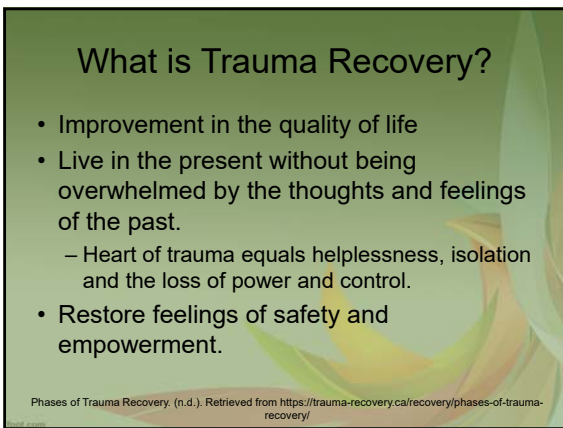
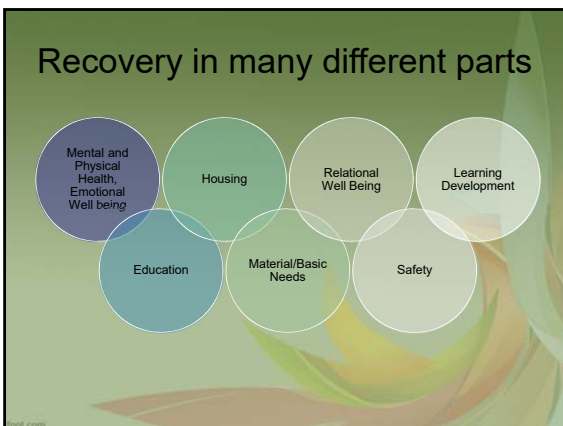


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What can health providers do to support trauma recovery and ease disclosure

- 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

4

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

~ C.G. Jung

5

Aftercare Services supports trauma recovery

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

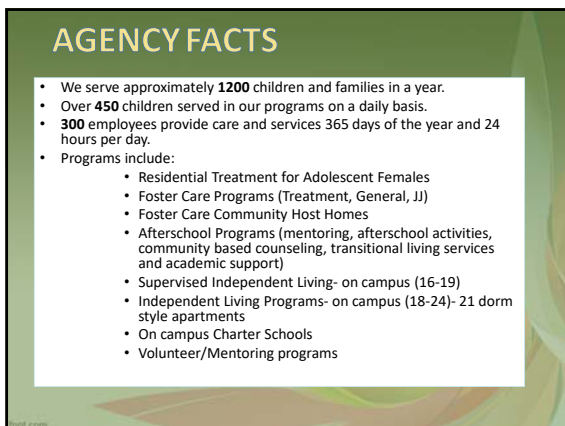
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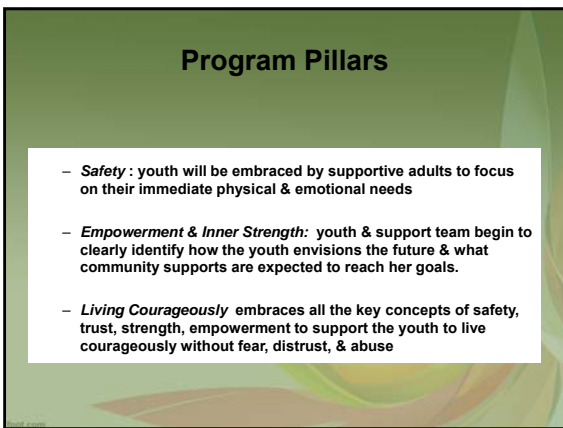
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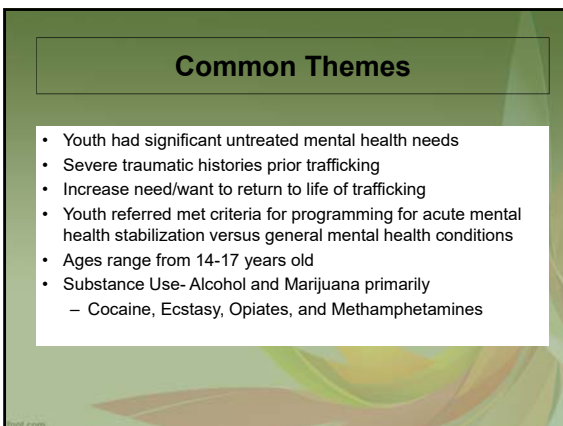
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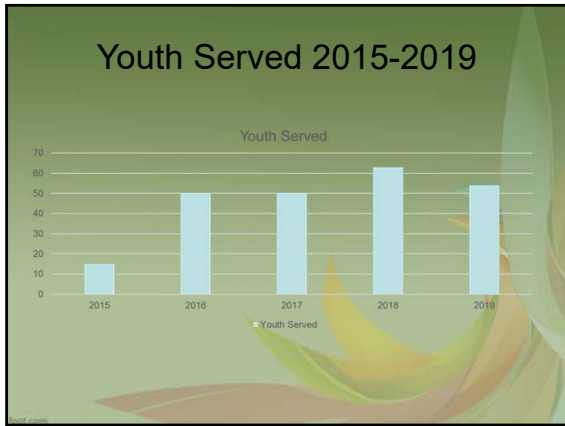
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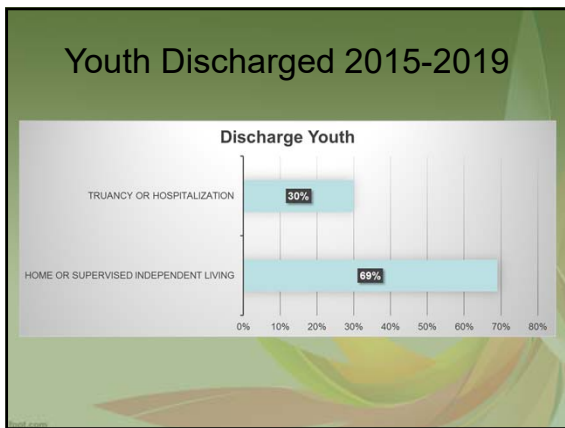
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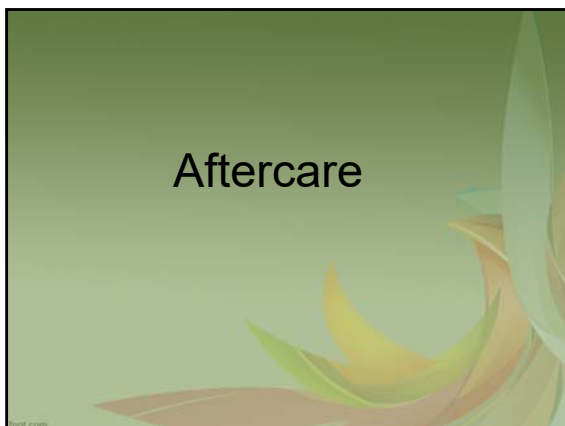
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Family and Community Reunification

- 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

16

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

17

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

18

- 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.

19

- 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.

20

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?

21

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

22


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.

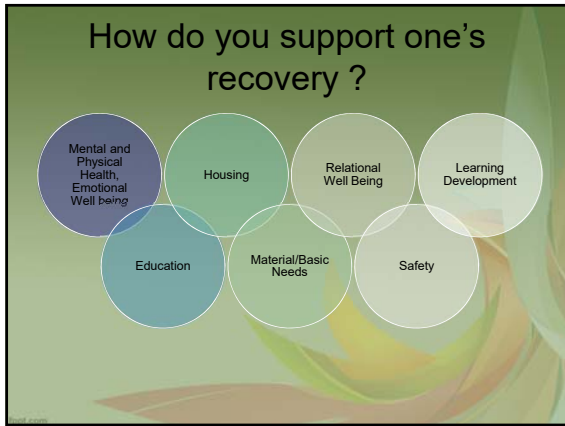
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You cannot force someone to comprehend a message that they are not ready to receive.

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



24



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26

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27

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