

National Human Trafficking
Prevention Month
14 January 2025

Connection & Compassion

Trauma-Informed Care with Youth & Survivors of Trafficking

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HI Dept of Health | Child & Adolescent Mental Health Division





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Terms**

02

**Trauma-Informed
Care**

03

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04

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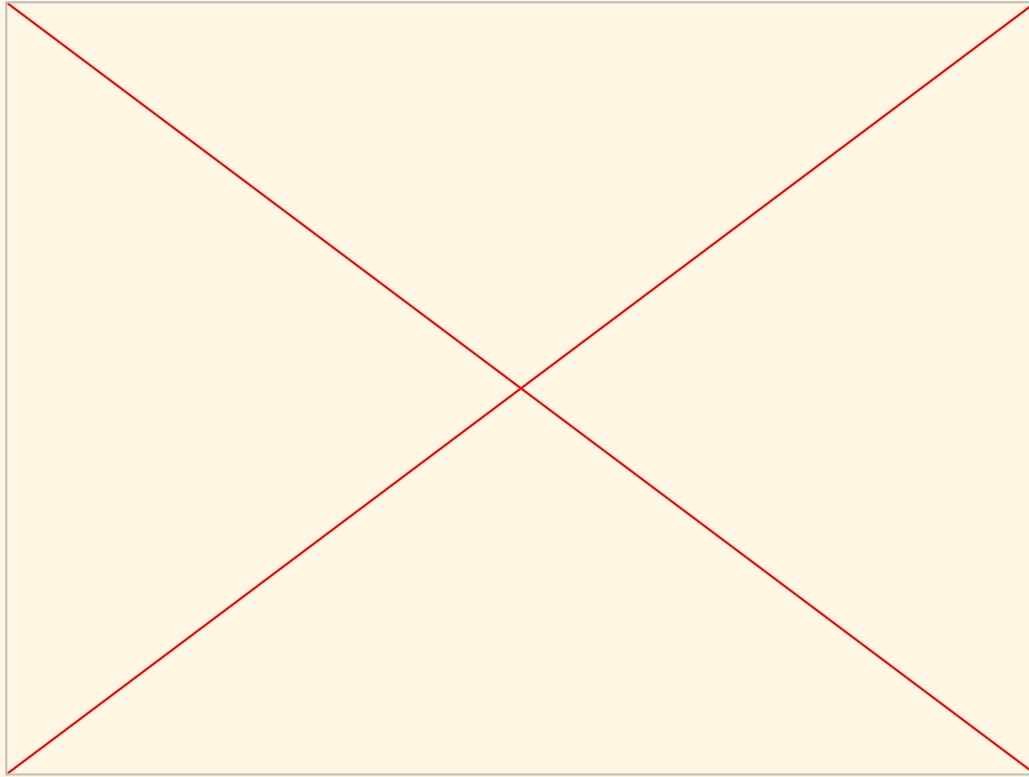




01

Defining Terms

Defining Human Trafficking



[Blue Campaign]



Defining Trauma

Individual trauma results from an **event**, series of **events**, or set of circumstances that is **experienced** by an individual as **physically or emotionally harmful or life threatening** and that has **lasting adverse effects** on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

Defining Trauma

“... trauma is **not** a disorder but **a reaction to a kind of wound**. It is a reaction to profoundly injurious events and situations in the real world, and indeed a world in which people are routinely wounded.”

Bonnie Burstow



“Trauma is not what happens to you, but **what happens inside you as a result of what happened to you.**”

Gabor Maté

“response to **anything overwhelming** that **lives in the body**”

Dr. Resmaa Menakem, Somatic Abolitionist
& author of *My Grandmother's Hands*





Defining Trauma

the **aftereffects** of living through a **distressing, disturbing, and/or potentially life-threatening** situation

(not only for yourself, but for **those who came before you**—e.g., intergenerational trauma, historical trauma)

Types of Trauma

Type I:

Single-Incident Trauma

- One-time or short-term event
- Sudden and/or unexpected
- May be impersonal or interpersonal
- Examples:
 - Accidents
 - Single incident of abuse
 - Witnessing a violent act
 - Natural disaster*

NOTE: These types are currently **NOT** distinguished in our diagnostic guidelines (the DSM).

Type II:

Repetitive & Complex Trauma

- On-going maltreatment
 - aka: *cumulative trauma*
 - aka: *polyvictimization*
- All are interpersonal
 - “attack-ment”
- Intentional acts or failure to act by others
- Examples:
 - Ongoing abuse
 - Oppression
 - Domestic violence
 - Community danger/violence
- Children are more likely to be victims

Types of Trauma

Posttraumatic Stress Disorder

Historically

- Combat related
- Adult-focused
- Single incident

Now

- Definition of trauma = more inclusive
- More recognition of differences for kids
- 4 (prior: 3) symptom categories

Symptom clusters

- Re-experiencing
- Avoidance
- Negative Cognition and Mood
- Arousal

VS

Complex Trauma

Repeated exposure to traumatic events that are personal in nature

Symptoms are adaptive responses to trauma become maladaptive

Symptom Clusters

- Attachment and Relationship Problems
- Impaired Self-Concept, Belief System, & Future Orientation
- Emotional and Behavioral Dysregulation
- Dissociation
- Physical health problems
- Cognitive Problems

Adverse Childhood Experiences

aka ACEs



ABUSE



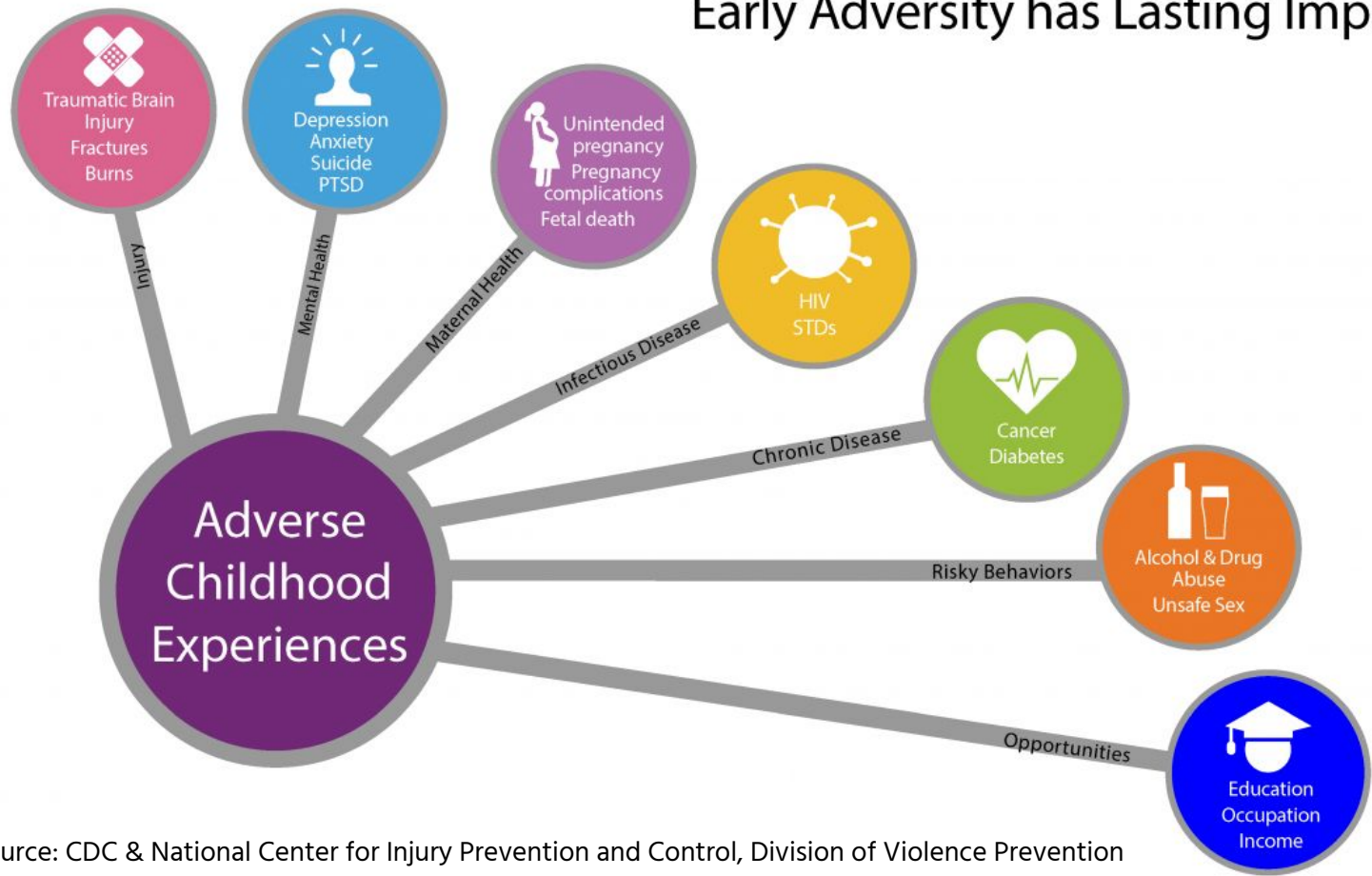
NEGLECT



**HOUSEHOLD
CHALLENGES**



Early Adversity has Lasting Impacts



source: CDC & National Center for Injury Prevention and Control, Division of Violence Prevention

ACEs: Abuse



Emotional abuse

A parent or other adult in your home ever swore at you, insulted you, or put you down



Physical abuse

A parent or other adult in your home ever hit, beat, kicked or physically hurt you



Sexual abuse

An adult or person at least 5 years older ever touched you in a sexual way, tried to make you touch their body in a sexual way, or tried to have sex with you

ACEs: Neglect



Emotional neglect

An adult in the household never or very seldom made you feel safe and protected



Physical neglect

An adult in the household never or very seldom tried hard to make sure your basic needs were met

ACEs: Household Challenges



Intimate partner violence

Parents or adults in home ever slapped, hit, kicked, punched or beat each other up



Substance use in the household

A household member was a problem drinker, alcoholic, used street drugs, abused prescription medications



Mental illness in the household

A household member was mentally ill or attempted suicide



Parental separation or divorce

Caregivers or parental figures were ever separated or divorced



Incarcerated household member

A household member went to prison

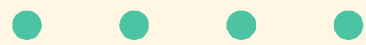




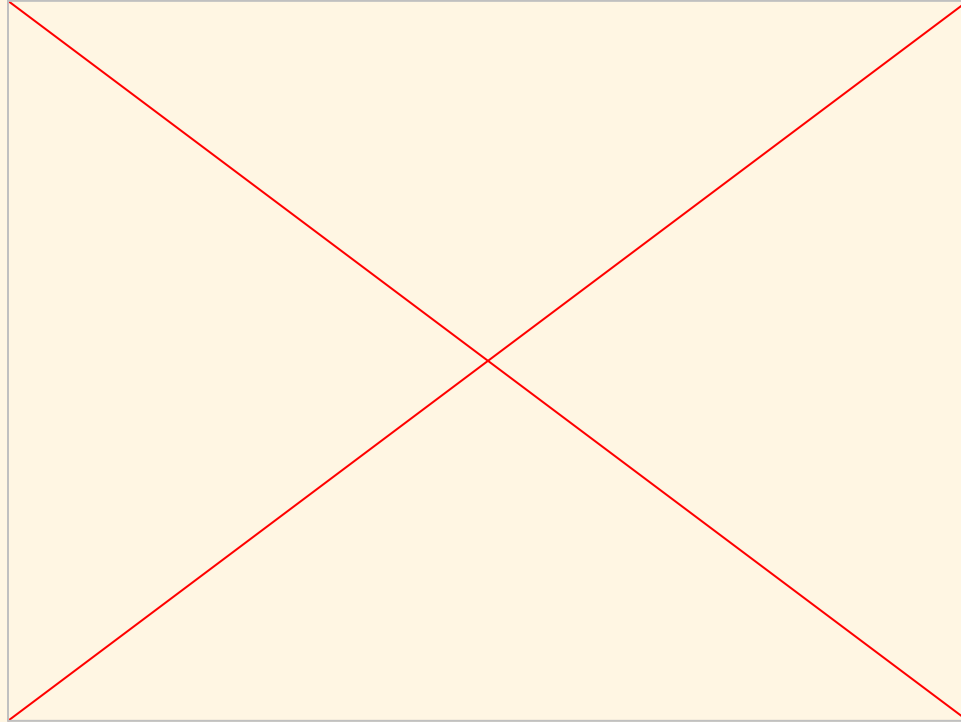
Why isn't human trafficking on the list of ACEs?

- List includes the *most common* ACEs
- Human trafficking almost certainly involves *multiple* ACEs (e.g., types of abuse or neglect, more likely for youth with household challenges)

Bottom line: There is no question that human trafficking at any age is a significant trauma. If it happens in a person's early life, it is also an ACE.



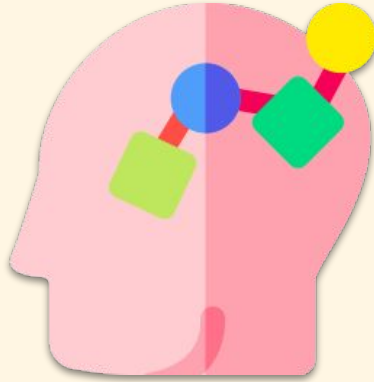
Youth & Human Trafficking



[Blue Campaign]

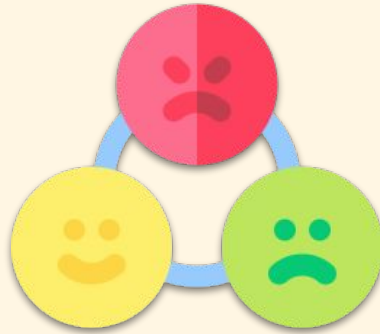
What Trauma Can Affect: Internal

Memories



Flashbacks
Nightmares
Uncontrollable

Emotions



Fearful; jumpy
Looking for danger
Dysregulated

Thoughts



I'm a bad person
World = Unsafe
Cannot trust anyone

What Trauma Can Affect: External

With those difficult thoughts & feelings in response to trauma, it makes sense that behaviors will follow.



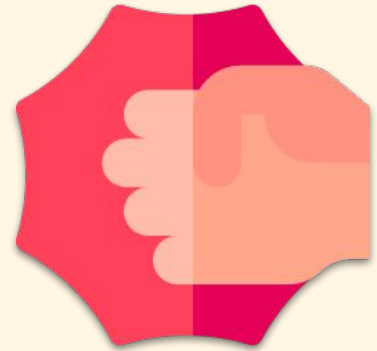
Family strain
Lack of trust



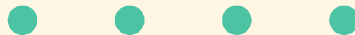
Overreacting
Risky Behaviors



Underreacting
Feeling distant

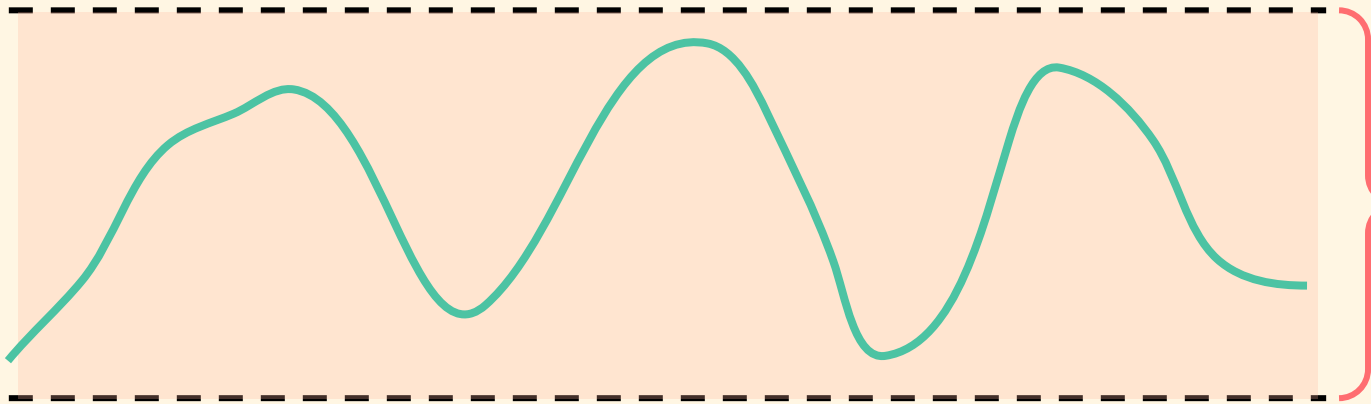


Aggression
Dysregulation

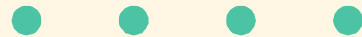


Trauma in the Body

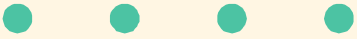
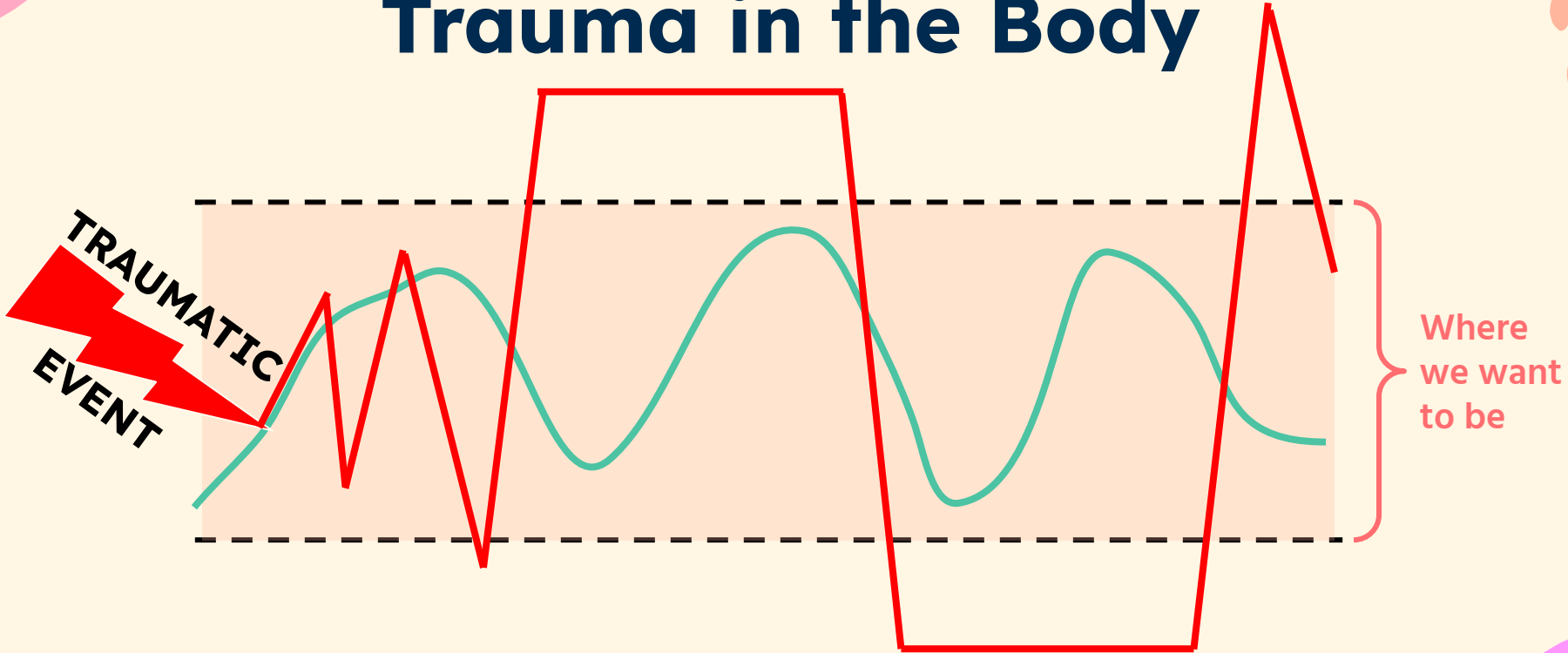
Typical
flow of
alertness
& energy
in a day



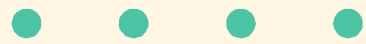
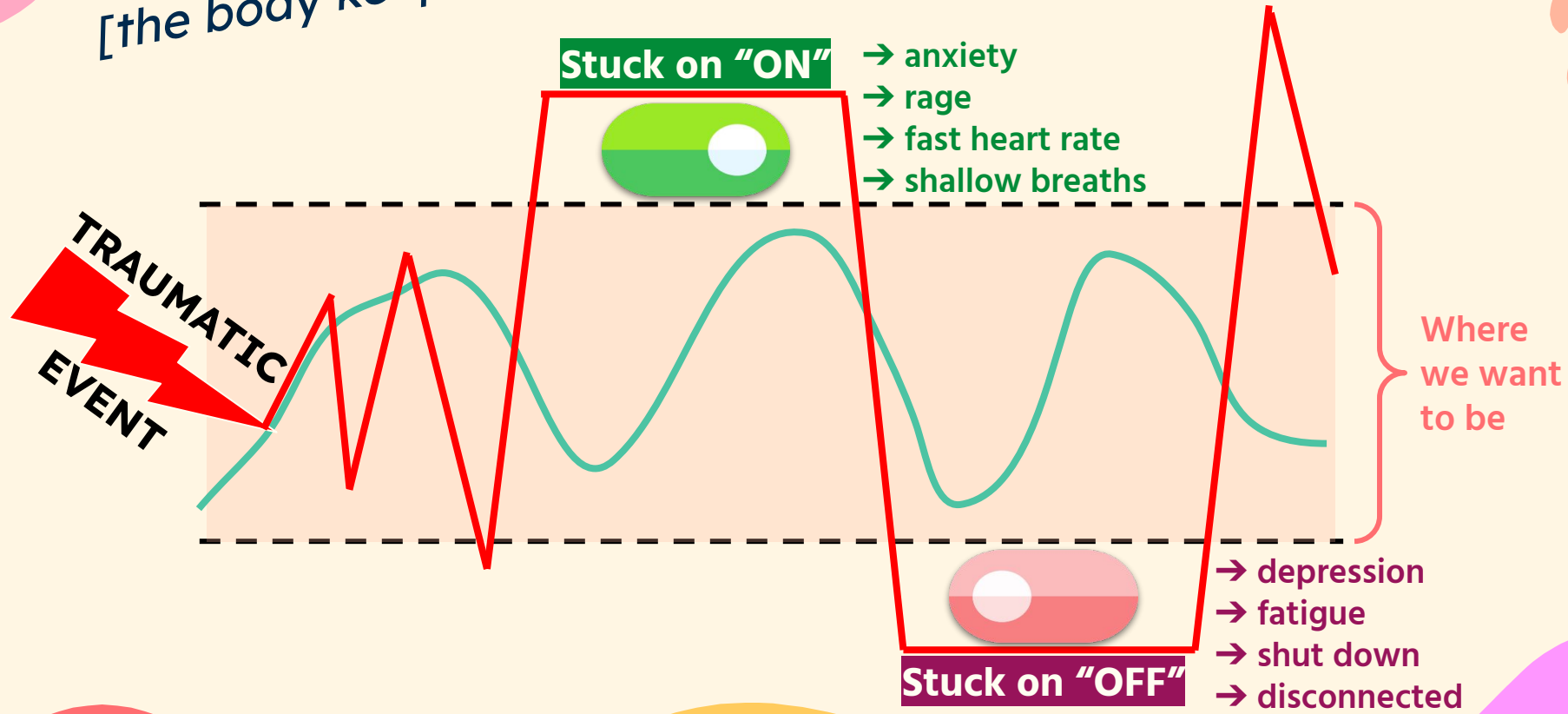
Where
we want
to be

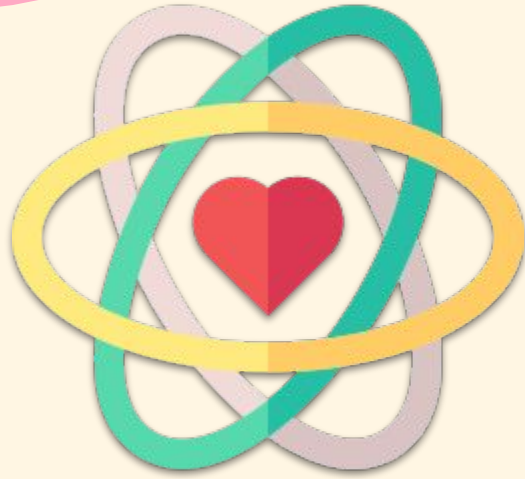


Trauma in the Body



[the body keeps the score]

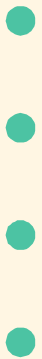




02 Trauma-Informed Care

The background features a light cream color with vibrant, abstract shapes in shades of pink, yellow, and orange. There are also stylized floral and leaf motifs in green and orange. The text is centered and written in a bold, dark blue font.

**Why should we
care about this?**



Importance

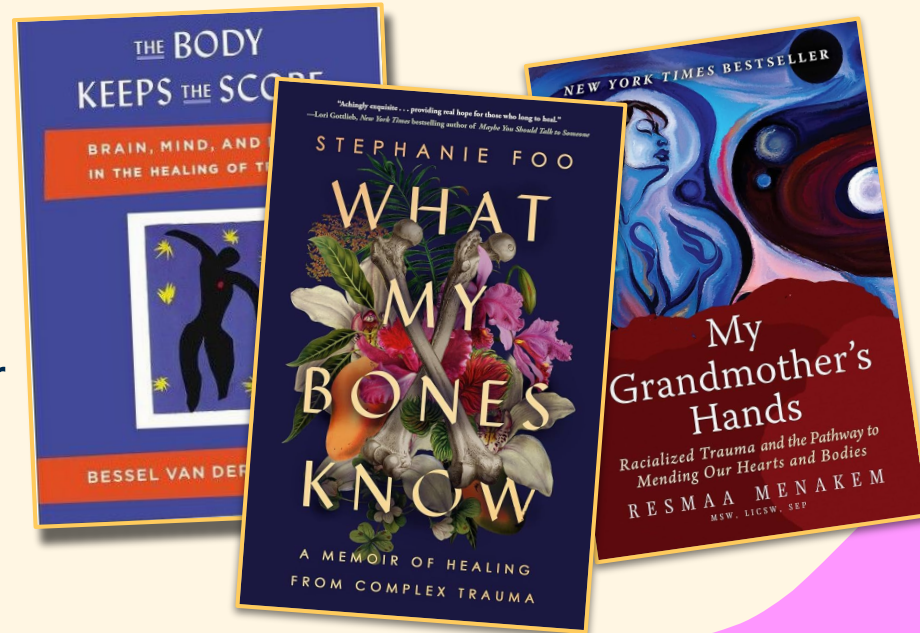
Folx who experience trauma & DON'T receive treatment have worse outcomes throughout life, even after the trauma ends.

The body remembers trauma, even when the brain wants to forget.

Trauma disproportionately affects folx with minoritized identities.

We must pay attention & do better for

- **EQUITY/SOCIAL JUSTICE**
- **ETHICAL IMPERATIVES**
- **BEST PRACTICE**



Extra Importance

Just like trauma in general, individuals with minoritized identities are disproportionately forced into human trafficking.



[National Network for Youth]

The proportion of youth experiencing homelessness is especially high.

- Lack of basic needs
- Trying to survive
- Higher rates for LGBTQ+ youth & youth in foster care

Healing After Trauma



lovely straight line of progress

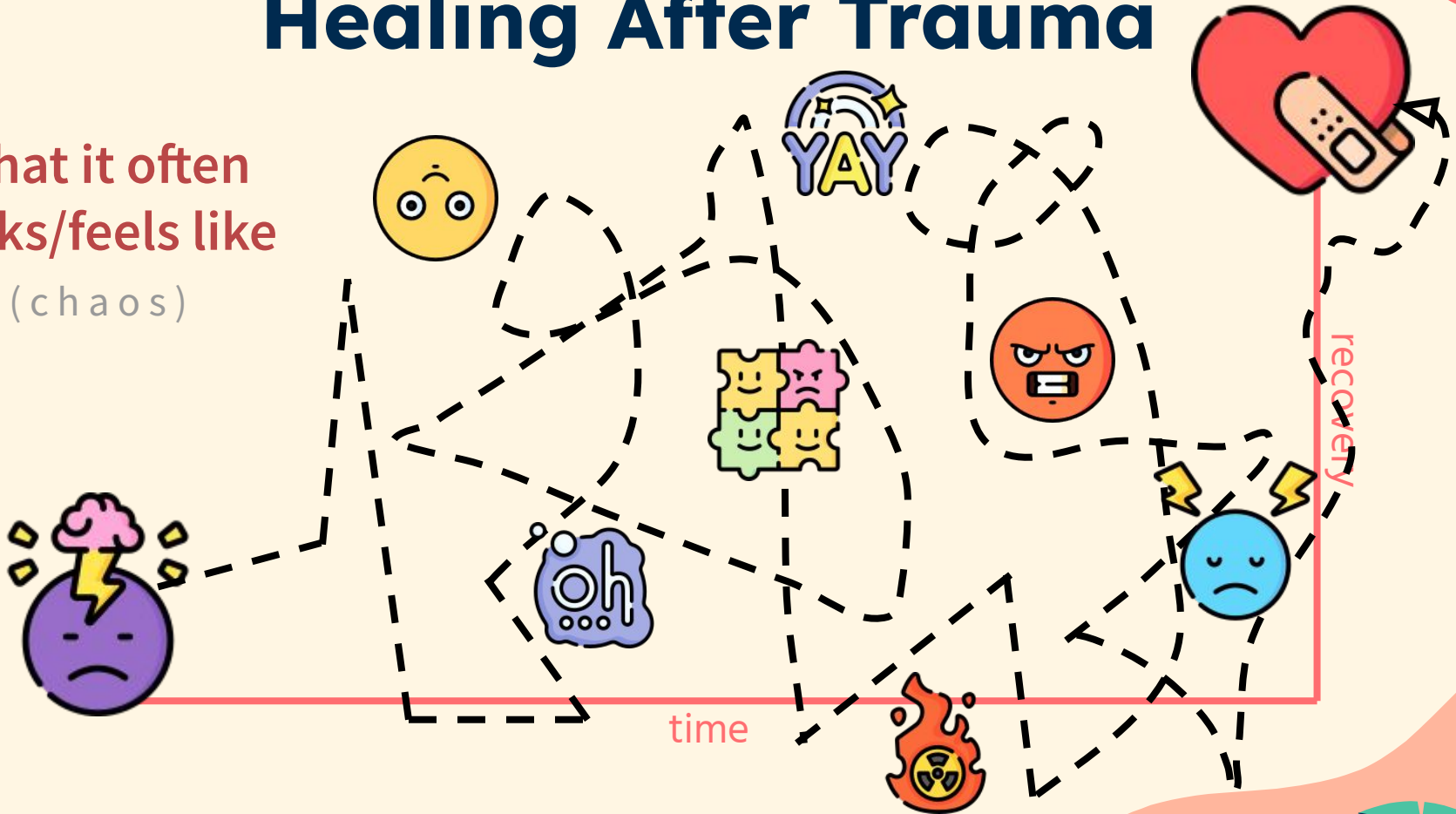
What we wished it
looked/felt like

recovery

time

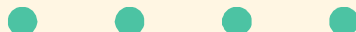
Healing After Trauma

What it often
looks/feels like
(chaos)





**What does
trauma-informed care
mean?**



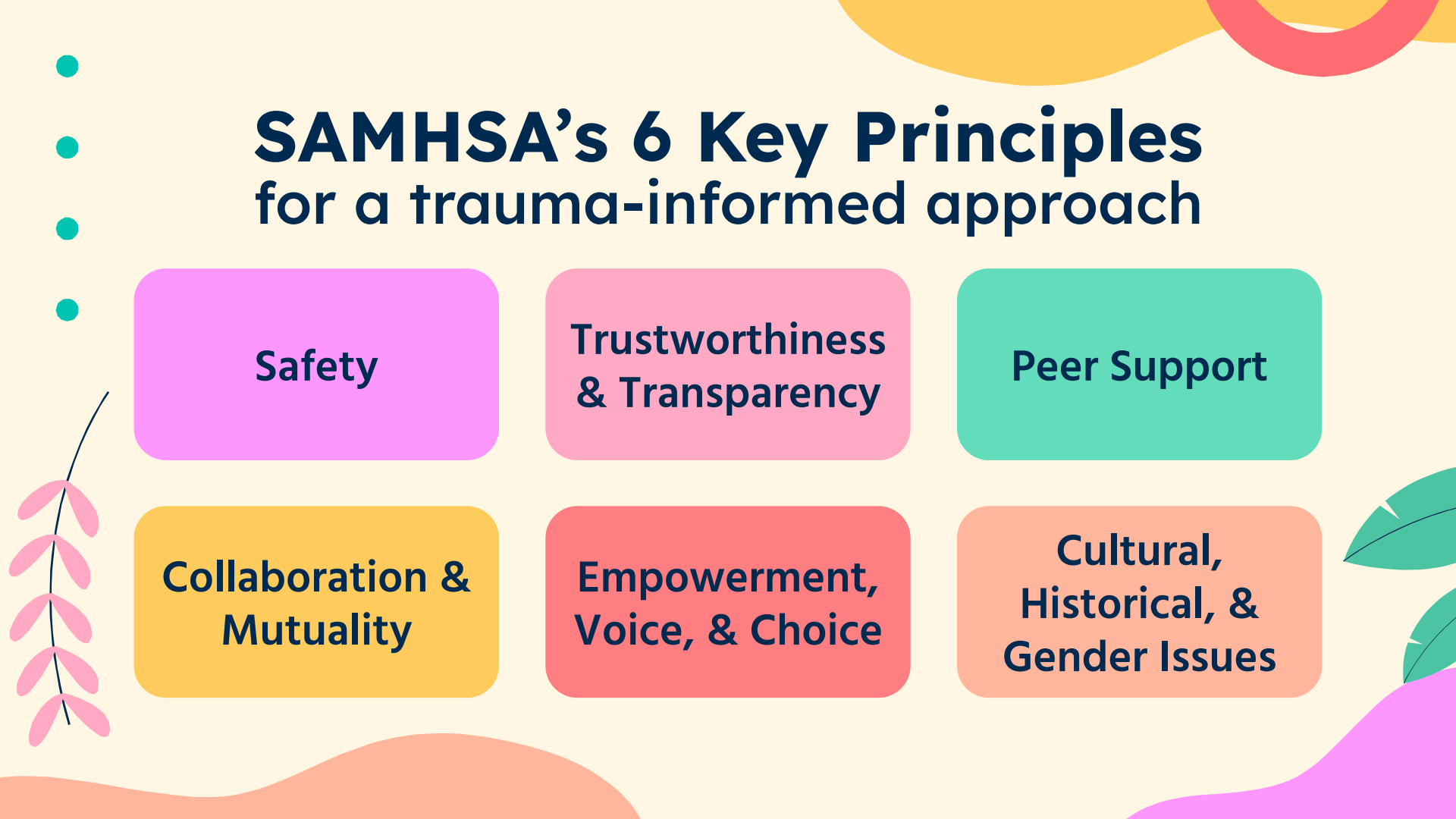
Defining *Trauma-Informed & Responsive*

an approach to understanding, recognizing, respecting, & responding to the pervasive & widespread impacts of trauma on **our ability to connect** with ourselves and others, our place & the elements around us, & our ways of being

embedded within

- ★ landscape of community that draws on strength & resilience
- ★ avoidance of intentional or inadvertent re-traumatization
- ★ systems & structures that ensure & embrace safety, choice, cultural respect, collaboration, etc.

[HI Trauma-Informed Care Task Force Recommendations Report, 2023]



SAMHSA's 6 Key Principles for a trauma-informed approach

Safety

**Trustworthiness
& Transparency**

Peer Support

**Collaboration &
Mutuality**

**Empowerment,
Voice, & Choice**

**Cultural,
Historical, &
Gender Issues**

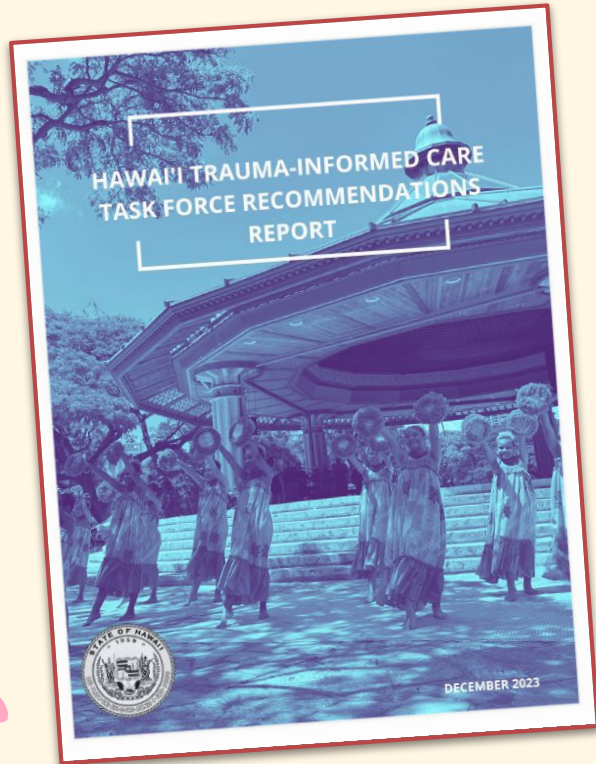


***Imagine
others
complexly .***

- John Green -



HI is a Trauma-Informed State



High-Level Objective

To ensure the people—who call Hawai‘i home—are enabled with the means necessary to promote healthier physical, emotional, and social outcomes: the State of Hawai‘i must embrace a shift that cultivates shared understanding of trauma and the benefits of incorporating trauma-informed practices, policies, programs, and processes.

[HI Trauma-Informed Care Task Force Recommendations Report, 2023]



03

Trauma-Informed Practices & Trafficking

Trauma-Informed Practices

SAFETY



Ensuring physical & emotional safety

Common areas are welcoming; privacy is respected

TRUSTWORTHINESS



Task clarity, consistency, & interpersonal boundaries

Communicate well; respectful & professional boundaries are maintained

CHOICE



DEFINITIONS

Person has agency, choice, & control

PRINCIPLES IN PRACTICE

Provide client(s) with clear & appropriate info about their rights & responsibilities

EMPOWERMENT



Prioritizing empowerment & skill building

Consistently cultivate an atmosphere that is validating & affirming to the client(s)

COLLABORATION



Sharing power & making decisions with the family

Client(s) are given a significant, meaningful role in planning & evaluation services

Trauma-Responsive Service in HI

continually strives for wellness & resilience by:

- recognizing the impact of past & current trauma
- including prevention & support in the healing from the negative impacts of trauma *without* re-traumatization
- fostering cultural safety & equity by addressing inherent power imbalances
- approaching all interactions with cultural humility to develop & maintain respectful relationships

“to achieve maui ola (optimal health & wellbeing)”

[HI Trauma-Informed Care Task Force Recommendations Report, 2023]

Trauma-Informed Approaches

Trauma-Inducing Practices (creates triggered environments)	Trauma-Informed Approaches (promotes healthy & resilient environments)
Believing behaviors are maladaptive.	Understanding behaviors as adaptive.
Believing that social identities & who we are are self-determined.	Acknowledging our social identities emerge through our social, cultural, & historical contexts & experiences.
Relying solely on scientific knowledge & evidence.	Using knowledge and insights grown from ancestral knowledge and wisdom, community practices, & lived experiences, as well as from scientific research and science-informed insights.
Primarily affecting change as separate public, private, or community- & culturally-based entities.	Accepting our collective responsibility to collaborate & promote coherent, consistent policies, design new or redesign current approaches, & shift current practices to better support individuals, families, communities, services, & the system.

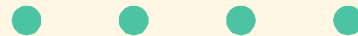
Increasing Safety for Youth

Help them build protective factors

- Talking about & identifying what being taken advantage of looks like
- Support healthy self-esteem
- Encourage them to build strong relationships
- Foster an affirming, accepting environment
 - *especially* for minoritized youth
- Remind & emphasize that there are caring adults
 - who will help keep them safe

Talking with Youth about Trafficking

- DON'T: Use complicated, textbook, or overly formal language
 - **DO: Use simple, relatable language that resonates with youth**
- DON'T: use fear-driven, victimizing language
 - **DO: highlight strengths, help them to feel/know their own power**
- DON'T: use crime-specific language
 - **DO: talk about exploitation or how to know when being taken advantage of**
 - E.g., job offers too good to be true, romantic relationships that move very fast
- DON'T: talk about "risk factors"
 - **DO: talk about "protective factors"**
 - Encourage them to recognize inherent values & consider goals
- DON'T: interrogate & overly focus on questioning them/their situation
 - **DO: express you care & are concerned for their safety; LISTEN first**



Talking with Youth about Trafficking

DON'T

- Use complicated, textbook, or overly formal language

DO

- Use **simple, relatable language** that resonates with this individual youth



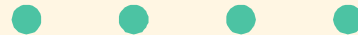
Talking with Youth about Trafficking

DON'T

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DO

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- Help them to feel/know their own power



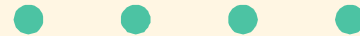
Talking with Youth about Trafficking

DON'T

- Use crime-specific language

DO

- Talk about exploitation or how to know when being taken advantage of



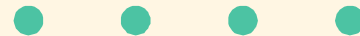
Talking with Youth about Trafficking

DON'T

- Talk about “risk factors”

DO

- Talk about “protective factors”



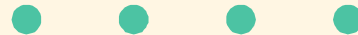
Talking with Youth about Trafficking

DON'T

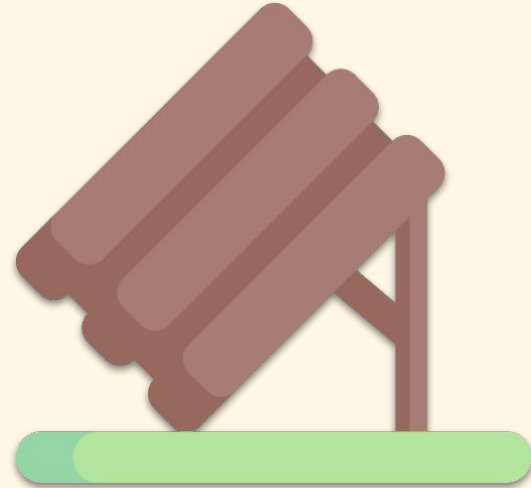
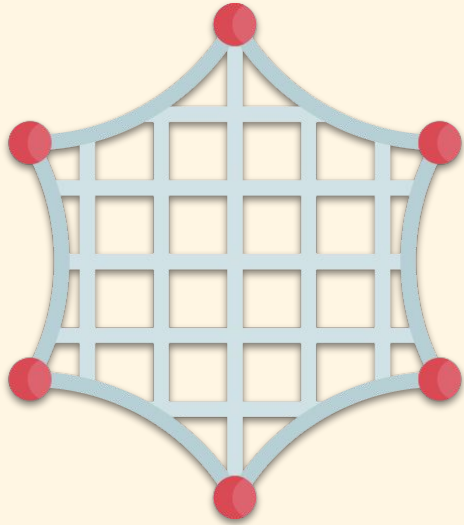
- Interrogate & overly focus on questioning them or their situation

DO

- Express you care & are concerned for their safety
- **LISTEN** first & well

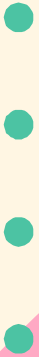
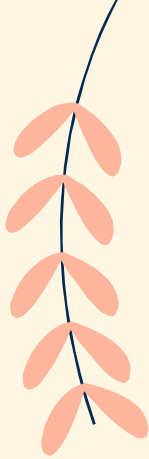


Build a Net, Not a Trap



These youth need a **SAFETY NET** where they can feel supported, valuable, & valued: persons **worthy of dignity** who has **some say** in their own lives.

Rather Than...	Try...
"You have to do this"	"I've been thinking about how ___ might help you meet your goals" or "Hear me out"
Fear tactics	Psychoeducation & explanations, followed by voice & choice
Threatening punishment	Understand what they value & want to achieve someday
Trying to "fix" or control	Build trust, normalize mistakes & missteps, offer options
Cutting off or "last chances"	Unconditional positive regard



Trauma-Informed & Responsive

These practices require that we honor human connections based on **EMPATHY** rather than **JUDGEMENT**.

- We must also create physical & social environments grounded in responsive, supportive, reciprocal relationships that are **foundational** for **community wellness & resilience**.

[HI Trauma-Informed Care Task Force Recommendations Report, 2023]

Grow UNDERSTANDING



**Trauma-informed practices
begin with understanding
trauma itself.**

For a refresher later: use this QR code or
link below to access our April 2024
webinar on the content from today.

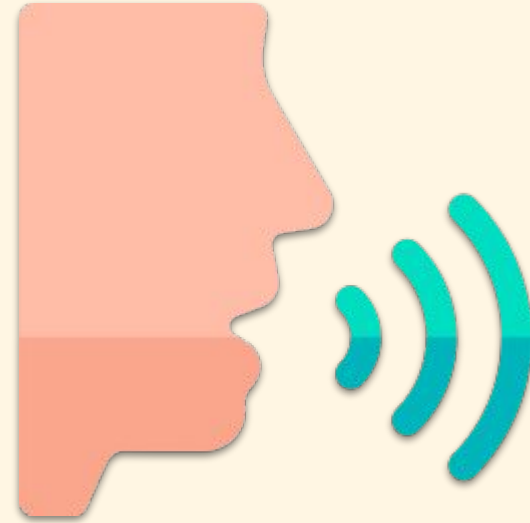
tinyurl.com/Apr24TICwebinar



image credit:
Wild Heart Healing Arts

Cultivate AGENCY

-
-
- Offer choice however you can.
-



Intentionally make room for voice.

Build **STRUCTURE & CONSISTENCY**

1. Have a plan.
2. Share the plan.
 - a. Ask for input (choice & voice)
 - b. Adjust as can and/or note the input for future.
3. **FOLLOW THROUGH**
 - a. Explain as early as you can if/when the plan changes.



Foster CONNECTION

Connection
to **place**

Connection to
community

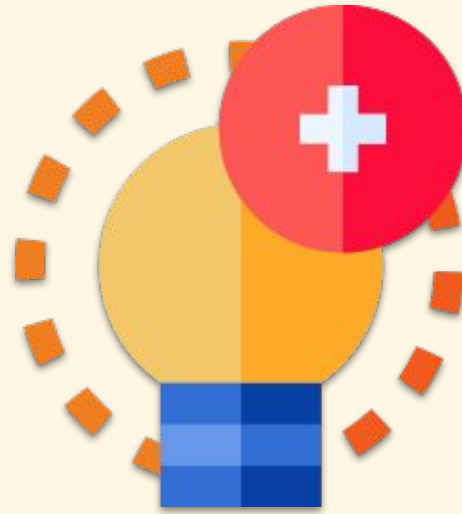
Pilinahā Framework

(aka Four Connections Framework)

Connection to
past & future

Connection to **better
self/organization**

[HI Trauma-Informed Care Task Force Recommendations Report, 2023;
Odom et al., 2019]



04

Q&A + Resources



MAHALO!

questions, concerns, follow-up?
contact Stephanie Campbell
stephanie.campbell.NSW@doh.hawaii.gov

