Objectives

1. Define human trafficking and its subtypes
2. Identify how and where trafficking occurs
3. Identify red flags and correlated negative effects of trafficking
4. Become familiar with available resources
5. Review the Occupational Therapy Life Skills Program
Danielle’s Story, Survivor
WHAT IS HUMAN TRAFFICKING?
Human trafficking includes the recruitment, harboring, transportation, provision, or obtaining of a person for labor or other services, through the use of force, fraud, or coercion, for the purpose of subjection to involuntary servitude, debt bondage, or slavery.
Basic Definitions

1. Bonded Labor (Debt Bondage)
2. Forced Labor (Involuntary Servitude)
3. Child Labor
Federal Laws & Anti-Trafficking Efforts

• Trafficking Victims Protection Act (TVPA) of 2000
• Justice for Victims of Trafficking Act (JVTA) of 2015
• Preventing Sex Trafficking and Strengthening Families Act of 2014
The Facts

2,515 Incidents of Human Trafficking

- 87% Sex Trafficking
- 40% Child
- 47% Adult
- 13% Labor Trafficking

83% U.S. Citizens
Myths and Misconceptions

• Myth 1: Trafficked persons can only be foreign nationals or are only immigrants from other countries.

• Myth 2: Human trafficking is essentially a crime that must involve some form of travel, transportation, or movement across state or national borders.

• Myth 3: Human trafficking is another term for human smuggling.

• Myth 4: There must be elements of physical restraint, physical force, or physical bondage when identifying a human trafficking situation.

• Myth 5: Victims of human trafficking will immediately ask for help or assistance and will self-identify as a victim of a crime.
Myths and Misconceptions, cont.

• Myth 6: Human trafficking victims always come from situations of poverty or from small rural villages.

• Myth 7: Sex trafficking is the only form of human trafficking.

• Myth 8: Human trafficking only occurs in illegal underground industries.

• Myth 9: If the trafficked person consented to be in their initial situation or was informed about what type of labor involved, then it cannot be human trafficking because they “knew better.”

• Myth 10: Foreign national trafficking victims are always undocumented immigrants or here in this country illegally.
Negative Associated Experiences

- Celia Williamson (2010) interview survivors of child sex trafficking
  - 91% reported child abuse in their homes
  - 73% reported being raped
- Ward and Roe-Sepowitz (2009), prostitution exiting program
  - 75% sexual abuse
  - 70% physical abuse
  - 50% emotional abuse
  - 90% illegal drug use problem
  - 75% excessive alcohol consumption
  - 62% attempted suicide
Negative Impacts

- Post-Traumatic Stress Disorder (PTSD)
- Memory Disruption
- Trauma Bonding (i.e. Stockholm Syndrome)
- Other Mental Health Disorders
- Physical Impairments
How is this Possible?

• Coercion & power
• “At risk youth”
  • Online
  • Mall
  • Library
  • Bus stop
  • School
• False promises
• Kidnapping
• Fear, shame, guilt
• Addiction
### Where does trafficking occur?

#### Sex Trafficking
- Commercial-front brothels
- Hotel/motel
- Online exploitation
- Street-based
- Residential brothels
- Escort services
- Truck stops
- Hostess/strip club

#### Labor Trafficking
- Domestic work
- Traveling sales crews
- Restaurant/food service
- Agriculture
- Health and beauty
- Begging rings
- Retail/small businesses
- Landscaping
HUMAN TRAFFICKING & HEALTHCARE
Access to Medical Services

One study reported 87.8% of trafficking survivors reported accessing healthcare services during their trafficking situation.

“During the time I was on the streets I went to the hospital, urgent care clinics, women’s health clinics, and private doctors. No one ever asked me anything anytime I ever went to a clinic.”

-- Lauren, survivor
When do Victims Seek Medical Services?

- In an emergency
- After an Assault
- After a workplace injury
- Gynecological services
- Prenatal care
- Routine checkups
- Mental health services
- Addiction treatment
- Pre-existing conditions
- Health issues unrelated to trafficking
- As a parent of a patient
Red Flags – Physical

- Musculoskeletal and ergonomic injuries
- Malnutrition/dehydration
- Lack of routine preventative care
- Poor dental hygiene
- Untreated skin infections/inflammations
- Exposure to harmful chemicals/unsafe water
- Ophthalmology issues or vision complaints
- Somatization
- Signs of substance abuse
Red Flags – Emotional/Behavioral

- Anxiety/panic attacks
- Depressed mood
- Unexplained/conflicting stories
- Inability to make decisions independently
- Affect dysregulation/irritability
- Angry/aggressive with staff
- Fearful, anxious, depressed, submissive, tense, or nervous/paranoid
- Exhibits unusually fearful or anxious behavior towards law enforcement
- Avoids eye contact
Red Flags – Social

- Abnormally high number of sexual partners
- Early sexual initiation
- Pregnancy/abortion at young age
- Using language from “the life”
- Suspicious tattoos or branding
- History of running away
- Truancy/stop attending school
- Loss of sense of time
Red Flags – Lack of Control

• Has few or no personal possessions
• Pays in cash
• Is not in control of:
  • Money or financial records
  • Identification documents
• Not allowed or able to speak for themselves
• Not free to leave or come and go as he/she wishes
• Has false identity or travel documents
• Has limited or no social interaction
• Has limited contact with their families or others
Red Flags – Work/Living Environment

- Unpaid, paid very little, or paid only through tips
- Works excessively long and/or unusual hours
- Not allowed breaks or suffers unusual restrictions at work
- Owe a large debt and are unable to pay it off
- Recruited through false promises concerning the nature and conditions of work
- High security measures in work/living locations
- Inability to clarify where he/she is staying/address
- Lack of knowledge of what city he/she is in
- Unable to negotiate working conditions
Barriers to Self-Identification

- Shame or Guilt
- Fear of Retaliation By Trafficker
- Fear of Arrest or Deportation
- Lack of Transportation or Controlled Movement
- Fear of a Report to Social Services
- Lack of Understanding Healthcare System
Video: Blue Campaign

https://www.dhs.gov/blue-campaign/medical-clinic-video
What Should YOU Do?

Identify 1 or more trafficking indicators.

Meet primary health and safety needs.

Mandated reporting warranted OR the patient wishes to report.
Report to supervisor, law enforcement and NHTRC Hotline (1-888-3737-888)

Reporting not warranted AND the patient does not wish to report.
Provide referrals and contact the NHTRC Hotline (1-888-3737-888)
Victim-Centered Approach

FIVE STEPS:

1. Assess immediate danger
2. Speak in private and safe setting
3. Build trust and rapport
4. Provide education
5. Meet their basic needs

REMEMBER:

• Use appropriate language and terms
• Sensitive to power dynamics
• Avoid re-traumatizing
• Do not ask unnecessary information
Sample Questions

• Do you live on your own or with others?
• What is your form of income?
• Do you have to share that money with anyone?
• Do you feel safe at home and work?
• Do you feel that the things you need such as food and clothes are always available?
• Have you done any traveling recently?
• Do you have access to your personal documents such as driver’s license, passport, and finances?
## Coordinate Care with Other Providers

<table>
<thead>
<tr>
<th>Basic</th>
<th>Legal</th>
<th>Emotional &amp; Social</th>
<th>Safety &amp; Security</th>
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</thead>
<tbody>
<tr>
<td>Clothing &amp; Food</td>
<td>Immigration services</td>
<td>Crisis intervention</td>
<td>Safe space</td>
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<tr>
<td>Transportation</td>
<td>Child custody issues</td>
<td>Case management</td>
<td>Safety planning</td>
</tr>
<tr>
<td>Housing</td>
<td>Prosecution of trafficker</td>
<td>Social service advocacy</td>
<td>Emergency &amp; transitional shelter</td>
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<tr>
<td>Employment</td>
<td>Prostitution charges &amp; other offenses</td>
<td>Mental health care</td>
<td>Protective orders from traffickers</td>
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<tr>
<td>Medical care</td>
<td></td>
<td>Life skills &amp; job training</td>
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<tr>
<td>Testing for STI’s</td>
<td></td>
<td>Education</td>
<td></td>
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<tr>
<td>Interpretation services</td>
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<td>Contacting family</td>
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</table>
National Human Trafficking Resource Center

1-888-3737-888

CONFIDENTIAL | TOLL-FREE | 24/7
www.TraffickingResourceCenter.org

- National confidential crisis and tip line
- National resource and technical assistance center
- National referral and response network
- Trained call specialists
- Online form for anonymous tips
- Interpreters available
- Any information can be useful
Other Resources

- SOAR to Health and Wellness, U.S. Department of Health and Human Services
- HEAL Trafficking: Health Professional Education, Advocacy, and Linkage
- PATH: Physicians Against Trafficking in Humans
- Child Family Health International: Conversations in Global Health
- Child Sex Trafficking Webinar Series for Healthcare Professions, Children’s Healthcare of Atlanta
- Confronting Commercial Sexual Exploitation and Sex Trafficking of Minors in the U.S., Institute of Medicine/National Research Council Report
- Human Trafficking: Guidebook on Identification, Assessment, and Response in the Healthcare Setting, Massachusetts General and Massachusetts Medical Society
- The Role of the Nurse in Combatting Human Trafficking, Donna Sabella in the American Journal of Nursing
- Online educational modules for the healthcare professional on human trafficking, Christian Medical & Dental Associations
- Domesticshelters.org
- National Network to End Domestic Violence (NNEDV)
Anti-Trafficking Organizations in Michigan

Grand Rapids
- Wedgwood Christian Services’ Manasseh Project
  - Phone: (616) 942-2110
  - www.wedgwood.org

Flint
- YWCA of Greater Flint
  - Hotline: (810)238.7233; Phone: (810) 238.7621
  - www.ywca.org/flint

Utica
- Michigan Abolitionist Project
  - www.map-mi.org

Detroit (4)
- All Worthy of Love
  - Hotline: (313) 923-7477 (24/7); Phone: (313) 923-7477
  - www.allworthyoflove.org
- Alternatives for Girls
  - Hotline: (888) 234-3919 (24/7); Phone: (313) 361-4000
  - www.alternativesforgirls.org
- Freedom House – Detroit
  - Hotline: (313) 964-4320; Phone: (248) 508-2765
  - www.freedomhousedetroit.org
- Wayne County SAFE
  - Phone: (313) 964-9701
  - www.wcsafe.org

Dearborn Heights
- Vista Maria
  - Hotline: (313) 271-0305 ext. 360; Phone: (313) 271-3050
  - www.vistamaria.org

Romulus
- SOAP Metro Detroit
  - Phone: (734) 334-8055
  - www.traffickfree.com

Ann Arbor
- Human Trafficking Clinic, University of Michigan Law School
  - Phone: (734) 615-3600
  - www.law.umich.edu/humantrafficking

Warren
- The Alabaster Gift
  - Phone: (586) 453-7129
  - www.thealabastergift.org

Toledo, Oh (4)
- Advocates for Basic Legal Equality, Inc. (ABLE)
  - Hotline: (888) 534-1432; Phone: (419) 255-0814
  - www.ablelaw.org
- AO: Advocating Opportunity
  - Phone: (419) 318-9829
  - www.advocatingopportunity.com
- Rahab’s Heart
  - Hotline: (419) 690-3714; Phone: (419) 720-1146
  - www.thatneighborhoodfoudation.org/rahab-s-heart
- Trafficking Education Network
  - Phone: (202) 417-7193
  - www.traffickingeducation.com

South Bend, In
- YWCA North Central Indiana
  - Hotline: (866) 937-9922 (24/7); Phone: (574) 233-9491
  - www.ywccancin.org

Chesterton, In
- Duneland Abolitionists
  - Hotline: (219) 805-1720; Phone: (219) 929-5313

Marinette, WI (closest for UP)
- Rainbow House Domestic Abuse Services, Inc.
  - Hotline: (800) 956-6656; Phone: (715) 735-6656
  - www.therainbowhouse.us
OCCUPATIONAL THERAPY LIFE SKILLS PROGRAM (OTLSP)
Second Chance

- Toledo, Ohio
- Toledo Area Ministries
- Adolescent survivors
  - 12-17 years old
- Access to services

Photo: Mary Schmidbauer
Need for the Program

• Needs Assessment
  • 8 female adolescents
  • 7 Second Chance employees
  • 11 adult survivors of sex trafficking

• Survivors need services that are not readily available
• Not fully competent in making life decisions
• Lack general knowledge needed to live independent, safe, and successful lifestyles
Goal of the Program

The goal of the Occupational Therapy Life Skills Program (OTLSP) is to enhance person-centered life occupations in female adolescents affected by or at-risk for sex trafficking, sexual exploitation, and/or prostitution.
Program Objectives

1. Participants will identify their top 5 out of 14 life skills areas
2. Increased their Life Skills Assessment score by 20% or more in their 1st choice
3. Increased their Life Skills Assessment score by 20% or more in their 2nd choice
4. Increased their Life Skills Assessment score by 15% or more in their 3rd choice
5. Increased their Life Skills Assessment score by 15% or more in their 4th choice
6. Increased their Life Skills Assessment score by 15% or more in their 5th choice
7. Increased their overall Life Skills Assessment score by 20% or more
8. At least 80% of participating females will have less than a 5% decrease in their overall score on the Life Skills Assessment
## Life Skills Assessment

<table>
<thead>
<tr>
<th>Are the following statements like me?</th>
<th>NO</th>
<th>MOSTLY NO</th>
<th>SOMETHOWAT</th>
<th>MOSTLY YES</th>
<th>YES</th>
</tr>
</thead>
<tbody>
<tr>
<td>I know how to prevent myself from becoming pregnant.</td>
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<tr>
<td>I put myself on a budget with a weekly spending limit.</td>
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<tr>
<td>I know what to do if a fire were to start in the kitchen while cooking.</td>
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<tr>
<td>When planning my schedule I remember to include time for transportation.</td>
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<tr>
<td>I know how to develop a resume.</td>
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</tbody>
</table>
Programming

- Twice per week, 1.5 hours
- Held at Second Chance
- 13-week period (26 sessions total)
- Twice per year (spring and fall)
- Maximum of 10 participants
- Individual goals and progress monitored based on:
  - Occupational Profile
  - Life Skills Assessment
  - Program Evaluation
  - Daily Progress Notes
  - Discharge Summary
  - 3 Month Follow-up
Program Content Overview

1. Introduction
2. Beauty and Self-Esteem
3. **Self-Respect and Sexual Relationships**
4. Stress Relief and Recreational Interests
5. Exercise
6. Healthy Eating
7. Grocery Shopping
8. Cooking Occupation
9. Home Management
10. Time Management and Organizational Skills
11. **Money Management and Budgeting**
12. Accounts and Community Resources
13. **Vocational Skills**
14. College Preparation
15. Future Planning and Goal Setting
16. Take Action!
17. Social Relationships: Communication
18. Social Relationships: Conflict Resolution
19. Social Relationships: Trust and Forgiveness
20. **Life Choices**
21. Red Flags
22. **Drugs and Alcohol**
23. Craft Day
24. Social Hour
25. Giving Back
26. **Graduation Day**
Implications For Occupational Therapy

• Human trafficking is the most pressing human rights issue of our time

• Be aware of the red flags and how to respond

• NHTRC Hotline: 1-888-3737-888

• Occupational therapist can assist these individuals in living successful, independent, and healthy lifestyles
References


References, cont.

Suggestions for Additional Reading (Books)

- A Crime So Monstrous, E. Benjamin Skinner: A journalist reports back on modern day slavery from locales around the world
- Disposable People, Kevin Bales: Pioneering study done on human trafficking in the global economy
- Ending Slavery, Kevin Bales: A practical call to arms to join the budding abolitionist movement
- Half the Sky: Turning Oppression into Opportunity for Women Worldwide, Nicholas D. Kristof and Sheryl WuDunn: Treatise on human trafficking and the importance of investing in women’s health and autonomy worldwide
- Little Princes, Conor Grennan: The story of one man’s promise to bring home child survivors of human trafficking in Nepal
- Not For Sale, David Batstone: The story of modern day abolitionists and the global movement to end slavery
- Slave: My True Story, Mende Nazer and Damien Lewis : Biography of Nazer’s kidnapping and enslavement in Khartoum
- Slavery Today, Kevin Bales and Becky Cornell: A primer on the full range of issues related to human trafficking around the world
- Slavery Today, Ronald D. Lankford, Jr.: A compilation of anti-trafficking articles aimed at young adults
QUESTIONS OR COMMENTS?

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cpoupard@med.umich.edu
Model of Practice

Gail S. Fidler’s Life-Style Performance Model of Practice

• Achieve personal identity

• Know one’s self as a contributing member of society

• Confirm one’s self as an acceptable human

• Intrinsic motivation, individual interests, capacities, and customary patterns of daily living

• Client-centered life style balance between the individual and the environment
Budgeting

Personnel

Occupational Therapist
- 8 hours for 16 weeks, biannually
- $35.49 per hour
- ~$9,000 annually

Staff Member
- 6 hours for 13 weeks, biannually
- $10.20 per hour
- ~$1,600 annually

Total $10,676 annually

Supply and Equipment

- Free of cost items
- In-kind contributions
- Other supply and equipment
- ~$1,100 per program rotation

Total $2,194 annually

Grand Total of the OTLSP:
$6,435.46 per program rotation or $12,870 per year
Marketing and Recruitment

- Current members of Second Chance
- Invite friends and family
- Referrals from outside organizations
- Outreach efforts
Funding

Toledo Community Foundation, Inc.

• Public charitable organization created to enrich the quality of life

• Interest in providing seed money for new programs designed to meet emerging community needs

• Emphasis is placed on programs that will:

  (a) Create safe, positive living environments

  (b) Enable families to develop the skills/resources needed to support and nurture each member

  (c) Foster the development of responsible young people who are capable of achieving their fullest potential
Staffing

- Occupational Therapist
  - Licensed in Ohio and nationally registered
  - Responsible for being at Second Chance 2 days per week
  - Work on average 8-10 hours per week

- Second Chance Staff Member
  - Currently employed at Second Chance
  - Work 6 hours per week directly with OTLSP