

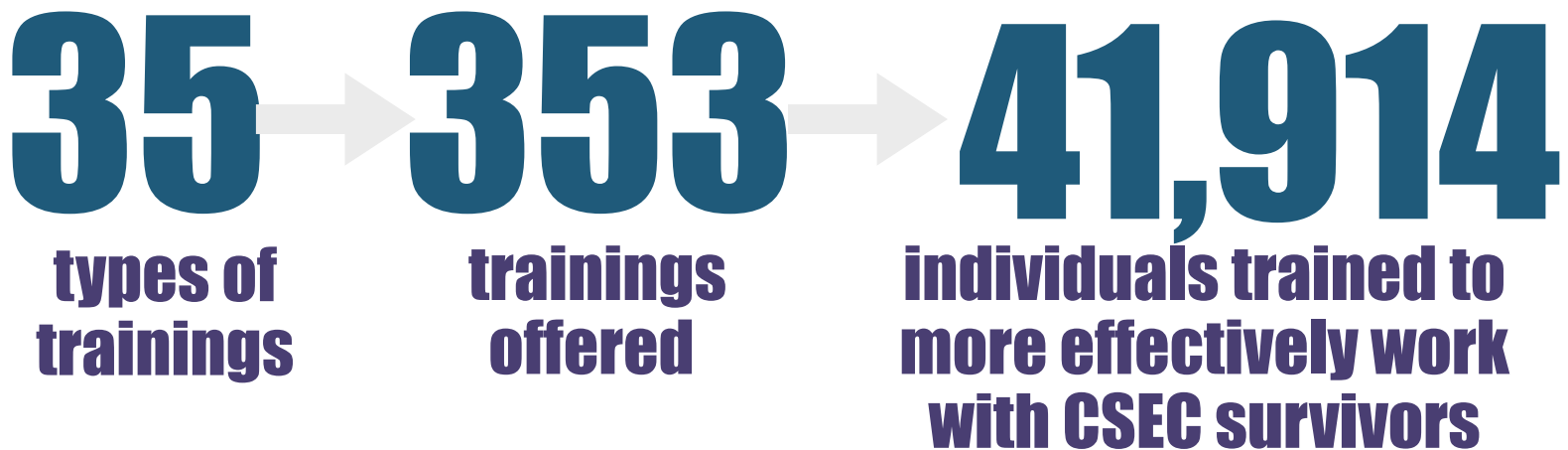
June 2011 - Feb 2021 CSEC Trainings

A collaborative effort by the Los Angeles Probation Department, Department of Children and Family Services, and Nola Brantley Speaks provided several trainings for probation officers, social workers, public health, mental health, group home providers, foster family agencies, attorneys, law enforcement, health services, advocates, schools, CBOs/NGOs, DPSS, hotel owners, and community members.



Thank you for bringing this kind of training to the County. You are truly pioneering a movement that educates and opens the minds of our work community for the betterment of society as a whole. As for my experience with the training, I left with an improved sense of self and comfort in my own skin.

Learning from the experiences of the facilitator allowed me to see a different perspective on the struggles the trans community faces on a daily basis. I can now apply the valuable knowledge I gained to help empower the clients I serve. ~ Probation



CSEC 101

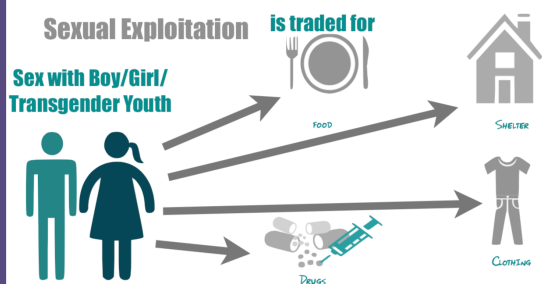
CSEC 101 is an introductory training that introduces providers to CSEC, risk factors, pathways of entry into CSEC, needs of CSEC victims, and identification of CSEC victims. Facilitated by Nola Brantley.

59
trainings
8,754
participants trained

The CSEC 101 awareness presentation was extremely powerful. I had no idea the intensity of this issue. Thank you for sharing your passion and for helping children feel safe and hopeful again. ~ LAUSD Teacher

Absolutely outstanding and very necessary training! As educators/Social Workers/Nurses it is imperative that we are aware of this issue and know the signs and how to respond. ~ School Counselor

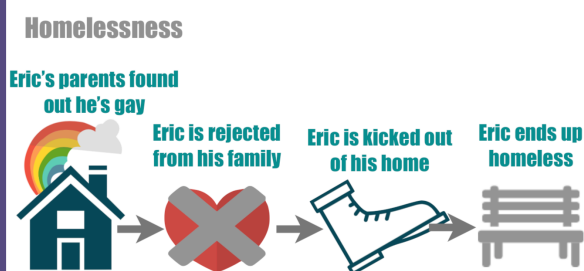
CSEC Overview



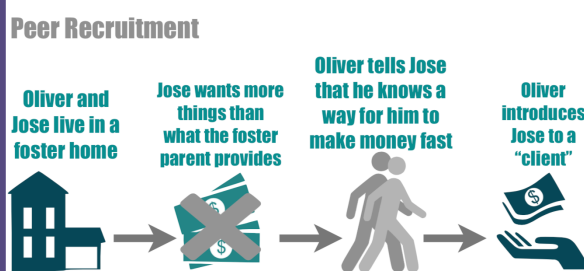
CSEC Overview



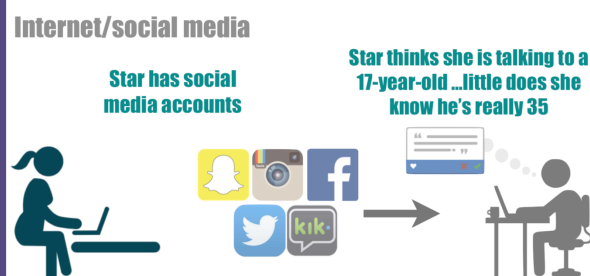
Pathways of Entry



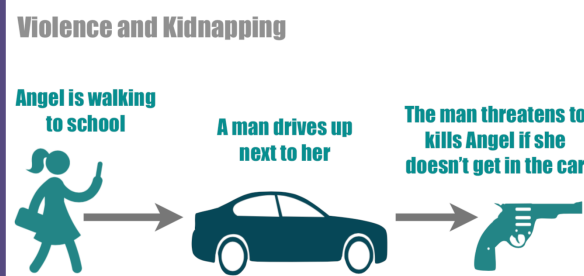
Pathways of Entry



Pathways of Entry



Pathways of Entry



CSEC 102

CSEC 102 is a 2-day training focusing on the impact of trauma, the Stages of Change model, engagement strategies, vicarious trauma, and self-care. Facilitated by Nola Brantley & Dr. Nicole Klasey.

51
trainings
4,103
participants trained

I learned the importance of unconditional regard, the meaning and relevance of engagement and establishing relationships geared at healing and acceptance.
~ Participant

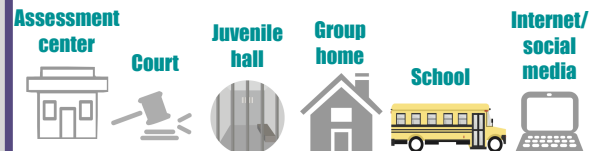
Engagement



YOU are the intervention. Regardless if you have 5 minutes, 5 months, or 5 years with the youth, the relationship you develop with the youth will make a world of difference

Peer Recruitment

Peer recruitment can take place at



CSEC Stages of Change



Adapted from DiClemente, C.C. (2003). *Addiction and Change: How Addictions Develop and Addicted People Recover*. New York, NY: The Guilford Press. © Guilford Press. Reprinted with permission of the Guilford Press.

Precontemplation

CeCe is a 16-year-old female who was recently arrested for loitering and was in juvenile hall for 15 days. Her caseworker recently placed her at a level-12 group home. CeCe is not open to talking about her exploitation and denies being exploited. Anytime anyone asks her about CSEC related topics, she becomes defensive saying, "Bitch, you don't know me." When asked what her goals are, she responds, "to get the hell out of here as fast as I can!" The next day at school, she runs away to reunite with her exploiter. How can you engage CeCe?

Trauma-Informed Approach

- It's important to **keep in mind the extent of trauma these youth experience**. For many of them, they experienced not just the trauma while being commercially sexually exploited, but they also experienced trauma before they were exploited.
- Trauma greatly impacts **how one relates to the self, the world, and others**.
- Try to understand what's **underneath the behavior**.

Precontemplation

Engagement Plan with CeCe:

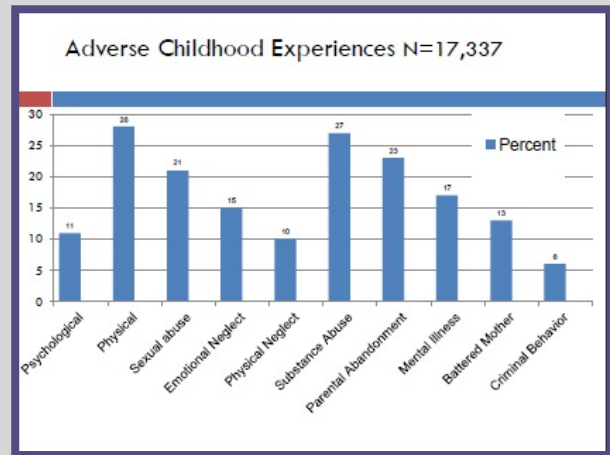
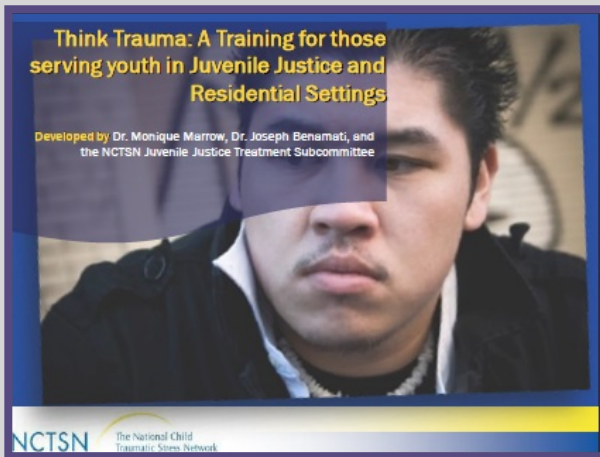
- Talk with CeCe about things other than CSEC
- Work with the group home staff to develop a plan of engagement for when she returns to the group home
- Recognize her relative strength of going to school - even though she AWOL'd from school, she could've AWOL'd from the group home
- Connect CeCe with an advocate
- Create a safety plan

Think Trauma

19 trauma-informed care trainings were provided by leading experts in the field, who discussed complex trauma, cultural competency, implicit bias, vicarious trauma, and trauma-informed care in the juvenile justice system. Facilitated by Dr. Monique Marrow.

The trauma training that has been provided over the past few months has really been helpful in understanding that our CSEC youth have layers and layers of trauma and because of their early childhood trauma, it made them vulnerable to exploitation. I used to think working with the girls in juvenile hall was just about a lot of drama, now I realize, it was trauma! ~ Probation

19 = 1,404
trainings participants trained



I attended the “Think Trauma” training taught by Dr. Marrow and it has fundamentally shifted the way I approach my work. Dr. Marrow provided real world examples and she presented a compassionate and refreshing perspective on the youth that we work with. By viewing their behavior through the lens of trauma and seeing these behaviors as survival coping mechanisms, we can begin to see the path forward to assist young people to develop new coping strategies, rather than engaging in power struggles. This training gave me a frame of reference to understand the impacts that traumatic experiences have on youth development and helped me better understand some of the factors underlying the difficult behaviors we see. The class resonated very strongly with me because it describes what we see every day in the youth and families we serve. Her approach also values and honors the experiences of staff. The class helped me begin to better understand the impact of vicarious trauma on staff working with juvenile justice youth and helped me further realize the importance of self-care for staff. I am very grateful to Dr. Marrow for developing this class. ~ Probation

Responding to the Trauma of CSEC

The training provides an overview of complex trauma of girls involved in commercial sexual exploitation, highlighting the intersectionality of gender and race. Facilitated by Falilah Bilal.

17
trainings
1,763
participants trained

Ms Bilal, spoke about the importance of Healing Informed Care (HIC) for service providers, family and the community. There has been an abundance of discussion around “Trauma Informed Care”. This training takes it to the next step in that it explores the belief that healing is possible and necessary for CSEC youth. Further, the training addresses basic strategies for implementing Healing Informed Care including staff training and education. The training impacted me in that it reinforced my belief in the importance of continuing to listen to the client, build on therapeutic relationships, focus on strengths, and renew the commitment of seeking to understand the client from her/his prospective in a non-judgmental manner. ~ Public Health

Being aware of the trauma of CSEC and the effect it has on your work is crucial. This information is so important since many survivors of human trafficking were once or are CSEC. After Hours Ministry is so thankful for the excellent way in which the training was presented.
~ After Hours Ministry

Foster Care

“Girls who run from their homes, group homes, foster homes and treatment centers are at greater risk of being targeted by a pimp”

(Goldblatt Grace, 2008/2009; Williams & Frederick, 2009).

“I didn’t love myself”

I did it 'cause I didn't have nobody. I did it because I hated myself. I did it because I didn't love myself. I did it because I never had anything. So, when I was hustling, I would hustle hard to get what I need and want...to make myself look good and feel better. So, I started selling my body...



© Monique W. Morris, from *Pushout: The Criminalization of Black Girls in Schools*

This is an excellent training for people who have not worked with CSEC youth in a mental health setting. ~ Orange County Health Care Agency

This training was informative and experiential, whereby one activity asked the attendees to sit with various emotions and feel them with the client, such as rage, sadness, and betrayal, which is something that providers hear about when working with CSEC youth. This training was powerful and well worth attending for any individual who seeks to gain a better understanding of the emotional process that CSEC youth move through within treatment.

~ Five Acres

The Healing Begins with You

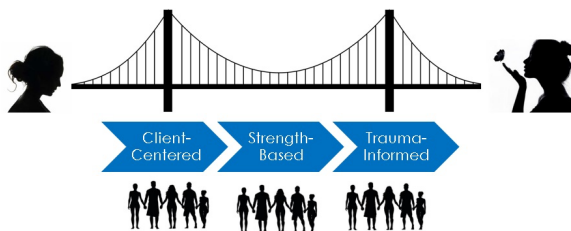
A one-day interactive training course exploring strategies for addressing the overlapping phenomenon of burnout and vicarious trauma among those who are workers in the fight against human trafficking. Through a fusion of various teachings and modern self-care practices participants will explore practical ways to maintain vibrancy and strength in loving others, self, and the mission of social service. Participants will also discuss the process of identity development and strategies for identity reformation for CSEC (including alternative therapies, post-traumatic growth, and other strategies for healing from complex PTSD). Facilitated by Leah Jonet.

15
trainings
1,481
participants trained

This training was very different than any other training I've been to. The trainer did a great job at educating us on how we can be the best support we can be and reminding us that it's all about them – not about us. ~ Foster Care Provider

This training was AMAZING! I can't believe how honest and open the trainer was about her personal experiences both helpful and hurtful. It's so inspiring to know that our youth can recover from the hell they have been subjected to – that there truly is hope. The part of the training on labeling really hit hard for me. We all must do a better job on seeing these youth as kids first – not continue to label them for all the things that they have been through – but really see them for the beautiful young people that they are. ~ DCFS

SOCIAL SERVICE CONCEPTS



Identity with PTSD & after CSE THEIR INNER WORLD (HOW THEY FEEL)

- Distrusting
- Inadequate
- Guilty
- Inferior
- Role confusion



THE DISEASE OF LONELINESS

To be lonely is...

- To be separated from others.
- To be without aid or support.
- To be without anyone or anything else.
- A complex and unpleasant emotional response to isolation (or feelings of isolation).



IDENTITY

A person's mental representation
(idea or image)
of who he/she is...



CSEC Amongst Gay Cis Males & Transgender Females






The training provides an overview of the discrimination of the LGBTQ community as well as an overview of sexual exploitation and commercial sexual exploitation of transgender females and gay males. Facilitated by Nola Brantley.

15
trainings
2,681
participants trained

I am so glad we are finally shedding light on the plight of transgender females and gay males who are trafficked, often landing in this situation as a result of the rejection of their families. Nola's training illustrated the youth with whom we work beautifully and I am so glad we are spreading awareness of these beautiful human beings who are so deserving of love and understanding of their life circumstances.
~ Covenant House

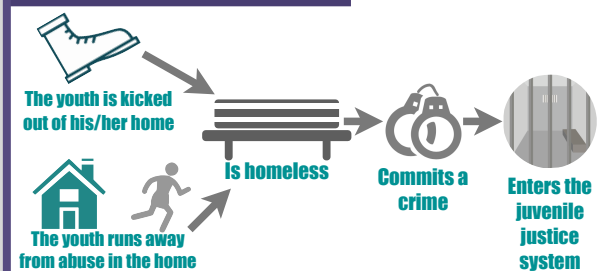
The training for me was enlightening, informative and brought a shared insight into what our LGBTQ community faces just trying to live their life.
~ Covenant House

Foster Care

	LGBTQ	non-LGBTQ
 Total # of placements	2.85	2.43
 Ever been hospitalized overnight	38.8%	31.2%
 Hospitalized for emotional reasons	13.5%	4.2%
 Ever been homeless	21.1%	13.9%
 Live in a group home	26.7%	10.1%

The Williams Institute (2014). Sexual and Gender Minority Youth in Foster Care: Assessing Disproportionality and Disparities in Los Angeles. Retrieved from http://williamsinstitute.law.ucla.edu/wp-content/uploads/SFGYC_report_Final-Aug-2014.pdf

Juvenile Justice



Forrest, R., Overstreet, A., Hays, L., Kohn, D., & Rank, J. (2011). "Justice for All: A Report on Lesbian, Gay, Bisexual and Transgendered Youth in the New York Juvenile Justice System." New York: Urban Justice Center. http://high.org/assets/digital-library/resource_229.pdf

Lack of Services

One study found that...



National Coalition of Anti-Violence Programs (2012). Lesbian, Bisexual, Transgender, Queer, and HIV-Affected Hate Violence in 2012. Retrieved from http://www.nacavp.org/documents/ncavp_2012_report_final.pdf as cited in Clark et al. (2014). Clark, M., et al. (2014). Surviving the Streets of New York: Experiences of LGBTQ Youth, YHSB, and YHSB Engaged in Survival Sex. Urban Justice Center. Retrieved from <http://www.urbanjusticecenter.org/files/urbanjusticepublication.pdf> 200119 Surviving the Streets of New York.pdf

Pathways of Entry

House Mother



Becoming a Trans Ally

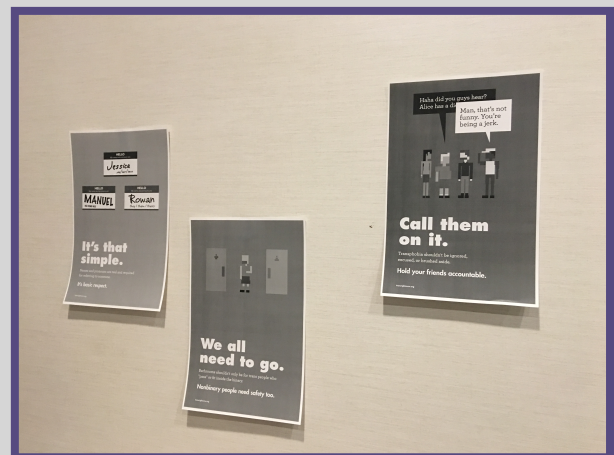
This training discusses effective strategies for engaging the transgender community. Facilitated by Kyle Sawyer.

2
trainings
117
participants trained

The Trans Ally training was such an incredible experience for me. The activities were eye opening and impactful, and I left with actionable tools I can use personally and in my organization to ensure we are thinking as active allies, not just for trans community members. The whole concept of an active ally is so powerful in serving under-served communities. ~ 211 LA County

The Trans Ally training is something that everyone should experience! The trainer is knowledgeable, personable, funny and engaging! He takes the class on a journey and compels one to take a hard look at the world around us as we walk in someone else's shoes. This training truly changed the way I advocate for not only transgender youth, but for all people! ~ Probation Director

The Trans Ally training had a tremendous impact on increasing cultural competency with the Transgender Community. Although, the Transgender Community is represented under the LGBT+ umbrella, it has been evident from my first LGBT training, that in order to fully understand the needs and challenges of this community, that a separate eight-hour training would be needed. It was very encouraging to finally see this happening. – Deputy Probation Officer



Get better, Do better, Be better. BECAUSE GENDER MATTERS!

Technology Trainings

Parenting in a Digital World

This training provides an overview of the dangers of the Internet and social media as well as strategies for keeping youth safe online. Facilitated by Clayton Cranford.

7
trainings
593
participants
trained

I found Parenting in a Digital World to be an excellent training....it gives a revealing look on the dangers and risks involved when parents give their kids free reign on the internet - particularly the very real dangers and risks involved with the seemingly innocent video games and apps that kids use all the time. Not only did the training open my eyes to all the ways perpetrators can directly access those youth we work with, but also my own child through chat rooms on video games and popular apps, but it also equipped me with practical ways I can safeguard and monitor my child while using the internet, while also providing excellent advice on how to talk to your child about using the internet in a responsible, safe way. The result of the training for me has been that my daughter and I have more open talks about our thoughts on what is on social media, plus she understands and respects the reasons why we have internet safety rules in place. ~ DCFS

What the Tech

The training provided a discussion of current issues in cyber crimes as well as a discussion of how technology facilitates crimes against children.

6
trainings
929
participants
trained

The facilitator was really good. It is great to see that the county is expanding the training to cover the internet and social media. It's so scary to know that our youth are subjected to so many negative things from the internet and that predators are preying on the vulnerabilities of these youth. The trainer really brought these realities to life. ~ Law Enforcement

Growing Up in A Digital World

This training provides an overview of youths' usage of technology and social media and practical strategies for engaging youth in discussion about their digital lives. Facilitated by Nola Brantley.

6
trainings
705
participants trained

The training left a huge impression and has impacted how I see the use of digital media. I left with the desire to share the information to protect our children and do something to stop predators from reaching out to the most vulnerable. I work with a primary Spanish speaking community and they would benefit from the knowledge provided at this training. ~ Wraparound Provider

I really enjoyed the Parenting/Caregiving in a Digital World. The training really assisted me in thinking about the impact of social media on children and things that I can use to undo the effects as a parent and a therapist working with other parents. I actually recommended the training to one of the parents I am working with, so he can have a better understanding of the resources available to him. ~ DMH

The Importance of Technology

What do these all have in common?



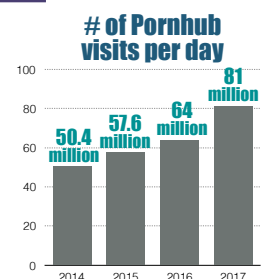
Food Water Clothing Shelter Technology

Teens consider them all basic needs



Pornography

An average of
81 million
people visited Pornhub
each day in 2017



Cyber Bullying

Conversation starters

Have you ever been upset with someone online? How did you deal with it?

If someone was pressuring you into doing something online, what could you do?

Has someone ever sent you a mean message online? How did it make you feel?

If someone was being mean to one of your friends online, what could you do?

If someone was being mean to you online who would you feel comfortable talking to about it?



Social Media

91%
post pictures
of themselves

53%
post their
email

71%
post their
school name

20%
post their
cell phone



Social Media and Youth: Risk and Solutions

Threats and Solutions first explained the current technology and applications our youth are using to access the Internet and social media networks. Secondly, cyberbullying and other online threats were defined with current trends and real-world examples. Lastly, participants were given tools and an action plan that they could begin using to help keep their children and youth safe online at home, school and in foster care. Facilitated by Clay Cranford.

10
trainings

The training was very insightful, one of the best social media classes I have taken! I learned a lot and the resources were really helpful as well. Thanks so much for brining such great training to the County. ~ School counselor

1477
participants trained

This training should be mandated for all those working with children and youth in the foster care system. ~ Foster care provider



Talk to your child

Under developed pre-frontal cortex

Total disconnect

between real-life beliefs and online decisions



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Is this app safe for my child? Ask yourself...

1. Is it age appropriate?
2. Does it have privacy settings that can be made "Private?"
3. Can strangers or anonymous users contact my child?
4. Can I review past posts and comments?

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Vicarious Trauma & Compassion Fatigue

This training discusses vicarious trauma and compassion fatigue as well as strategies to prevent these in the social service field. Facilitated by Francoise Mathieu.

6
trainings
1,465
participants trained

The compassion fatigue workshop has changed the way I live after work. The trainer was well skilled to drive key messages home that you just can't ignore anymore. Through all the tips she gave us to keep our lives balanced, I have purposefully put aside time to garden. Before this workshop, I would never garden and wouldn't call myself a green-thumb at all, but I decided to choose gardening as my decompression hobby and it's been very satisfying to beautify and create a new ecosystem in my backyard in 1 season. The simple pleasure of sharing my harvests with co-workers and relatives allows more conversation to connect with others in different ways than before. ~ Public Health

Francoise is amazing! She is funny, entertaining and highly articulate and right on with vicarious trauma and how to deal with it....It has been a long time, since we have had a Trainer with such great insight and compassion.... ~ DCFS

The secondary impact on helping professionals: Vicarious Trauma/Compassion Fatigue



THE COMPLEX STRESS MODEL



Dr. Patricia Fisher, www.tendacademy.com

www.tendacademy.com

Beyond Kale and Pedicures: Can We Beat Burnout and Compassion Fatigue?

By Francoise Mathieu, M.Ed., CCC

I have been locked out of the seminar room.

Peering through the glassing, I can see two dozen opening doors, some to scrub, rolling about inside the auditorium. The space is mostly full, and they are chatting and eating lunch. The session on compassion fatigue and self-care is about to begin, but the door is locked and I can't get in. I knock once, and then again a little bit louder. They can see me, but no one comes to unlock the door.

Problem is, I am the presenter, and this isn't starting out particularly well.

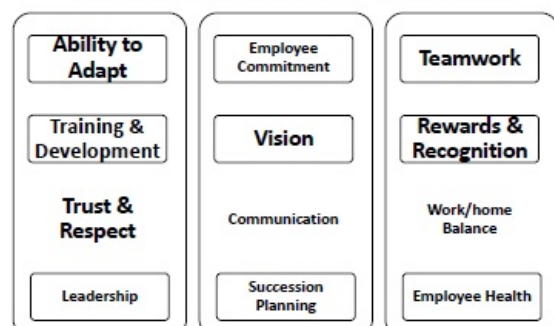
Many of my audiences express growing frustration at working in a system that feels broken, and no amount of kale and yoga can fix that overnight.

Have car, will travel

I became a compassion fatigue specialist by accident, or rather, by necessity. I completed my counseling degree nearly 20 years ago and I was very fortunate in receiving first-rate training at Columbia University and at the University of Toronto. Our courses explored issues of multiculturalism, racism, gender bias, addiction, transference, and many other challenging and stimulating topics.

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The 12-Factor Organizational Health Model



© Dr. Patricia Fisher, Ph.D., R.Psych., L.Psych.

ORGANIZATIONAL HEALTH IN TRAUMA-EXPOSED ENVIRONMENTS

Increasing Your Professional Health and Happiness

The training provides an overview of compassion fatigue, vicarious trauma, and burnout, and practical strategies to address these. Facilitated by Nola Brantley & Falilah Bilal

15
trainings

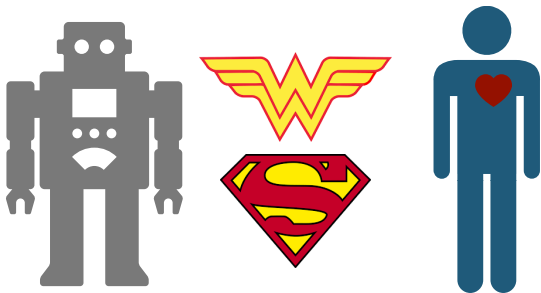
2,016

participants trained

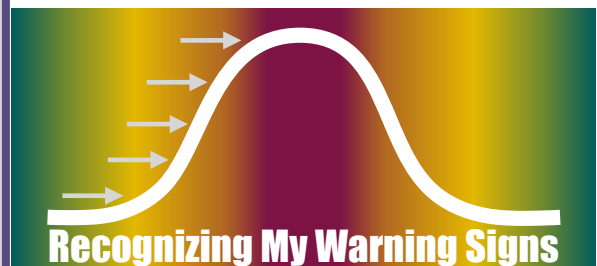
Nola and Falilah's training, "Increasing your Health and Happiness" was amazing. Burnout is rampant among those who work with human trafficking survivors. It is key to understand how we can care for ourselves so that we can care for others fully, as this training expressed.
~ After Hours Ministry

My favorite thing about this training was that the speakers were so open and honest with us. To have people you admire and respect so much in the field open up about their mistakes, current struggles and triumphs was helpful, motivating and very much appreciated. ~ DMH

We have to acknowledge that we are neither robots nor superheroes. We are humans and will be impacted by our work.



Preventative Strategies



Vicarious Resilience

Working with trauma survivors can strengthen our well-being by appreciating and incorporating what we learn from their healing processes

When we're exposed to their resilience, we can experience positive meaning making, growth, and transformations

We must attend to our own development in multiple contexts of marginalization and privilege by virtue of our class, ethnicity, sexual orientation, age, gender, ability, and religion so it does not hinder us from truly appreciating our clients' resilience

Resilience, P. Engelen, D. Gargan, © 2015, Exploring the Impact of Trauma on Therapists: Trauma Resilience and Related Concepts in Training, Journal of Systems Therapy, 28, (1), 87-93



Preventative Strategies

Morning Routine Examples: What will put you on a positive trajectory for the day?

Reflect on gratitude

Eat a healthy breakfast

Set goals for the day

Listen to upbeat music

Exercise/yoga

Meditate/pray

Remind yourself of your mantra

Plan self-care for after work



Harm Reduction

The training provided an overview of the Stages of Change model and applies harm reduction at each stage. Facilitated by Nola Brantley & Dr. Nicole Klasey.

15
training
2,142
participants trained

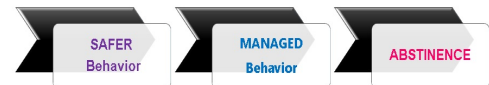
The healing and recovery journey for commercially sexually exploited children and youth is a life-long one. This type of healing happens on a continuum and often begins and is supported throughout with harm reduction efforts. ~ Nola Brantley

What are harm reduction strategies we use regularly?



Harm Reduction

Harm Reduction Continuum



MEET THEM WHERE THEY ARE...

System involved youth are accustomed to others exerting **POWER & CONTROL!**



Safety Planning



- Identify **red flags** in situation and what to do
- Practice **asking for help**
- Identify **potential crises**, their warning signs, and coping strategies

Assisting youth and young adults as they regain a sense of power and wholeness after CSE abuse, requires a unique sensitivity and willingness to employ innovative strategies to help them find freedom. While harm reduction may in some ways seem to be counter-intuitive, it is a gracious and loving way of partnering with them on that freedom journey. As practitioners and helpers in the fight against human trafficking, we must seek to maintain the open-mindedness that will allow us to remain teachable and explore methods that are most helpful for the population. This harm reduction training will equip attendees with more tools to help these young people develop greater self-efficacy and empower them to experience progressive transformation that can lead to long-term stability and safety. ~ Leah Jonet

California's Forgotten Children

California's Forgotten Children is a feature documentary that follows a diverse group of resilient survivors who have overcome commercial sexual exploitation as children and are changing the world by ensuring no child is forgotten. This film gives viewers the tools to combat this epidemic and empowers survivors on their path to freedom. Facilitated by Melody Miller.

9 = 1,650
trainings participants trained

“Thank you so much for adding this documentary and community forum to the training series you and Nola Brantley have continued to provide to all of us. I’ve been providing mental health services to youth in the juvenile halls for over 10 years and I have seen a good number of youth come into the halls who we’re identified as CSE. This documentary really opened my eyes to what these youth have experienced as children, but also the resilience and strength they have to fight through it. The film and the community forum left me feeling very hopeful! ~DMH”

Virtual Screening and Community Town Hall Discussion

California's Forgotten Children:

The Documentary Film that is shining light on and combating the Commercial Sexual Exploitation of Children

California's Forgotten Children
LET THEIR VOICES BE HEARD



Supervisor Sheila Kuehl
3rd District
LA County Board of Supervisors
"Los Angeles County established its forward-thinking Commercially Sexually Exploited Children program in January of 2012 in order to bring an end to the epidemic of child trafficking. I'm happy to see that our work is making a difference."

Panelists



Melody C. Miller
Filmmaker



Nola Brantley
CEO, Nola Brantley
Speaks / Survivor



Rachel Thomas
Director, Sowers
Education Group



Michelle Guymon
Child Trafficking Unit
LA County Probation



Eric Ball
Children's Services
Administrator
LA County CDPS



Healing Shame with CSEC

This training provided an overview of shame and involvement in the commercial sex industry and how it can present in treatment. The training also focused on strategies to heal shame with youth and young adults who have been commercially sexually exploited, and information on shame resilience and self-compassion. Facilitated by Nola Brantley & Dr. Nicole Klasey.

2
trainings
417
participants trained

I've worked with CSE youth for the last year and it's hard to see them battle with so many different emotions. This training was really helpful in giving me a deeper understanding of the shame many of them carry and the insight on how to best engage with them. Great training Nola and Nicole! ~DCFS Social Worker

LAYERS OF SHAME



HEALING SHAME AND TRAUMA

When are CSE youth ready to hear this statement?

It wasn't your fault

SHAME

Would you like to grab some coffee and dive deep into all the things in your life that elicit shame?



We don't have conversations like this. We avoid them at all costs. Why do we often avoid talking about shame?

SELF-COMPASSION

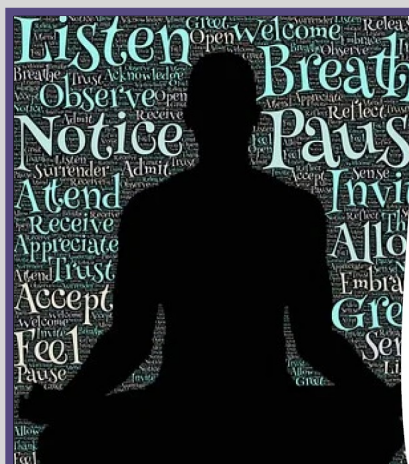


Creating Stronger Trauma Informed Caregiving

This training on trauma informed skill building provided practical tips and techniques to learn how to: Regulate our own emotions as well as regulate emotions of youth under your care; Regulate children/youth throughout the day; Cultivate connections with youth; Create routines and rhythms to provide structure, safety and support for youth; Provide opportunities for choice and reconnections; Apply soothing strategies for youth; and engaging youth in trauma-informed problem solving and limit setting. Facilitated by Dr. Dana Wyss.

4
trainings
249
participants trained

This was a very unique, creative and dynamic training experience that teaches participants how to apply trauma informed caregiving methods by being active participants in actually DOING therapeutic activities in the training. I was actually able to FEEL the therapeutic effects of trauma informed interventions through the use of art, mindfulness, and movement throughout the training. ~ DCFS Administrator



Breathing

- Practice taking bubble breaths.
 - How big of a bubble can you make?
 - Try to catch the bubble on the wand without popping it.
- Use your imagination to "smell a flower and then blow a giant bubble."
- Place one hand on your belly and the other on your chest. Feel your hands rise and fall as you breathe.
- Lie down and place an object on your belly. See if you can make it go up and down with your breath.
- Practice "Counting Breaths."
- In your head count to four as you breath in, and then count to five as you breath out.



Essential Building Blocks for Creating Post-Traumatic Growth in Survivors of Commercial Sexual Exploitation

The Essential Building Blocks for Creating Post-Traumatic Growth in Survivors of Commercial Sexual Exploitation to include: Effective Stabilization, Maximizing Safety, Addressing the Impact of Adverse Life Events & the Resulting Maladaptive Pathogenic Memory Systems that are Challenging to a Survivor's Acceptance of a New Ecological Reality, and Reconfiguring Relational Thinking & Implementing Empowerment. Facilitated by Brian Simmons

1
trainings
137
participants trained

Learning about youth brain development is always so interesting. We often forget that the youth are young, impressionable, not great at decision making and that it requires A LOT of patience from us.
~ Community-based Substance Abuse Provider

WHERE DO WE START?

Changing The View – Creating an Epistemological Shift

Healing begins and ends with the human information processing system that primarily runs our daily lives and, if effective, ensures the greatest probability of meeting our **NEEDS**. What the mind **NEEDS** is where the body will go.



"You must learn a new way to think, before you can master a new way to be" - Marianne Williamson (American author, spiritual leader, politician, and activist)

HOW STRESS RELATED SITUATIONS CAN OVER-ADAPT A MEMORY NETWORK



INCONGRUENCE

Cognitive Dissonance – Inconsistent cognition (knowledge or belief) The Dissonance relationship is a motivating state of tension that tends to generate three kinds of dissonance-reducing behavior:

1. Changing one of the cognitions.
2. Decreasing the perceived importance of dissonant cognitions.
3. Adding further justifying cognitions.



Virtual Engagement and Mentorship during COVID-19

For youth who are sheltering in place, virtual mentorship, healthy time-fillers, links to resources and encouragement are especially vital. In this resource-filled live webinar, survivor-leader Rachel Thomas will provide best practices, helpful tools and real-life examples for virtual engagement and mentorship during COVID-19. Facilitated by Rachel Thomas

1
trainings
151
participants trained

Rachel Thomas is a POWERHOUSE presenter. She is always so passionate about the youth and the work that she is involved in. I love the real-life examples she used and just how important it is to stay connected to our CSE youth during this COVID era we're in.

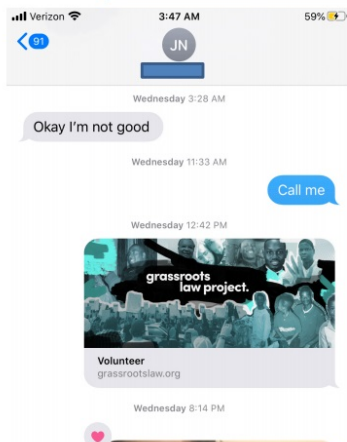
Breakout Discussion



What is 1 movie, show, podcast, song or any media that you can recommend for one of your clients?

What is 1 follow-up question you would ask after your client has viewed/heard it?

Engagement during COVID19 & #BLM



- Proactively check-in on client's physical needs and mental health; be aware of social impacts
- Provide encouraging and reassuring words
- Help youth channel their energy into something positive and productive
- Prepare for relapse— safety plan before it happens and have a plan for after it happens (ETG lesson)
- Take care of yourself as Essential Service Providers! You are valued and appreciated 😊

Factors of Resiliency for Male Survivors of Exploitation

“It’s about more than surviving, it’s about thriving...” this training described the various vulnerabilities that lead to victimization of boys and men, the impact of stigmatization and the tumultuous pathway from trafficking victim to self-actualized “Thrivers.” Presenter Russell Wilson’s message highlighted his personal journey as a male survivor of CSE and former foster child, including practical tips and tools to engage youth. Facilitated by Russell Wilson.

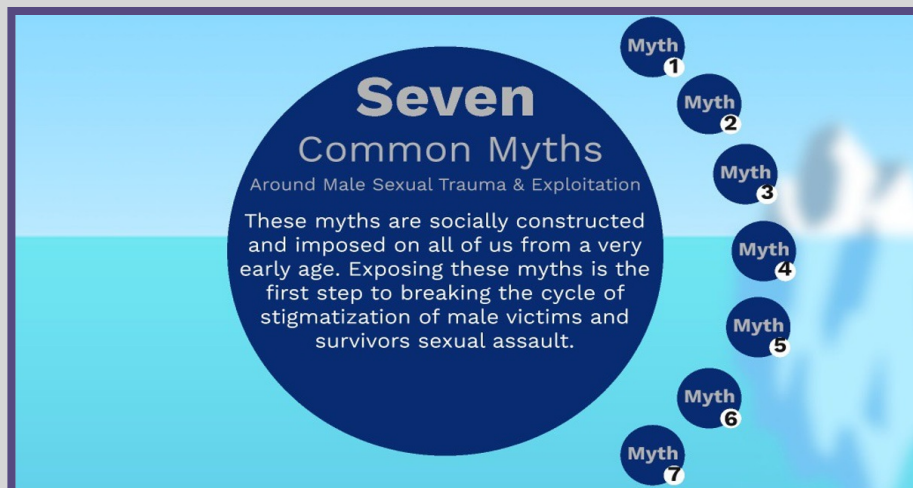
2

trainings

366

participants trained

I’m so glad we are finally beginning to talk about “the boys” and bringing it to light. Thank you Russell for being vulnerable, for your courage and strength, and giving voice to our young men who are being exploited. Very inspiring. ~ Department of Health Services



CSEC: A Clinical Perspective

As a clinician you have most likely participated in various CSEC trainings, watched a movie or video, read articles, or followed some social media advocacy pages, all of which are valuable and increase awareness, but there's more. This training will offer the clinician applicable diagnoses, practical interventions and clinical considerations related to human trafficking and exploitation. Facilitated by Chevonna Gaylor.

1
trainings
181
participants trained

It was great to have a training focused on the clinician's role with our youth who have been commercially sexually exploited. Her perspective on treatment modalities was very helpful as I continue to work with CSEC in our STRTP. ~ STRTP clinician

Child Survivors of Exploitation

Requires specialized attention by mental healthcare providers

Common presentations

- Substance-related DOs, DID, Impulse Control, Conduct DO, ADHD, Antisocial Personality traits
- Mood and Anxiety DOs
- OCD and PTSD
- Somatic, health or environmental concerns

Presentation – may be less overt due to self-medication and/or use of other survival skills

May impact developmental milestones

C. Gaylor, Chevonna.com

My Emotional Regulation

4 Ways Emotions Can Screw Up Your Decisions

Amy Morin, What Mentally Strong People Don't Do
PsychologyToday.com, Posted Feb 21, 2016

1. Excitement can cause you to overestimate your chances of success.
2. [Anxiety](#) in one area of your life spills over into other areas.
3. Feelings of sadness can cause you to settle.
4. [Anger](#) and [embarrassment](#) can lead to taking a long shot.

C. Gaylor, Chevonna.com

Trauma-informed



Framework not Modality



Trauma-informed practice is directed by an understanding of the neurological, psychological and societal impacts of trauma



Key Components: Safety, trustworthiness, choice, collaboration and empowerment

C. Gaylor, Chevonna.com

CSEC and Peer Recruitment

Peer recruitment is a common pathway of entry into commercial sexual exploitation, and yet, many organizations struggle to adequately address the issue. During this webinar, participants learned signs of peer recruitment and strategies to prevent and intervene when peer recruitment occurs. Facilitated by Nola Brantley & Dr. Nicole Klasey.

7
facilitator trainings
1,006
participants trained

We struggle with peer recruitment in our transitional shelter care program. I didn't realize that a lot of the girls were forced into recruiting other girls.. makes sense because of the control they are under. It's all so disheartening! ~ TSC provider

Peer Recruitment



MANY TIMES WE APPROACH THE TOPIC OF PEER RECRUITMENT REACTIVELY AND ASSUME THE PERSON RECRUITING IS MALICIOUSLY INTENT ON HARMING THEIR PEER

How are Youth Recruited?

Freedom!!!!

RUNNING AWAY TOGETHER

OFFERING A SENSE OF BELONGING

STANDING UP FOR YOUTH



INTRODUCTION TO A "CLIENT"



PROMISES OF A BETTER LIFE

How are Youth Recruited?

Freedom!!!!

RUNNING AWAY TOGETHER

OFFERING A SENSE OF BELONGING

STANDING UP FOR YOUTH



INTRODUCTION TO A "CLIENT"



PROMISES OF A BETTER LIFE

Things to Consider When Working with Someone who Recruits

THE STIGMA OF BEING A RECRUITER

UNDERSTAND RECRUITMENT IN LIGHT OF THE STAGES OF CHANGE

WE TALK ABOUT WHAT WE KNOW - HOW ARE WE HELPING YOUTH CONNECT TO OTHERS WITHOUT TALKING ABOUT TRAUMA AND DRAMA?

THE TRAUMA OF BRINGING SOMEONE INTO THE COMMERCIAL SEX INDUSTRY WHEN BAD THINGS HAPPEN TO THEM

THE GUILT OF GETTING OUT OF THE INDUSTRY WHILE THE PERSON YOU BROUGHT IN IS STILL THERE

Applying the Stages of Change to Working with CSEC/TAY

The Stages of Change Model has been identified as a best practice in working with CSEC/TAY. In this webinar you will learn how to apply this model to your work with CSEC/TAY who are currently in or exiting the commercial sex industry including tasks and goals at each stage of change. Facilitated by Nola Brantley & Dr. Nicole Klasey.

7 = **1,031**
trainings participants trained

“Going through various vignettes really helps in understanding where our youth are and what are the best interventions in each stage. This training should be a mandatory training for anyone working with youth – if we really understood these principles then I think we would do a much better job working with our youth and providing them with the “grace” they need along their journey. Thanks so much for the information! ~ STRTP clinician”

Precontemplation

CeCe is a 16-year-old female who was recently arrested for loitering and was in juvenile hall for 15 days. Her caseworker recently placed her at a group home. CeCe is not open to talking about her exploitation and denies being exploited. Anytime anyone asks her about CSEC related topics, she becomes defensive saying, “Bitch, you don’t know me.” When asked what her goals are, she responds, “to get the hell out of here as fast as I can!” The next day at school, she runs away to reunite with her exploiter. How can you engage CeCe?



Recycling

Revictimization vs. Lapse vs. Relapse

- According to the law, anyone under the age of 18 who is brought back into commercial sexual exploitation is being revictimized
- Common challenges related to revictimization, lapses, and relapse
 - Not having basic needs met
 - Overconfidence
 - Daily temptation
 - Violence and kidnapping
 - Self-blame

Prochaska, J.O., Norcross, J.C., & DiClemente, C. (1994). *Change for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward*. New York, NY: Avon Books, Inc.



Organizational Application of the Stages of Change with CSEC

The Stages of Change Model has been identified as a best practice in working with commercially sexually exploited children and youth. While there is more training on how to apply the model with a youth on your caseload, it's imperative that organizations understand the model and build their programming around it. When organizations don't do this, there can be increased tension and frustration because the program isn't effectively meeting the needs of youth. In this webinar presenters discussed how to apply the Stages of Change to ensure one's policies, procedures, and protocols match the population you're serving. Facilitated by Nola Brantley & Dr. Nicole Klasey.

4

trainings

514

participants trained

“As an administrator of a large STRTP this training gave me some really great ideas as to how we should be assessing our agency with respect to the youth we are working with. Specially to see if our needs are aligned and if not that we work towards alignment. ~ STRTP Administrator”

**Agency assessment:
What stage(s) best describe your organization?**



Applying The Stages of Change

MEET THE NEEDS OF YOUTH RATHER THAN HAVING THEM MEET THE AGENCY'S NEEDS

IDENTIFY REASONS FOR RESISTANCE

DETERMINE HOW YOUR AGENCY WILL ASSESS WHAT STAGE OF CHANGE A YOUTH IS IN

DETERMINE HOW YOU WILL INCORPORATE THE STAGES OF CHANGE INTO WELLNESS TEAM MEETINGS

DEVELOP AND MAINTAIN COLLABORATIVE RELATIONSHIPS WITH COMMUNITY PARTNERS



Strategies for Supporting Commercially Sexually Exploited Children/Youth

A review of how the trauma of exploitation impacts the behavior, health, help-seeking, general engagement, and healing of youth who have been exploited, as well as a consideration of the role of substance in exploitation and trauma. Then a focus on helpful engagement frameworks including: trauma reenactments, the cycle of change, motivational interviewing techniques, trauma-informed care, and common dynamics when serving and supporting commercially exploited youth and how these dynamics impact the work and the providers. Facilitated by Else Geltman.

8 = 1,312
trainings participants trained

“What a great class! I had never heard of ACE’s before and that was a real eye opener and it really makes sense that our children who experience so much trauma at such a young age will often carry that trauma into adulthood. I also liked the section on trauma bonding. So many of us wonder “why they just don’t leave” now I have a better understanding. So much to learn. Please keep sending these trainings my way I have really learned a lot and you have some amazing trainers. ~ Youth’s attorney”

“Choice”... is Complicated

What may seem like a “choice” might be:

- Trauma impacting the youth - feelings, behaviors, understanding, worldview (including sexually reactive behaviors)
- Youth trying to feel power or control in a situation
- Youth trying to make sense of a difficult and confusing situation
- The exploiter influencing the situation and understanding

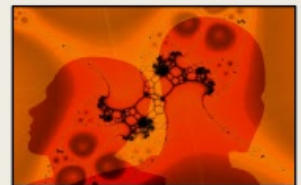


(Activity – Poll)

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Understanding Trauma Bonds

The trauma bond is a **deep connection** which forms between a victim of abuse and their abuser. Victims of abuse **often develop a strong sense of loyalty and compassion** towards their abuser, despite the fact that the bond is detrimental to the victim.



1. The presence of a **threat** to physical/psychological survival; belief that it is a credible threat
2. The presence of **small kindnesses** from the abuser
3. **Isolation** from perspectives other than those of the abuser
4. The **inability to escape** the situation

For CSEC, can look like:

- Returning to exploiter
- Expressing loving feelings for exploiter
- Protecting exploiter from legal consequences

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Advanced Skill Building Strategies for Supporting CSEC

This workshop will allow participants to build on, practice, and apply concepts introduced in the foundational workshop “Strategies for Supporting Commercially Sexually Exploited Children.” This will include an in-depth discussion about the psychological impacts of exploitation trauma(s) and related psychological survival strategies. We will also consider how and why youth who have experienced exploitation may seemingly reenact previous traumas. Taking this information, we will then delve into trauma-informed, CSEC-informed engagement, and service delivery with consideration of common exploitation-related dynamics. Facilitated by Elise Geltman.

4
trainings
738
participants trained

“So many great topics covered in this training. I especially got a lot out of the discussion around safety planning and harm reduction. Being able to process harm reduction strategies really helped ease some of the ambivalence I was feeling since it feels better to just try and control the situation. However, I can see where these strategies can be more helpful to the youth. Great class! ~ Deputy probation officer”

Core Components of Treatment & Service Delivery

Core Components of treatment for youth who have experienced exploitation:

- Safety
- Engagement
- Coercive control and trauma bonding
- Self-determination
- Case management and advocacy
- Addressing the impact on providers

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Trauma Reenactments

- When traumas from the past are acted out in other relationships or settings.
- Traumatic memories not always linked to narrative language
- In “safe” settings or with “safe” people, youth exhibit behaviors that evoke some of the same reactions they experienced in an earlier trauma.
- This is not conscious or a choice.
- The very ways that exploited youth act sometimes the very things we might use to dismiss them as “not ready for therapy or services.”

(Example)



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Labor Trafficking

This 4 hour interactive training will build on learning about Commercially Sexually Exploited Youth to cover all forms of Commercially Exploited Youth-both labor and sex trafficked children- who likely are currently in DCFS and Probation systems. It will include dynamics of all forms of trafficking, with a particular focus on labor trafficked children, information on identification of all forms of trafficking, how to code for this form of exploitation for appropriate data collection, and best practices in serving these children's specialized legal and social service's needs. Facilitated by Stephanie Richard.

3

trainings

236

participants trained

**WOW.. today I felt like I had another
aha moment, just like I did 6 years ago
when I took CSEC 101. I had no idea
that our children could also be labor
trafficking victims – I thought labor
trafficking only happened to adults
So sad.~ Deputy probation officer**

Unaccompanied Immigrant Minors

- May be trafficked:
 - Fleeing Violence
 - Gang recruitment
 - Trafficking In home country



© 2016

Cast

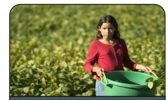
Human Trafficking: 3 Categories



Under 18
+
Commercial Sex
Acts



Over 18
+
Commercial Sex
Acts
+
Force, Fraud, or
Coercion



Forced labor or
Services
+
Force, Fraud, or
Coercion

CA PC 236.1, TVPA, 22 USC § 7102

Cast

Trafficking Exists Where You Look for It!

- Commercial sex and non-commercial sex
- Domestic Service/ Au Pairs
- Restaurant Work
- Hair Braiding Salons
- Scientologists
- Magazine crews
- Forced to sell or cultivate drugs
- Drug mules/transport drugs
- Forced Theft
- Manufacturing work
- Home care/ Elder care
- Construction
- Hospitality
- Housekeeping
- Daycare teacher
- Forced peddling
- Agricultural work
- Cleaning business
- Marriage

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Cast

Sexual Exploitation and Commercial Sexual Exploitation of Males

The national dialogue on the commercial sexual exploitation of children and transitional age youth has largely focused on the exploitation of cis girls while the exploitation of males has been overlooked. "The Commercial Sexual Exploitation of Males" is a 1-day training that will discuss male sexual abuse and stigmas of masculinity as well as the challenges of identifying male abuse survivors. The trainers will then discuss pathways of entry into sexual exploitation and commercial sex industry for males. Facilitated by Nola Brantley & Dr. Nicole Klasey.

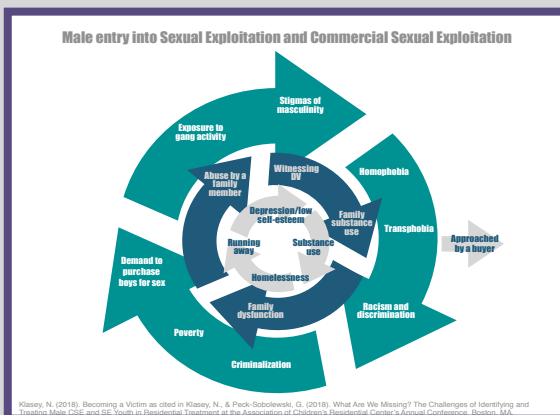
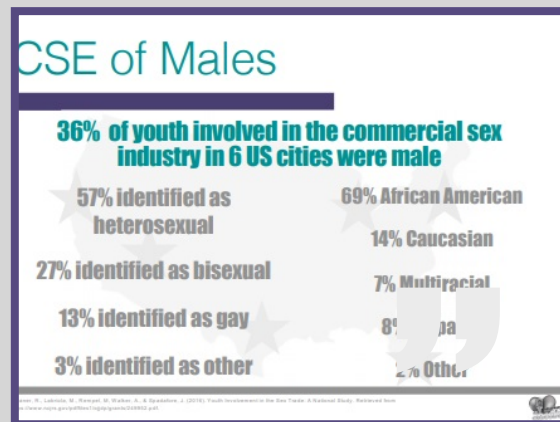
1

trainings

68

participants trained

This training really opened my eyes about the vulnerabilities of young men and the video about male sexual abuse was very powerful. It's sad that so many young men suffer in silence, but glad we are talking about it. Great Class! ~ School counselor



Working with Survivors in Professional Settings

"Working with Trauma Survivors and Those with Lived Experience in Professional Settings" is a 1-day training. Survivors and lived experience experts play a key role in providing services to foster youth involved in the commercial sex industry. Despite the importance of their role, many agencies have struggled to effectively work with survivors. This training will help agency leaders learn how to more effectively work with survivors to enhance their professional development, improve team cohesion, and increase the quality of service delivery, so they can provide higher quality services to foster youth. Facilitated by Nola Brantley & Dr. Nicole Klasey.

1

trainings

93

participants trained

Thank you for such a powerful and learning experience and training. I enjoyed the breakout discussions and learning how other organizations are working with survivors in the workplace. Thank you for all you guys do! ~Wraparound Provider

What's the difference?



What is the goal/intention of having survivors at your agency?

Word on the Street: Educating and Empowering Young Women and Girls

“Word on the Street” is a CSEC prevention curriculum for female adolescents. It was collaboratively developed by clinicians, probation officers, social workers, advocates, group home providers, & juvenile hall staff. There are 3 versions of the group curriculum (6-week curriculum, 1-day conference curriculum, 90-minute curriculum) and one-on-one workbook. In 2018, all versions of the curriculum will be translated into Spanish. Facilitated by Michelle Guymon.

20

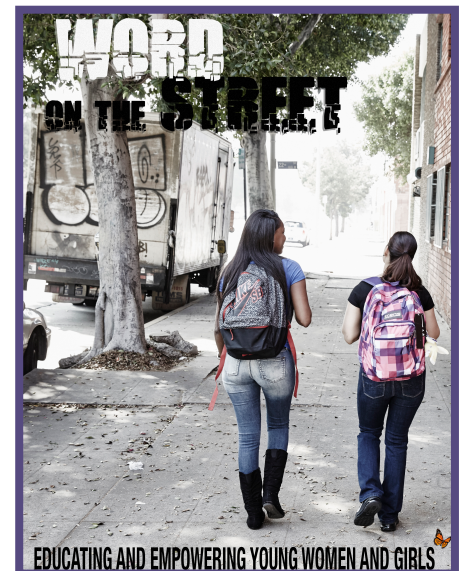
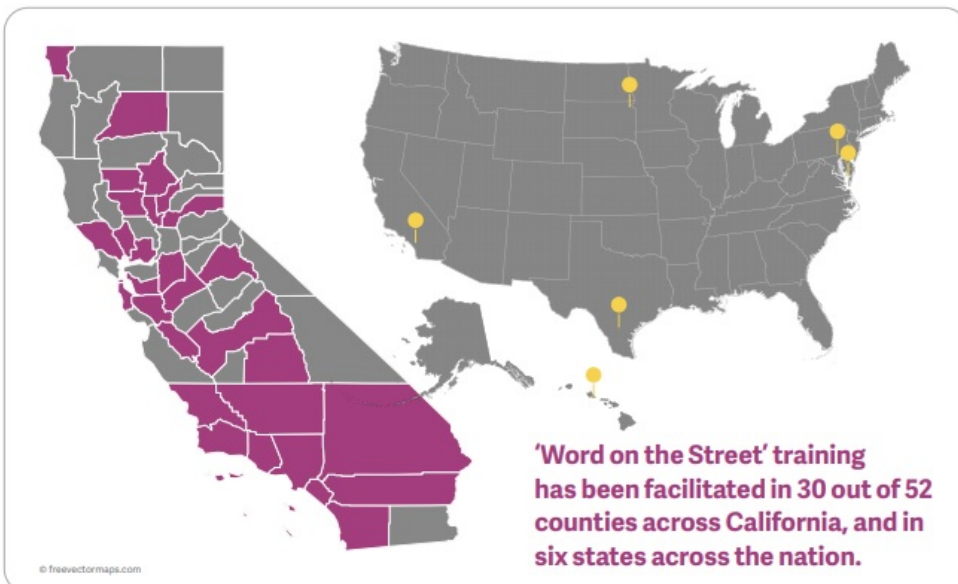
facilitator trainings

1,163

participants trained

What a great curriculum and having a survivor of CSEC co-facilitating was very impactful. I'm excited to get this information into our schools, it is REALLY needed. Thank you for including us in your training and for all of the great work the County of Los Angeles is doing. ~ School Administrator

The CSEC prevention facilitator training was amazing! It is so important for our youth to know the truth about this issue and I want to get started on the workshops right away. I'm thinking that I may even use the curriculum in our agencies Wraparound program with our parents. ~ Wraparound Provider



School Trainings



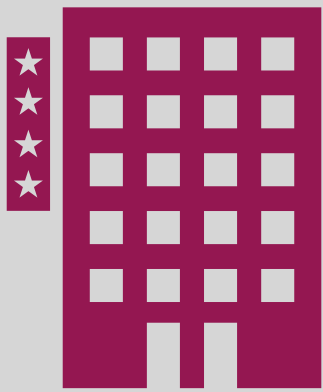
The training provides an overview of CSEC including risk factors, CSEC identification, and how the school can help CSEC victims. Facilitated by various trainers.

17 = 1,099

trainings participants trained

The training was very difficult to sit through. The thought that our children are being targeted for this horrific crime is unimaginable. The videos, examples given, and youth voice really made the issue real. ~ School Nurse

Motel Trainings



The training includes an overview of human trafficking and CSEC. Participants also learned about warning signs to look out for and what to do if there is suspicion of CSEC activity occurring on the premises. Facilitated by Nola Brantley & Dr. Nicole Klasey

4 = 117

trainings participants trained

Law Enforcement Training



This multi-day training provided law enforcement with knowledge and skills to enhance their technical and non-technical investigations to address the demand of CSEC. Facilitated by various trainers.

10 = 1,196

trainings participants trained

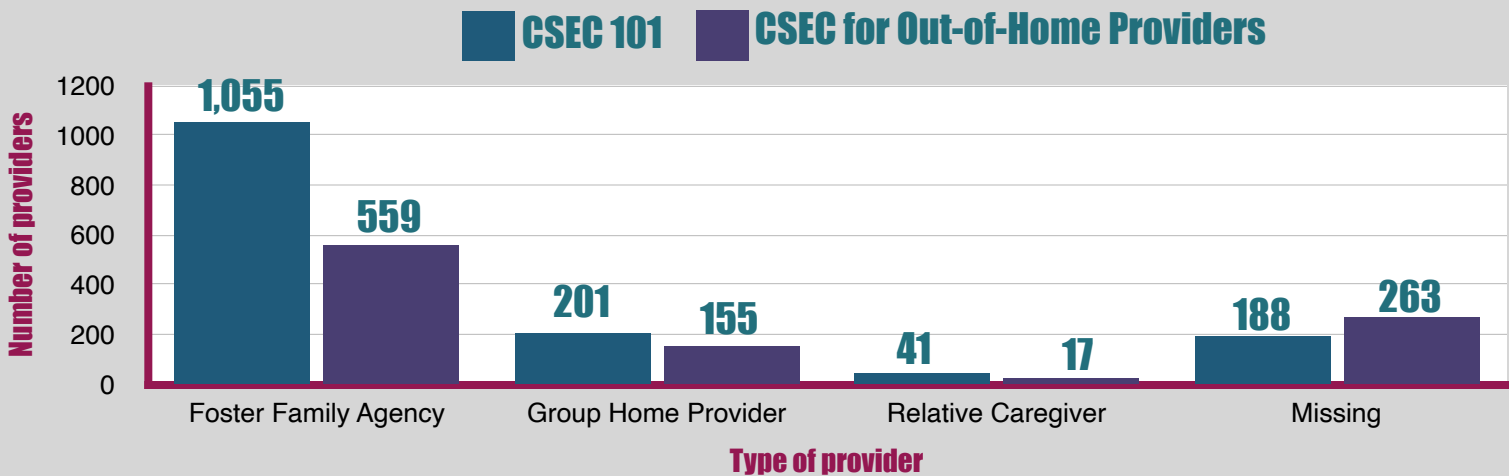
Out-of-Home Care Providers

The Los Angeles Department of Children and Family Services partnered with the University Consortium for Children and Families and Nola Brantley Speaks to create a CSEC training specific for group home providers and foster family agencies to better equip them to work with CSEC victims and survivors as well as youth at-risk of CSEC involvement. Facilitated by Nola Brantley & Dr. Nicole Klasey.

3 = 480
trainings providers trained

1 = 80
Train-the-Trainer providers trained

eLearning



Engagement Strategies: The CSEC Perspective

What is the most important thing for out-of-home care providers to know about CSEC?

- “Get to know the backgrounds of children who are sexually exploited, and not just by reading their file, but by actually listening to them in a non-judgmental way”
- “They only thing lots of abused children know how to do is run when things get stressful”
- “Children in out-of-home care stress a lot because they are not getting their basic needs of food, clothing, and transportation met by providers in a timely manner”
- “CSEC are more than just their CSE. They don’t want to be labeled and categorized by their abuse”



Engagement Strategies: The CSEC Perspective

How and why do youth in out-of-home placement become vulnerable to the commercial sex industry?

- “Running away at a young age (11-13)”
- “Wanting materials things that their care providers cannot afford or will not provide”
- “Unaddressed trauma from a family history of sexual abuse”
- “Lack of self-worth due to past abuse”
- “History of people walking out on them and breaking promises”



Los Angeles County MAKING WAVES Conference



This has been a wonderful - and EMOTIONAL - conference. Thanks to all the organizers. Most importantly, thank you to EACH & EVERY ONE of you for your hard work to eradicate the scourge of commercial exploitation of children, teenagers, and young people. You are all inspirations and we will miss working with you. ~ Emily Williams (BOS 2nd District)

Thank you to everyone on this webinar! It has been beyond amazing working alongside all of you. The girls and boys in LA County need all the love and support you have to give! ~ Jenny Cheung Marino (Commissioner - Superior Court)

Great to be here with so many leaders and changemakers. You have all made such a positive impact on so many. I am glad to know and to have worked with all of you! ~ Ed Fithyan (DCSF)

LA County On-Line CSEC 101 Module

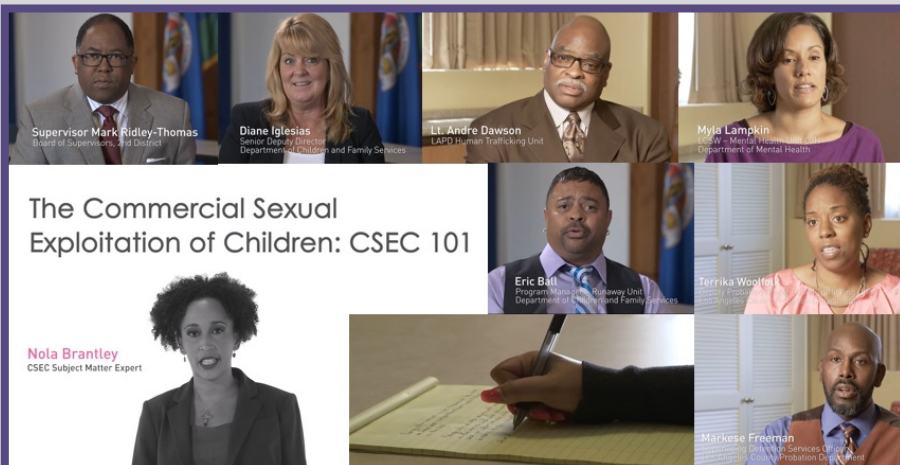
This CSEC 101 training is available to LA County employees and covers an overview of CSEC 101.

77,983
participants trained

This is a very important issue we should all be aware and we must keep our eyes and ears open for subtle clues to help save these victims. ~ ISD

Good info., from the number of homes we have been in over the years, it is likely we have crossed this situation and did not recognize it. gonna keep my eyes a little more open to whats going on around the house other than just the patient. ~ Fire

I thought the training was wonderfully done and EXTREMELY DEPRESSING.....but fascinating!!!!!! It was engaging, and just very real....so it made me sad. But I'm totally glad I watched it, I learned a lot from it, and I think everyone should see it!!!! Very nicely done!!!!!! Definitely one of the best trainings I've ever taken!!!! ~ LA County Office of Child Protection



It is truly heart-breaking that we live in a day and age where these kind of actions goes on exploiting the innocence of youth. I will make it my duty to be ever vigilant, to look for the clues, and report any suspicion of human sex trafficking. Thank you for the course. ~ Fire Department

Thank you!!!!!!!!!! What an eye opener!!!!!! ~ ISD