

THE ROLE OF SURVIVOR MENTORSHIP IN RECOVERY FROM CSEC:

A SURVIVOR’S PERSPECTIVE

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What is the Project GOLD Drop-In-Center?

- Welcomes all sexually exploited girls, regardless of current residential placement
- Girls are empowered to find their strengths in a non-judging, healing environment.
- Youth Advocate always available to talk
- Group programming, Educational support
- Relax or study in a home-like setting

What is the Project GOLD Drop-In-Center?

- Open 10 am-7 pm weekdays
- 24/7 support
- Phone, text, snap-chat, etc.
- Food available; the Evening Supper
- Client-centered
- Client-informed
- Clients’ naming of Project GOLD
- Based on the GEMS Model

Addressing Survivor Needs

- Housing
- Food
- Education
- Clothing
- Job or income
- Transportation
- Health Education
- Mental Healthcare
- Medical & Dental
- Life Skills
- Legal Representation
- New Skills
- Counseling, Case Management
- Childcare and Parenting
- Leadership Opportunities
- Healthy Adult Relationships
- Safety Plan
- Acceptance

4 ▪ Life Skills

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Considerations when providing services

- The biggest challenge is engaging girls in services.
- Relationship between the staff and the client is key.
- Process is slow with success measured in small, incremental steps.
- Takes a coordinated, integrated set of services from the entire community
- Adaptation of the evidence-based practice for child trauma is needed to address the multiple layers of trauma trafficked youth have endured.
- Substance use – coerced or used for coping – needs to be addressed concurrently with trauma treatment.

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Project GOLD Services

- Assessment and Community Coordination
- Case Management
- Off-site Case Management
- Youth Advocacy
- Individual Survivor Mentoring
- Group Survivor Mentoring
- Individual Therapy
- Family Therapy
- Transportation
- Survivor Leadership



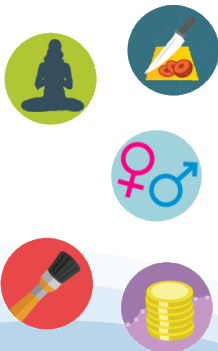
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Groups

- Cooking and Baking-Life Skills class
- Art Therapy (MOCA)
- “My Life” Group
- Life skills groups
- Survivor-led Group
- Poetry group
- Yoga and fitness classes
- Health and Sex Education

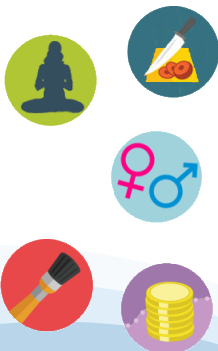


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Groups

- Journaling Group
- Nurturing Parenting Program
- My Life Group
- Educational Enrichment Group/Tutoring
- Group mentoring programs (Florida Grand Opera, Financial Group, Motivational Edge, University of Miami- Unchained Project)
- Community-led Educational and Recreational groups (Field Days)



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Advocacy / Case Management

- Advocacy for members is a major staple and engagement tool for Project GOLD
- Education
- Juvenile Justice system
- Law Enforcement
- FBI
- Courts
- Health/medical needs
- Services (entitlements, daycare, placements)
- Employment
- Recruiting community partners

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A Promising Practice: The WILL

- *Winning in Life and Leadership*
- Members challenged to have the (will) to change and make a difference in their lives and community.
- Assists Members in IDing their dreams, goals and a pathway for getting there
- Each Member IDs general Project GOLD program activities
- Each Member asked to set their own unique annual goals
- Includes identified criterion measures and methods of accomplishment
- WILL celebration - Every two months - Incentives awarded - (celebrating small WINS)
- Accomplishment of annual goals, such as internship at Kristi House (90 days, 10 hours per week)

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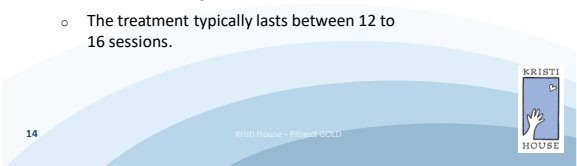
**Seeking Evidence-Based Treatment:
Clinical Interventions**

- Trauma-Focused Cognitive Behavioral Therapy
(TF-CBT)
- Trauma-Focused Cognitive Behavioral Therapy
(TF-CBT) *adaptation for CSEC, Judith Cohen, MD*
- Risk Reduction through Family Therapy
(RRFT) *Carla Danielson, Ph.D.*



What is TF-CBT?

- Therapeutic intervention designed to help children, adolescents, and their parents overcome the impact of traumatic events.
- Focus of Treatment
 - TF-CBT is provided to children from 3 to 18 years of age by a professional who has received training in TF-CBT.
 - The treatment typically lasts between 12 to 16 sessions.



Differences with TF-CBT CSEC Adaptation

- Safety component first
- Ways to handle run away episodes during session
- Understanding they may not perceive themselves as victims of exploitation
- How to address their narrative, considering their complex trauma



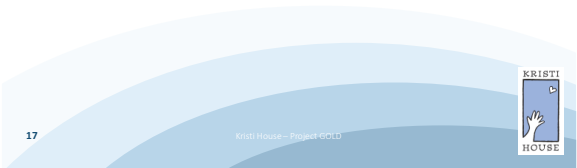
RRFT is NOT Intended for:

- RRFT is not appropriate for youth who have:
- No known trauma history
 - No clinically significant mental health issues related to traumatic event history
 - Severe cognitive disabilities, autism, or other problems that would make it impossible to participate in cognitive behavioral therapy
 - In general, youth with psychosis, acute mania, or safety concerns that warrant inpatient treatment should receive more intensive services to stabilize their symptoms before beginning RRFT



Client Measures for All Interventions

- Trauma- CRAFT Screens for substance use and symptoms of substance dependence or abuse
- UCLA PTSD Index DSM 5
- Youth Self Report & Child Behavior Checklist
- TSCC (Trauma Symptom Checklist for Children)



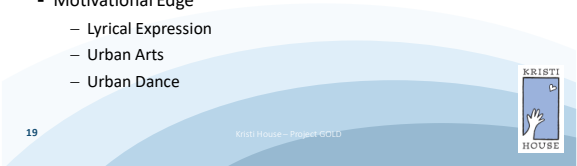
Mentoring to Connect to the Community

- Mix of individual volunteers, survivor leaders and community groups
- Provide group and individual mentoring to Project GOLD members
 - Involvement
 - Relating
 - Build Hope
 - Trust
 - Identity
 - Identify with
 - Instilling Hope
 - Pathways to Exit Exploitation
 - Building Social Support
 - Education
 - Career Choices
 - Career Development



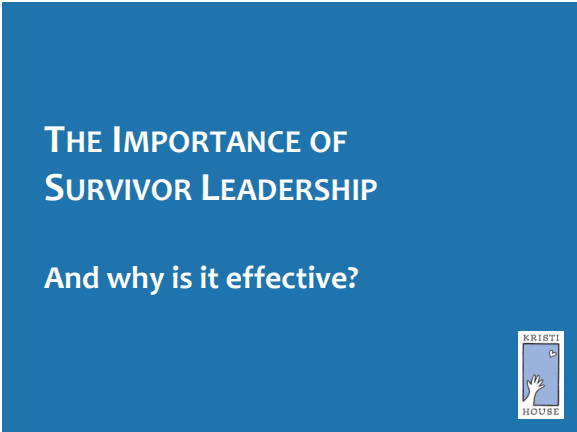
Mentoring to Connect to the Community

- Finance Education-Student Finance League-Regent's Bank
- Florida Grand Opera's *Cadenza* Project
- University of Miami – Unchained Project
- Educational Enrichment Program
 - Professional Academic Tutoring
- Motivational Edge
 - Lyrical Expression
 - Urban Arts
 - Urban Dance



THE IMPORTANCE OF
SURVIVOR LEADERSHIP

And why is it effective?











Trauma and Human Trafficking

Trauma

- Emotional shock that creates long term psychological damage
- Trauma can result from physical or psychological injury

Complex Trauma

- Results from prolonged or multiple traumatic events

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Post Traumatic Stress Disorder

PTSD

- A form of anxiety triggered by memories of a traumatic event

PTSD often affects

- Survivors of torture
- Refugees
- War zone survivors & soldiers
- Police & medical personnel
- Trafficking difference

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Trauma and Human Trafficking

PTSD Symptoms

- Nightmares & flashbacks
- Unexplained mood swings
- Anxiety & depression
- Dissociation
- Hypervigilance
- Distorted sense of "normal"

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Lack of Scope / Role Model

- If you don't know what possibilities exist, then how *can they* exist?

IMPOSSIBLE

I want to be successful

SUCCESS

EFFORT

oh no

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Coaching

Common roadblocks on the journey to healing and ways to move beyond them

Healthy habits to develop that help cultivate success

Breaking negative patterns

Tools to feel empowered and believe in oneself

Enhancing self-esteem & confidence

Building trust

Goal setting with accountability

Leading by example

Consistency & reliability

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Relatability

Wider Scope (Role Model)

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➔

Receptive to services

Open to trust

Apt to share

Empowered to strive

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Name: SMART Goal Date:

S pecific: 1) What am I going to do? 2) Why is this important to me? 3) What are the requirements? 4) How am I going to do it?	1) 2) 3) 4)
M easurable: 1) How will I know that I have reached my goal?	1)
A ttainable: 1) Can I see myself achieving this goal? 2) Can I break it down into manageable pieces?	1) 2) • • • • •
R ealistic: 1) Is the goal too difficult to reach? Too easy?	1)
T imeley: 1) What is my target date for reaching my goal?	1)



Step 1:	• • • • •
Step 2:	• • • • •
Step 3:	• • • • •
Step 4:	• • • • •



Name: SMART Goal Date:

S pecific: 1) What am I going to do? 2) Why is this important to me? 3) What are the requirements? 4) How am I going to do it?	1) I am going to get my Driver's Permit. • It is important to me because it gives me more independence/a sense of confidence & responsibility. • Studying, setting a date and time • Study efficiently, get the Permits Book
M easurable: 1) How will I know that I have reached my goal?	1) When I ^{finally} hold the Driver's Permits in my hand
A ttainable: 1) Can I see myself achieving this goal? 2) Can I break it down into manageable pieces?	1) Yes • Get the Book • Study the Book • Talk to my dad and see when he is available • Get a pass @ DMV that works when I can see him. Go to DMV after school • It's a challenge
R ealistic: 1) Is the goal too difficult to reach? Too easy?	
T imeley: 1) What is my target date for reaching my goal?	1) Monday April 16 th 2018



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Step 1:
Get Leann's
Practice Book

• Search online to see where I can
get the Book
• Talk to my dad about where the
Book can be purchased
• Talk to dad about purchasing Book
• Successfully purchase the Book

Step 2:
Study The Practice
Book

• Carve out a specific time to
study
• Add study schedule to calendar
• Follow the study schedule
• STUDY !!

Step 3:
Take a online
Test (Leann's permit)

• Google a online driver Practice test
• Take the Practice Test
• Review scores & study more on
incorrect questions

Step 4:
Talk to my
dad to see
when his
schedule is
open

• Talk to my dad to find a date and
time
• Set a appointment that works
with my dad's schedule
• Put appointment date on my calendar

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ADVOCACY

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G.R.A.C.E. Court

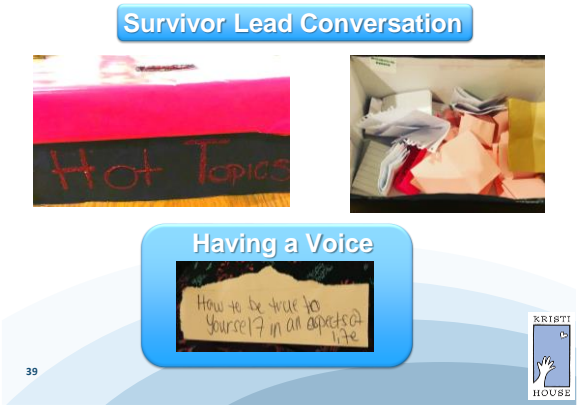
Growth Renewed through Acceptance,
Change and Empowerment

A specialized court devoted to the needs
of children who have been identified as
victims of commercial sexual exploitation
and labor trafficking

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What makes you happy?

I want to talk about why do people fake everything
(relationship and friendship)

How to work on relationships with mom & daughter

(Trust)

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I want to talk about upbringings and how with different upbringings come different reactions in situations

LOVE

Happiness

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Journaling Group

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A writing assignment about your positive qualities:

(written in third person)

Mia is the type of person that always says what's on her mind. Though being honest sometimes gets her in trouble, it makes her feel good inside because she knows she's never being fake or holding back. Mia is also one who is a very good and loyal friend to the few she calls friends; she is a great listening ear, a great supporter and one who defends her friends' name even when they aren't around. Another good quality about Mia is that she has very tough skin. A lot can be thrown her way at such a fast pace, and in such a little bit of time, and she will stick it out and overcome it. -Mia



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My name is Latoya and some people may see me as the spoiled little girl, but I have not always been that way. At age 5 I lost my grandma. Losing my grandma was the worst thing in life. When my grandmother passed away I lost my mom and my aunt. I spent nights looking after my 3-year-old sister when my mom was either too high or too drunk to watch both of us. At the age of 7, I remember my mom telling me "Latoya pack you and your sister a bag. We are moving." I didn't want to tell my mom I knew we were homeless because I was afraid she would hit me and my sister. I thought things couldn't get even worse, but I remember having to sleep in the car some nights or sleeping on some random guy's floor while my mom slept in the bed with him. When I was 12, my mom was in an abusive relationship with my brother's dad. One day he dropped a pot of hot water on my brother. We had to take him to the hospital. While we were there, they called DCF and DCF removed me and my siblings from the hospital. The next thing I knew, they put us in different cars and I didn't see them unless we had court days. Around January 3rd, the courts only allowed me to go back to my mom. When I was 13, me and my mom moved to Winchester, TN.

- At age 5 I lost my grandma
- At age 7 I was homeless
- At age 12 DCF removed me and my siblings
- At age 13 I was raped
- At 15 DCF removed me again
- Now at 16 my life is way better



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1) What is your existing story/reality?

My trauma, not being healed, picking the wrong guys... it all gets in the way of me being happy. Nobody loves me.

2) What is the NEW story/reality you can create for yourself?

I AM LOVE.

3) Steps to create and validate that story/reality.

Self Love:

- Love myself and feel more confident or show myself love.
- Take care of my body.
- Do things that make ME happy.

4) 3 things you are grateful for.

- I'm whole
- I'm not in the cemetery, jail or hospital bed.
- All the people in my life who want the best for me.

- A.P.



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1) What is your existing story/reality?

I am not enough.
I think I'm not good enough because when I was growing up a lot of things changed. I'm confused. I don't know what's going on.

2) What is the NEW story/reality you can create for yourself?

I AM GOOD ENOUGH.

3) Things that validate my new story/reality.

*I am good enough.
I am worth it.
I can do things that show I'm good enough.*

4) 3 things about you.

- I'm good enough.
- I'm honest sometimes.
- I'm loyal sometimes.

5) 3 things you are grateful for.

- Family
- My real friends
- Happiness and life



Dear Jen,

I see you. I know you. I love you. You are strong. You are smart. You are beautiful. You are brilliant. You don't have to be afraid anymore. Your fears will hinder you from greatness. You have a blessing waiting on you. Don't lose focus. Everything you dream about will be yours. Know it, don't hope it. That pain you still feel will be healed. Those doubting thoughts will cease. You are someone and you will be somebody. Let them talk, they don't know you. You and I have lots of work to do but slowly and surely it will get done. Your story does not define you. Be proud it made you wiser and stronger. No one can take that from you. It's yours. Let it be your motivation.

Love,
Jen



Dear Gina,

Wow! You came a long way. You went through the storms just to be able to see the light. A lot of days, I wanted to give up because I felt alone, depressed, ugly, but I realize that was all in my head. I am beautiful, loving, caring and intelligent. Do not stop expressing your feelings or thoughts, just know I see everything. You may not see it, but just know I am working with you, guiding you down the right track, and don't get discouraged- it doesn't stop here. Allow your past to be behind you; others are going to talk, but they don't know your story. Always remember to put me first and allow me to do the rest.

Love Me -Always.



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Where I'm from

I'm from multiple DCF cases, missing school and not having much to eat.

I'm from what goes on in my house, staying in my house. When people come over don't talk about what happened last night.

I'm from where you grow up with one mom and no friends.

I'm from the other side of the track where when people come, throw my ~~bag~~ bag they look away ~~from~~.

I'm from where you are the head of the house while at only 4. You have to cook and clean and are held up to high expectations.



IMPACT

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Survivor Mentor Bonding

Survivor Mentor Bonding

Parallel Trauma

Coaching from Experience

Navigator of Both Sides

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Today 4:15 PM

Hey I just wanted to say thank you. You are a blessing in my life for real girl. I thank god that he put you in my life and that you introduced me to what peace of mind is [REDACTED]. I know I can be a handful but I am a work in progress and I'm going to come out beautiful thanks to people like you I love you homie

iMessage
Tuesday 6:36 PM

Hey Bradel This [REDACTED] I'm going through a lot right now & your the first person I thought of just because I wanna talk to somebody & need help figuring my life out. Hope you can text me back.

Today 7:04 AM

Hey good morning Miss nuggets I was just thinking about you about something you had told me along time ago you told me to be present in the moment and live in the now and as I've tried to do that in the past and I'm starting to do it now I really see what the fuck you were telling me this feels a lot better than always thinking about what I'm not accomplishing and I want to thank you for always giving me good advice I love you have a good day!

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Considerations for a Survivor Mentor

Out of the life for a substantial enough time.

Gone through their own journey of healing.

Able to mentor without constant triggers.

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WORKPLACE HAZARDS

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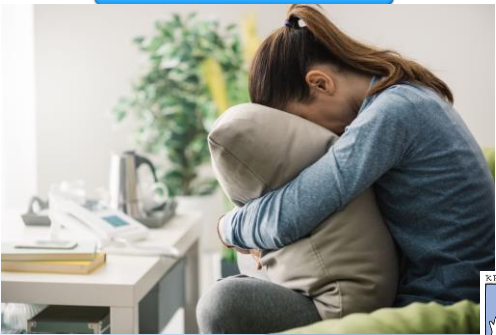


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Vicarious Trauma



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Supportive Components





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Pro Tip:
Not a Pony Show



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QUESTIONS?

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