



THE JONAH PROJECT

FOR FREEDOM'S SAKE...

Introductory Training Manual For Agencies & Educators

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A LETTER FROM THE FOUNDER

September, 2018

Dear Friend,

Sex trafficking is slavery, pure and simple. Sex Trafficking isn't prostitution. It isn't a lifestyle choice. It is slavery. That part is not complex. What isn't so simple is how we got here. Or where we're going. In fact, sometimes we find ourselves grasping at straws or feeling overwhelmed just trying to figure out what to do and where to go for help, right now.

Maybe, when you first heard about sex-slavery, you didn't believe something like this could be real. Maybe you were so appalled at the numbers or the victim's heart-rending testimonies that you became angry. But then you became numb. Maybe you hoped that our law enforcement agencies had task forces raiding houses and rescuing victims every day, or that our city had funded a comprehensive plan to address the issues. But you slowly realized the sad truth. There is little awareness, limited resources and even fewer volunteers. And, perhaps your hope began to fade. Trust me. I understand.

But, still, your heart couldn't let the issue go. Why? Because you realized that, fundamentally, this is about Freedom. Yes, Freedom. Freedom for us all.

Human Trafficking represents an issue that reaches beyond politics, religion, gender or culture. It represents the denial of a basic human value that many of us say we would die for: Freedom. And it is the very freedom we so cherish that is being denied to countless women and children, not only in our community, but throughout our country, and around the world.

There are more slaves now than at any other time in human history. The slave trade is the second fastest growing criminal industry in the world. Every day in our schools and neighborhoods all across this nation, our children are being targeted and preyed upon. Some have begun to see themselves without worth or value. Many are losing hope that we will ever bring them home. And even more have been lost forever...

Now more than ever, we must rise up and be a voice for those that have none. Now more than ever, to be the hands and feet of our Faith. In every time and every season when freedom has been threatened in our nation, meeting the threat has required those not directly affected by the problem to walk alongside those who are. Now is such a time. It's time for sympathetic minds to make way for empathetic voices, and for our love for one another to override our baser instincts. It's time to help those enslaved to walk in the freedom which we believe is the birthright of us all.

Will you join hands and walk with us? This is your invitation.

Yours in Him,
A. P. Tilbury, Founder
The Jonah Project



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MODULE 1

SEX TRAFFICKING 101





Definition

- Sex trafficking is a modern-day form of slavery for profit.
- *“Sex traffickers use violence, threats, lies, debt bondage, and other forms of coercion to compel adults and children to engage in commercial sex acts against their will (The Polaris Project).”*
- Some sex-trafficking is highly visible, but many trafficking victims remain unseen, operating out of unmarked brothels in unsuspecting neighborhoods.
- Sex traffickers also operate out of a variety of public locations, such as massage parlors, spas, hotels, and clubs.

Demographics

- Worldwide: 4.5 million
- America, about 325,000 in 2015
- Women make up 94% sex trafficking victims (34% of those women are minor girls)
- A growing number of men and boys are trafficked into the sex industry as well.

Survivor Demographics

Adults	70%
Minors	35%
Female	94%
Male	4%
Transgender	>1%

Source: National Human Trafficking Resource Center, Quoted in “Sex Trafficking in the U.S.: A Closer Look at U.S. Citizen Victims,” page 3.



Methods Of Entrapment

- **Betrayal.** Women and girls are ensnared in sex trafficking in a variety of ways, all of which involve some form of betrayal.
- Sold to traffickers by parents or an intimate partner, by boyfriends, friends, or neighbors
- Abduction
- Lured by advertisements for jobs: modeling, dancing, acting or other legitimate work
- Lured by false promises of marriage, education, work or study abroad, and a better life
- Immigrants seeking help from smugglers to enter the United States (resulting in debt-bondage)
- **Grooming** (more about this later)

Recruitment Methods

Romantic Relationship	32%
"Benefactor"	10%
Job Ad/Offer	10%
Family Related	10%
Abduction/Force	7%

Source: National Human Trafficking Resource Center, Quoted in "Sex Trafficking in the U.S.: A Closer Look at U.S. Citizen Victims," page 5.



WHY?

- **Money**
- A **2014 Urban Institute Study** found the underground sex economy's worth between \$39.9 (in Denver, CO) and \$290 million (Atlanta, GA).
- Pimps and traffickers interviewed by researchers took home between \$5,000 and \$32,833 PER WEEK.
- Human trafficking (including sex trafficking) around the globe rakes in \$150 billion annually.
- Sex trafficking is extremely lucrative for the trafficker, especially in areas where opportunities for education and employment are limited.
- Sex trafficking is the second fastest growing crime in the world
- Sex trafficking often accompanies drug sales due to its viable economics: you can only sell a bag of drugs once. A girl can be sold multiple times a day
- Any money, job, resources, or safe shelter victims may have been promised never materialize
- Victims find themselves trapped and unable to escape.

Top 10 Risk Factors For Recruitment

- | | |
|---|---|
| 1. Poverty | 1. Child Abuse/Neglect |
| 2. Homelessness | 2. Homelessness |
| 3. Substance Abuse | 3. Runaway |
| 4. Sexual Abuse/Assault | 4. Sexual Abuse/Assault |
| 5. Child Abuse/Neglect | 5. Domestic Violence |
| 6. Runaway | 6. Poverty |
| 7. Youth Involved With Child Welfare and/or Juvenile Justice System | 7. Youth Involved With Child Welfare and/or Juvenile Justice System |
| 8. Domestic Violence | 8. Mental Health Concerns |
| 9. LGBTQ | 9. Substance Abuse |
| 10. Mental Health Concerns | 10. Other Trauma |

*Source: National Human Trafficking Resource Center,
Quoted in "Sex Trafficking in the U.S.: A Closer Look at U.S. Citizen Victims," page 5.*



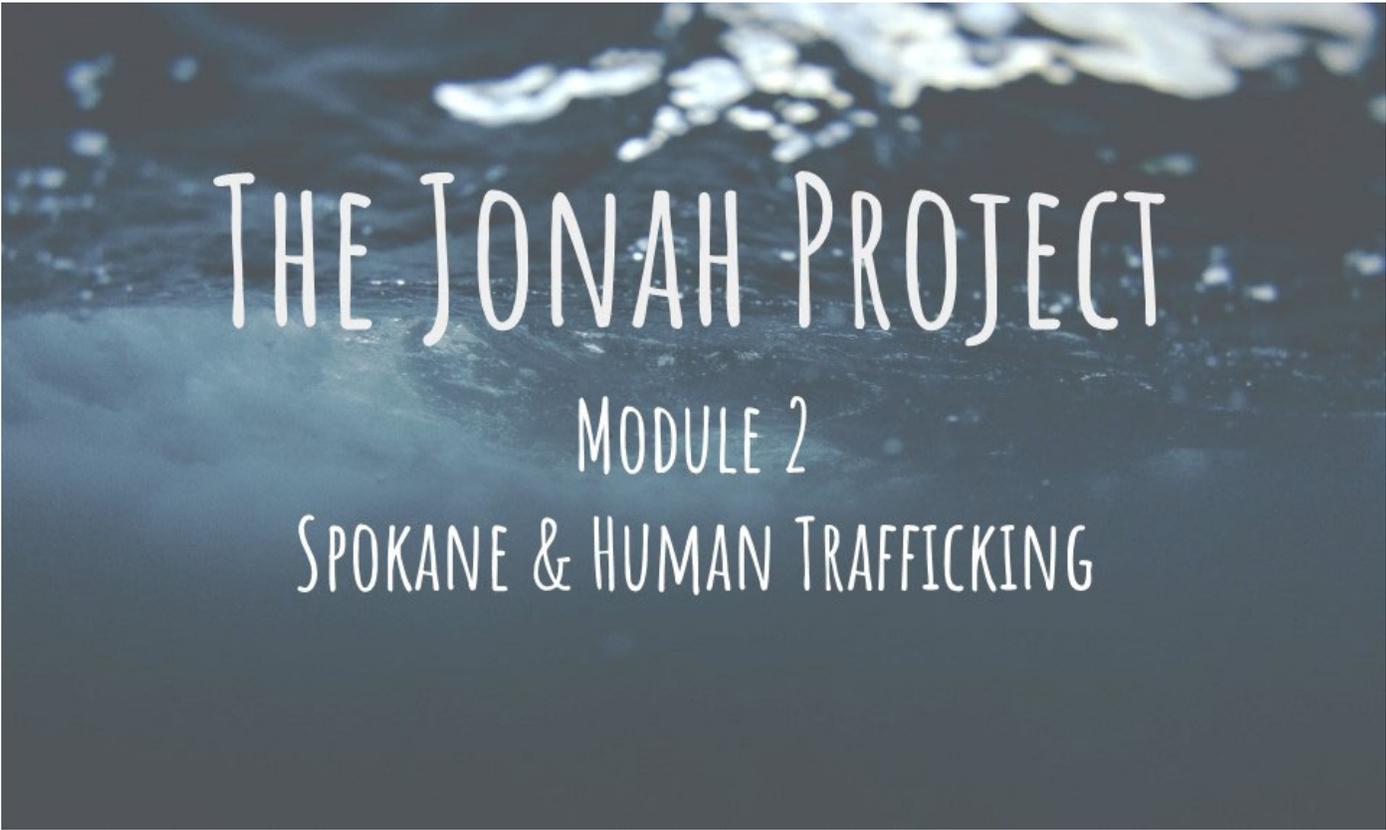
How Traffickers Control Victims

- **Coercion, fraud, or force.**
- The trafficker's biggest tools are fear and violence.
- Victims are subjected to harsh psychological and physical abuse to keep them submissive.
- According to one study, trafficking victims generally see only three ways of escape: 1) become unprofitable because of trauma, emotional breakdown, or advanced pregnancy; 2) help from a client; or 3) death.
- Victims experience various stages of degradation, physical and psychological torture.
- Victims are often deprived of food and sleep and are unable to move about freely.
- Victims are told their families and children will be harmed or murdered if they try to escape or tell anyone about their situation.

How Traffickers Control Victims

Physical Abuse (non-sexual)	39%
Intimate Partner Related	32%
Threats/Intimidation	31%
Economic Abuse	24%
Isolation/Confinement	18%
Induced Substance Abuse	15%
Sexual Abuse	13%
Verbal Abuse	10%
Withholding Important Objects	10%
Familial Related	

Source: National Human Trafficking Resource Center, Quoted in "Sex Trafficking in the U.S.: A Closer Look at U.S. Citizen Victims," page 5.



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MODULE 2

SPOKANE & HUMAN TRAFFICKING





Spokane & “The Circuit”

- Spokane has become a part of a human trafficking “circuit” (both sex and labor).
- This “circuit” includes Seattle, Spokane and the Tri-Cities (Washington); Portland (Oregon); and Coeur d’Alene, Post Falls, Rathdrum and Hayden (Idaho).
- Estimates by local government agencies place the number of trafficked girls in the Spokane area between 500-600* on the low side and 1,500** on the high side.
- There could be thousands in the “circuit” as a whole.
- At The Jonah Project, we believe that even one is too many.

Evil And Darkness Do Not Discriminate

- The sex trafficking victim could be the waitress pouring your coffee.
- The sex trafficking victim could be the prom queen at an affluent high school.
- We have found instances where gangs and even family members have “pimped out” (“Trafficked”) their children and friends.
- Most of the trafficking in Spokane is smaller, loosely organized groups and gangs.

* **Source:** “Study sounds alarm on human trafficking in Spokane area,” The Seattle Times, available online at <https://www.seattletimes.com/seattle-news/study-sounds-alarm-on-human-trafficking-in-spokane-area/>

** **Source:** Spokane Sheriff’s Department via Roundtable Discussion on Sex Trafficking In Spokane



Spokane & "The Circuit"

Links To News Stories About Sex Trafficking In Spokane & PNW

"The Jonah Project aims to end human trafficking in Spokane," By Amanda Pool, 1/25/18. Available online at <https://medium.com/through-the-curtain/the-jonah-project-aims-to-end-human-trafficking-in-spokane-wa-6624baa7e06d>

"Talking Trafficking," By Dan Webster, Sun., March 18, 2018. Available online at <http://www.spokesman.com/stories/2018/mar/18/talking-trafficking/>

"Jonah Project Helps Youth Escape Sex Trafficking," By Rob Harris, Published: 8:19 AM PDT October 16, 2017 Available online at <https://www.krem.com/article/news/local/jonah-project-helps-youth-escape-sex-trafficking/483691112>

"A hidden crime: Child sex trafficking is on the rise," Judith Spitzer, The Spokesman Review, Posted Tuesday, Feb. 13, 2018. <http://www.spokesman.com/stories/2018/feb/13/a-hidden-crime-child-sex-trafficking-is-on-the-ris/>

"Slavery in the Shadows," Erika Prins in Metro Talk, Spokane CDA Living. Available online at <https://bozzimedia.com/slavery-in-the-shadows/>

"Attorney General Proposal to Protect Human Trafficking Victims Passes Legislature"

FOR IMMEDIATE RELEASE: April 17, 2017 | Bipartisan legislation creates human trafficking criminal no-contact order. Available online at <https://www.atg.wa.gov/news/news-releases/attorney-general-proposal-protect-human-trafficking-victims-passes-legislature>

"FBI Operation Hopes to Decrease Sex Trafficking in Spokane"

Lindsay Nadrich, KREM, Published: 5:41 PM PDT May 12, 2016. Available online at <https://www.krem.com/article/news/local/spokane-county/fbi-operation-hopes-to-decrease-sex-trafficking-in-spokane/188052892>

"Gangs Starting to Dominate Northwest Child Sex Trafficking," By Lee van der Voo, Investigate West. October 16, 2014. Available online at <https://kcts9.org/programs/in-close/news/gangs-starting-dominate-northwest-child-sex-trafficking>

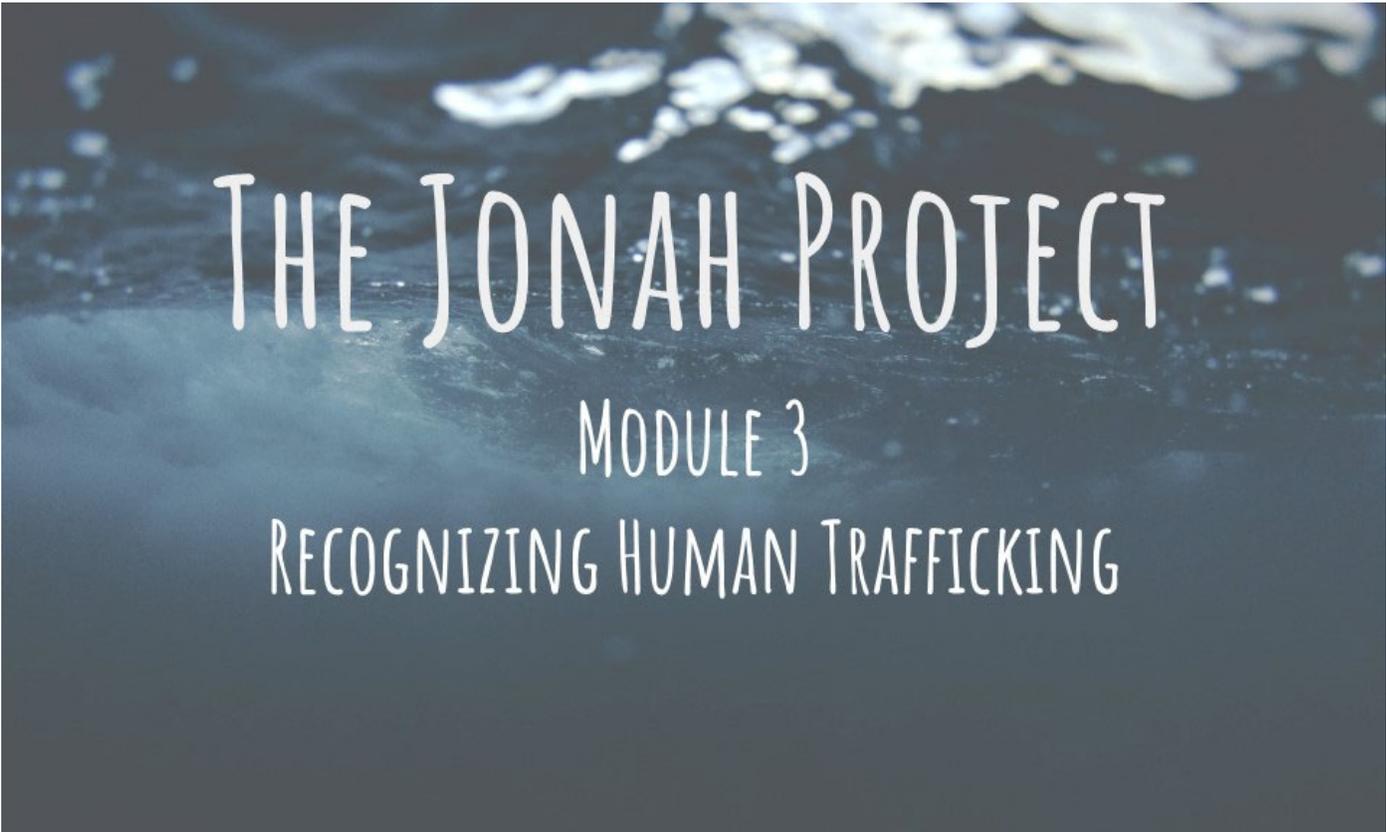
"4 Arrested in Spokane County's First Reported Human Trafficking Case"

by Melissa Luck KXLY-TV Thursday, May 24th 2012. Available online at <https://komonews.com/news/local/4-arrested-in-spokane-countys-first-reported-human-trafficking-case>

"Court Documents: Sex Slave Helps Bust Human Trafficking Ring, 4 Arrested" Available online at <http://www.khq.com/story/18621179/court-documents-sex-slave-helps-bust-human-trafficking-ring-4-arrested>

"Human Trafficking: One Of The Fastest Growing Criminal Industries In The Country," Posted: May 29, 2014 7:34 PM PDT. Available online at <http://www.khq.com/story/25647489/human-trafficking-one-of-the-fastest-growing-criminal-industries-in-the-country>

"Study sounds alarm on human trafficking in Spokane area," The Seattle Times, Originally published May 13, 2008 at 12:00 am Updated May 12, 2008 at 10:37 pm. Available online at <https://www.seattletimes.com/seattle-news/study-sounds-alarm-on-human-trafficking-in-spokane-area/>



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MODULE 3

RECOGNIZING HUMAN TRAFFICKING





Recognizing the Signs

- Signs of Physical Abuse (Burn Marks, Bruises, Cuts, Physical Restraint, Torture)
- Under 18 And Providing Commercial Sex Acts
- Brags About Making or Having Lots of Money
- Displays Expensive Clothes, Accessories or Shoes
- New Tattoo (Tattoos Are Often Used by Pimps as a Way to Brand Victims.
- Tattoos of a Name, Symbol of Money or Bar Code Could Indicate Trafficking.)
- Older Boyfriend or New Friends with a Different Lifestyle
- Signs of Gang Affiliation (Such as a Preference for Specific Colors, Notebook Doodles of Gang Symbols)
- In a Relationship With Someone Who Is Dominating
- Not in Control of Their Own Finances
- Afraid of Law Enforcement
- Afraid of Receiving Help from an Outside Agency
- Evasive About Where They Live

(Courtesy: The Polaris Project)



Isolation



Isolate. Traffickers often use isolation from family, friends, and the public to keep their victims in captivity.

Limit. Limiting contact with outsiders ensures that any contact they do have is superficial in nature and will prevent the victim from building social support networks in the community.

Move. Moving victims from place to place decreases the likelihood that the victim will form relationships and/or be recognized.

Red Flags: The following are *some* “red flag” indicators:

1. **Disconnected.** Does the person appear disconnected from family, friends, community organizations, and houses of worship?
2. **Not Attending.** Has a child stopped attending school?
3. **Disoriented.** Is the person disoriented or confused or showing signs of mental or physical abuse?
4. **Bruises.** Does the person have bruises in various stages of healing?
5. **Avoids Eye Contact.** Is the person fearful, timid, or submissive, or have trouble making eye contact?
6. **Company & Control.** Is the person often in the company of someone to whom he or she defers? Is there someone who seems to be in control of their situation; e.g., where they go or who they talk to?
7. **Coaching.** Does the person appear to be coached on what to say?
8. **Not Free.** Does the person have freedom of movement? Can the person freely leave where they live?
9. **Money & Documents.** Is the person not in control of their time, money or important documents?
10. **Attire & Presentation.** Does the person dress overtly sexually or appear to dress/act in a way that is suggestive or manipulative?
11. **Marks & Tattoos.** Are there any tattoos or branding marks on the person that are consistent with slavery/trafficking (i.e., scarring, men’s names, crowns, or dollar signs incorporated into some other design)?



Grooming

Definition. Grooming is when a trafficker builds an emotional connection with a potential victim to gain their trust for the purposes of sexual abuse, sexual exploitation or trafficking.

- Children and young people can be groomed online or face-to-face, by a stranger or by someone they know - for example a family member, friend or professional.
- Groomers may be male or female.
- Groomers could be any age.
- Many children and young people don't understand that they have been groomed or that what has happened is abuse.

Signs of Grooming

The signs of grooming aren't always obvious and groomers will often go to great lengths not to be identified. If a child is being groomed they may:

- Be very secretive, including about what they are doing online
- Have older boyfriends or girlfriends
- Go to unusual places to meet friends
- Have new things such as clothes or mobile phones that they can't or won't explain
- Have access to drugs and alcohol

In older children, signs of grooming can easily be mistaken for 'normal' teenage behaviour, but frequently involve unexplained changes in behavior or personality, including inappropriate sexual behavior for their age.

SOURCE: <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/grooming/>



Grooming

How Common Is Grooming?

We don't know how common grooming is because often children don't tell anyone what is happening to them. Children may not speak out because they are:

- Ashamed
- Feeling guilty
- Unaware That They're Being Abused
- Believe They Are In A Relationship With a 'Boyfriend' or 'Girlfriend'

Things You May Notice

If you're worried that a child is being abused, watch out for any unusual behavior:

- Withdrawn
- Suddenly Behaves Differently
- Anxious
- Clingy
- Depressed
- Aggressive
- Problems Sleeping
- Eating Disorders
- Wets the Bed
- Soils Clothes
- Takes Risks
- Misses School
- Changes in Eating Habits
- Obsessive Behavior
- Nightmares
- Drugs
- Alcohol
- Self-harm
- Thoughts About Suicide

SOURCE: <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/grooming/>

BASIC STAGES OF GROOMING

for sexual exploitation

END SLAVERY NOW



(v) to prepare or train someone for a particular purpose or activity



TARGETING A VICTIM

Traffickers target victims who have some noticeable vulnerability: emotional neediness, low self-confidence or economic stress.



GAINING TRUST & INFORMATION

Obtaining information about the victim is key. This can be done through casual conversations with the victim or with parents. Traffickers often mix well with other adults.

FILLING A NEED

The information gained allows the trafficker to fill a need in the victim's life, making the victim dependant on them in some way: buying gifts, being a friend, beginning a love relationship or buying soft drugs and alcohol.

“Up until this point they had never tried to touch me, they had not made me ever feel uncomfortable or ever feel unsafe or that they could harm me.”



ISOLATION

The trafficker creates times to be alone with the victim. The trafficker will also begin to have a major role in the victim's life and attempt to distance the victim from friends and family.

ABUSE BEGINS

The trafficker begins claiming that a service must be repaid whether money spent on cigarettes or drugs, car rides or mobile phones. In most cases, the trafficker demands sex as payment for such services.

“I trusted them, they were my friends as I saw it, until one night my main perpetrator raped me, quite brutally as well, in front of a number of people.”

MAINTAIN CONTROL

“Well if I didn't go out and see them they are going to get my mum and are going to rape her.”

In many cases, the trafficker maintains control of the victim through threats, violence, fear or blackmail.



At - Risk Questionnaire

1. Where Are You Currently Living? Address _____
_____ Won't disclose/evasive
2. Do You Feel Safe Where You Are Living?
_____ Yes _____ No _____ Evasive
3. Who Are You Living With?
(Name/Relation) _____ Parents _____ Other Family _____ Friends _____ Evasive
4. When Was The Last Time You Talked To Your Parents? _____
5. Are You Free To Come And Go As You Choose?
_____ Yes _____ No _____ Evasive
6. Is Anyone Controlling Or Limiting Your Movements?
_____ Yes _____ No _____ Evasive
7. Do You Have Your Own Cell Phone, And Are You Free To Use It Unsupervised?
_____ Yes _____ No _____ Evasive Cell # _____
8. Do You Have Identification? _____ Driver's License _____ SS Card _____ Other State ID
9. Is Someone Else In Control Of Your ID? (Ask to see their ID)
_____ Yes _____ No _____ Evasive
10. Has someone recently bought you clothes or given you money or an expensive gift?
_____ Yes _____ No _____ Evasive
11. Who Buys Your Clothes And Personal Items? _____
12. Has anyone recently offered you a job (acting, modeling, escorting, traveling)?
_____ Yes _____ No _____ Evasive
13. Has anyone asked you to trade sex for a job or personal favor?
_____ Yes _____ No _____ Evasive
14. Has anyone asked you to trade sex for a promise of "big money"?
_____ Yes _____ No _____ Evasive
15. Has anyone recently abused you physically or sexually?
_____ Yes _____ No _____ Evasive
16. How Many Times Have You Moved In The Past Six (6) Months? _____ Why? _____
17. Has Anyone Denied You Access To Food, Health Care, Or Any Other Needed Services?
_____ Yes _____ No _____ Evasive
18. Has Anyone Threatened Harm Against You, Your Family Or Friends If You Leave Or Talk To Outsiders (Particularly Law Enforcement)? _____ Yes _____ No _____ Evasive



How Should You Respond?

Call The Jonah Project

In Spokane, we are currently the only qualified team doing rescue & relocation. The heart of our project - ***Shelter and Advocacy*** - helps us meet the needs of victims, school counselors, and local agencies in our area. Our Rescue Line is available 24/7 at (509) 655-7886.

9-1-1

If you think someone is in immediate danger, or that a crime is in progress.

Crime Check at (509) 456-2233

In all cases, when it is safe to do so, call and secure a report/case # for us to reference.

Learn More

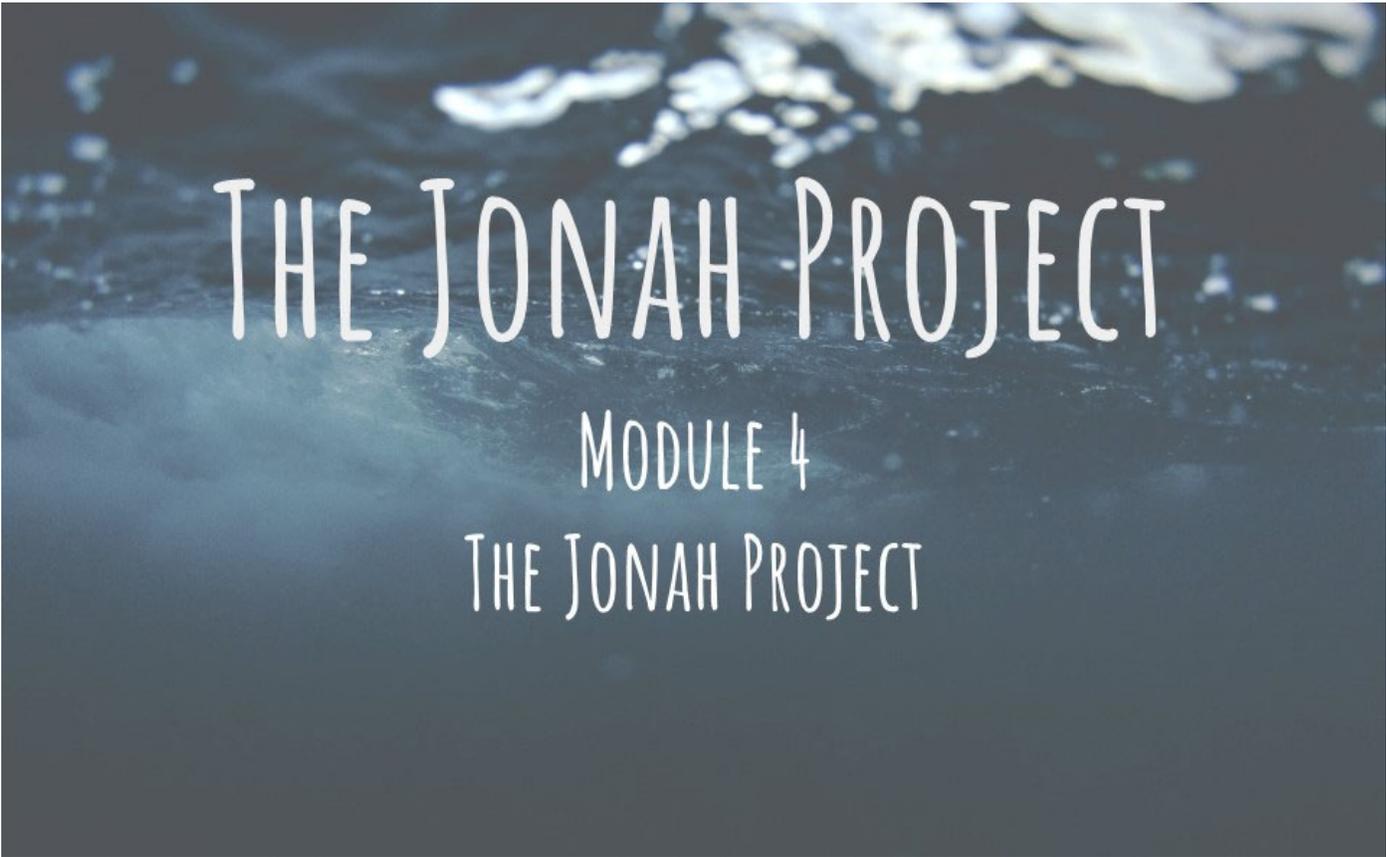
The following organizations are excellent sources of information to educate yourself about all aspects of human trafficking, as well as providing you with tools to teach yourself how to identify potential human trafficking victims. Remember that it will take time and experience before many aspects of this field become second nature to you. In the mean time, keep your eyes open and engage!

U.S. Department of Justice: www.justice.gov/humantrafficking

Polaris: polarisproject.org

National Human Trafficking Resource Center: humantraffickinghotline.org

Thorn: www.wearethorn.org



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MODULE 4

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MODULE 4 - THE JONAH PROJECT



Our Mission

The Jonah Project exists to serve at-risk youth and victims of sex trafficking through Rescue, Relocation, Shelter, and Advocacy.

The Jonah Project is a Christian ministry. We center our values on who we believe Jesus to be, and who we are in Him. Ultimately, whether through physical, emotional, or spiritual nourishment we want to feed a child rather than a program. We believe in building real, authentic, relationships while offering leverage-free resources. Our assistance isn't based on others professing a certain type of faith. Or sexual orientation. Or being anything other than in need. We believe by openly expressing our faith and mission, that others can feel free to openly express who they are. In that way, we can build real, authentic relationships based on loving one another.

The Jonah Project started as a collaboration. A relationship. We still operate that way today. From the pastor who doesn't know where to turn, to the school counselor working with an at-risk student, to the women's service agency or shelter that calls us for assistance, to the victims, and the survivors and the advocates, we are all one family. As Dr. King once said, "We are tied together in a single garment of destiny, caught in an inescapable network of mutuality."

The Jonah Project started with one real vision in mind: To demonstrate that Love is an actionable thing. We didn't know exactly where we were going, or to what we were called. But we believed that Love was an actionable thing. We asked a basic question: Can we love one another, with no-strings attached, and can that Love be enough? The answer is, "Yes." The Jonah Project has become a movement. And in the process we've discovered what we always knew to be true. Compassion changes everything . . . and Love Wins.

The Jonah Project is a 501(c)3 non-profit organization.



The 5 “R’s” Of What We Do

1 - We Reach Out

We proactively reach out to the community to creating awareness through education, training, and advocating for changes in the way our city serves at-risk youth and survivors of human trafficking. We also relationally engage with churches, schools, nonprofits, government agencies, and other community organizations.

2 - We Rescue

As well as taking referrals from other organizations, we maintain a 24/7 Rescue Line for trafficking victims who want out. This includes sending out a team of trained individuals to safely extract victims who may lack the freedom to leave of their own free will. Yes, we proactively rescue.

3 - We Relocate

We proactively relocate trafficking victims when their safety necessitates a significant geographical change. To do this we utilize our own network of safe houses and host homes maintained by individuals trained to work with victims.



The 5 “R’s” Of What We Do

4 - We Offer Rest

We maintain a network of volunteer host home families, as well as safe houses, where trafficking victims can find a safe, healing environment to rest (often receiving their first full night of sleep in a long while), and begin the process of rebuilding their lives, becoming survivors rather than victims.

5 - We Provide Resources

During their stay in our care, residents are provided with shelter, food, and clothing free of charge. They are also paired with an advocate to walk 1-on-1 with them through the rebuilding process. Our advocates help them to explore available choices. They serve as a bridge to connect recovering victims with other area resources such as medical care, mental health services, public transportation, education, and employment opportunities. Whenever The Jonah Project is unable to provide an adequate level of care in terms of placement or counseling, we advocate on their behalf for the best solution to meet their needs.

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MODULE 5

AFTERCARE



Understanding Trafficking Survivors

Why we developed a freedom-based, relationship-centered, transparent after-care model.

Multiple Traumas

Often, the circumstances which led to someone being trafficked were traumatic in and of themselves (poverty, neglect, homelessness). Rather than a single trauma, many trafficking survivors suffer from multiple abuse traumas. This means that there may also be several active coping mechanisms in place.

Fear And Distrust

At times, survivors of trafficking have a fear or distrust of the government and police because they fear being deported, or because they experienced corruption and abuse from law enforcement in their country of origin. In other cases, their lives and the lives of their families may be at great risk if they attempt to escape their servitude or initiate criminal investigations against their captors. Then of course there is the fear generated by the abuse. Survivors will appear hyper-vigilant and/or be “triggered” into episodes of panic by various means. Finally, they may simply not see themselves as the type of people who rely on shelters or assistance.

Disassociation And Detachment

Some survivors have cried out every single night for years to be rescued. They may believe no one cares, or even that they are being punished for running away or being bad. Over time, they may come to believe that this is simply “their life,” forgetting that they once had dreams and aspirations that didn’t include being forced to have sex. Day after day they fall deeper and deeper into a “walking death.” Slowly and surely their minds and hearts withdraw from the desire to engage in any kind of healthy relationship—if they even believe that it is still an available option. They begin to detach and disassociate with the living world around them, like a 24/7 sleepwalk, which is something often witnessed during our intake process and 72 hour evaluation.



UNDERSTANDING TRAFFICKING SURVIVORS

(Continued)

Why we developed a freedom-based, relationship-centered, transparent after-care model.

Addictions

Whether to dull the pain, or simply because they were forced to by their trafficker, the vast majority of trafficking survivors will require drug counseling or rehabilitation at some point. Addictions are common as a result of coping strategies or even by design of the trafficker who uses the addiction and resulting debt as leverage and control over the victim. Alcohol is common but hard drugs compose some of the biggest obstacles that survivors—and those who attempt to help them—will face.

The Critical Figure

As a coping or survival skill, survivors of trafficking may have developed loyalties, attachments, and positive feelings towards their trafficker. They may even try to protect them from authorities. This is called “The Critical Figure” and we will talk more about it in the next Section.



Principles Of Transparent Aftercare

Each trafficking survivor will have different needs based on their age and the particulars of their situation. As a result, their care plan needs to be adjusted accordingly. If not, two unwanted results may occur. First, resources may be wasted because they were inappropriate. Second, survivors may become frustrated and be inclined to return to the streets or relapse into addictions. For these reasons, certain core principles have been woven into The Jonah Project's relationship-based approach to working with trafficking survivors.

1 - Transparency

This embodies our commitment to be OPEN and HONEST in the way we associate with and interact with trafficking survivors and volunteers. If we believe that love wins, we have nothing to hide in our processes. This enables us to be a model for other agencies to demonstrate that such transparency works. We believe that one of the main responsibilities of our advocates is to follow up and ensure that other Resource Providers are also delivering what they have promised to our residents.

2 - Confidentiality

All Jonah Project staff and volunteers who have contact with a trafficking survivor, including interpreters and advocates, embrace the importance and practice of confidentiality for the safety of everyone involved.



Principles Of Transparent Aftercare

3 - Faith And Freedom

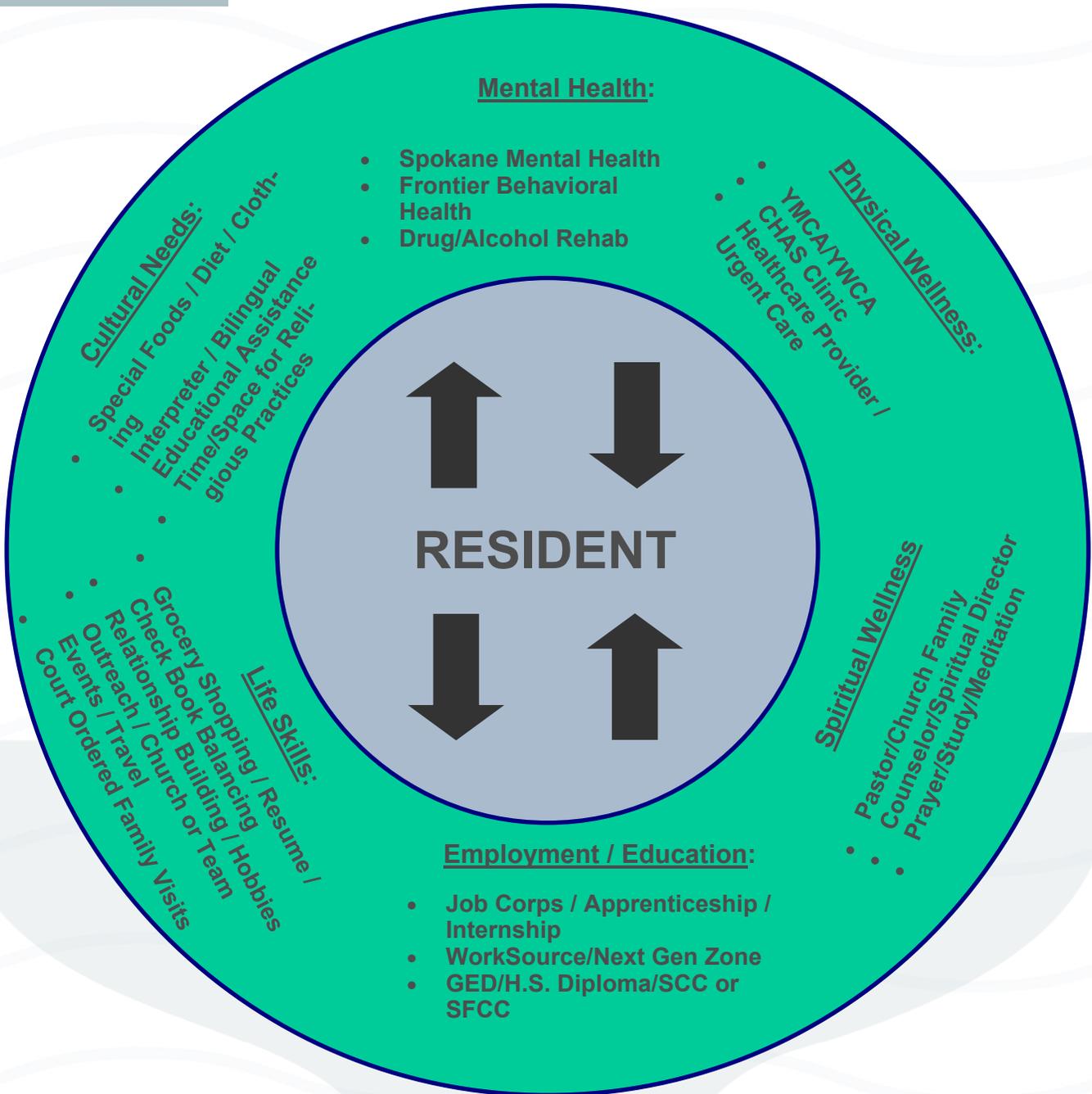
Choice and freedom are not things trafficking survivors are familiar with. That's why - with great patience - we provide a safe and secure structure for this process to play out over time. We will always ensure advocates are available to help recovering survivors navigate and make free choices about their own care. While we do require recovering survivors to stay engaged (because their progress and success depend on it), we want them to feel empowered to choose, even if it means they decline our care or advice. The only exceptions to this principle would be 1) care that is medically prescribed or 2) a government/court enforced requirement. In addition, while we are a Christian, faith-based organization, we will not force our faith on any care recipient, nor make it a requirement to receive our services, nor discriminate against those of other religious or non-religious backgrounds. Finally, we will not use guilt or shame as tools of control or manipulation in a survivor's struggle for freedom or their fight against addictions.

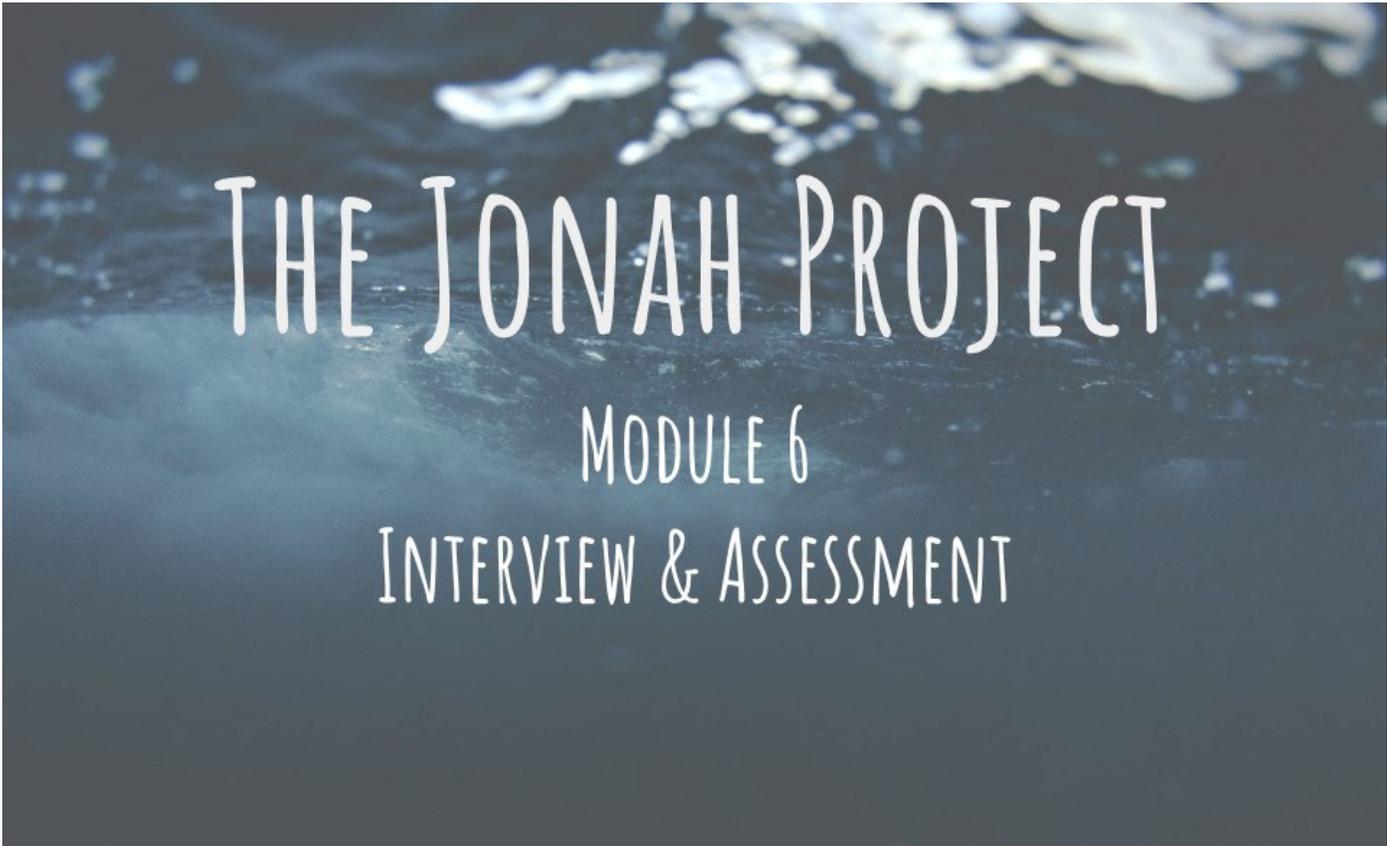
4 - Replacing "The Critical Figure"

At The Jonah Project we are aware of "the critical figure" dynamic with survivors of trafficking. This means that survivors frequently need a healthy relationship to function as a replacement for previous toxic "critical figures" in their lives. With integrity, patience, love, and a relationship-based approach (as opposed to a program-based approach), we will endeavor to model new and appropriate "critical figures" in their lives.



RESIDENT SPHERE OF INFLUENCE





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MODULE 6

INTERVIEW & ASSESSMENT



Setting Up The Interview*

The setting in which an interview takes place can be as important as the questions that are asked. Trafficking survivors have often been held in servitude through threats of harm and fear of their arrest or deportation by police and immigration authorities. It is crucial to establish a safe space to help survivors feel more comfortable and protected. To help allay survivors' fears from the onset of an interview, the following techniques have proven effective:

- Hold the interview in a non-threatening and comfortable location.
- Provide the survivor with food, drink, and incidentals including tissues, regular breaks, and a place where the survivor can gain their composure if the interview causes distress.
- Consider dressing in casual clothing, especially when visiting agricultural labor camps to reach out to potential survivors. Dressing in uniforms and other formal attire may create fears that interviewers are from immigration or other enforcement agencies.
- Be honest at the beginning about the purpose and duration of the screening. Describe the survivor's rights, the interview process, and the roles of everyone involved.
- Employ competent, trustworthy interpreters if the survivor's first language is not English. Competent interpreters ask questions using the same wording as the screener and answer as fully as the survivor. The survivor must be assured of confidentiality.
- Be aware of gender issues and ask survivors if they would be more comfortable being interviewed by someone of the same gender.

*Data from the United States Office of Justice Programs



Developing Trust And Demonstrating Respect During Interviews

Trafficking survivors need to feel safe with the interviewer before they divulge experiences that may revive fears and feelings of distress, or place themselves or their families in further jeopardy. Some service providers may judge that it is in the survivor's interest to have a general conversation first and return to the screening questions at a second meeting. When the survivor is ready to answer the survivor identification questions, interviewers may wish to keep the following techniques in mind:

- **Patience.** Be patient, caring, and sensitive to the survivor's fears of retribution and the possible consequences of being identified as a survivor or a party to trafficking crimes. Many survivors are not familiar with laws and survivor protections regarding trafficking.
- **Reassurance.** Be careful not to imply that a survivor was responsible for their own abuse and exploitation or for the inability to leave a trafficking situation. Reassure them that others have been in similar situations and, as survivors of a crime, they are not to blame.
- **Time.** Take the time necessary to allow survivors to recount the story, which may mean holding several meetings. Allow the survivor to direct the interview and to tell their story in their own words. They should also feel free to stop the interview at any point if they experience distress. Take as many breaks as needed and ask for assistance from the JP Director if you need help!
- **Respect.** Be respectful of the survivor's cultural background including social etiquette, religious observances, societal status, ethnic community ties, customs of clothing, and attitudes towards sex.
- **Awareness.** Be aware that cultural differences may make some topics such as sex and mental health uncomfortable to discuss. Some messages to convey include: "We are here to help you;" "You can trust me;" "Your safety is our first priority;" and "You have a right to live without being abused."



Understanding The Effects Of Trauma & Survivorization

Trafficking survivors have often endured profound physical and psychological injuries that may impede the efforts of attorneys and other service providers to interview them and develop strong working relationships. Minimization, denial, and memory loss—which are symptoms of psychological trauma—can make it extremely difficult to elicit consistent information. Below are important points regarding trauma and survivorization to keep in mind:

- **Express Sorrow.** Express Sorrow for what has happened to them, but do not appear to be judgmental or shocked by the details they reveal.
- **Stick To Basics.** Ask only basic questions about mental health unless you are trained as a mental health professional. A few straightforward, non-intrusive questions asked in a kind manner can convey a caring attitude and help the screener and the survivor decide if a referral to a mental health professional is desirable or necessary.
- **Be Understanding.** Be understanding when survivors do not wish to repeat the details of the crime. Keep in mind that recounting stories many times for various people (social service agencies, lawyers, law enforcement, and so forth) may cause survivors to re-experience trauma. Try to minimize the potential for re-traumatization when *possible*.



Specific For Anyone Under 18 Years Old

When Children/youth (<18 years) are involved, force, deception, or other means need not be present. Commercial sexual exploitation of children (CSEC) is closely related to sex trafficking and involves “crimes of a sexual nature committed against juvenile survivors for financial or other economic reasons.” These crimes include trafficking for sexual purposes, prostitution, sex tourism, mail-order bride trade, early marriage, pornography, stripping, and performing in sexual venues such as peep shows or clubs.” Many also include “survival sex” in this definition (exchange of sexual activity for basic necessities such as shelter, food, or money), a practice commonly seen among homeless / runaway youth. When CSEC involves US Citizens or (legal residents) survivorized on US territory, this is termed domestic minor sex trafficking (American Academy of Pediatrics). Once a survivor of trafficking is identified, the advocate, clinician and client will need to put together a plan of care. The health care provider should be aware of the following:

- The provider cannot force the survivor to report the crime.
- The survivor and/or survivor’s family may be at risk for immense harm if she/he reports the crime.
- If the survivor is a minor, the provider is under legal obligation to contact child protective services.



Health Care Needs

The health problems seen in survivors of trafficking are largely a result of several factors: deprivation of food and sleep, extreme stress, hazards of travel, violence (physical and sexual), and hazardous work. Because most survivors do not have timely access to health care, by the time they reach a clinician it is likely that health problems are well advanced. These women are at a high risk for acquiring multiple sexually transmitted infections and the results of multiple forced and unsafe abortions. Physical abuse and torture often occur, which can result in broken bones, contusions, dental problems (e.g., loss of teeth), and/or cigarette burns. Psychological violence results in high rates of post traumatic stress disorder, depression, suicidal ideation, and drug addiction. When providers were asked in one study about their experiences working with survivors of trafficking, they reported that these survivors are less stable, more isolated, and have higher levels of fear, more severe trauma, and greater mental health needs than other survivors of crime. One trafficking survivor can take the same amount of the provider's time as 20 domestic violence survivors.

Common Problems Seen In Survivors of Trafficking

- Anxiety
 - Chronic pain
 - Cigarette burns
 - Complications from unsafe abortion
 - Contusions
 - Depression
 - Fractures
 - Gastrointestinal problems
 - Headaches
 - Oral health problems
 - Pelvic pain
 - Post Traumatic Stress Disorder
 - Sexually transmitted infections
 - Suicidal ideation
 - Unhealthy weight loss
 - Unwanted pregnancy
 - Vaginal Pain
- (US National Library of Medicine)*

THE JONAH PROJECT

MODULE 7
CARE PLANS





ASSESSMENT TEAM GOALS

For Facilitators & Advocates

24 Hours

- 1. Emergency Medical Care**
- 2. Bedding**
- 3. Dietary Restrictions**
- 4. Personal Care Items**
- 5. Interpreter Needs**
- 6. Clothing**
- 7. Introduction to House Leader(s)**
- 8. Review/Discuss House "Safety Plan"**

72 Hours

- 1. Complete Initial Interview**
- 2. Schedule Medical Appointment (HIV/TB)**

Day 20+

- 1. Facilitate Access to Counseling / Mental Health Resources**
- 2. Orientation to Neighborhood & Public Transit**
- 3. EBT Application; I.D. & Personal Documents Assistance**
- 4. House Meeting / Church Gathering**
- 5. Assign Advocate**



DAILY PLAN

Our “Daily” plan will be a simple set of goals for short-term (less than 3 weeks) residents or residents in the early stages of residency and adjustment. The Daily Plan will give us some simple, achievable goals based on an individual’s needs. Both the resident’s House Leader(s) and assigned Advocate should be on the same page with this plan, so please ask your Director if there are any questions or concerns about the goals for a resident. Once a Daily Plan is constructed, it should be reviewed and approved by the Director of Advocacy. It should give the resident an area to explore and stretch themselves, and area to experience comfort, and an area to help them to heal...but it should not be a long list (about 3-5 items).

Daily Plan items should be simple and uncomplicated, such as:

- Eat 3 meals a day
- Take medications as prescribed
- Contact one other Jonah member or someone who is part of a healthy sphere of influence
- Set a small goal to achieve by the end of the week

Sample Daily Plan for “Beth,” a 17 y/o High School Junior who is a brand new resident struggling in school and showing signs of an eating disorder:

- Eat 3 meals a day
- Try to stay engaged for the entire school day
- Set an appointment with a tutor for one class, and keep the appointment
- Help another resident with a chore
- Try and write one diary entry about something you felt today



CARE PLAN

Our “Care Plan” will typically apply to residents that are longer than 20 days. Care Plans would apply to all residents regardless of housing type, including Host Housing. Care Plans should cover about a month and include short term goals as well as plans for the next stages of life, including:

- Mental Health or Wellness
- Physical Health or Diet
- Education and/or Job Training
- Counseling/Mentoring/Spiritual Development
- Personal Development

A sample care plan for “Beth” after she has been a resident for approximately 3 weeks might be:

- Eat 3 meals per day
- Obtain grade report from each teacher with notes on what is needed to improve (extra credit?)
- Apply for EBT card and replacement Social Security card
- Spend 20 minutes reading previous diary entries
- Think of a way to show another resident or student love—then do it!
- Walk or jog for 20 minutes when you feel anxious, or do your PTSD exercises
- Attend 100% of your classes this month
- Call an eye doctor and set an appointment to be seen for glasses/contacts



Care Plan - Stage 1

Rest & Resources

It may have been a long time since a survivor has had the opportunity to safely rest and they will need to do so for their physical, mental as well as spiritual and emotional well-being. During this stage of the survivor's healing, the approach will be to meet the immediate need as well as construct our "Care Plan." This is where we will begin after relocation if a resident is staying long-term at one of Jonah's housing options, or if we have become their "assigned" advocate.

During Stage 1, we will focus on areas that meet physical and personal needs, while the survivor will attempt to engage and progress in the following areas:

- Accessing Medical or Mental Health Care and Following Prescribed Treatment.
- Meeting Personal Clothing and Hygiene Needs.
- Connecting With Advocates, Family or Counselors, As Appropriate.
- Disconnecting From Negative Spheres of Influence, including Social Media.
- Engaging In Personal And/Or Group Counseling & Discussion.
- Practicing Safe Travel & Communication Habits.
- Completing Of Any State or Federal enforced Rehabilitation or Sentence.
- Discuss The Concept Of Freedom And Explore Making Free Choices.
- Creating And Discussion A Personal Vision.



Care Plan - Stage 1

Rest & Resources

The purpose of **Stage 1** is to begin assisting the survivor with seeing themselves as valuable and a member of the Community or family. This is why black-out periods or isolation can sometimes be harmful or trigger unsafe behaviors and unhealthy coping mechanisms. It is vital that a survivor feels a connection and builds relational trust, so engagement rather than performance is the goal.

When the individual is able to comfortably manage the areas in **Stage 1**, they typically will find a natural transition or desire to proceed to Stage 2. In cases where a resident is not yet ready to engage in Stage 2 Restoration, they will be able to take their time and progress according to their individual needs.

Stage 1 will address meeting physical and personal needs, how the survivor is feeling about their time with Jonah Project, their personal safety, and their ability to work through communicating their needs. The focus during Stage 1 is REST and access to RESOURCES.

This Stage will typically require a 30-Day MINIMUM of evaluation.



Care Plan - Stage 1 Advocate Checklist

Important Questions For All Stage 1 Participants

1. Talk about the vision you have for your life moving forward.
2. What is it like when you have to ask for help?
3. How are you doing with transportation needs? Public Transit?
4. Where do you feel you are making progress?
5. Where do you feel stuck?
6. Talk about your friendships.
7. What does “being free” mean to you?
8. What worries or scares you?
9. What makes you happy?
10. How do you feel about your progress with counseling, mental health, etc.?
11. What other things do you want to talk about?
12. Are there any current, immediate needs that we haven’t discussed?
13. (Discuss any areas that have been talked about in recent group session.)

Stage 1 Advocate Check List

- _____ The survivor has navigated transportation needs and services successfully and safely.
- _____ The survivor has been engaged with staff and/or Advocates and has made an effort to communicate needs and feeling.
- _____ The survivor has maintained safe distances from negative influences, including social media, as necessary.
- _____ The survivor has engaged with appropriate or scheduled mental health and/or counseling services.
- _____ The survivor has made an effort to engage in group activities and has participated in meals and gatherings with other residents or social groups which offer a positive peer influence.
- _____ The survivor has successfully completed or has shown a continuing desire to engage in any rehab or State mandated treatment, including any assigned medication schedules.

Congratulations! We hope you feel RESTED and that you have appropriate RESOURCES.
Stage 2 RESTORATION her we come!



Care Plan - Stage 2

Restoration

Stage 2 is the “final” stage of reintegration for the survivor. We call it the “**Restoration Stage.**” This will be the longest season of restoration and will stretch the survivor to engage life in a whole new way. This is also the point where the survivor may experience the most freedom they have felt in a long time. Opportunities like having a driver’s license or completing a GED, trips and family gatherings, and unrestricted travel are now possible. Advocates should be aware that managing this type of freedom may bring back (or “trigger”) anxieties that the survivor may have previously experienced. It is crucial that at Stage 2, the sphere of influence for the survivor is extremely positive and that everyone around them is working as a team to support their care plan. It is at Stage 2 that a survivor may have visitors and should be encouraged to engage in more outside activity and skill development within healthy peer groups.

Stage 2 Program Completion Requirements

1. Continuation of Care Plan and Engagement With Advocates As Planned.
2. Demonstrate An Increase In Effective Communication To Express Needs.
3. Show A Desire For Positive Spheres Of Influence And Peer Groups.
4. Ability To Discuss Their “Personal Vision” As Well As Steps Taken To Meet Vision Goals.
5. Commitment To Engage In Volunteer Work Or Part-Time Employment.
6. Progress On Understanding Current Personal Coping Skills As Well As Progress In Developing Healthy Ones.
7. Knowledge Of Ways To Stay Personally Safe And Seek Emergency Assistance.
8. Participation In A Regular Peer Group Or Activity.
9. A Desire To Walk In Freedom!

In Stage 2, the Focus is on relationships, spheres of influence, forming healthy habits and processes for life, and furthering the exploration and discussion of freedom. This stage requires 90-Days MINIMUM of evaluation. However, this stage does not have an end date, as each survivor is unique and has different needs and ways that they process and heal.



Care Plan - Stage 2

Restoration

Important Questions For All Stage 2 Participants

1. Talk about the vision you have for your life . . . Has that changed or stayed the same?
2. Tell me about your circle of friends/spheres of influence? Family?
3. Where do you feel you are making progress?
4. Where do you feel stuck?
5. What does “being free” mean to you?
6. What worries or scares you?
7. What makes you happy?
8. How do you feel about your progress with counseling, mental health, etc.?
9. What do you feel are the next steps in life for you?

Stage 2 Advocate Check List

_____ The survivor has the ability to safely access resources while traveling alone.

_____ The survivor has shown the ability to follow up on their own Care Plan and to ask for help as needed from healthy resources.

_____ The survivor has maintained safe distances from negative influences, including social media, as necessary and would be able to utilize the internet if supervised for work or education.

_____ The survivor has engaged with appropriate/scheduled mental health and/or counseling services, and has met with their Advocate and/or Pastor weekly.

_____ The survivor has made an effort to engage with other residents, advocates, and a peer group.

_____ The survivor has demonstrated a commitment to volunteer, or is in the process of employment training.

_____ The Survivor has successfully completed or has shown a continued desire to engage in all rehab/State-mandated treatment and/or medication regimen.

Sur.vi.vor

1. *A person who is still living after others have perished*
2. *Someone who has the skill to come with difficulty in life*