

TRAINING ON HOW TO SUPPORT VICTIMS /SURVIVOR EXITING MSHT.

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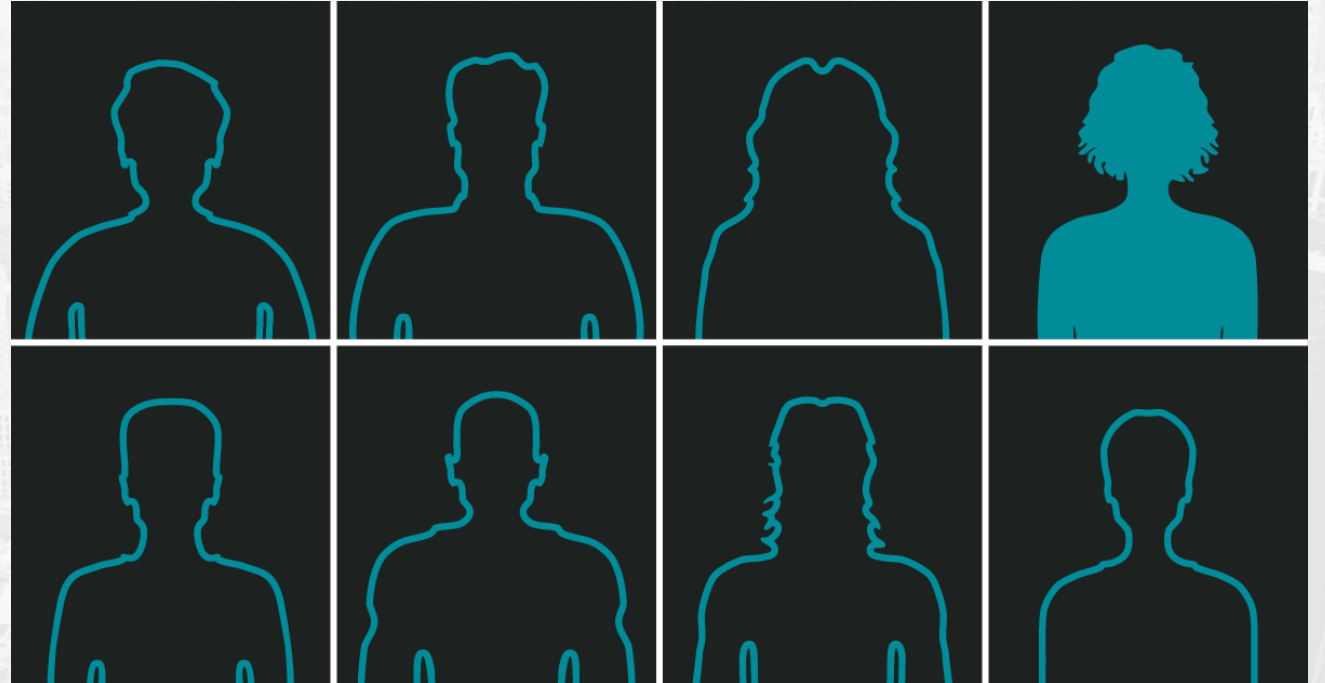


WHO IS VICTIM / SURVIVOR OF HUMAN TRAFFICKING

- Before we begin to discuss how to support victims and survivors it is necessary to talk about identity and how this impacts survivors as individuals and in groups.

- A victim is defined by the harm that has come to them; a survivor is defined by their life afterwards.

- Every survivor's experience is unique and valid. Although there are many ways survivors relate to one another in their experience of trauma and journey to healing – a survivor's experience is uniquely shaped by their personal history, identity, context, culture, and community



A supportive reaction is essential to diminish any shame or blame the survivor usually takes on after exploitation .
Encouraging words and phrases can avoid judgement and show support for the survivor.

I believe you

This doesn't change how I think of you

"I am here for you, but I am not a professional "

Are you open to seeking medical attention?

You are not alone

It's not your fault

How do you want me to help you?

5-PHASE JOURNEY OF A SURVIVOR

Victims of human trafficking face an extensive battle when trying to heal from their experience and have varying needs at different stages of their recovery process. In the immediate term, victims stand in need of safety, clothing, housing, and crisis intervention.

A 5-PHASE JOURNEY OF A SURVIVOR

Phase One: Experience of Abuse

Phase Two: Time Period of Silence stages of their recovery process

Phase Three: Moment of Disclosure

Phase Four: Immediate Action Plan

Phase Five: Ongoing Care Plan

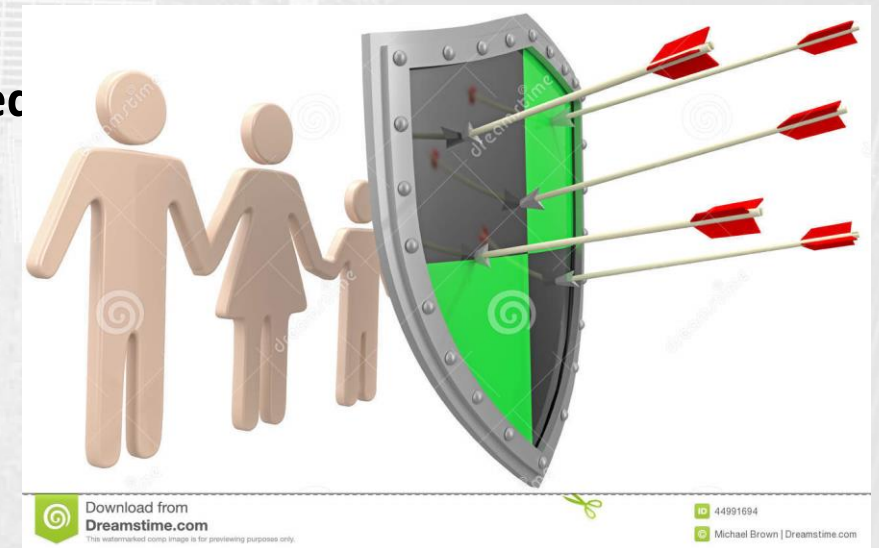


MEETING THE NEEDS OF SURVIVORS

Think of yourself as a shield as well as an advocate

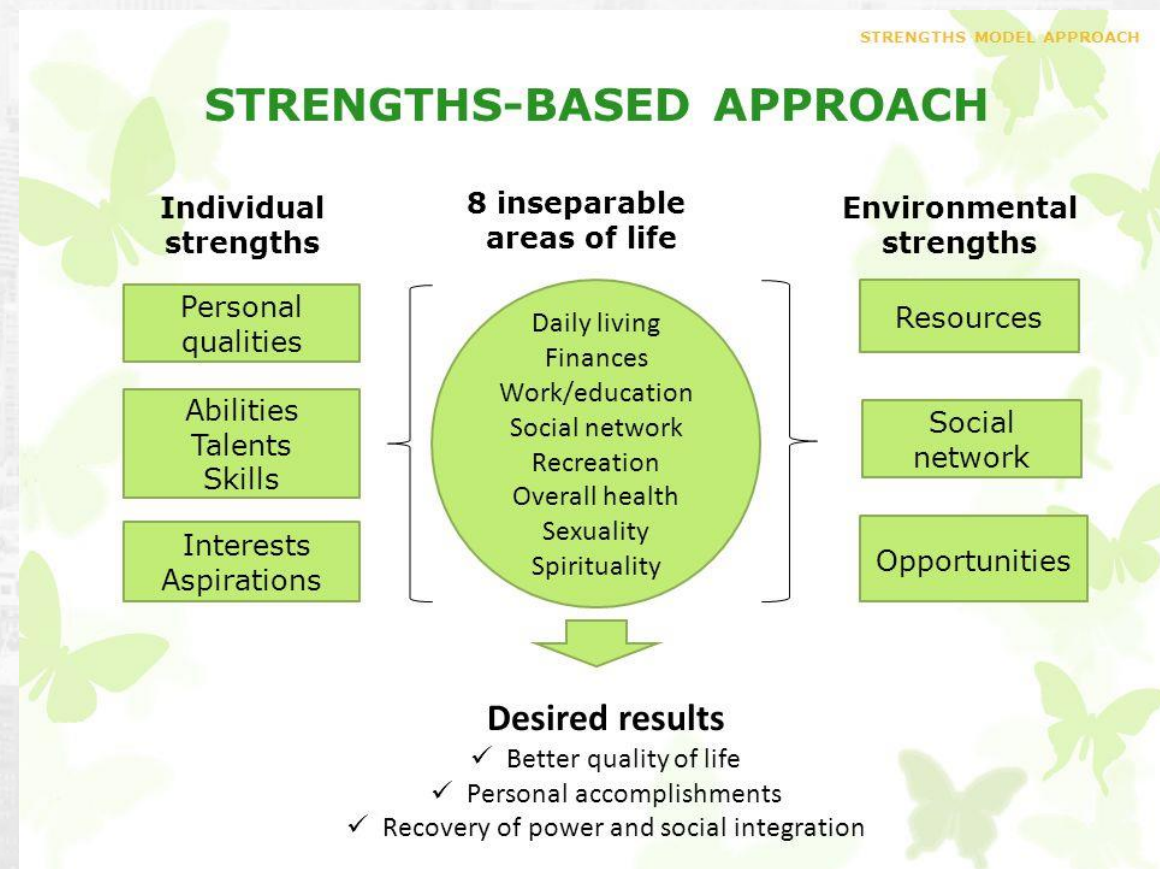
QUESTIONS TO CONSIDER

- What resources do you have available to meet the survivor need
- What does the survivor need urgently ? Can you do what's needed now, or is there someone else who can help?
- Who do I have in my network to refer the victim or survivor
- Help create a safe space for her, which includes eliminating off demands that will undermine her progress.



Apply A strengths-based approach when supporting survivors .

The strength-based approach is focusing on the positive attributes, of a person or a group, rather than the negative ones.

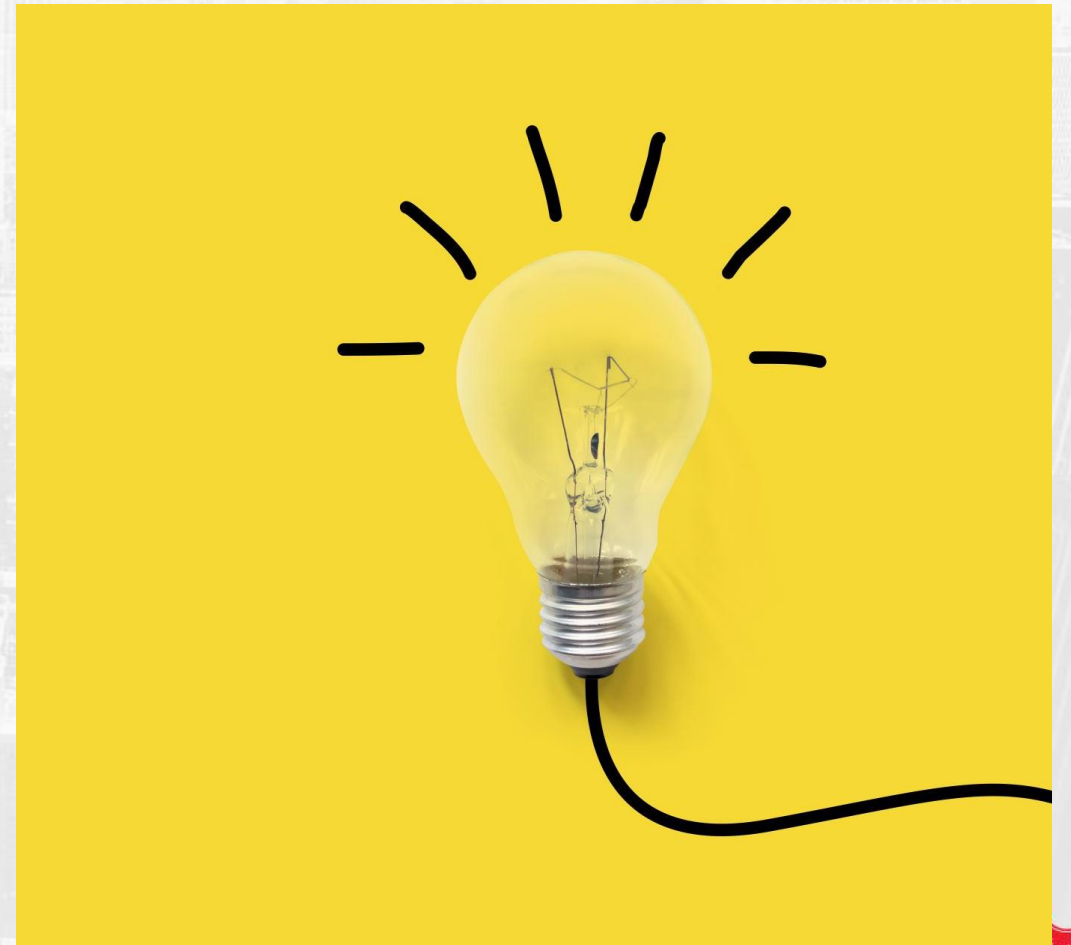


STARTER TIPS FOR A STRENGTHS APPROACH

- **Identifying the strengths and resources you must put towards the picture of the future.**
- **What strengths and resources do you need from others.**

■ Your role

- You are facilitating the person to identify their issues, vision and steps.
- Work from where the person is – try not to offer solutions or jump ahead.
- You do not know, nor are you expected to know, the answers. You are facilitating the person to take responsibility.
- A strengths approach needs to be approached in an open, honest and collaborative way.
- Steps to take towards the picture of the future. This becomes the action plan.



Culturally Sensitive Services



- Demonstrate respect of cultural beliefs and practices
 - Provide space where the youth can feel comfortable talking about their values, beliefs, traditions, etc.
 - Be conscious of dynamics when cultures intersect
- Use treatment approaches and modalities that can be adapted
 - Partner with culturally specific organizations
- Display and disseminate materials and information that reflect cultural diversity of youth accessing services

Gender-Responsive Services

- Individuals who are trafficked can be any gender, Female, male, transgender, gender nonconforming, nonbinary
- Spectrum of gender identities and expressions
- Consider how individuals navigate services differently based on gender identity and expression (Men, boys, LGBTQ+ individuals are under identified and underserved)



Survivor-informed/ Engagement

- A survivor-informed practice includes meaningful input from a diverse community of survivors at all stages of a program or project, including development, implementation and evaluation.

Ways to engage survivors



Contracting with Survivors

- Program Evaluation
- Participation in Focus Groups
- Informing Research
- Training
- Public Speaking / Panels
- Mentoring
- Material Development

Task-Specific Survivor Engagement

- Attendance at Task Force and Coalition Meetings
- Participation in Task-Specific Projects
- contributing to an annual report or news article)
- Providing Feedback on Services
- Completing Surveys or Engaging in Research

Do's and Don'ts" for Survivor Engagement

When not to engage survivors?

- If survivors are still at immediate risk from the perpetrator(s)
- If your organization does not have correct policy and procedures to safeguard and protect survivors and whistle-blowers both during engagement and after
- If engaging will cause harm or put survivors at risk of harm both from perpetrators, communities or governments (E.g., Repercussions for speaking up such as imprisonment or loss of legal status)
- If the engagement is purely to benefit the organization and not survivor-centered
- If your organization has no intention of trying to implement the recommendations from survivors

Survivor support services

In the immediate term, victims stand in need of safety, clothing, housing, and crisis intervention.

Short-term; victims require physical and mental health treatment, and some appropriate coordination between these. Victims may also have needs that interfere with receiving treatment, such as a lack of language interpreters, lack of transportation to treatment locations, or not being accessible by phone.

Long-term service; clients may need assistance with job training, job placement, education, family reunification, mental health treatment, and repatriation in some cases

- Counseling and psychosocial support
- Skills development
- Safe job opportunities
- Legal services
- Peer support

Planning

It is good to have a written plan specifying what action needs to be taken, by whom and when.

What does the client want to happen next?

To help a client plan how to meet those needs and solve problems

Give her relevant information.

Help her identify her options and choices and

Support he/she Making decisions about what he/she wants to do.



How can we help him or her achieve her goals?

This step means putting the plan into action.

This involves direct service delivery (e.g., counselling, soft skill development and referral for services you don't provide)

Remember, the action plan is just a road map. When implementing a plan, consider a car with a driver and a navigator. The client has drawn up a map and is driving the car, determining how fast to go, where to turn and when to stop. The caseworker is like a navigator, supporting the client maneuver through the direction of life(Caution some survivors might not be in the right state of mind to make discussions for them selves depending on age , stage in trauma or when they are using substance)

FOLLOW-UP AND REVIEW THE PLAN



Is the situation better?
has our help been effective?



This step includes following-up to make sure the client is getting the help and services she needs



Monitoring and evaluating outcomes for the client



Identifying barriers to achieving outcomes



Remember, the plan of action should be time-framed and based on the needs of an individual.

Exercise Understanding Survivor Reality

The best way for you to learn how to work with trafficking survivors is to adapt and expand what you know from your current work and experience. Consider these questions in the context of your work with survivors

- 1) Why might survivors not tell you the details of their experience?
- 2) Why might survivors need time to make decisions or seem paralyzed about making decisions?
- 3) Why might survivors want to go back to their home country?
- 4) Why might survivors fear accessing or using the country criminal system?
- 5) Why might survivors not disclose relevant information
- 6) What can you do to make sure survivors are making decisions because they think they are the best for them, not because they fear the traffickers?
- 7) If their fears are legitimate, what can you do to help eliminate the reasons for their fears?
- 8) What additional issues may prevent immigrant survivors from talking to you?
- 9) Why won't they be willing to identify their traffickers?

In addition to the answers, you came up with to the questions above, here are some observations from those who work with trafficking survivors:

- ✓ They may have difficulty identifying their own individual needs if they are used to thinking of their needs as irrelevant or secondary to others' needs.
- ✓ If they've been in the trafficking situation for a long time, or if they have been subjected to power, control and violence most of their lives, they not be used to making choices and decisions for themselves
- ✓ Like other trauma survivors, they may minimize their problems. They may not have the vocabulary to communicate what they've experienced, and they may use nonverbal cues differently from you (e.g., to them, eye contact may be a sign of disrespect, not truthfulness).
- ✓ They may be coerced into staying in the trafficking situation even if they are not physically restrained. Traffickers, like abusers, use psychological and other forms of coercion to keep their victims from leaving.
- ✓ They may not understand our mental health services or, like other crime survivors, may resist because they think there is stigma attached to them.
- ✓ They may be suffering, , from various mental health problems, including Post Traumatic Stress Disorder, dissociative disorders, depression and suicidal impulses or desire

Caution

- **Engaging with sensitivity, understanding and reflection Processes should be survivor-led and designed.**
- **Have you considered how survivors can lead and take on roles in designing the engagement and policy and programmes in way that does not cause further harm?**
- **Have you asked survivors what methods work for them?**
- **Ensure informed consent is received for any engagement and images, quotes or written work that is used. Have you explained what the engagement entails and explained consent in a way in which the survivor understands? Have you explained that they can stop engaging at any time?**
- **Have you explained how any images, quotes or written work will be used and who will see them? Is any work going to be online or printed in a public document?**
- **Is the communication with survivors making them feel at ease? Have you explained the process, what will happen and any follow up needed? Is your voice and body language friendly?**
- **Have you reflected on your own prejudices and biases and how that may affect communication with individuals? Provide different options for survivors to choose how they want to engage.**
- **Have you considered different ways of engaging survivors (written work, audio, art based etc)? Does the survivor understand the different options and different roles or input they can have?**

RECOMMENDATIONS

Every survivor's experience is unique and valid. Although there are many ways survivors relate to one another in their experience of trauma and journey to healing – a survivor's experience is uniquely shaped by their personal history, identity, context, culture, and community.

Recovery is not a linear process; it is important to have regular reviews and check-ins with survivors about their situation. Remember, no one person is alike and responses to traumatic events will vary so will their needs.

The survivor is the one who must live and deal with the consequences of an incident and subsequent actions taken to respond to the act, she is the one who must decide what action.

When working with survivors you must be holistic in your approach and seek to help the survivor achieve a state of complete physical, mental and social well-being and spiritual needs.

ANY
QUESTIONS?

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