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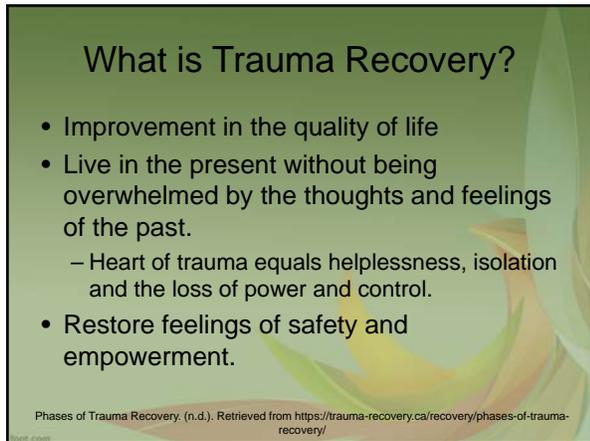
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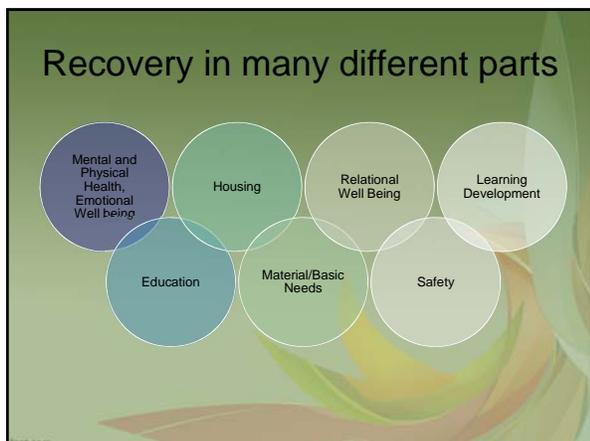
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What can health providers do to support trauma recovery and ease disclosure

- Be personable when sharing important information and take the time to share
- Partner with survivors to help figure out ways to pay for services
- All staff present with non-judgmental attitudes
- Ask the necessary questions to engage

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Know all the theories, master all the techniques, but as you touch a human soul be just another human soul.

~ C.G. Jung

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Aftercare Services supports trauma recovery

- School completion/enrollment
- Securing employment
- Increase positive social network
- Program vs. community support

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## Deroy Hall opened in January of 2015



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## Program Pillars

- **Safety** : youth will be embraced by supportive adults to focus on their immediate physical & emotional needs
- **Empowerment & Inner Strength**: youth & support team begin to clearly identify how the youth envisions the future & what community supports are expected to reach her goals.
- **Living Courageously** embraces all the key concepts of safety, trust, strength, empowerment to support the youth to live courageously without fear, distrust, & abuse

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## Common Themes

- Youth had significant untreated mental health needs
- Severe traumatic histories prior trafficking
- Increase need/want to return to life of trafficking
- Youth referred met criteria for programming for acute mental health stabilization versus general mental health conditions
- Ages range from 14-17 years old
- Substance Use- Alcohol and Marijuana primarily
  - Cocaine, Ecstasy, Opiates, and Methamphetamines

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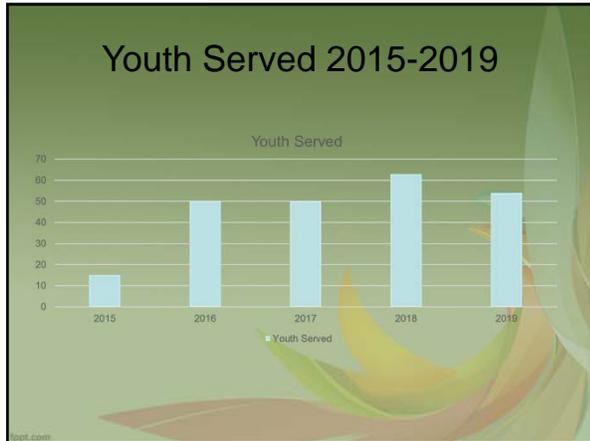
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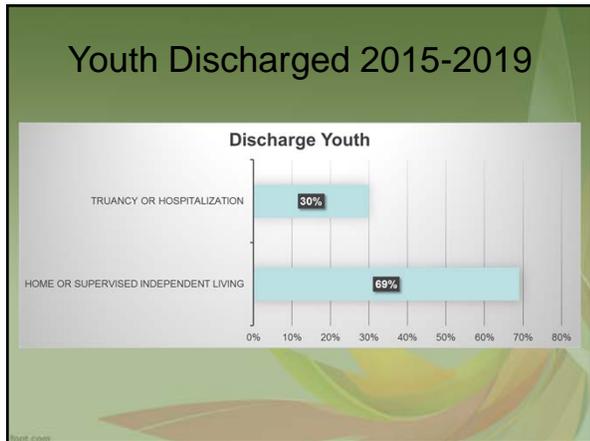
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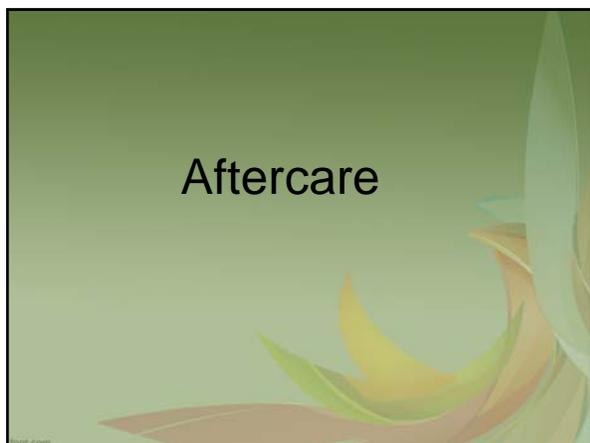
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### Family and Community Reunification

- Depending upon time away from family members
- Time has passed and relationships have changed
- Short period of reunification are positive but also difficult to acclimated with to the family system Can be difficult
- Difficulty of trusting others again and not able to share with others can be distressful and isolating

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### Aftercare program

- Aftercare planning starts at the time of admission
  - Family and/or guardian partnership= engagement
- Dedicated staff to engage youth and family
- 6 months (minimal) after program discharge
- Aftercare visits, phone calls, and outings

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### Aftercare and Trauma Recovery Services

- Not easy when engaging back into the home actually resorted the behaviors of running away from home and refused to take medication
- In-home therapist and VM Youth and Family Specialist was consistent with mother
- Aftercare outing continue even though ended 6 months. Move from in home therapy to outpatient services

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- Still in aftercare 2 years later
- Be clear of boundaries
- The aftercare worker has been a strong support and has utilized aftercare visits to include attending several activities such as, dance, cheerleading, softball and soccer.

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- Another example- 4 years later
- Move to another state and continues to reach out to her aftercare worker
- Establish a social network that has grown being apart of her life has been an essential ingredient to her success.

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### Challenges

- Establishing trust when there is a longstanding history of mistrust from others within the “system”
- Unresolved family substance abuse and mental health support
- Feeling overwhelmed when there are so many different services Whose on first?

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### Successful Strategies

- Early on interaction with both youth and parent - discussing aftercare from the beginning
- Set the foundation of ongoing support for the family system
- Making the parent feel valued and supported
- Accepting and nonjudgmental of parents, guardians, youth

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### Successful Strategies

- Consistent with phone and visit contact
  - We need to “prove” ourselves to be trustworthy
- Having visits on the same day of the week and time (when possible).
  - Easier to remember and able to build into their routine.

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You cannot force someone  
to comprehend a message that  
they are not ready to receive.

Still, you must never  
underestimate the power  
of planting a seed.



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To donate visit our website [www.vistamaria.org](http://www.vistamaria.org)

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