

Collaborative Mentoring Webinar Series



Fighting Toxic Relationships with Healthy Ones: Mentoring Youth Who Experience Commercial and Sexual Exploitation

August 15th, 2019

2019 Collaborative Mentoring Webinar Series Planning Team

The Collaborative Mentoring Webinar Series is funded by the **Office of Juvenile Justice and Delinquency Prevention** through the National Mentoring Resource Center and facilitated in partnership with MENTOR: The National Mentoring Partnership



Good to Know...

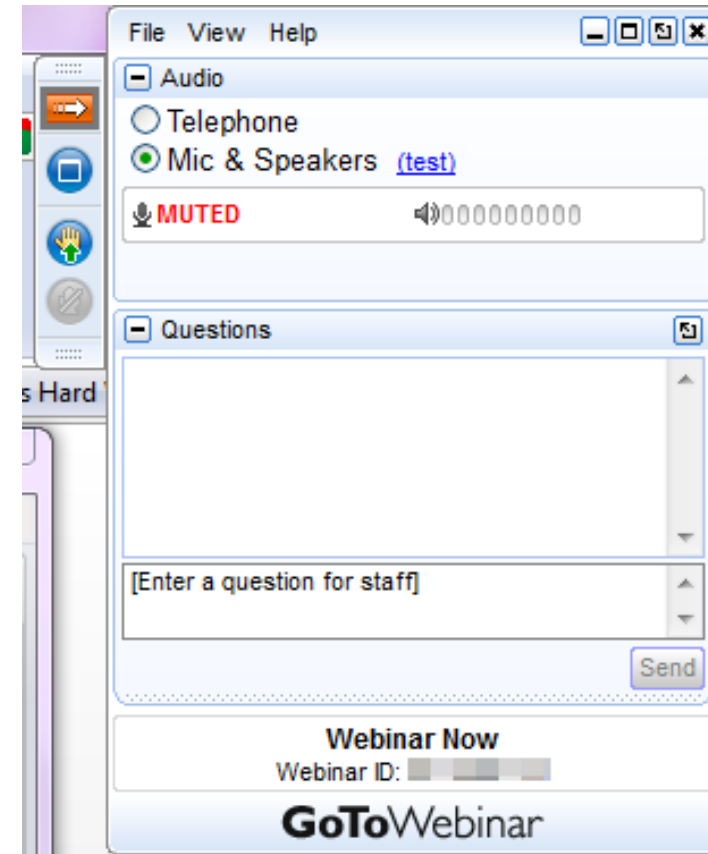
One week after the webinar, all attendees receive an email with:

- Instructions for how to access a PDF of presentation slides and webinar recording
- Link to the Collaborative Mentoring Webinar Series webpage, where all slides, recordings and resources are posted

Please help us out by answering survey questions at the end of the webinar.

Participate in Today's Webinar

- All attendees muted for best sound
- Type questions and comments in the question box
- Respond to polls
- Who is with us today?



Today's Audience

Please select the best description of your experience and expertise in mentoring for affected by the Commercial Sexual Exploitation of Children (CSEC):

| | |
|---|------------|
| I am new to the mentoring field and to this topic | 183 |
| I am somewhat experienced in mentoring and have some familiarity with the problem of youth exploitation | 241 |
| I have a great deal of experience in mentoring and expertise in serving CSEC youth or a closely related population | 82 |
| I have a great deal of experience in mentoring and some familiarity with CSEC | 128 |
| I have little or no experience in mentoring but expertise in CSEC in other capacities | 64 |

Dustianne North, Ph.D., M.S.W.

Research Director/ TA Provider: California Mentoring Partnership

- Trainer and technical assistance provider for youth mentoring and related youth services fields since 1995
- A focus on youth, families, and transition-aged youth in high distress (child welfare, homeless/runaway, justice-involved, etc)
- Bridges research and practice toward quality evidence-based services
- Lecturer and researcher at UC Berkeley School of Social Welfare
- Research Director for the California Mentor Partnership



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Today's Learning Objectives

Participants today will:

- Hear youth- and survivor-centered perspectives on both problems and solutions related to the Commercial Sexual Exploitation of Children (CSEC)
- Gain new awareness of the relational aspects of exploitation, and a greater ability to leverage the unique role that mentors can play in assisting youth to resist and recover
- Build improved understandings of the role of trauma in exploitation and in the development of youth who experience it; also the importance of trauma-informed mentoring for youth who have been or are at risk of being exploited
- Learn strategies to better utilize a strengths-based approach that is driven by youth affected by the problem
- Consider how to address toxicity in the cultural and economic environment, which perpetuates youth exploitation

Prevalence of CSEC

- ❑ 200,000-300,000 children in danger of being trafficked yearly domestically in the United States¹
- ❑ \$32 billion industry affecting 100,000 children per year in U.S.²
- ❑ Most profitable industry in the world; trafficking 4 youth can mean \$650,000²
- ❑ Extremely high percentage of youth exploited were abused, often sexually, prior to exploitation (estimates range 45-95%)

¹ <https://www.dayoneri.org/get-informed/csec-commercial-sexual-exploitation-children>

² https://www.courts.ca.gov/documents/BTB_XXII_IIH_7.pdf

Commercial Sexual Exploitation of Children (CSEC)

Department of Justice
Office of Juvenile Justice and Delinquency Prevention

A range of crimes and activities involving the sexual abuse or exploitation of a child for the financial benefit of any person or in exchange for anything of value (including monetary and non-monetary benefits) given or received by any person.

Examples include:

- child sex trafficking/prostitution
- child sex tourism;
- commercial production of child pornography;
- online transmission of live video of child sexual activity
- child sexual activity in exchange for anything of value
- internet-based marriage brokering / early marriage
- children performing in sexual venues

https://www.ojjdp.gov/programs/csec_program.html

A Word About Youth Exploitation

The social PROBLEM we address today is that of commercial and sexual exploitation of young people

This problem concerns EVERYONE; any young person can be victimized

POPULATIONS *most* vulnerable to exploitation include youth who experience homelessness, out-of-home placement, justice system-involvement, undocumented status (among others)

Carissa Phelps, JD/MBA, Esq.

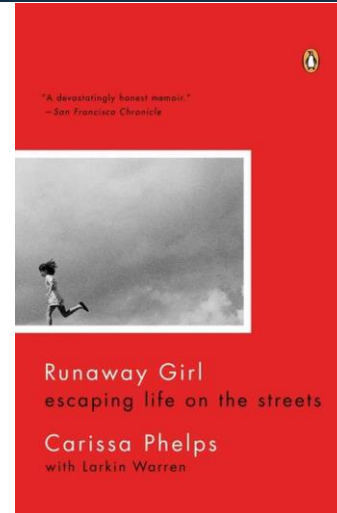
Attorney, Author, Advocate

Runaway Girl: Escaping Life
on the Streets One Helping
Hand at a Time (Viking 2012)

CEO & Founder
Runaway Girl, Inc.

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* Erik Bauer is admitted to practice law in Washington and Utah,
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LGBTQ Policy Consultant

*Consultant, Youth Collaboratory:
Youth Catalyst Team*

Lead Organizer, FIERCE NYC

*Chair and Policy Consultant, New
York Coalition on the Continuum
of Care: Youth Action Board*

*Consultant, National LGBTQ
Research Team.*



Coalition for Homeless Youth

Consortium of 60+ agencies to improve the housing and mental healthcare continuum for the ~50,000 runaway, homeless and street-involved youth throughout New York State.

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Adrian (Rolly Beb)
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Facilitator, Youth Catalyst Team.

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Youth Collaboratory harnesses the power of the youth services community to innovate, evaluate, and drive effective strategies that assure the safety and well-being of youth and young adults, unlocking their limitless potential.

Key Themes:

- Relationships as a key vulnerability AND solution
- Trauma and trauma-informed approaches
- A strengths-based and youth/survivor-driven orientation
- The need to address environmental toxicity, at both micro- and macro-levels

Fighting Toxic Relationships with Healthy Ones

Today's Agenda:

- I. Relationships and exploitation, and the value of mentoring in resistance/ recovery
- II. Trauma-informed approaches to mentoring CSEC
- III. The importance and how-to of youth/survivor-driven mentoring for CSEC
- IV. Audience Q&A
- V. Closing thoughts: Healing the environmental toxicity that perpetuates youth exploitation

Relationships and Mentoring Youth Who Experience Exploitation

One Helping Hand at a Time



Programs didn't help me. *People helped me.*

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Meet me where I am.

Don't try to *fix* me. Instead, try to *sit* with me.

Reframing

Where I am at in Terms of What a Mentor can do...

- 1) **Abandoned**
- 2) **Attacked**
- 3) **Angry**
- 4) **Arrested**
- 5) ...
- 6) **Dumb**
- 7) **Feeling unloved**
- 8) **Rejected**

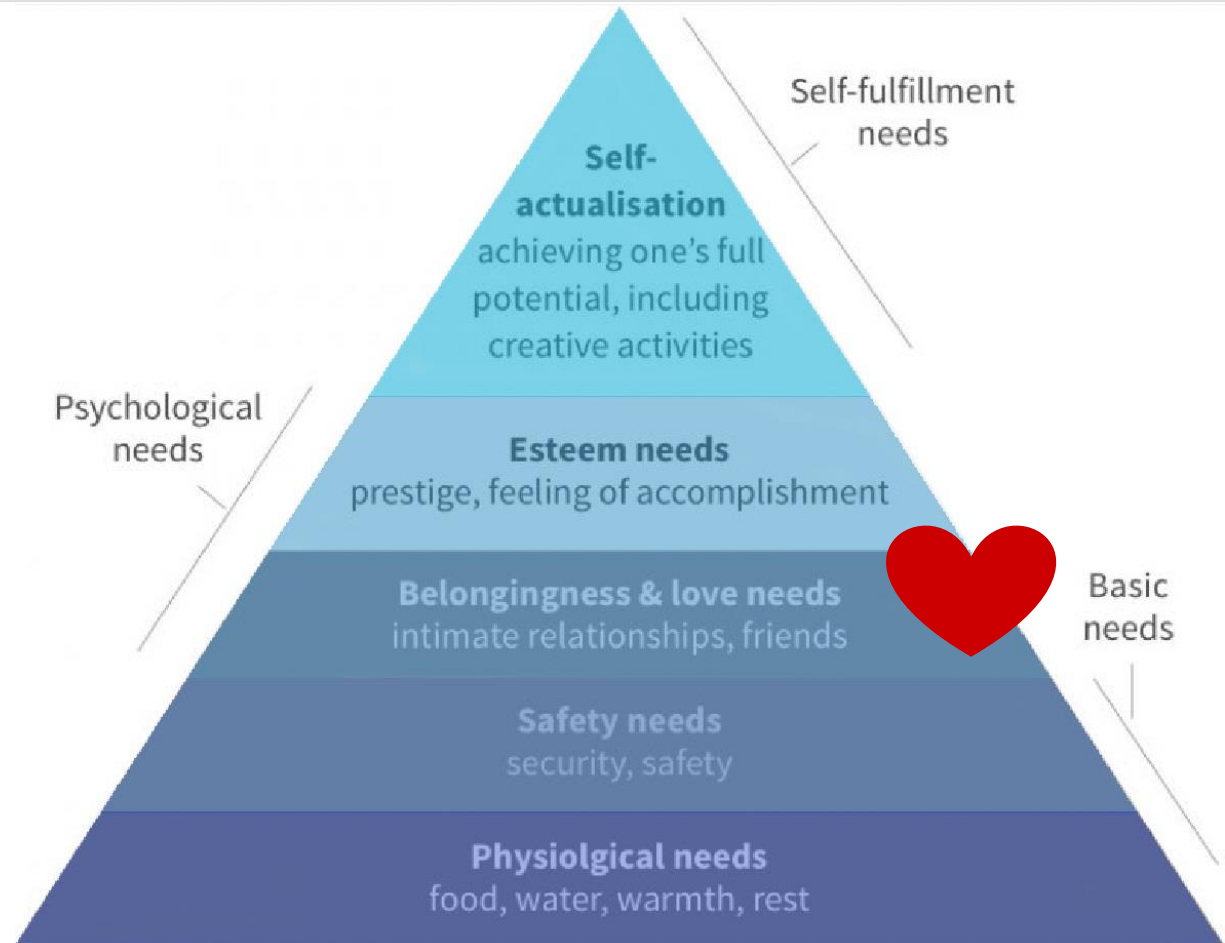
- Be interested and ask for updates and status on close personal relationships, who is close to youth
 - Present opportunities for therapeutic interventions, including art and activity (body movement)
 - Let the youth share with you on their own terms. Take to an attorney for expungement and vacatur
 - Go with to enroll in school
 - Address the deep need for belonging that we all share
-

Stay Above the Line

A mentor is a role model.

**When a Youth
Believes:
He/She will love me
more than anyone else
ever can love me.**

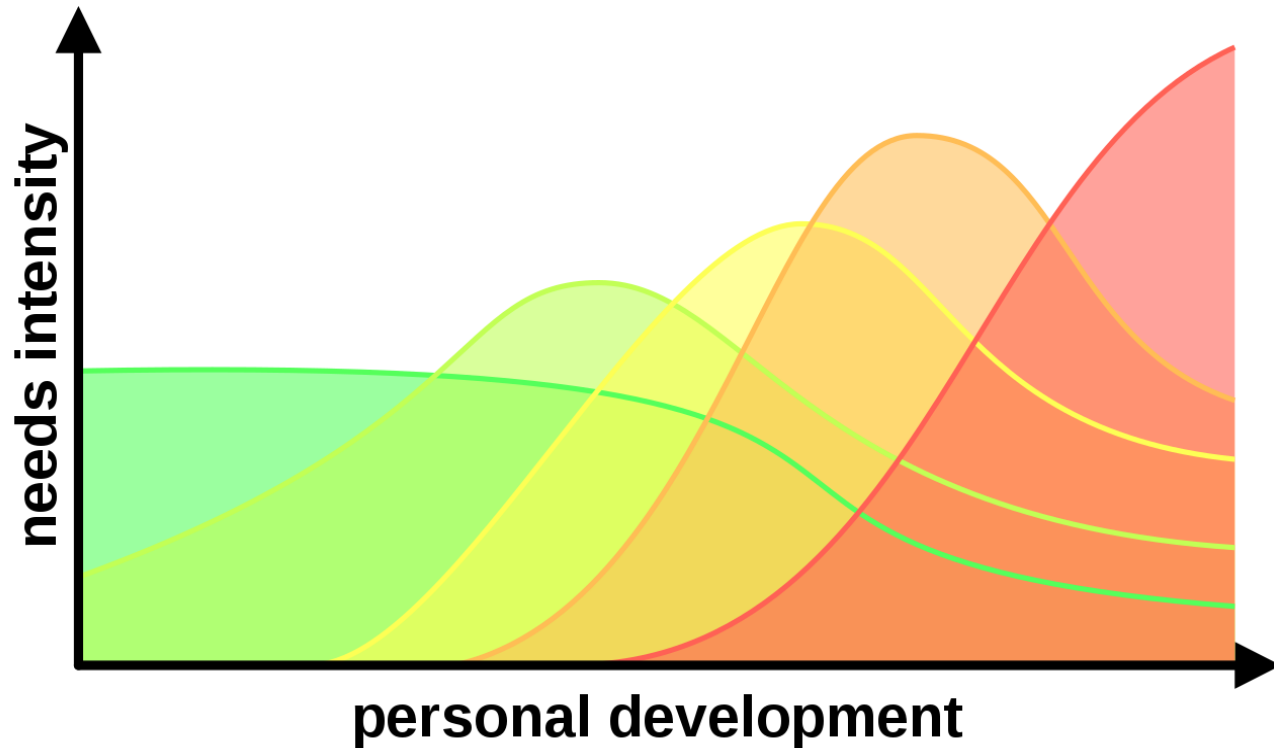
Maslow's Hierarchy Needs...



Need for **Love & Belonging**


Dynamic hierarchy of needs of Abraham Maslow referring to Krech, D./Crutchfield, R. S./Ballachey, E. L. (1962), Individual in society, Tokyo etc. 1962, S. 77

16 October 2016 Philipp Guttman



 **Physiological needs**

 **Safety needs**

 **Love / belonging**

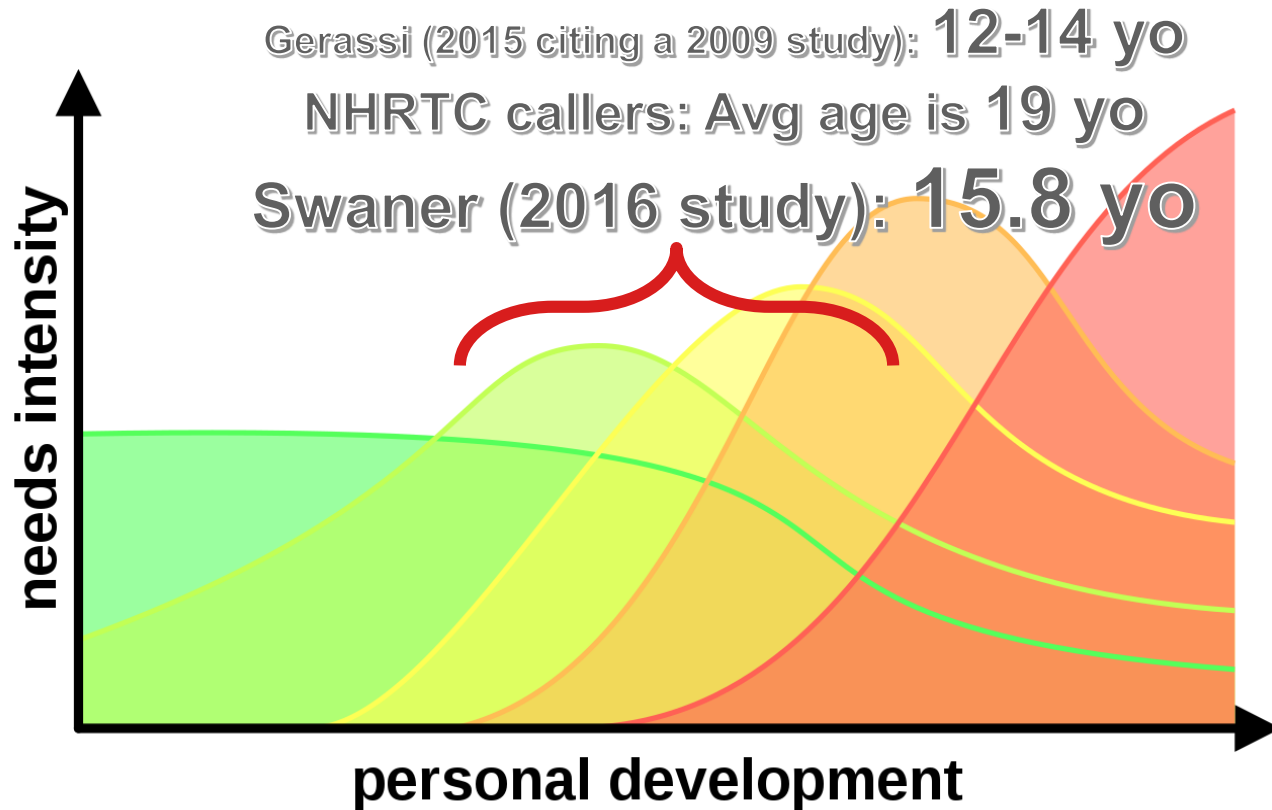
 **Esteem**

 **Self-actualization**

Need for Love & Belonging

Dynamic hierarchy of needs of Abraham Maslow referring to Krech, D./Crutchfield, R. S./Ballachey, E. L. (1962), Individual in society, Tokyo etc. 1962, S. 77

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Physiological needs

Safety needs

Love / belonging

Esteem

Self-actualization

Swaner et.al. (2016) Youth Involvement in the Sex Trade, A National Study, NCJRS
<https://www.ncjrs.gov/pdffiles1/ojdp/grants/249952.pdf> (contact for questions: rswaner@nycourts.gov)

**Why are you...?
You're so smart!**

**How could you fall
for that?**

He doesn't love you.

**She doesn't really
care about you.**

remember that I
meeting my needs
for connection
and belonging

—

A mentor will show us there is more out there than

what I know...

Everything can take place in one room when it is based on connection, at a center that is home-like is best, or across a kitchen counter and around a dining room table.

Visits that allow for exploration and connection will expand relationships and connection in the community:

1. The library, the movies or a play, or church event (if appropriate)
2. Choose to share a place you love to visit and share why it is a special location.
3. Find out if they have been curious about visiting a place locally that may seem out of reach to them.

How do I know that I matter?

*If I matter to you, then maybe I
can matter to me.*

Mentors allow us to:

- Feel like we belong, even if it is for a short timeframe, we belong because they belong
- See that there is more to life than hardship and despair
- Imagine what it would be like to live free from violence, abuse and crippling loneliness

All we
need is

_____.



Family. Love. Belonging.

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Understanding Young People's Needs:

- Cultural Connection
- Long lasting relationships
- Peer Mentors for service navigation and advocacy
- Professional Development for peer navigators to be able to assimilate into this role (a mentor)

Always **ask** what that young person needs.

AND

Be transparent about which of those needs you may or may not be able to provide.

Mentoring Strategies for Youth Survivors

Mentoring Program

- Utilize Motivational Interviewing & Stages of Change
 - You want to know where that young person really is
- Ensuring the mentor is culturally reflective of youth
- Peer mentors (mentoring from experience)

Mentoring Relationship

- Flexible meeting times in places that are accessible
- Create a real relationship
 - Sometimes this is the only relationship a young person has
- Closure - Be careful of how the transition looks and feels
 - Should be done with staff and clients

The Power of Mentoring

- Builds protective factors
- Models a healthy relationship
- Provide support outside of “the system”
- Support navigating family and services
- Expands support network
- Increases self-esteem and self-efficacy
- New experiences and skills



“Problem free is not fully prepared”
Karen Pittman

A Mentor's Role

While the mentoring they provide might foster cognitive, social-emotional, and identity development in the youth, **their most valuable role might be in serving as the “glue” that helps the youth stay engaged with other services and supports.**

*(National Mentoring Resource Center:
Dubois, D. and Felner, J., 2016)*

Research

- Benefits may be conditional on training and/or shared experience
- Processes involving hope, identity social support, and education and career development may be instrumental
- It may prove difficult to sustain victims/survivors involvement over time due to high levels of instability in life circumstances

Insights for practitioners:

- The potential value of utilizing survivors as mentors
- Mentors can help youth connect to other services and supports
- Be patient and offering flexible services to keep bringing youth who are drifting in and out of “the life” into more stable conditions over time.

(National Mentoring Resource Center: Dubois, D. and Felner, J., 2016)

Protective Factors



Trauma and Exploitation

Trauma-Informed Mentoring

Trauma-Informed Practices

- Ensuring that youth have control and decision-making power in their lives (autonomy)
- Understanding the experiences of youth in systems and services - avoiding re-traumatization
- Avoiding approaches that are focused on helping, saving, or fixing
- Utilizing alternatives to detainment and/or criminalization
- Meeting basic needs (i.e. stable housing, safety)
- Focus on wellness, rather than labels and diagnosis

Taking a trauma informed approach:

1. safety
2. trustworthiness
/transparency
1. peer support
2. collaboration
3. empowerment: voice &
choice
4. cultural IQ/EQ

Trauma informed answers...

Will you hurt me?

Will you want something from me?

Do you understand where I come
from?

Do you care?

Can I trust you?

Do you want me to have a voice?

Relational impact of commercial sexual exploitation on a child.

I can never fit in.

I am not like other kids. They won't understand what has happened. I'm so much more mature than those kids now. I know more about sex and they don't. They're children. We may be the same age, but I know how to do things that they don't know how to do. I am proud of how mature I am, but I am embarrassed about those things too. I don't want anyone to judge me.

I need to belong.

What I am told: *Money matters more than how I feel. Making money is more important than me being hungry or sad or tired. Money is what everybody wants.*

Remember: I need to be loved and feel like I belong.

Mentoring with CSEC: Strengths-Based, Youth-Driven, Survivor-Led

- Emphasis and focus on strengths over deficits, and recognition of unique and whole human
- Mentee voice and agency in match and other services
- Leadership-building experiences
- Youth planning in program
- Services delivered and influenced by survivors (mentors/staff/advisory/board)

I am strong.

I Learn Pretty Fast.

I catch on. I'm pretty good at reading people. I can tell when I'm not wanted and I can tell when I am truly appreciated and valued. If you show me how to do something I bet I can learn pretty quickly. I might be good at things that I don't even know about. Sometimes new things make me nervous and frustrated.

Please lower my risk and don't set me up to fail or look stupid.

“True compassion does not come from wanting to help out those less fortunate than ourselves, but from realizing our kinship with all beings.

—Pema Chodron

Value of Youth-Informed/Youth-Led Services

For the Young Person

- Sense of control/autonomy
- Opportunity to represent their experiences and stand for others in similar situations.
- Gives purpose to hardship and the work of healing
- Increases self-efficacy
- Financial stability & self-sufficiency
- Social-emotional wellbeing
- Skill development
- Partnership increases engagement

For the Organization

- Increased youth engagement
- Deeper understanding of needs and trends
- Increased community connections
- Strengthens program practices
- Improved outcomes
- Young people are prepared for transition and leadership
- Staff development and organizational culture

Working in Partnership with Young People

- Share decision-making power
- Avoid tokenism and (re)exploitation
- Compensate youth for their work
- High expectations and room for mistakes
- Voice and choice in activities
- Consistency and transparency
- Training and development
- Planning for challenges



Key Resources

- ❖ Youth Collaboratory & The Center for Combating Human Trafficking (Wichita State University):

Shining Light on the Commercial Sexual Exploitation of Children: A Toolkit to Build Understanding

<https://youthcollaboratory.org/toolkit/shining-light-commercial-sexual-exploitation-children-toolkit-build-understanding>

- ❖ OJJDP:

Commercial Sexual Exploitation of Children Programs

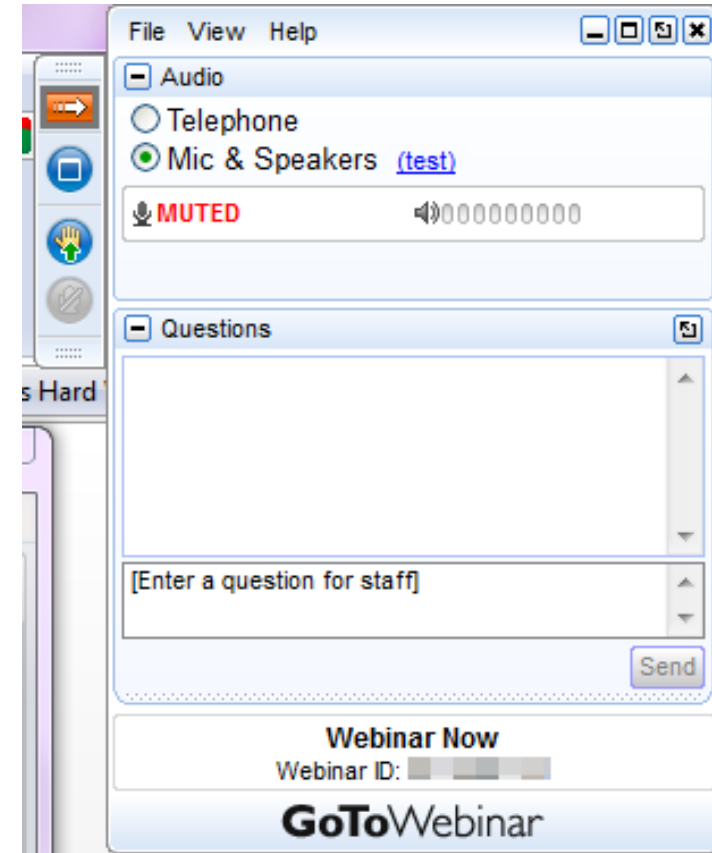
https://www.ojjdp.gov/programs/csec_program.html



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Q&A

Type your questions in the question box:



Closing Thoughts:

Combatting Environmental Toxicity

Additional Resources



Affiliates

Affiliates serve as a clearinghouse for training, resources, public awareness and advocacy. Find your local affiliate here:

<http://www.mentoring.org/our-work/our-affiliates/>

Mentoring Connector

Recruit mentors by submitting your program to the Mentoring Connector

<https://connect.mentoring.org/admin>

National Mentoring Resource Center

Check out the [OJJDP National Mentoring Resource Center](#) for no-cost evidence-based mentoring resources

Remember...

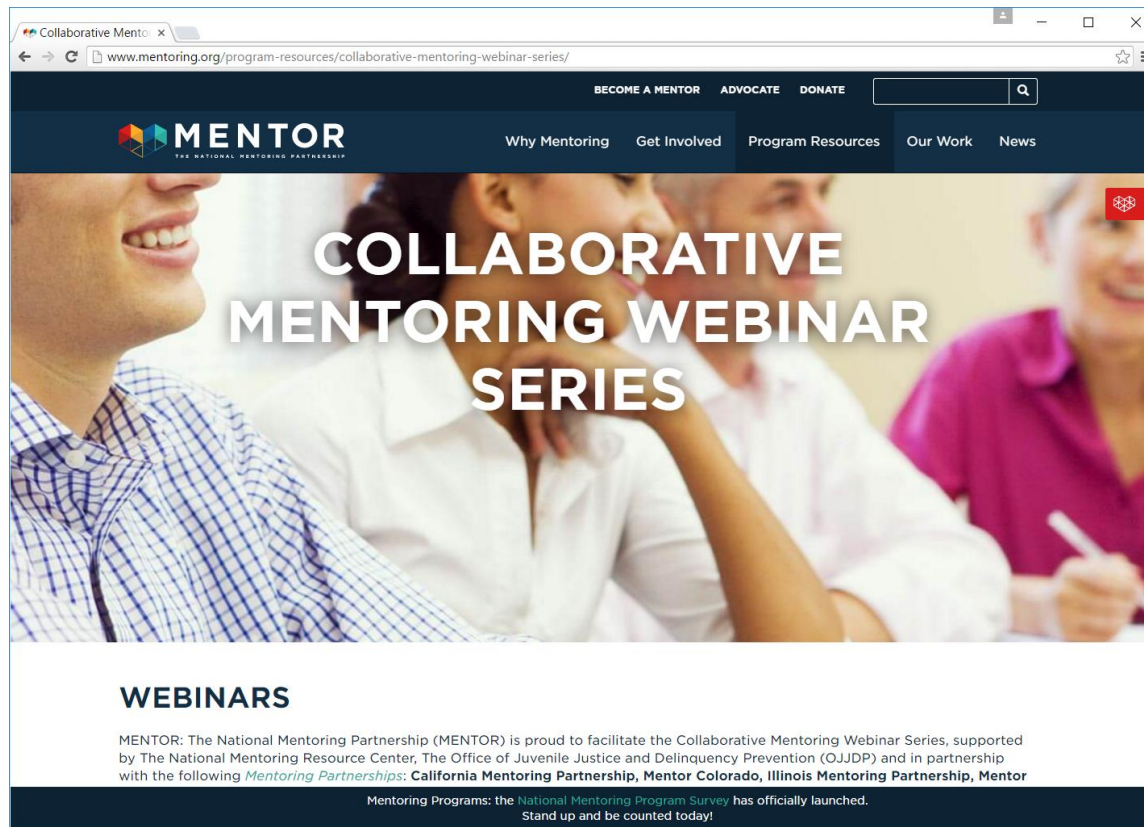
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http://www.mentoring.org/program_resources/training_opportunities/collaborative_mentoring_webinar_series/

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Join Us Next Month!



Mentoring to and through College
Thursday, September 19
1 - 2:15 pm Eastern

