“Drugs Are Bad And Sex Is Bad Too”

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The Intersections of Commercial Sexual Exploitation and Substance Abuse
Overview

- Practice based presentation
- Define and discuss human trafficking
- How you might identify HT in your practice
- How and why substances are used by survivors of CSE
Hope Rising

- Branch of Saint Andre Home located in Maine
- Female, age 18 and over
- Experienced sex trafficking and/or commercial sexual exploitation
- 24 hour staffing
- On site mental health and substance abuse services
- Life skills groups
- Educational and vocational goals
- Healthcare provided through St. Joseph Healthcare
- 6 month stay requested
St. Joseph Healthcare

- Caring with competence, Compassion, Community
- Services
  - Office visits, laboratory, pathology, radiology, consultation with specialists including GYN, rheumatology, ID, pain management, psychiatry
- Healthcare team
- Partnerships
Human Trafficking

Trafficking Victims Protection Act 2000

- **Labor Trafficking**
  Recruitment, harboring, transporting, provision or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purposes of subjection to involuntary servitude, peonage, debt bondage or slavery.

- **Sex Trafficking**
  Commercial sex act induced by force fraud or coercion, or in which the person induced to perform such an act has not attained 18 years of age.
"At Hope Rising, you are seen as women of dignity, honor and grace, not judged by what has happened to you. Everyone here wants to help you become who you want to be today and plan for tomorrow."

Current resident
“Here I’m not viewed or treated as just another crack whore or some junked out prostitute.”
Just Say No
<table>
<thead>
<tr>
<th>Question</th>
<th>Response</th>
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<tbody>
<tr>
<td>1. Were your parents ever separated or divorced?</td>
<td>80%</td>
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<tr>
<td>2. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?</td>
<td>100%</td>
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<td>3. Did a parent or other adult in the household often or very often swear at you, insult you, put you down, or humiliate you? Or act in a way that made you afraid that you might be physically hurt?</td>
<td>80%</td>
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<td>4. Was a household member depressed or mentally ill, or did a household member attempt suicide?</td>
<td>80%</td>
</tr>
<tr>
<td>9. Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? Or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? Or Ever repeatedly hit at least a few minutes or threatened with a gun or knife</td>
<td>60%</td>
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PTSD

- DSM 5: Exposure to a traumatic event
- Fear of death or harm to self or others
- Symptoms related to:
  - Intrusion
  - Avoidance
  - Negative alterations in mood and cognition
  - Changes in arousal and reactivity
The Traumatic Brain

- Prefrontal cortex: Working Memory; short and long term planning; attention; language
- Hippocampus: Emotional regulation, memory, spatial navigation
- Amygdala: Constantly triggered to Fight, Flight, Freeze, Appease
The Traumatic Brain

- Trauma creates lasting effects on the brain:
  - Long term dysregulation of norepinephrine and cortisol systems
  - Cortisol: Stress Hormone
  - Norepinephrine: Ready for action
Drug Rewards

- IT FEELS GOOD
  - Dopamine, endorphins
  - Quiets my mind, my thoughts slow
  - Pain decreases
  - Variety of effects and experiences based on the substance used
  - Status/Street Cred
Substance Use Disorders

- DSM 5:
  - Each substance has its own diagnosis
  - Mild, Moderate, Severe
  - Medical condition
Drugs and Trauma as Control Tactics

- Deliberate drugging
- Getting someone dependent
- Using violence against a person
- Exposure to violence
- Creating fear through threat of violence
- Romeo tactics vs. Guerilla tactics
The most common age of entry into the commercial sex industry in the US is 12 to 14 years old.

US Department of Justice
What’s happening in Maine?

- Hornby Zellers research on behalf of the Maine Coalition Against Sexual Assault
- 200 to 300 cases per year of sex trafficking in Maine
- Average age of entry into commercial sex industry in Maine is 14 to 16
- Victims come from across the state
- Majority of victims are white
Indicators of human trafficking in the clinical setting “red flags”

- Delay in medical care
- Discrepancy between stated history and clinical presentation
- Scripted text, memorized or mechanical
- Subordinate, hyper-vigilant or fearful behavior
- No documents or identification
- Companion or accompanying individual who answers questions or speaks for the patient. Refuses to leave.
- Inability to speak for self
- Provides own translator
- Evidence of lack of medical treatment for previously identified medical conditions
Really Red Flags

- Tattoos or other identifying marks that may indicate a claim of ownership
- Evidence of physical trauma
- Recurrent STIs
- Multiple or frequent pregnancies
- Frequent or forced abortions
- Frequent relocation
The Talk:

#1 Goal is to reduce shame.
Maslow’s Hierarchy of Needs

- **Physiological needs:** food, water, warmth, rest
- **Safety needs:** security, safety
- **Belongingness and love needs:** intimate relationships, friends
- **Esteem needs:** prestige and feeling of accomplishment
- **Self-actualization:** achieving one’s full potential, including creative activities

- **Basic needs**
- **Psychological needs**
- **Self-fulfillment needs**
Taking a history

- How many hours do you work and do you get time off?
- Can you come and go as you please?
- Can you quit if you need to or are you threatened with harm if you try to leave?
- Do you have to ask permission to eat, sleep or use the restroom?
- Has your identification been taken away from you?
- Are you forced to have sex if you do not want to?
- Have you exchanged sex for food, shelter, money or drugs?
- Forced to have sex to pay off a debt?
What do I do?

- Suspend judgement
- Notice/observe: Behavior; Physical presentation; Story
- Screen: Substance use; injury; head trauma; infection
- Be genuinely curious
- Be willing to “go there”
- Reduce shame
- Safety Plan: ER; office visits; connect with programs
- Connect with patient
How can YOU get involved?

- Support Hope Rising
- Join a local coalition addressing trafficking
- Learn about trafficking and related issues
- Be active in your community
- Lobby
Resources

- National Institute of Health
- Veterans Affairs Administration
- Substance Abuse and Mental Health Services Administration
- Polaris Project
- National Human Trafficking Resource Center
- Adverse Childhood Experiences Survey
- DiClemente: Stages of Change
- Bessel van Der Kolk: “The Body Keeps the Score”
- Hornby Zellers Human Trafficking Needs Assessment 2015
- Maine Sex Trafficking Education Network
- Mass Medical Human Trafficking Initiative
www.hoperisingme.org

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