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

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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.

Courageous & Free

Journey To Inner Healing



JANIE FORD
Co-Founder of Shelter and Rain, Inc.



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.

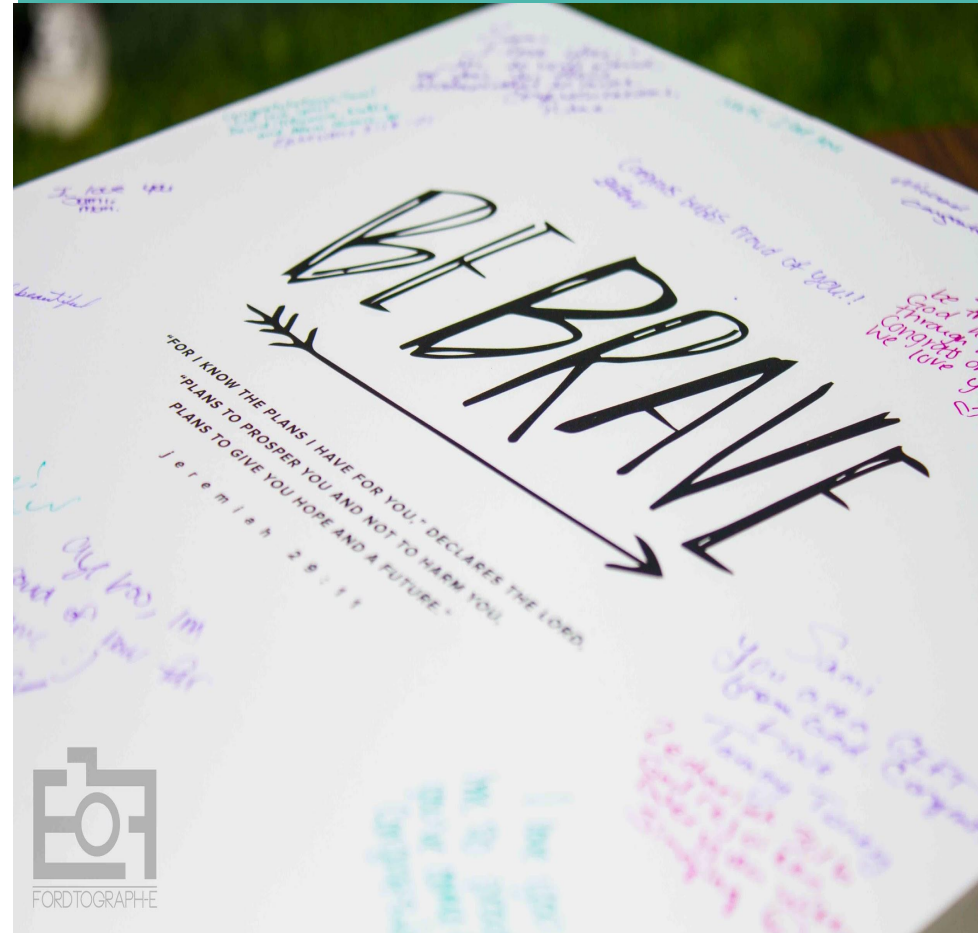
A trauma informed family seeks to build trauma competent connections.

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?



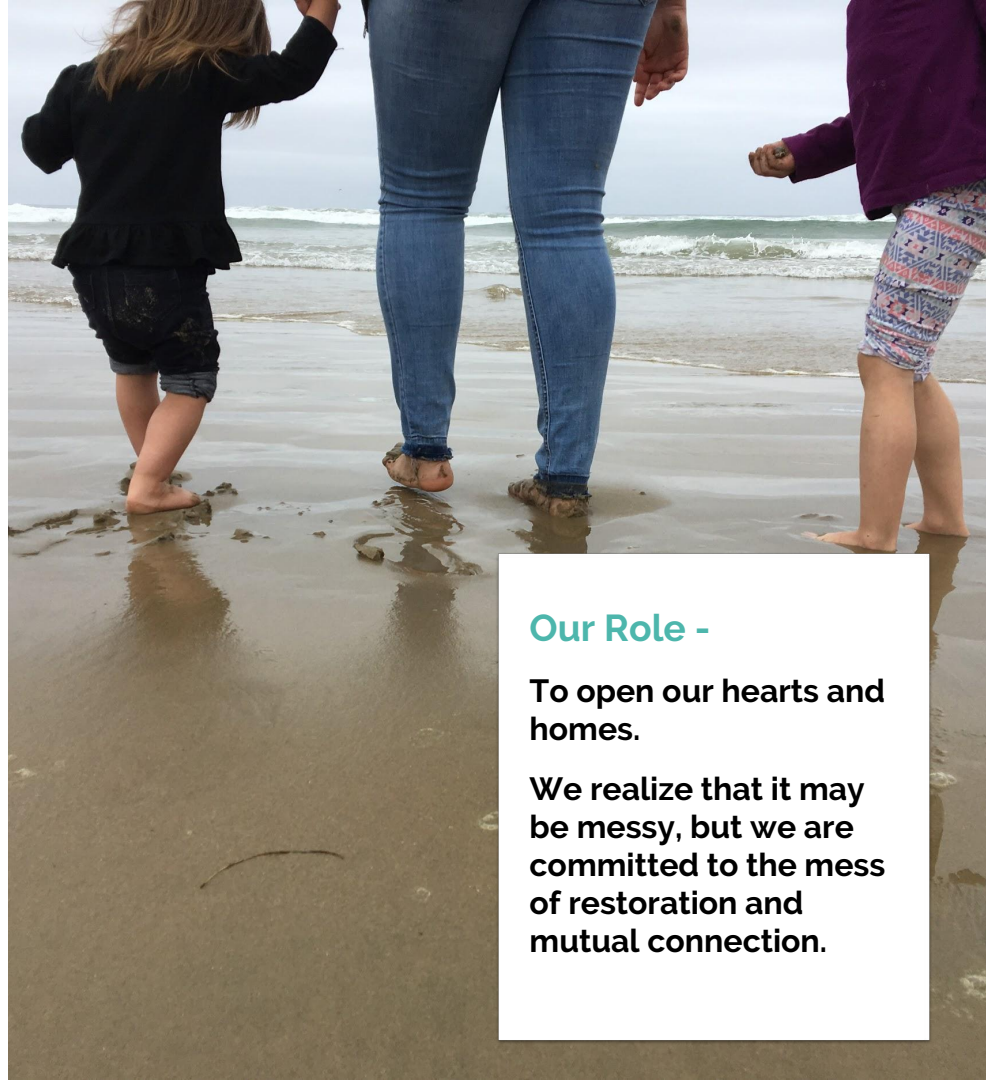
Discern What Your Family's Role Is.

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 _____?



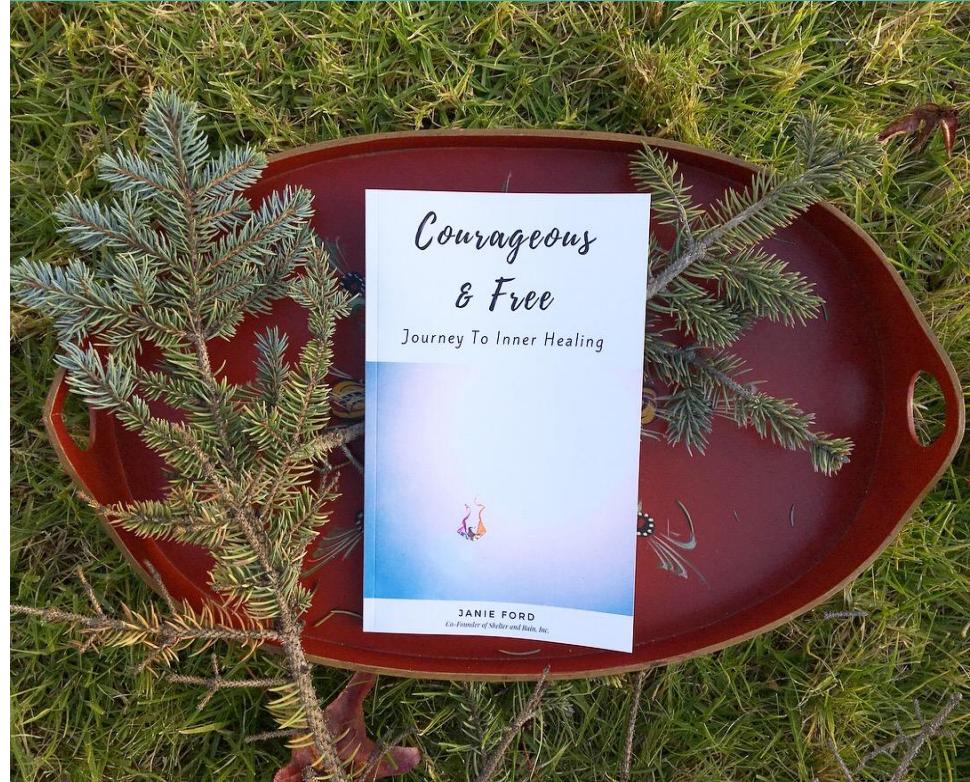
Our Role -

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

Red
Zone

Blue
Zone

Green
Zone



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

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

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

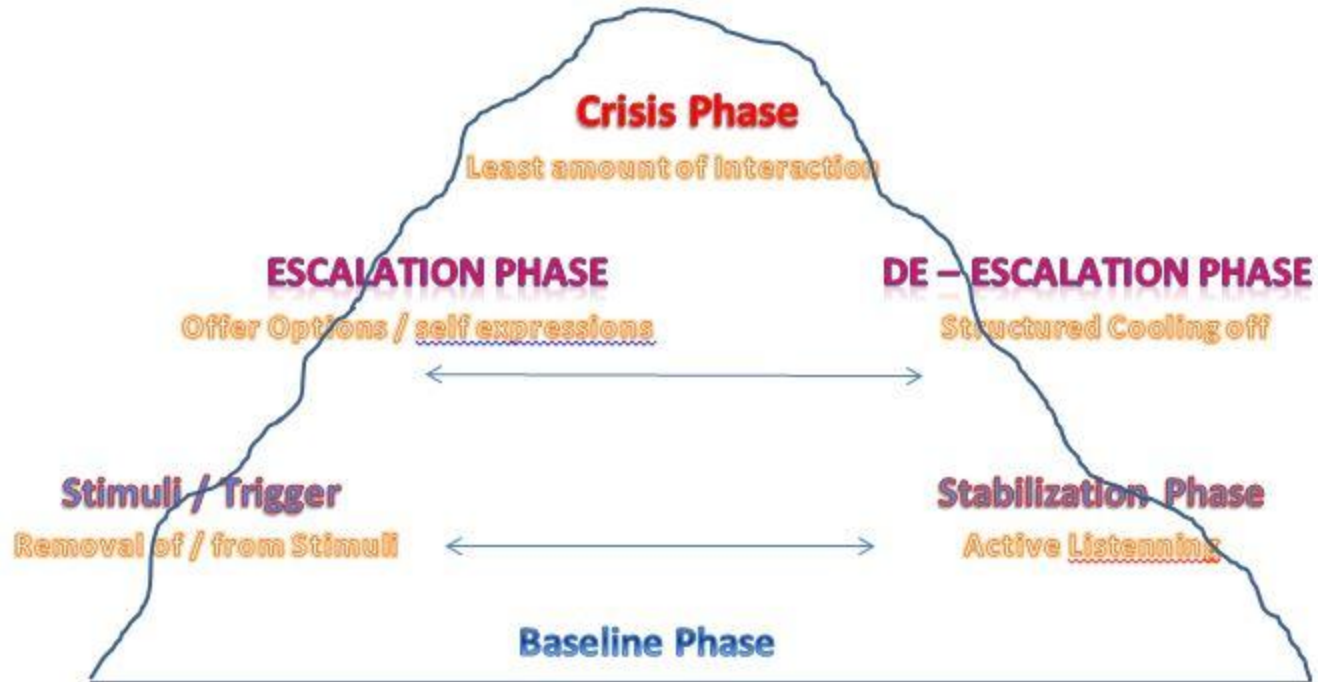
Stabilization Phase
Listen, Engage, Protect
Caregiver Response:
Listen to actively listen

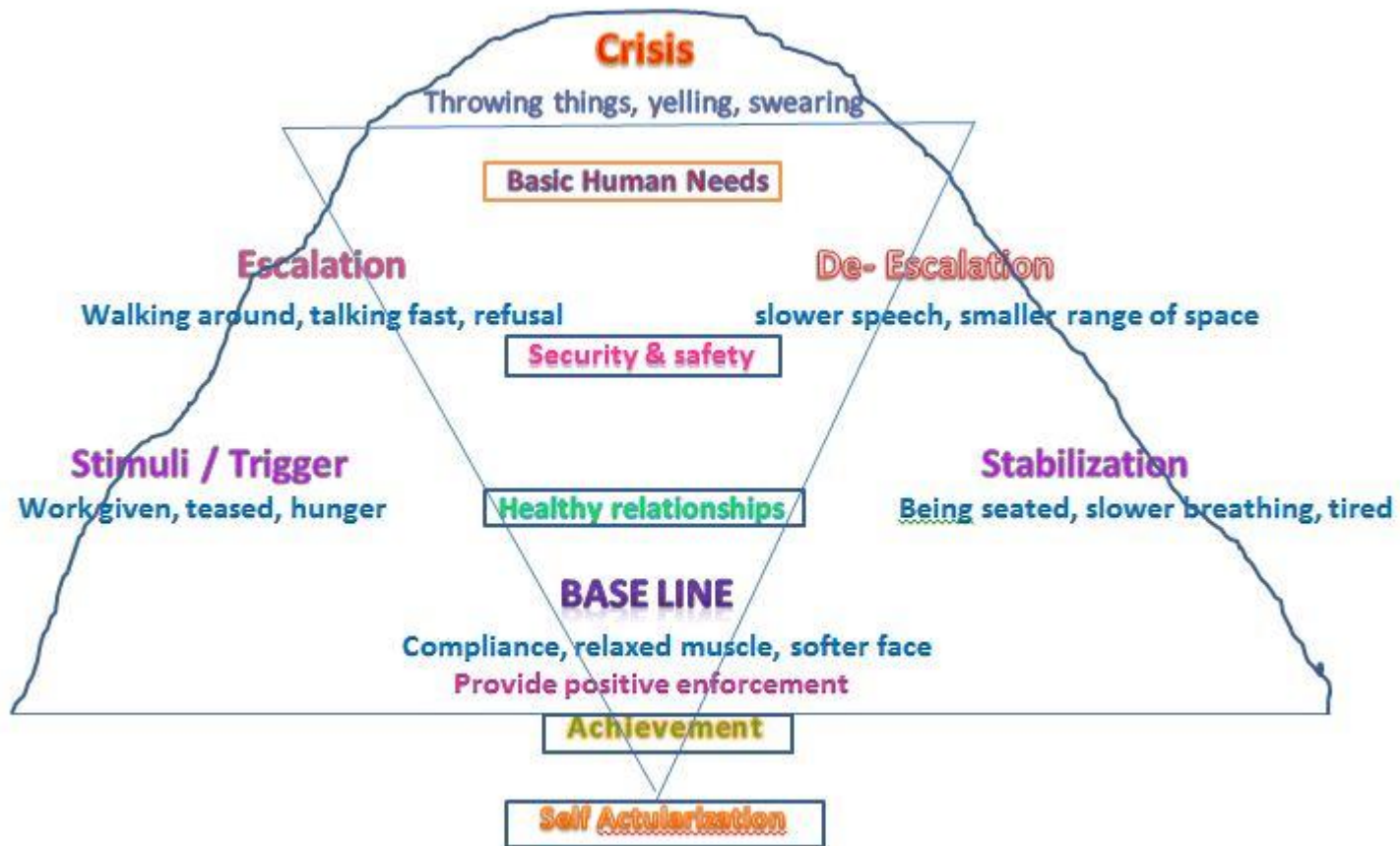
Baseline Phase

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

Post-Crisis Drain Phase

Listen, Protect, Engage
Caregiver Response:
Listen to observe and support





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.

Offer a Safe Space to BE

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 Lense 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

Our Responsibility

- *Respect autonomy
- *Know your lane and say “peace out” to your ego
- *Work with a team, make slow decisions
- *Recognize desires versus expectations
- *Evaluate safety measures needed for survivor and anyone associated with them.

Survivor Responsibility

- *Dependent on the framework of your relationship and their needs (official program, mentorship, etc.)
- *Communicate safety needs and basic needs
- *Starting point - ownership evaluation, let them define their responsibility
- *Show up, create small goals and slowly build a foundation

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*

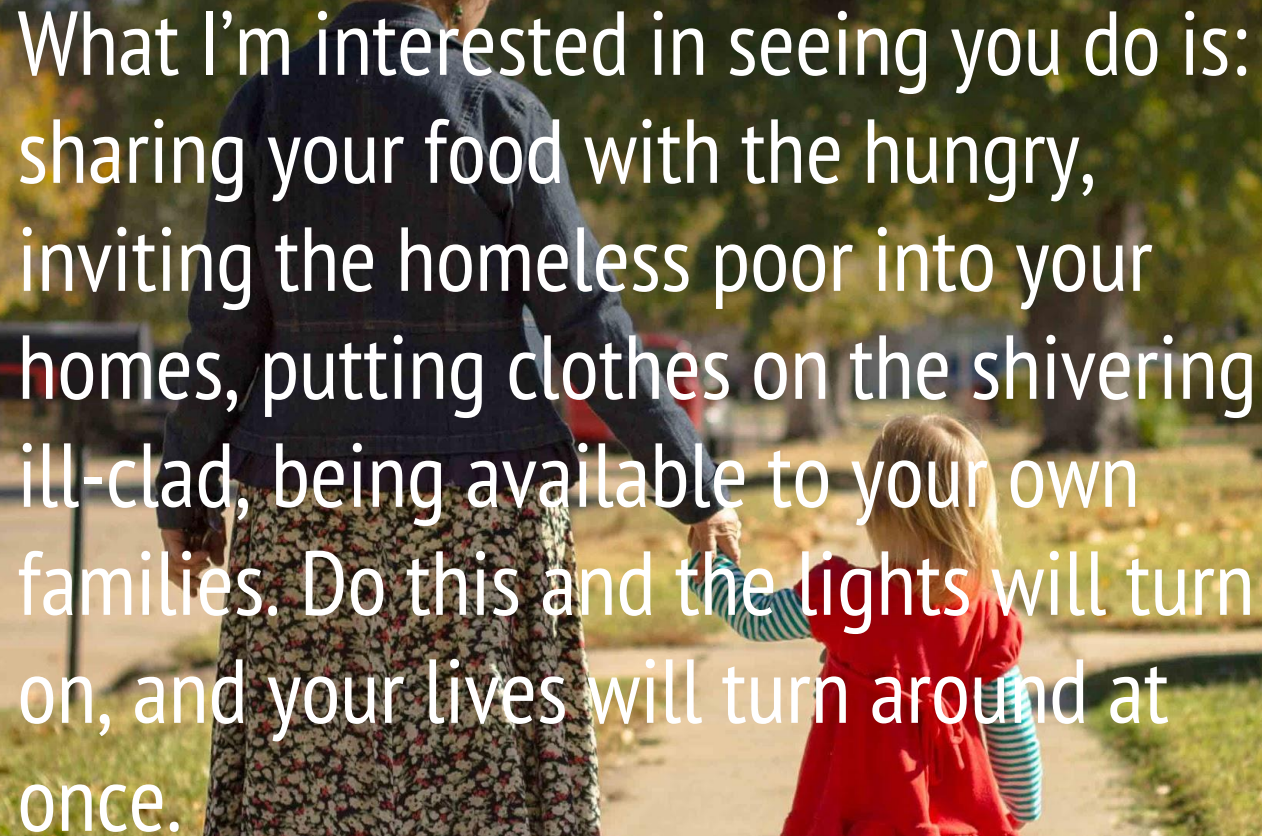
How do we overcome our fears?

- *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.

A woman with short dark hair, wearing a dark blue jacket and a floral patterned skirt, is walking away from the camera on a paved path. She is holding the hand of a young girl with long blonde hair, who is wearing a red jacket and striped pants. They are walking on a path that is flanked by green grass and trees with some autumn-colored leaves. In the background, there are houses and a clear sky. The text is overlaid on the image in white, sans-serif font.

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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