"Among the most devastating mental health consequences for victims of crime can be the destruction of basic life assumptions: that one is safe from harm, one is a good and decent person, and that the world is meaningful and just. For victims of human trafficking, mental health problems can be compounded by the misconceptions about and limited understanding of the issue of human trafficking. Additionally, the lack of social support and stigmatization by friends, family, and social institutions can exacerbate victim’s mental health conditions."

- Office of Victims of Crime, 1998

Today's Agenda

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What is....

**Best Practice**
- Commonly used to "indicate what esteemed and highly regarded institutions or practitioners" (Proehl & Hoyt, 2012, p. 2).
- Does not imply practices are based in research or data.
- Often based in conventional wisdom or clinical observations.

**Evidence-Based Practice**
- Umbrella term which includes empirically supported relationships and evidence-based treatment.
- "Integrates all scientific evidence and clinical information that is used to guide and improve psychotherapy processes, interventions, therapeutic relationships, and outcomes" (Goodheart, Kazdin, & Sternberg, 2006, p. 3).
- Must be investigated using scientific methodology, consistently replicated, peer reviewed, and have implementation guidelines.

**Barriers**
- Lack of publications
  - Small sample sizes make generalizability difficult
- No oversight agency
- Non-standardized treatment approaches - multiple treatment approaches being used across the Nation, sometimes within same agency

"We can’t address issues of employment, life skills or anything else until we address the trauma. How can we expect someone to get a job when they can’t even get out of bed or are afraid to leave the shelter?"

- Case Manager
Obstacle - Complex Therapeutic Needs

- Limited availability & access to appropriate mental health services
- Many providers are unable to maintain the long term treatment survivors require
- Traditional therapeutic services are ill designed to meet the needs
- Mental health needs are complex
- Trauma is complex
- Shame is one of the greatest barriers for survivors

- Shame & stigma may lead survivors to conceal their HT involvement
- Trust is an obstacle in treatment especially with time limited services
  - Previous or current involvement with law enforcement or Child Welfare Services
  - Negative experiences with other providers
- Ensuring psychological safety of client post reprocessing/trauma work

Multiple General Needs

- Safety
- Food & Clothing
- Translation for International Victims
- Housing
- Legal Assistance
- Mental Health Care
- Physical Health Care
- Dental Care
- Psychiatric Care
- Education
- Job Training

- Employment Assistance
- Life Skills Training
- Spiritual Healing
- Substance Abuse Treatment
- Culturally Appropriate Services
- Gender Appropriate Services
- Transportation
- Long-Term Treatment Options
- Coordination of Services - Case Management
- Collaboration of Service Providers

Obstacles - Diverse Population Needs

- Diverse Population Needs
  - Mental Health - HT clients have varied MH needs (e.g. substance use, severe mental illness, complex trauma, personality disorders, eating disorders, self harm, etc.)
- Labor
- Sex
- Women
- Men
- LGBTQ
- Adults
- Minors
- International
- Domestic
Obstacles - Financial Need

- Limited financial resources impact client access to:
  - Childcare
  - Transportation
  - Mental Health and Medical Treatment
  - Legal services
  - Housing
  - Credit

- Financial Stressors can lead to:
  - Returning to the life
  - Substance use relapse
  - Overworking (i.e. multiple jobs, long hours)
  - Inability to save
  - Heavy reliance on public assistance or service providers
  - Compensatory behaviors

Obstacles - Limited Agency Resources

- Length of treatment - HT clients often require long term treatment which is not available through all agencies
- Financial /funding obstacles for agencies

- Location should be:
  - Safe, confidential spaces for treatment
  - Easily accessible to client
  - Meeting client transportation needs
  - Avoiding triggering areas if possible

Promising Trends

- Trauma-Informed Care Approaches
- Trauma-Specific Services
- Evidence-Based Treatment
Trauma-Informed Care

- Know the history of past and current abuse
- Understand the role of violence and victimization
- Use that knowledge to design service systems that accommodate the vulnerabilities of trauma survivors
- Deliver those services in a way that allows the survivor to participate in treatment
- Commit to providing services in a manner that is welcoming and appropriate to the special needs of trauma survivors

Trauma Specific Services

- Therapist understanding that trauma is a life defining event with a complex course which can profoundly shape a victim’s sense of self and others
- Understanding that the victim’s complaints, behaviors and symptoms are coping mechanisms and require use of relational approach to their solution
- The primary goals of services are empowerment and recovery (growth, mastery and efficacy)
- The service relationship is collaborative, with victim and provider having equally valuable knowledge

Evidence-Based Treatment

- Guided by the idea that scientific evidence should be assessed when determining and implementing treatment options
- Stresses the importance of grounding practice decisions in empirical evidence
- Due to the fairly new development of anti-human trafficking activities there is little evidence based research for treatment
- Pending sufficient evidence based HT specific research, treatments of mental health disorders experienced by survivors can be examined to provide a foundation of treatment
Evidence-Based Options for PTSD

- Cognitive Therapy
- Cognitive Behavioral Therapy
- EMDR

Evidence-Based Options for MDD

- Cognitive Behavioral Therapy
- Interpersonal Psychotherapy

Evidence-Based Options for Substance Related Disorders

- Cognitive Behavioral Therapy
- Motivational Enhancement
- Behavioral Therapy
- 12-step Facilitation
- Psychodynamic / Interpersonal Therapy
Prerequisites

• Establishing physical and psychological safety
• Trusting, long-term relationships
• Care coordinators or case managers
• Access to a range of trauma specific interventions

Other Promising Trends

• Group therapy to address skill development, affect regulation, interpersonal connections and competence and resiliency building
• Adjunct therapies such as yoga, art, music, journaling, poetry, body work, drama, outdoor physical activities
• Peer to peer counseling and support
• Alternatives to traditional therapy such as acupuncture, meditation,
• Comprehensive services models
• Office for Victims of Crime E-guide

Promising Trends Continued...

• San Diego’s Best Practice Standards
  • Anecdotal lessons learned from our programs
  • Standards set by San Diego HT/CSEC Council via Victim Services Subcommittee
  • San Diego collaboration of agencies, law enforcement, task force, legal entities, etc.
References


Behind Closed Doors:
Vulnerable Children Lured Into International Sex Tourism
by: Jo Anna Pollock
End Violence Against Women International
April 25, 2019

Children trafficked into:
• Orphanage
• School programs
• Church programs
• Tourism Industry

THIRD WORLD COUNTRIES:
• Orphanage
• School programs
• Church programs
• Tourism Industry
How does it happen?

Program Ran By or Visited By Sexual Predators

What makes it “international sex tourism?”

“A person who travels in interstate commerce or travels into the United States, or a citizen or an alien admitted for permanent residence in the United States who travels in foreign commerce, for the purpose of engaging in any illicit sexual conduct with another person shall be fined under this title or imprisoned….” 18 U.S.C. §2423(b).
INTERNATIONAL SEX TOURISM COUNTRIES

Caribbean
Central America
Far East

Case Study of International Sex Tourism

Convicted Pedophile
Douglas Perlitz

Representing Clients of Sex Tourism in Haiti
Survivors of International Sex Tourism
Polytraumatization

Intergenerational Trauma

How to best serve sex tourism survivors?

Trauma Informed Lawyering
Why Should We Take Interest in Human Trafficking?

- It’s the deprivation of human dignity - buying and selling people for sex or labor
- It’s the greatest civil rights violation known to humanity
- Domestic trafficking of US women and children is on the rise due to profit margin, and difficulty to detect along with internet factors

Domestic Human Trafficking

- 9.5 billion in US
- 600,000 to 800,000 trafficked annually
- Trafficking tied with the arms trade
- Fastest growing form of organized crime
  - Low risk/high reward
How Big is San Diego's Underground Sex Economy?

$810 Million

Oldest Profession

Myth

The pimp is a cultural icon, business man, and ultimate capitalist.

The prostitute is one by choice, leads a glamorous life in which she enjoys both her trade and the benefits of her trade.
Oldest Profession

Reality
The pimp is a criminal. He is exploiting women and girls in dangerous and violent ways.

The prostitute is often one by force and/or manipulation. Lured into the life and quickly too entrenched to escape.

Facebook Conversation Timeline:
V Contacted by Unknown Male

- Knows her living situation (where w/ who)
- Talks about his kids and personal life
- "Would you try doing massages at $100/hr? Let's make it happen together. Discuss choose up fee-it's about us being together, making it happen"
- "We're going to make $1,000/day. You can stay w/ me. The sooner we post an ad the better." Then sends pics of himself and flashy car / gives phone # and asks for text messages.
- Talks about hustling in Vegas / learns her age / using terms like 'boo' and 'honey'
- "Let's get money first and have a boy later" / V is interested in money / "let's get this money babe"
- $1,000 is good "start w/ massage. I'll post an ad. We can go back to Vegas also. I'll make sure you want for nothing. Money in ur pocket all the time. Team work babe"
Health Risks

- CSEC adolescents have:
  - Higher risk of HIV than adults
  - PTSD
  - Increased HPV risk (cervical cancer)
  - 12 x more likely for Pelvic Inflammatory Disease
  - 3 x more likely to get pregnant
  - 2x more likely to use drugs, get an STD or have uncontrolled asthma

HOTEL INDUSTRY

- Post- Backpage
- Increase in street activity
- Still leads to hotels/motels
- New Laws – posting/education
What To Do With Buyers

• How to stop the crime from the purchasing stand point

• Need to attack the demand side of the issue

COMBAT PLAN

Education  Detection
Prosecution  Prevention

“The only thing necessary for the triumph of evil is for good [people] to do nothing.”

Edmund Burke, English Philosopher
What is Human Trafficking

What it is

Human trafficking is the exploitation of another for purposes of commercial sex or labor. By means of force, fraud, or coercion or any commercial sex act of a minor (under 18) which is CSEC

Types:

➢ Sex Trafficking
➢ Labor Trafficking
➢ Organ Trafficking

Where it is happening

Why San Diego

Who are the victims

How San Diego is responding

What you can do
Forms of Commercial Sexual Exploitation of Children (CSEC)

➢ Child sex trafficking
➢ Child pornography
➢ Child sex tourism
➢ Child marriage

California is a magnet for CSEC. San Francisco, Los Angeles and San Diego are within the 13 High Intensity Child Prostitution areas identified by FBI.

Polaris Trafficking Heat Map

Why San Diego?
❖ Buyers: tourism, conventions and large military population
❖ Gang coordination
❖ Agriculture and hospitality industries create demand for labor trafficking
San Diego is a Human Trafficking Hub

Labor Trafficking
- Estimated 40,000
- 71% entered legally
- Often recruited in home country
- Education varies

Where are the Victims?
- Construction
- Laborers
- Janitorial
- Candy & Flower Sales
- Manufacturing
- Domestic Service
- Hospitality
- Agricultural
- Illicit Massage Businesses
- Health & Elder Care
Who is Vulnerable?

❖ Victims of poverty
❖ Refugees or immigrants on work visas
❖ Undocumented Immigrants
❖ Ethnic minorities
❖ Those with lack of education

Looking for Labor Trafficking Warning Signs

❖ Are they not being paid?
❖ Is their work different than what they were promised or told?
❖ Does anyone at work make them feel scared or unsafe?
❖ Did anyone at work harm or threaten to harm them?
❖ Do they feel they cannot leave their work or where live?

Sex Trafficking in San Diego

  ➢ 3,417 - 8,108 victims
  ➢ Average age of entry: 16
  ➢ 80% of victims U.S.
  ➢ $810 million
  ➢ Facilitators > $670,000/yr
Who is Vulnerable?
❖ Prior sexual abuse
❖ Orphans and foster kids
❖ Street kids/runaways
❖ Victims of poverty
❖ Widows/abandoned wives and children
❖ Those with lack of education
❖ Lack of self esteem
❖ Refugees/immigrants on work visas
❖ LGBTQ youth

One of the most vulnerable people in America: A 15 year-old runaway

Sex Trafficking Happens in Every Neighborhood

Map provided by “Gangs and Sex Trafficking in San Diego” Research Study
Where are the Sex Trafficking Victims Found and Recruited?

- Internet
- Schools
- Trolley Stations
- Parties
- Movie Theaters
- Concerts
- Shopping Malls
- Group Homes
- Bus Stops
- Churches

Looking for Sex Trafficking Warning Signs

- Change in friends
- Signs of abuse/emotional distress
- Under high surveillance at work or living locations
- Several women as tenants and frequent male visitors
- Expensive clothing/jewelry/electronics
- Branding/Tattoos
- Missing school or not attending activities previously interested in
- Inappropriate social media posts
- Changes in behavior; coming home late or running away

Who are the Traffickers?

16

17

18
Trafficker's Toolbox
❖ Debt bondage
❖ Lies and empty promises
❖ Violence/Threats to victims
❖ Violence/Threats to loved ones
❖ Severe emotional manipulation/brainwashing
❖ Shaming
❖ Control of money & movement
❖ Isolation from public, from family
❖ Confiscation of documents

Three most commonly used types of coercion (sex trafficking) as defined by the research study:

Grooming Techniques
Grooming: process by which someone with power manipulates a victim into sexual exploitation
➢ Boyfriend
➢ Isolation
➢ Drugs and alcohol
➢ Pornography
➢ Violence and threats
Sex Trafficker Typologies Facilitators:
➢ Boyfriend
➢ Protector
➢ Business Partner/Entrepreneur
➢ Vicious/Violent

Demand Fuels Exploitation
A day in San Diego: 66,000 potential responses to sex ads

Suspect Trafficking?
❖ If an emergency, call 911
❖ National Human Trafficking Hotline – to Get Help, Report a Tip, or Request Services (24/7):
  1-888-373-7888
❖ Text “HELP” or “INFO” to: BEFREE (233733)
❖ Under 18: Call Child Abuse Hotline: 800-344-6000
Learn More

- District Attorney: sdcda.org/preventing/human-trafficking
- Community Calendar and Info: abolishhumantrafficking.com
- International Resources: www.ijm.org
- International Labor Organization: www.ilo.org/forcedlabor
- Labor Trafficking: https://www.verite.org
- My Slavery Footprint: www.slaveryfootprint.org
- National Resource: https://polarisproject.org

What Can You Do?

- 10 seconds - add the National Human Trafficking Hotline in your phone’s contacts and carry list of warning signs
- 10 minutes - Use social media to spread awareness of the issue
- 1 hour - Attend a local event about human trafficking, support victims service providers financially, purchase ethically made goods
- 1 year + - Regularly volunteer with vulnerable youth, create a small group to focus on the issue in your community or church, become a foster parent

San Diego Advisory Council on Human Trafficking and CSEC
A collaborative effort to educate our community

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