The Role of Trauma Informed Family in the Recovery of Human Trafficking Survivors

Janie Ford & Lydia Lund
A Little About Us

Janie Ford - Janie Ford volunteered in Bangkok with Nightlight Int. in 2009 living in the Nana red light district and caring for children whose mothers had left prostitution. After moving to Kansas in 2011, Janie Co-founded Shelter and Rain, Inc. and the Salina Area Coalition for Trafficked Persons (SACTP). Janie is a Certified Massage Practitioner and passionate about inner healing and social justice. She is the mother to three bio children. Janie and her husband fostered a teen survivor of human trafficking for four months and continue to maintain that connection. They are currently living in California where Janie is involved in mentoring survivors as they provide live in care for Janie’s aunt who had a traumatic brain injury. She is the author of “Courageous and Free - Journey to Inner Healing.”

Lydia Lund - Lydia Lund is a therapist at Cornerstone Clinic, LLC where she specializes in working with survivors of human trafficking, domestic violence and sex offenders. Lydia and her husband Tyler, along with a team of anchor men and women started a women’s and men’s “Journey home”, which are homes for women and men in transition. Lydia is involved with the Salina Area Coalition for Trafficked Persons, chairing the after-care committee. Lydia has spent 10 years of her life living and traveling in developing nations getting her feet wet in activism, prison ministry, street outreach, female empowerment projects and trauma therapy for women and children survivors of sexual abuse. Lydia has five children; three biological and three foster kiddos. She and her husband have had the privilege of fostering over 70 children through full-time, respite and emergency placement roles.
Freedom, protection, and restoration for men, women, and children affected by human trafficking and the commercial sex industry.

Founded in Wichita, Kansas with work in Salina and the Central Coast of California.

- Strip Club Outreach.
- Restorative Relationships / Mentoring.
- Training - Trauma Informed Care, Inner Healing.
- Coalition Development.
- Residential Recovery
Definition of a Trauma Informed Family

A trauma informed family understands the nature of trauma specifically of abuse, exploitation, and human trafficking and its impact on an individual's body, soul, and spirit.

A trauma informed family seeks to build trauma competent connections.
1. Posture Your Heart to Learn

➔ Understand a survivor's journey.

➔ Discern what your family’s role is.

➔ Develop self-awareness and embrace your personal journey of healing.
Understand a Survivor’s Journey

- What is her experience with “family”?
- Is she stable and desiring to connect with a family?
- Where can we meet her in her recovery journey?
Discern What Your Family’s Role Is.

What will I Say Yes to?
- A commitment to the long run.
- Vulnerability and mutual connection.

What will I Say No to?
- Is this a good fit for our family?
- Are we prepared for______?

Our Role -

To open our hearts and homes.

We realize that it may be messy, but we are committed to the mess of restoration and mutual connection.
Develop Self-Awareness and Embrace Your Story

- What scars do I bear that help me to connect with another’s pain?
- Are there ways I may become triggered?
- How can I surround myself with a support network?
2. Affirm Resilience

➢ Understand the Crisis Cycle.

➢ Ditch the victim/rescuer mentality.

➢ Focus on strengths and access de escalation techniques in building self-efficacy.
Crisis Cycle

Crisis Phase
Protect, Listen, Engage
Caregiver Response:
Protect using the least amount of interaction necessary for safety.

Escalation Higher Phase
Engage, Protect, Listen
Caregiver Response:
Engage to cue a replacement behavior

Escalation Lower Phase
Engage, Listen, Protect Caregiver Response:
Engage to offer options from baseline

Stimulus or Trigger Phase
Listen, Engage, Protect Caregiver Response:
Listen to identify and remove the stimulus

De-escalation Phase
Engage, Listen, Protect Caregiver Response:
Engage to structure the cooling off period

Stabilization Phase
Listen, Engage, Protect Caregiver Response:
Listen to actively listen

Post-Crisis Drain Phase
Listen, Protect, Engage Caregiver Response:
Listen to observe and support

Baseline Phase
Engage, Listen, Protect Caregiver Response:
Engage to support them in what they are doing

Green Zone

Blue Zone

Red Zone
Crisis Phase
Least amount of interaction

Baseline Phase

Stimuli / Trigger
Removal of / from Stimuli

ESCALATION PHASE
Offer Options / self expressions

DE-ESCALATION PHASE
Structured Cooling off

Stabilization Phase
Active Listening
Crisis
- Throwing things, yelling, swearing

Basic Human Needs
- Security & safety

Escalation
- Walking around, talking fast, refusal

De-Escalation
- Slower speech, smaller range of space

Stimuli / Trigger
- Work given, teased, hunger

Stabilization
- Being seated, slower breathing, tired

BASE LINE
- Compliance, relaxed muscle, softer face
- Provide positive enforcement

Achievement

Self Actualization
3. Be An Attuned Caring Relationship

➔ Offer a safe space to BE.

➔ Cultivate healthy attachment.

➔ Understand the impact of trauma in the dynamics of male/female relationships in family systems.
How has a healthy family brought healing in your life?

A healthy family has brought healing to my life by allowing me to experience unconditional love. It’s also gave me a sense of belonging with others. It’s helped me see what a healthy marriage looks like and to see how a man truly loves and respects his wife. - Jen C.

“You are imperfect, you are wired for struggle, but you are worthy of love and belonging.”

Brene Brown
Cultivate Healthy Attachment

Authenticity
Empathy
Joy
Healthy Connection

Men who view women not as objects but with immeasurable worth will empower healthy love based connection rather than a shame based connection that perpetually fuels exploitation.

The Role of Men

Are Themselves: *Affirm love based connection.*

Consistent: *Overcome fear by having open conversations with your partner.*

Clear Expectations: *Discern where unhealthy attachment may take place and what roles you will each play.*

Boundaries: *Provide the framework for healthy interaction.*
4. Set and Maintain Boundaries Through the Lens of Trauma Informed Care

➔ Emotional or self-regulation starts with you.

➔ Consistently communicate healthy boundaries and expectations.

➔ Understand your role in relapse and long term recovery and stability.
EMOTIONAL or SELF-REGULATION STARTS WITH YOU

● Pre-decisions set you up to Provide Structure and Nurture

● Identify your own trauma, self-care, utilize support systems, participate in self-discovery

● Two main questions we need to practice asking ourselves: *Am I modeling how to control my emotions? *Is the child, teen or adult somewhere else in the crisis cycle (other than baseline), therefore, is this a teachable moment?

● Get comfortable with expressing your emotions and how you will work through them. Model how to use coping skills - mirror neurons.
Sample Electronic/Internet Rules

- Electronics are a privilege, not a right.
- I know all the passwords. If I'm locked out, the electronic is mine.
- I can check the electronic anytime in or out of your hand.
- All electronics must be on my desk by 9 pm on a school night.
- No scary or pornographic movies, tv series, etc. (pre-approved by parents).
- Under 16, I'm on same social media account.

Note - I'm not 24/7 in their space, but random checks as warranted (behavior changes dramatically, etc.)

Check your children's social media feed today, tomorrow, next week, next month, and so on.

LISTEN, be curious
## Understand Your Role in Relapse and Long Term Recovery and Stability

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<th>Our Responsibility</th>
<th>Survivor Responsibility</th>
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<td>*Respect autonomy</td>
<td>*Dependent on the framework of your relationship and their needs (official program, mentorship, etc.)</td>
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<td>*Know your lane and say “peace out” to your ego</td>
<td>*Communicate safety needs and basic needs</td>
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<td>*Work with a team, make slow decisions</td>
<td>*Starting point - ownership evaluation, let them define their responsibility</td>
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<td>*Recognize desires versus expectations</td>
<td>*Show up, create small goals and slowly build a foundation</td>
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<td>*Evaluate safety measures needed for survivor and anyone associated with them.</td>
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5. Invite Survivors Into Healthy Community

➔ Connect with healthy community.

➔ Allow natural encounters to cultivate new relationships.

➔ Build bridges with the individual’s in a survivor’s life.
Connect with Healthy Community - The Church

What has the church done to help you in your healing journey?

- They don’t turn their back on you even when you feel like your unlovable. They show me endless grace and mercy. - Jen

How do we overcome our fears?

- When we step towards them we realize they are a person just like you and I. - D.K.
6. Provide Opportunities for Spiritual Connection

➔ Listen for the moments to affirm God’s love and care without pushing an agenda.

➔ Be prepared for difficult conversations in regards to a survivor’s past.

➔ Trust a survivor’s journey.
What I’m interested in seeing you do is:
sharing your food with the hungry,
inviting the homeless poor into your homes,
putting clothes on the shivering ill-clad,
being available to your own families.
Do this and the lights will turn on,
and your lives will turn around at once.
Your Role is Important

How will you cultivate trauma competent connections?

Resources:

- Flourish International
- Safe Families for Children
- Christian Alliance for Orphans
- The Homestead Ministry
- The Blessed Hope Family
- St. Francis Community Services
- CAPS
- Carpenter Place

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