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## Working with Survivors of Human Trafficking for Health Care Providers

Presenter: Hannah Halbreich, MSW, LICSW

- Hello, my name is Carolyn Smaka, and I'm your moderator today. I would like to welcome you to our course, Working with Survivors of Human Trafficking for Healthcare Providers. Our presenter today is Hannah Halbreich. Hannah is a licensed independent clinical social worker in Washington, DC, where she specializes in managing programs and providing counseling to individuals and families challenged by trauma, victimization, and discrimination. We invite you to read more about Hannah on our website, and at this time, I'll turn the mic over to Hannah.

- Awesome. Thank you so much, Carolyn. All right, so let's get started. So today I'm gonna be talking about working with survivors of human trafficking for healthcare providers specifically. And let's go ahead and look at our disclosures. So we have that there. And then, we have some limitations and risks. So the significant diversity of experiences within human trafficking cannot be fully discussed given the brief time allocated for this course. So just important to recognize this is an introduction to human trafficking, really just a start, hopefully, for your education and awareness, talking about this topic. But I'll cover as many examples and details as I can, but it's really just a start. As well as for course participants, vicarious trauma is possible as narratives discussed in this course might be upsetting.

So important to just acknowledge upfront that there will be some upsetting examples regarding human trafficking. I will talk a little bit about cases that I've worked with and individuals and survivors that I've assisted and gone to know. So if you do need to take a break during the class, it is recorded so you can pause it, come back to it, but also just know for yourself and looking forward for self-care as you go through this course. All right, so our learning outcomes for the course, first will be to identify the types and venues of sex and labor trafficking. So we'll go a little bit into depth about sex and labor trafficking, the two key types of trafficking as well as the venues, where do they happen for sex and labor within the United States.

I'll be looking mostly domestic. And then a list risk factors for red flags of human trafficking. So I'll talk a little bit about the risks and red flags of human trafficking. So as healthcare providers, what might you see in the healthcare setting for risk factors? What can you do proactively if you see a risk factor, how can you identify those? Start a conversation in terms of building rapport and getting to know the person so that possibly trafficking could be prevented as well as risk factors just in general, so you get a better understanding some of the root causes. So we'll be looking some of the macro and micro causes for human trafficking. And then, I'll talk about some red flags, then move on to talk about techniques and barriers for identifying victims.

So what are some specific questions and recommendations? How to really conduct a trauma informed screening of survivors, where you might work, whether that's a clinic or a different healthcare setting. And then finally, I'll identify some resources for reporting suspected victims of human trafficking. So if you do have a potential case, what to do, who to call, how to get more information, you're definitely not alone. There's a wealth of information and resources out there, so I'll go over that as well. All right. So to get us started, I'm gonna talk a little bit about the definition, the federal definition of human trafficking. And I'll go into depth about really what the types, the subcategories of human trafficking look like so that you feel comfortable with really what it looks like, what it is, what it isn't as you might encounter someone who is at risk of or is a victim of trafficking.

So looking at the definition, it's the recruitment, transportation, transfer, harboring or receipt of persons by means of threat or use of force or other forms of coercion, abduction, fraud or deception, the abuse of power or position of vulnerability, or the giving or receiving of payments or benefits to achieve the consent of a person having control over another person for the purpose of exploitation. Whew, that's just a lot right there. So basically, it's the process of trapping people through the use of violence, deception, or coercion, and it's really exploiting them for financial, sexual, or personal

gain. So the US law defines human trafficking as the use of force, fraud or coercion. I'm gonna go specifically into those three aspects, which are the means to compel a person into commercial sex acts or labor or services against their will.

It's really important to also differentiate human trafficking from smuggling or someone being held for ransom. So if someone is being smuggled, that involves transporting an individual across a border, it often is agreed upon contract or agreement where someone is asking a smuggler and they're giving them payment to transport them across a border. Being held for ransom involves someone being held against their will for something a financial means. It's really important to highlight that if someone is being held for ransom or they are being smuggled, that it does increase their risk because there is a greater vulnerability of being human trafficked. But human trafficking does not need to involve any transportation, it can involve an individual child being made to work in agriculture and never leaving the house.

It could involve someone being brought across state lines, but it does not have to include that. So it's something really important to highlight. So there are two types of human trafficking. First is sex trafficking, and second is labor trafficking. So sex trafficking involves the recruitment, harboring, transportation, provision, or obtaining of a person for a commercial sex act, in which a commercial sex act is induced by force, fraud or coercion, or the person is under the age of 18. So, really important to highlight for sex trafficking, if you are working with someone over the age of 18, there has to be an element of force, fraud, or coercion. If they are claiming that they're voluntarily engaging in sex acts or sex work according to them, then that would not qualify under the federal definition.

That is now different for minors. So if a minor is engaging in a sex act and they're saying that they're doing it voluntarily, maybe they're engaging in a sex act, it might be something of financial means, they might be engaging in sex for a phone, for lodging,

for clothing. We do see youth engaged in survival sex to get something of financial means. If there's no force, fraud or coercion present, that still can qualify as sex trafficking. So it's really important to differentiate that for adults, you need that forced, fraud or coercion for minors, they can be agreeing to engage in a commercial sex act, and that would still qualify. Or there might be force, fraud or coercion, for example, if a minor is being told that in order to continue their journey to the US, they do have to engage in a commercial sex act with the smuggler that could qualify as sex trafficking.

Sex trafficking can also be found in a wide variety of venues, including the sex industry, including residential brothels, escort services, fake massage businesses, strip clubs, street prostitution, and now there is quite a bit of recruitment through different sites and social media. Now looking at labor trafficking. So labor trafficking can also be found in a variety of diverse settings. So basically involves the use of force, fraud, or coercion, to force someone to work against their will due to threat of harm to them or someone else. So for labor trafficking and sex trafficking, these can occur for a few hours, a few months, a few years. I've worked with clients in the past who were labor trafficked for two days, and during their trip to the United States, and they were forced to dig holes or make a larine against their will.

I've also worked with clients who were domestic servants brought in by diplomats and who were held in the house and made to work for years. So it really differs, the timeline is not really relevant. And for a lot of services, it's also important to know that if they are a survivor of trafficking, they might qualify for certain benefits under Health and Human Services, so that timeline isn't as significant. For labor trafficking, in terms of some settings to think about, this can include domestic works, small businesses, large farms and factories, agriculture, commercial cleaning services, different factors, hotels, restaurants, traveling sales crews, within the healthcare industry, pornography, residential, and construction, so it's really a range of different places.

So depending on where you work, if you're in a rural or an urban area, it might look a little different for the types of labor trafficking that you might be seeing in your area. So looking at the subcategories of human trafficking, so for labor trafficking or forced labor, that includes involuntary servitude, debt bondage, peonage, and slavery. So most instances of forced labor occur as employers take advantage of gaps in law enforcement to exploit vulnerable workers. These workers are made more vulnerable to forced labor practices, and these can include on unemployment, poverty, crime, discrimination, corruption, political conflict, and cultural acceptance of the practice. So immigrants can be specifically vulnerable in terms of being forced to work. So when I think of involuntary servitude, really think forced labor.

So someone is being forced to work due to threat of harm towards them, to someone within their life to like a family member or a physical restraint. Involuntary servitude could also include involuntary sexual servitude. So that could involve a individual being made to engage in a sex act against their will to fear of harm. So let's say a woman, she is made to marry a man, and within the marriage, she's repetitively forced to engage in a sex act, or her brother might be harmed, that could be involuntary sexual servitude. It's also really important that this is a pattern for it to be a one time incident. It's possible it might not qualify, it might be more so domestic servitude or sexual assault.

Yep, so like what I said, and immigrants are particularly vulnerable to be forced into labor in their own country or when they come to the United States. So involuntary servitude can look like quite a few different things. In the US, I've worked with individuals who've been forced to work in nursing homes, in daycare centers, so it really varies depending where you're living. And then we have debt bondage, so debt bondage involves labor associated with a debt that increases or never decreases. So for example, in terms of minors who are coming across the border, they might be placed with their sponsor by the Office of Refugee Resettlement and have a debt that

the sponsor all a sudden says, you owe a debt for living in the home, and the minor might be working, not be enrolled in school, and the debt might be increasing as the minor works so that they're continued day in, day out to be made to work, and this debt just unfortunately does not go down.

Debt bondage is also different from peonage. So peonage involves labor with threat of harm that is connected to a debt. So basically, if someone's being made to work to pay back a debt for maybe their journey to the United States, and they're told that if they don't pay back the debt, their sibling in their country of origin might be harmed, that would qualify as peonage. So really the differentiation is for debt bondage, the debt increases or does not decrease. In peonage, the debt, it will decrease, but there's a threat of harm, that's the significant difference. Okay. And then for slavery, within my experience, I've worked with very few cases that qualify significantly as slavery, but this includes really someone being owned for the purpose of performing, labor, or services, which also can include sexual service, excuse me, sexual slavery.

So day in, day out, they are working. There's no exchange of pay or goods. The full purpose of their day-to-day life is to work or engage in a sex act. And then finally, looking at a commercial sex act. For a commercial sex act, it's in exchange for something of value. It really can be anything of value, that could be a phone, jewelry, housing, food. A minor might be threatened, that if they don't engage in a sex act, they will lose housing, that might qualify for an adult as well. So really think outside the box in terms of something of value, it could be a variety of different things. A commercial sex act could also include through a video or a photo.

So if a individual is made to, against their will, engage in a sex act for a video, or for a photo, and let's say that's in exchange for something of value against their will, that would qualify as a commercial sex act. In terms of nude pictures, so let's say an individual's made to take nude pictures against their will, which then are sold, that

wouldn't qualify as a sex act. So that would qualify more as pornography rather than a commercial sex act. So these are just some of the subcategories that you might encounter if you're working with a survivor of human trafficking. Next, looking at the action, means, and purpose model. So this can be helpful as you're looking at labor or sex trafficking, breaking down the situation, really according to the federal law.

So looking at the specific elements. We have an action, a means and a purpose. For an individual to qualify as a survivor of trafficking, we need one of each element, unless it's a minor engaging in a commercial sex act, which you see at the bottom of the slide. So it means does not need to be present in a situation of a sex trafficking of a minor. So looking at the action items on the left, you see recruiting, that is the first that can be used in terms of targeting of a vulnerability, grooming, behavior, so this can be labor or sex trafficking. The ones without an asterisk can be for labor and/or sex, patronizing and soliciting is only used for sex trafficking.

So this is really thinking through applying the federal definition as we analyze cases. So recruiting is really targeting a vulnerability. And that can be immigrant status, it can be a disability, can be someone with mental health challenges. For sex trafficking, it can be recruiting a young girl who is being neglected at home, who is low self-esteem, really targeting like love and affection, money. It could also be desire for safety or coming to the United States to make money to be able to send it home. So really, it's a range of different things. So if you're working with someone who has a specific vulnerability, and heightened risk for being made to work or engage in a commercial sex act, that's really important to identify.

Next, we have harboring, which includes isolation, confinement and monitoring of someone. So this might include holding someone against their will in a home. It could also include monitoring, so I've worked with cases where individuals have worked within a home as a nanny, or cleaning the home and they're not allowed to leave. But



there also might be cameras in the room so that they're specifically monitored, they can't leave. Their specific movements might be watched, they might not be allowed to leave the house, or when they do, they are being watched by the trafficker. Next, we have transporting, which does involve movement and arranging travel. So if someone is arranging travel for someone to come to the US and then forces them to work once they get here, that would qualify as transporting.

Next, we have providing, so this includes giving to another individual for a third party benefit. So basically, this could involve and we often see cases where family members are providing a child to a third party, to work for the family members' financial benefit. Next, we have obtaining. So this includes forcibly taking someone, grabbing someone against their will and making them to work or engage in a sex act. And then looking specifically at patronizing and soliciting. So patronizing includes receiving something of value for an individual engaging in a commercial sex act. So for example, if a grandfather provides his daughter to the landlord, in exchange, the landlord decreases the rent for the grandfather, if the child engages in a commercial sex act, that can involve patronizing.

The third party is receiving something of value by providing an individual to someone else for a commercial sex act, like the grandfather was in that incident, for example. And then finally, we have soliciting, which includes offering of something of value, anything of value in exchange for commercial sex act. So really anyone in a scenario might be financially benefiting for the individual engaging in a commercial sex act. All right, next, looking at force, fraud or coercion. For force, I think some think of something physical or sexual violence being held against their will. This could involve rape, sexual assault, confinement, denying food, water, or medical care, which we do see for both labor and sex trafficking, forced drug use, kidnapping.

Fraud, involves false promises of a better life, withholding contact, faking a romantic relationship, providing fraudulent documents. So for fraud, think of deception. And then coercion, of threats, whether it's threats of harm, threats of abuse of the legal system, threats of being deported. So really creating this dependency through psychological control. So to wrap up means, force, think of something physical, sexual control, fraud would be a type of deception or lies, and then would be like lies. And then, coercion would be threats, threats of harm in some sort of way. And then finally, we have the purpose, commercial sex acts and forced labor that I've gone over a little bit. So for example, let's go over scenario. So if we have an 18-year-old man from Honduras, he was brought into the US by an American man who paid for his transportation.

The victim then formed a relationship with the man who later forced him to engage in commercial sex acts with other men in order to have shelter, food, and other necessities for several months. The man was told he would have to leave his home and would be deported if he did not comply. The victim was unable to keep any of his earned money, which was then given to the boyfriend to cover his trip to the US. So for this case, he was brought to the US, he was transported to the US by this individual who paid for his journey, and then he was patronized. He was made to engage in a commercial sex act with other individuals for the boyfriend's financial means.

There's also coercion in this example because he was told that he would have to leave the home and that he would be deported, so that would qualify as threats of harm. And then this qualifies as a commercial sex act 'cause he was engaging in a sex act for something of value. So that's really how we use the action, means, and purpose model for distinguishing whether a case qualify as whether it's qualifying for benefits or certain programs for labor and/or sex trafficking. All right, so some myths regarding human trafficking. So a first myth is human trafficking must involve transportation or movement. So I kind of touched on this already. An individual might just be at their place where they're living and not move.

The second myth, it involves victims or chained, held, physically harm. So that can be the case, but not all victims are chain, held or physically harmed. There might be other elements in terms of fraud and coercion. There might be control like physical control, manipulation and threat. So an individual might not have any force within their situation. It's also important to know that sex trafficking is frequently portrayed, like it begins in a violent means. We see in film and media that young girls are taken, they're physically held, they're chain, they're beaten and made to engage in commercial sex acts, that's often mostly not the case for most victims. It mostly involves some level of grooming or recruitment, whether that's in person or through social media or the internet.

So they might meet in a chat room or through Facebook. And then the trafficker might befriend the individual, build their trust, build friendship or relationship and lure or groom them to then make them engage in commercial sex act for their financial benefit. Another myth is that only foreign national victims are trafficked into the United States. So foreign national victims with documentation or without documentation can be trafficked into the United States. So individuals who have visas, whether it's through their partner or through an employer, we do see individuals who are being trafficked into the US and specifically the visa is held over them because the trafficker has this authority over the individual, the individual's visa is tied to the employer.

So it definitely can create some vulnerability. Next, we have only women and girls are sex trafficked. So this would definitely be false. Men and boys are largely under reported, but are made to engage in sex trafficking in the United States and globally as well. Next, we have victims of human trafficking will self identify. So if you do encounter and work with an individual who reports that they have been made forced to work against their will or made to engage in a sex act against their will, often they will not qualify as a victim of human trafficking. They might not even know what human

trafficking is. So instead of asking someone if they are a survivor of trafficking or not, I would ask more narrative general questions, which I'll go into in the later part of the presentation.

And then finally, human trafficking only involves commercial sex. This is also a myth. Labor trafficking is far more under reported than sex trafficking, likely because it is more hidden and more people know about commercial sex acts or sex trafficking than labor trafficking. But it's really important to continue to educate yourself and others on labor trafficking, because in the United States it did a significant number. A little bit more in depth about venues for human trafficking. So labor trafficking on the left side, some of the examples that I went over before. So just to highlight that, it can be a range of places. So whether you are at work, or you're out in your community to really pay attention to who you're working with, and who you're interacting with, knowing some of the risks and the signs so that you can help someone in need.

It's also important to highlight that labor and sex trafficking can occur concurrently. An individual might be working in a restaurant where they're being forced to work and made to engage in a commercial sex act. So it can definitely, you can see both happening at once unfortunately. All right, looking at some statistics. So I'll go over some statistics within the US. So these statistics are provided by the Polaris Project or the National Human Trafficking Hotline. This is data collected up to 2017. The hotline started around 2000, so it's about 17 years of data. And you see cases of sex trafficking within the white, and then the green, cases of sex and labor trafficking, so both, and then blue, cases of labor trafficking.

So in terms of the top types or venues, we do see escort services to be at the top. So that must involve some sort of forced, fraud, or coercion to be involved in a commercial sex act. And then, we see illicit massage, health and beauty, lower down, domestic work. And farther down for labor trafficking, you can see that there's a quite a few less

cases reported for like landscaping, hotels and hospitality. So thinking of why certain cases might be reported in some venues or cases for labor trafficking, when the numbers are lower, what's leading to under representation. We do see a higher percentage of Latinx individuals within that labor trafficking within the United States, that's also something to you to highlight.

And then moving on to some more statistics. So during the COVID pandemic, we definitely did see an increase in numbers, but also for some reporting, under reporting, because this was largely hidden, people were in their homes, there were less people going out for assistance, for social services. We did see this domestic violence as well. So in terms of recruitments on Facebook, there was 125% increase over the previous year, this is from 2021, and a 95% increase on Instagram, and that's from the human trafficking hotline. They also saw that more than 49,000 cases of human trafficking in the US have been reported to the National Human Trafficking Victim Hotline from 2007 to 2019, which receives an average of 150 calls a day. So that is significant and rising.

So 94% of sex trafficking victims were found to be female, 40%, which were Black, and 24% were Latinx. There's also been a 19% increase of human trafficking from 2018 to 2019, according to the human trafficking hotline. And then in 2015, they received about 1600 calls, then an increase to 4,300 in 2019. So overall, important to highlight that reporting and requests for assistance for survivors of human trafficking are going up, in terms of greater knowledge, greater awareness, which is wonderful and greater reporting for minors and for adults within the United States. All right, looking a little bit more in depth about who is being trafficked. So this can really range. There's not just one type of individual demographic for individuals being trafficked. It can include US citizens, foreign-born nationals with or without documentation in the United States, children, adolescents, and adults, so different ranges.

We do see for sex trafficking that the most significant age for being recruited is around the ages of 13 to 17. And then adults for labor trafficking is more so in their 20s and 30s, but it does range. It can involve young girls, women, men and boys. And boys, like I've said, are more likely to be under reported. Then also, individuals with disabilities, involving theft of social security and disability benefits, and then victims from wealthy and poor families, so not just one type of socioeconomic demographic. One study estimated that as many as half of sex trafficking victims and survivors are male, and advocates believe that percentage might be even higher, but male victims are less likely to be identified.

Specifically LGBTQI boys and men are specifically seem to be very vulnerable to sex trafficking, engaging in survival sex, specifically when they are homeless or out on the streets, there is definitely an increased vulnerability. So how can we reach more of the populations that might be harder to reach, whether it's individuals without documentation, men and boys, the LGBTQI identifying individuals. All right, breaking down who are the traffickers, again, it really ranges, but often it does involve a perpetrator who is an individual that they know or trust. It can really span racial, ethnic, gender demographics, and is as diverse as some of the survivors. So it's really someone using their privilege, wealth, and powers and means of control, while others experience the same socioeconomic oppression as their victims.

It can be a business owner, member of a gang or network, parents, family members, intimate partners, or other employers, so factory owners, peers, might be an employer from a factory, but often it is someone that they know or a family member. So one study conducted by the International Organization for Migration, and state department found that 41% of child trafficking cases, so that includes both sex and trafficking, involve a family member acting as a trafficker. So 41% is pretty significant. So definitely in the United States, we'll see a number that's not far off. So really, when you're

working with a victim of trafficking, thinking of who are the individuals in their life that can offer support and where are the risks as well.

Also for sex trafficking, often we think that a trafficker might be a man recruiting an individual, but it can involve females as well who are building up this trust and then recruiting girls to engage in your commercial sex act. All right, now I'm gonna move on to some risk factors for human trafficking. So this includes societal, community, relationship, and individual risk factors. So I really wanted to provide a macro, meso, micro focus, looking at really the complex interplay in terms of individual relationship, community, and societal factors. And this really allows us to understand that there is a range of factors that put people at risk for violence or protect 'em from experiencing or perpetuating violence. So really looking at some of the societal risks, looking at oppression, historical discrimination, gender equality, whether it's also economic, education, disparities, community risks.

This might include lack of worker rights coming to the United States and not knowing what their rights are, even as undocumented workers, what their rights are in terms of labor exploitation and trafficking. Also natural disasters, humanitarian crises, how does that play a part for risks? And then relationship risk factors, whether that's lack of support, peer pressure, familial poverty. And then also individual risk factors, which I'll go over a little bit more in depth. All right. Looking specifically at risk factors for sex and then labor trafficking. So there are push and pull factors, which are really important to consider. So these influence individuals, then becoming vulnerable and exploited. So for push factors, we're thinking of push factors, pushing an individual out of the home, maybe pushing them into joining a gang and them being forced to sell drugs, or engage in commercial sex acts, might push an individual across the country or from their country of origin into the United States to gain financial benefit from coming to the United States.

And then pull factors is really attracting someone to a new location. So push factor might be that they're leaving their home because of neglect, there are no financial opportunities in their country of origin, and then they might be pulled to the United States for that financial benefit due to seeking opportunities as they come into the United States. So some other factors include substance abuse, that might include substance abuse for the individual who's being trafficked or for someone who's within their family. And we do see if there is an increase of child abuse, or other ACEs or adverse childhood experiences that there is a heightened risk for trafficking. So one study found that 96% of survivors of sex trafficking had experienced child abuse or some sort of abuse historically.

So many individuals who've been labored or sex traffic, that is not their only trauma that they've experienced. They've often experienced repetitive or complex trauma, and some sort of adverse childhood experience. Okay. Some general indicators for human trafficking. If a individual comes into your clinic or you're working with them in a healthcare setting, what are some of the indicators to look out for, to then report or ask additional questions? So this can include sharing a scripted or inconsistent history. We do know that mental health, that trauma impacting mental health might impact memory. So there might be inconsistent timeframe or they might sound like they're being scripted, like they're really told what they're supposed to say. They might be unwilling or hesitant to answer questions, especially about their address, employment or an injury.

They might not feel comfortable with explaining how they got a certain illness or injury. They also might not know where they are, what the addresses that they're working at or what state that they're in, or provide more details about what their employment looks like. An individual might be accompanied by an individual who's monitoring them. So the trafficker often might wanna come into the examination room or really monitoring speaking for them. It's also important to think of what their behavior, what



their physical attributes really looking at body language or they avoiding eye contact or they seem fearful or nervous, specifically 'cause someone is monitoring or watching them. Are they unaware of the location where they're at, with you or where they're living.

All right, breaking down some indicators for sex and then I'll go into labor trafficking. So these are just some of the indicators that you might see if an individual comes into your office for sex trafficking, there might be a history of running away from home, truancy for school. It might have something like a cell phone or something of value and not really a reason, or be able to explain where they got that. They also might be, if you're working with minors, they might have an older boyfriend or girlfriend, there's a significant age difference. And then also doing a body scan. So what tattoos might they have? It's their tattoo that's connected to some sort of gang.

Any other sign of the gang affiliation. And then if you are working with individuals who show repeated signs of high risk sexual behavior, maybe they have a high risk of STDs, or reproductive issues if they're a woman. All right, health indicators of sex trafficking. So here are just some indicators if you're working in a medical setting, what they might be. And these are really important to be able to identify, 'cause often for individuals who are being laborer or sex trafficking. For this, for sex trafficking, the working with a health professional might be their only way of working with someone who's outside of the trafficking scheme. If you're recognizing some of these indicators, whether they haven't been to a medical professional in a long time, they have repeated STDs, they have different reproductive issues, or high number of sexual partners, it's really important to ask some more questions.

'Cause you might be the only person that they're able to talk with, or be able to get help outside of the situation. For example, one study found that 57% of victims had received treatment at some sort of clinic that's for sex trafficking victims. 71% of

victims report at least one pregnancy while being trafficked, and 21% reported five or more pregnancies. So really looking at if there's a repeated health concern, and asking additional questions to make sure you're doing a screening. Indicators of labor trafficking. So this might include an individual saying that they're underpaid, they're paid very little, paid only through tips, that they don't have access to their documents, they are not paid overtime or they're paid very little for the amount of long or unusual hours that they're working.

If an individual's also telling you that they are living where they're working, that can definitely increase their vulnerability. They also might owe a large debt and be unable to pay that off. Looking also, it comes down to what are they wearing? Are they wearing flip flops and they don't have a coat during the winter? Why might that be the case? Some health indicators now for labor trafficking, this could include malnutrition or dehydration, gastrointestinal conditions, poor dental hygiene. For many of the clients that I've worked with previously who've been labor trafficked, they hadn't seen a dentist in years and had significant dental issues. There might be a work-related issue, lack of routine medical and dental care.

We see that for both types of trafficking. And then looking at some of the mental health repercussions, heightened anxiety, depression, paranoia, PTSD are common for individuals who've been labor trafficked. And then what is their affect in terms of how they're expressing themselves, so they are very monotone, are they able to express things verbally to you. And then finally, looking at some mental health indicators. So what are the indicators of trauma? So individuals who've been sex or labor trafficked, there is a heightened risk for PTSD. So really looking at how that impacts memory. Hypervigilance, really thinking about how our brain chemistry is changed as an individual who has gone through trauma. And then also looking at what trauma means for behavioral health.

That could include an individual being hostile, or verbally aggressive towards an investigator or a professional. So thinking of how trauma impacts anxiety, and how an individual is going to react, and work with someone who might be trying to help them. It might be what they've been doing to keep themselves alive, to survive, to protect themselves. So really reacting in a trauma informed way, taking a stance in an understanding across your office of how trauma impacts an individual and really trying to not re-traumatize. So what the health provider's role in combating human trafficking. So the rest of the presentation, I'm gonna talk specifically about screening. So really looking at your role as a health provider, like I've mentioned, it's really important to educate yourself in human trafficking, what it looks like in your community.

You might be the only person that a individual who's been or currently being labor and/or sex trafficking can interact with. Implementing policies and procedures for assisting victims in your organization. What is a step-by-step plan for identification. What do you currently have in place? What needs to be in place for anyone from who's working at reception? Who are you screening? Are you able to put in a policy in place where everyone gets asked a certain number of questions so you know that you're screening regardless of who comes in your door. And then finally, ensuring providers are just aware of indicators, how to conduct screenings in a trauma informed way. So let's jump a little bit into screenings.

So trauma-informed screenings for trafficking. You do see on the right side, the key component of what trauma-informed care looks like. So it's really identifying and working with someone who's been through trauma in a safe and empathetic way. So really, building that rapport, making sure they feel safe, whether it's emotional safety, it's physical safety, and that might be separating a victim from their trafficker. So making sure that when you do a screening or a medical exam, that they are the only person in that room. Also be prepared to respond verbally, and according to your agency and state protocols, whether you are a mandated reporter. So if someone does

disclose, I'll go over this in a minute, what are some things to do in terms of how to disclose.

Be prepared, what is your policy for disclosure or calling the human trafficking hotline, being ready to act, to assist with safety for an individual who has reported. It's also really important to ask simple questions and think through what is a question you really need to ask and what's a question maybe you don't need to ask. Then that's really thinking through avoiding re-traumatizing by asking only questions that you really need to know. I think also setting clear boundaries, understanding informed consent, confidentiality and expectations can really help survivors feel like they have a choice, and that they have a voice. And this might be the first time where they really feel like they have a voice in their services.

There are some significant barriers to identifying victims. That's why we also see for harder to reach populations that we are not able to get them to come into a healthcare situation. So what are some of the barriers that we can identify? Like I've mentioned already, someone might not identify as a victim of trafficking. So whether that's the survivor or the healthcare professional, really not knowing what trafficking is, what it looks like and how to get help. We also see Stockholm syndrome or trauma bonding, so we can bond to someone we experience violence with, even if that's the person who's the perpetrator. So the brain can bond an individual. So if a trafficker is using rewards or punishments, or there's a cycle of abuse that can connect the individual to the trafficker and often get them to protect or defend and sometimes go back to the trafficker as well.

Other things include distrust of law enforcement. Also different social services, healthcare providers, they might be told that if they report trafficking, that they may be deported or that if they disclose that something might harm the trafficker, or create some sort of situation where there's increased risk. There might be shame and guilt for

reporting or cultural language barriers going in and no one speaking their language or not really creating a screening that's culturally sensitive. And then, there also might be fear of retribution. So if they do report, will the trafficker come and find them and what that might look like. All right, so really breaking down barriers for survivors. So looking at the different things you can do within a setting, how do you really incorporate this into your work?

So really it's important to screen all patients and ensure their physical needs are met as you're doing this screening. So to use some of those screening tools, which I'll talk about, implement that into your policy. So regardless of who you're working with, really screening everyone regardless of their gender or where they're from the different aspects of their identity. Being transparent about the purpose of the screening. So telling someone, "This is why I'm asking these questions. I care about your safety, this is the purpose of the screening." So that they get a better understanding of why you're asking questions and that they get to feel like they have a choice, that they have a voice in the screening.

Some other things you can do are asking only relevant questions. Don't make promises that you can't keep. And then obtain patient's permission. If you are gonna call law enforcement to do so collaboratively. This obviously won't apply for minors, if you're mandated to report child abuse or whether it's sex or labor trafficking, that you are required to call. But for an adult, how can you call the National Human Trafficking Hotline together? How can you get them services collaboratively, so rather than you forcing or telling them that this is something they could do, using their voice and their choice to be able to call together. So really thinking of how to build trust and rapport, creating an open-door policy, and accommodating patients' needs.

So it's really by using non-threatening body position, open-ended questions, asking questions that really lead to a narrative rather than asking yes or no questions to get a

little bit more information. And so the individual who is being screening doesn't feel rushed or like there's judgmental language that you're victimizing. So really rather than making generalized assertions about experiences or circumstances, how can we ask more broad questions? And here are some examples. So really normalizing the experience and asking open-ended questions can help elicit more comfortable responses. So for example, you could say, "You are coughing a lot, can you tell me about your home and bedroom? Are you sharing your room with others? Do you have a window in your room?

Can you open it easily?" Or, "Were you injured while working? Can you tell me about your work and how you were injured?" So really asking questions like, "Can you tell me about something? Can you describe your work environment? What does that look like? Has anyone made you do something like work against your will or engage in sex acts against your will?" You could also ask a question like, "Sometimes kids are in a position where they really need money, drugs, food or place to stay, have you ever traded sex for money, drugs or place, to stay, a cell phone or something else?" So really asking these broader questions. Does anyone pressure you to do something illegal or someone profiting off of you.

Looking specifically at medical assessments. So the National Human Trafficking Hotline does have a tool, which you can definitely apply and use within your setting. So these are some of the questions. I just wanted to give you a piece of what it looks like. The websites at the bottom of this slide, and it can be really used for sex and/or labor trafficking, it's specifically designed for the medical field. So it really goes through what you can use in your setting. So next, responding to a disclosure of trafficking. So if you are asking some of these questions, you're using a screening and you do have concerns, what do you do? So I'd say first, validate the patient and thank them for sharing with you.

That was probably for them, a very hard thing to share and took a lot of bravery. So really acknowledging that, building that rapport with the individual. Providing them with the National Human Trafficking Hotline number. If they do wanna call together, what resources do they need? Can they also access within your state, they might be able to access the crime victims compensation fund. So really seeing if that's something that they wanna do together if they're an adult. Also doing an assessment of danger, which is a whole other thing to talk about in terms of safety. Can you safety plan with them? So really assessing the current and potential concerns for safety. What strategies can you put in place for reducing the threat of harm?

What are their options? If their safety is threatened, where can they go, can they have a to-go bag, what is the escape plan for them? And then also thinking through if you're a mandated reporter, following mandatory state reporting laws, what is your institutional policy? And then finally, what services can they access in the local area? And what are the resources? That leads me to screening resources. And I'll go over some other resources for reporting in just a second. So here are some screening resources. These are specifically resources that can be used in healthcare settings. So the Vera Institute has assessment tools. There's a long and a short version. And the long, it's quite detailed, so it really depends on how much time you have with each client.

And then, the National Human Trafficking Resource Center also has a long resource guide of Identifying Victims of Human Trafficking: What to Look for, specifically, in Health Care Settings, so to continue to educate yourself on this topic. The NHTTAC, which is the National Human Trafficking Training and Technical Assistance Center, which is run through Health and Human Services has a trafficking tool as well. And then, there is a tool and a guidebook through Massachusetts General Hospital. So these are just a few resources specifically for screening for the healthcare setting. And then, to wrap up with some resources and for reporting. So like I've mentioned

throughout the training, the National Human Trafficking Hotline, there's their number, they are 24/7, you can call or text.

They have a variety of different languages and they're really trained to listen to survivors of all forms of human trafficking. They can provide immediate safety planning for people in crisis. They can also give you tips if you are suspecting trafficking and you're working with an individual, what questions to ask, what are the resources, and really are able to help survivors understand their options without judgment. So a great resource to keep in mind. Next, we have the National Center for Missing and Exploited Children. So if you are working with minors, if they are being exploited or missing, they do have a hotline which is listed that you can call to refer to get additional information as well.

And then finally, the Office on Trafficking in Persons has a case staffing line. This line is specifically for foreign national minors. So if you are working with someone and you want to get more information on what a foreign national minor might qualify for, in terms of benefits, does the case qualify for sex or labor trafficking, they're wonderful number to call as well, and they operate within business hours, Monday to Friday, 9:00 to 5:00 pm. So these are just a few resources to reach out for. There's a plethora of information on each of these organizations, or agencies site to get more information as you are educating yourself on how to learn more about labor trafficking, sex trafficking and what to do.

So I hope this was helpful in just getting a brief understanding of what human trafficking is, what sex and labor trafficking is, what are some risk factors, some identification tools in terms of what to look for if someone's coming into your office. And then also how to screen, how to ask some open-ended questions, focused on labor trafficking, sex trafficking, and some resources out there that can help you be better informed, be a better Samaritan and an individual who can appropriately assess



and screen and get someone who's being trafficked or has been trafficked, the resources they need. And that is it for me for today, I'll turn back over to Carolyn.

- Thank you so much, Hannah, for this informative and important presentation. As someone as myself who is not an expert in this area, I really appreciate, especially the myths, because a lot of what the stories I read in the media and things like that, I guess I had certain things in mind and I really appreciated how you broke that down and gave us this plain information in these resources. So excellent presentation. We really appreciate your time and expertise on it today. And at this time, I'll close out our course.