Governor Ducey’s
Council on Child Safety and Family Empowerment

January 9, 2020
Governor’s Executive Tower
2nd Floor Conference Room
Trauma to Triumph

Skye Steele, CEO, StreetlightUSA
Dr. Angela Salomon, StreetlightUSA
STREETLIGHT USA

TRAUMA TO TRIUMPH
INTRODUCTION

STREETLIGHTUSA
TRAUMA TO TRIUMPH

Presenters

• Skye Steele, CEO
• Angela Salomon, PsyD
  Director of Programs

• Established in 2009 by individuals from several local Christian churches
• Purchased and opened 3.5 acre facility in 2011
• 24 Bed Group Home Offering Trauma-Informed Enhanced Services to Meet the Unique Needs of Female/Child Victims of Sexual Exploitation/At-Risk (Lighted Path Program)
• 10 bed Behavioral Health Residential Facility offering In-Patient Behavioral Health Treatment to victims of CSEC/at-Risk of CSEC (Sanctuary Program)
• SLUSA has helped more than 1,261 girls since 2011
• We are one of a handful of Residential Facilities in the nation specializing in working with CSEC
Our Role in the Community

Child & Family Teams

- Collaboration/ Communication
- Respect for Their Mission
- Educate
- Learn
- Support
- Alignment (Goals/Objectives)
- Active Involvement
- Child Advocacy
Because of social stigma or misinformation, victims go:

- **Unidentified**: Silenced by fear and the control of the trafficker.
- **Misidentified**: Pigeonholed into treatment for only the surface issues.

So
Our Internal Action

Clinical Lens of CSEC

- Trauma
  - Complex
  - Developmental
  - PTSD
<table>
<thead>
<tr>
<th>PTSD</th>
<th>Complex PTSD</th>
</tr>
</thead>
<tbody>
<tr>
<td>One or few trauma, short lived trauma</td>
<td>Chronic inter-personal trauma caused by abuse neglect in captivity, child abuse</td>
</tr>
<tr>
<td>Visual &amp; Somatic flashbacks</td>
<td>Visual, Somatic &amp; Emotional Flashbacks</td>
</tr>
<tr>
<td>Avoidance of Triggers, Isolating</td>
<td>Avoidance of triggers &amp; relationships, Chronic Isolation</td>
</tr>
<tr>
<td>Nightmares about trauma, sleep disturbance</td>
<td>Nightmares/night terrors, chronic insomnia, major sleep disturbance</td>
</tr>
<tr>
<td>Dissociation issues may occur</td>
<td>Several dissociation disorder types</td>
</tr>
<tr>
<td>Hypervigilance about environment</td>
<td>Hypervigilance about environment &amp; about people - need to work people out</td>
</tr>
<tr>
<td>Anxiety &amp; Depression, some difficulty in emotion regulation</td>
<td>Considerable difficulty with emotion regulation, abandonment depression</td>
</tr>
<tr>
<td></td>
<td>Self perception - helplessness, severe shame, guilt, feeling different to others</td>
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<tr>
<td></td>
<td>Fear of trust, repeated search for rescuer, loss of faith, despair</td>
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<tr>
<td></td>
<td>Distorted perceptions of perpetrator, pre-occupied with perpetrator</td>
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</tbody>
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Healing From Complex Trauma & PTSD/CPTSD  
Website @ www.healingfromcomplextraumaandptsd.com/
Often Accompanied by:
- Substance Use
- Depression
- Anxiety
- Dissociation
- Chronic Pain
- Chronic Health Conditions
- GI Symptoms
- Cognitive Issues (Hijacked Brain)
- Boundary Polarities
- Trauma Bond
- Eating Disorders
- Self-Harm
- Anger

Commonly Misdiagnosed as:
- ADHD
- ODD
- RAD
- Autism Spectrum
- Psychosis
- Bipolar Disorder
- Borderline Personality Disorder
Our Approach

"Bottom-Up" Approach to Trauma Healing AKA Going Back to the Basics
Immediate Physical & Emotional Needs

**Trauma Responsive Intake**

<table>
<thead>
<tr>
<th>Focuses on the Child's Immediate Needs</th>
<th>Immediate Triaging</th>
<th>Rapport Building</th>
<th>Gradual Orientation to the Campus, People, and Procedures</th>
</tr>
</thead>
</table>

[Image of the diagram with the text}
Safety and Security

- Clear Community Expectations
- Sensory Modulation Equipped Environment
- Structured Programming
- On-Campus Security
- Collaborative Model with Law Enforcement
Love and Belonging

- Family-Like System
- Empowerment
- Compassion
- Authenticity
- Support

[Image of children swinging on swings]
Janina Fisher’s Three Stages of Trauma Recovery

**Safety & Stabilization**
- Somatic Awareness and Body Trust and Safety
- Safe Environment & Safe Relationships
- Emotional Regulation
- Life in the Present

**Coming to Terms**
- Overcome the emotions related to the Trauma
- Trauma Resilience

**Integration and Moving On**
- Shame Healing
- Healthy Attachment
- Moving Beyond

Stages of Healing
Our Integrative Model

- Trauma Healing
- Medical/Psychiatric
- Ancillary Therapies
- Trauma Informed Academics
- Child-Family Team
- Community
- Faith
- Culture/Diversity
Evidenced Based Modalities

- CBT-TF
- EMDR
- Seeking Safety
- Sensorimotor Therapy
- Somatic Experiencing
- Equine Facilitated
- Sound/Music Therapy
- Yoga
- DBT
- Mindfulness Based CBT
- Bio-Neurofeedback
Trauma-Informed Environmental Design

- Home-Like Environment
- Safe (Campus Security)
- Sensory Regulation Equipped
- Supportive
- Family
- Empowering
Sensory Regulation Environments
Healing Outdoor Environments
Questions and Answers

Skye Steele, CEO-skye@streetlightusa.org
Angela Salomon, PsyD- angela@streetlightusa.org
Arizona Human Trafficking Collaborative

Introduced by:
Director Maria Cristina Fuentes
Governor’s Office of Youth, Faith and Family
https://youtu.be/bbgRpcXpYYc
Pima County Juvenile Court Practice

Edith Croxen, Chief Counsel