SEX TRAFFICKING AND RECOVERY GROUP AT MOSAIC

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ESTRELLA JAIL

- Approximately 1,380 inmates
- All classifications
- Sex trafficking and inmates in Estrella
TARGET POPULATION
- Medium and high security inmates
- Histories of substance abuse
- High risk of recidivism

CURRICULUM
- Seven week curriculum
- Topics: trauma, drug & alcohol addictive behaviors, criminal activity, violence

32 female Participants Per Cohort
**RECRUITMENT**
- Info session for all MOSAIC female participants
- Participation criteria
  - Experience(s) of sex trafficking or prostitution during their lifetime

**COHORTS**
- Cohort 1: May 2019 (four weeks)
  - 14 enrolled, 11 completed
- Cohort 2: September 2019 (five weeks)
  - 15 enrolled, 13 completed

**INSTRUMENTS**
- Historical measures:
  - Life history survey
  - Adverse Childhood Experiences (ACEs)
- Pre and post assessment measures:
  - Self-esteem
  - Motivation to change
  - Trauma symptoms
The Intervention: STAR

Sex Trafficking Awareness & Recovery

**FORMAT**

- 4-5 weeks, 2 hours/week
- Psychoeducation
  - Discussion & activities
- Lead by PhD clinical social worker with MSW student apprentice

- Abuse
- Trauma & PTSD
- Sexual Exploitation
- Family Dynamics
- Relationships

STAR
SAMPLE ACTIVITIES

Family Lessons

Things I learned from my family:

<table>
<thead>
<tr>
<th>Lessons you want to keep</th>
<th>Lessons you want to let go</th>
</tr>
</thead>
</table>

What are my triggers?

- People
- Places
- Things
- Smells
- Time/date/season

When I come into contact with these triggers and I am not able to avoid them, what can I plan to do?

- People
- Places
- Things
- Smells
- Time/date/season
Characteristics of the Participants

- **RACE**
  - Caucasian 12 (41.4%)
  - Mixed Race 7 (24.1%)
  - American Indian 4 (13.8%)
  - African American 3 (10.3%)
  - Hispanic 3 (10.3%)

- **CHILDREN**
  - 27 (93.1%) had children
  - 13 (48.1%) had experienced DCS remove their children.

- **AVERAGE AGE 32.7**
  - Age ranged from 23-49-years-old.
The Participants

- 75.9% had a history of running away
- 48.3% had been in special education classes
- 27.6% had been in a gang
### Participants' Experiences

<table>
<thead>
<tr>
<th>Experience</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Abuse</td>
<td>62.1%</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>69%</td>
</tr>
<tr>
<td>Emotional Abuse</td>
<td>37.9%</td>
</tr>
<tr>
<td>Emotional Abuse</td>
<td>37.9%</td>
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<tr>
<td>Social Services Involved in Their Families</td>
<td>55.2%</td>
</tr>
<tr>
<td>Witnessed Domestic Violence as a Child</td>
<td>58.6%</td>
</tr>
<tr>
<td>Family Member in Jail</td>
<td>79.3%</td>
</tr>
<tr>
<td>Family Member Also Sex Trafficked</td>
<td>31%</td>
</tr>
<tr>
<td>Suicide Attempt</td>
<td>62.1%</td>
</tr>
<tr>
<td>Teen Dating Violence</td>
<td>58.6%</td>
</tr>
<tr>
<td>Cutting</td>
<td>58.6%</td>
</tr>
<tr>
<td>Adult Sexual Assault</td>
<td>69%</td>
</tr>
</tbody>
</table>
PARTICIPANTS

Average ACEs Score = 6.10
Childhood Abuse (sexual & physical) = 69% & 62.1%
Mental Health Diagnosis = 75.9%
Domestic Violence Involvement = 86.2%
Addiction to drugs/alcohol = 100%
FINDINGS: PRE/POST

MOTIVATION TO CHANGE
No significant changes found

SELF-ESTEEM
No significant changes found

TRAUMA SYMPTOMS
All ten symptom subscales showed significant improvement following intervention

Anxious Arousal
Depression
Anger & Irritability
Intrusive Experiences
Defensive Avoidance
Dissociation
Sexual Concerns
Dysfunctional Sexual Behavior
Impaired Self-Reference
Tension Reduction Behaviors
IMPLICATIONS

- Complex & Difficult Childhoods
- Significant Mental Health & Substance Abuse Challenges
- Trauma Symptom Reduction
What we learned

- During the advertisement meeting and the 1st group - lack of definitions/knowledge
- Excellent client engagement and participation
- Challenges when they get out
  * No case management
  * No link to services
1. Training designed for Corrections/Detention Officers
   - November 4, 14, 18
Targeted to:
   Jail Intel Staff
   Intake Staff
   Classification Staff
   Medical/Mental Health Staff
   PREA Staff

2. Design Training Brochure with Experts
RECOMMENDATIONS
IDENTIFY VICTIMS

1. Train all jail staff on red flags
2. Screen for sex trafficking victimization
3. Have a central point of contact in the jail
4. Identify risk factors for sex trafficking victimization (look at known groups) and offer services (inside and referrals to outside services)
RECOMMENDATIONS
PREVENTION

1. Flag vulnerable adults (screening)
2. Consider release times
3. Explore patterns of $ on the inmates books
4. Discuss release plan (to a safe place)
5. Have appropriate clothes and hygiene products available when released
6. Jail have information about crisis resources
Thank you!