obtained through physical violence or threat.</p> <p>Someone in an unbalanced power situation (i.e. someone under your authority) cannot consent.</p>	<p>ONGOING Consent must be granted every time.</p> <p>Consent must be obtained at each step of physical intimacy. If someone consents to one sexual activity, she or he may or may not be willing to go further.</p>
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Helofit video on consent: <https://www.youtube.com/watch?v=lvJkGRAlaw0>

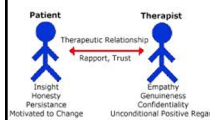
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Helpful Consent Videos

- But I Said Yes- Sexual Coercion & Consent:
 - <https://www.youtube.com/watch?v=SIKjv-HFGrM>
- Cycling Through Consent:
 - <https://www.youtube.com/watch?v=-JwIKjRaUaw>
- Tea and Consent:
 - <https://www.youtube.com/watch?v=pZwvrXVavvQ>

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Relational Trauma Therapy



- Psycho-education about cycle of exploitation and vulnerabilities
- Stabilization and reconnecting brain/mind to body
- Rebuilding self-esteem
- Removing shame and blame
- Lessening symptoms
- While all of this is happening we are creating a relationship = rebuilding a healthy brain

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Questions?

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Thank You!

To view more training, visit:
safeguards-training.net



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