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Providing Sensory Modulation Education to Shelter Staff Serving Adolescent Survivors of Sex Trafficking

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Providing Sensory Modulation Education to Shelter Staff Serving Adolescent Survivors
of Sex Trafficking

Sydney Hrastich

St. Catherine University

Capstone Project completed in partial fulfillment of the Doctor of Occupational Therapy
Degree

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Abstract

Despite recent efforts to improve services, survivors of sex trafficking (SST) have numerous unmet support needs and barriers to achieving optimal quality of life due to the effects of complex trauma and other mental health diagnoses. Supporting the recovery journey of SST is an emerging practice area for the field of occupational therapy. Sensory modulation in particular is one intervention within the scope of occupational therapy that has shown promise as a bottom-up approach to support regulation and participation in meaningful occupations. A training module on sensory modulation and a Sensory Toolkit resource were developed and delivered to staff at Brittany's Place, a youth shelter serving SST, in order to improve the quality of support shelter residents receive. Content was informed by literature review along with informal interviews with staff to ensure relevance and feasibility of tools. Adult learning principles and best practices were applied throughout development and delivery. The training was delivered in hybrid format, and a survey was administered to evaluate effectiveness. Results from the surveys indicated that there was an increase in knowledge following the training. Responses also indicated that staff generally felt that the materials were relevant, and felt confident in their ability to apply the training content and to utilize the Sensory Toolkit. Findings from this quality improvement project support continued collaboration between the site and occupational therapy capstone students in order to support carryover of the training content. The project also highlights the potential for occupational therapy's inclusion on interdisciplinary teams in this area, and the need for continued advocacy for this type of collaboration.

Introduction

Human sex trafficking and exploitation is a major public health concern, widely defined as the commercial exchange of sexual acts influenced by force, fraud, or coercion (MN Office of Justice Programs, 2019; O'Brien et al., 2022; Rajaram & Tidball, 2019). For victims under the age of 18, no force, fraud, or coercion is necessary to meet this definition as minors are not legally able to consent to commercial sex acts in any case (MN Office of Justice Programs, 2019; O'Brien et al., 2022; Rajaram & Tidball, 2019). Though domestic minor sex trafficking is undeniably prevalent across the United States, there are no consistent reports of the exact scope of the problem; this is due to reporting barriers such as victim misidentification and criminalization, fear of self-reporting due to stigma or trafficker retaliation, and lack of awareness that oneself is the victim of a crime (Franchino-Olsen et al., 2022). Of the documented instances in the United States, it is evident that certain populations are disproportionately victimized. Higher rates of exploitation are experienced by young women and girls, people of color, individuals of lower socioeconomic status, members of the LGBTQ+ community, and those with history of previous trauma and abuse (MN Office of Justice Programs, 2019). In Minnesota, there has been a recent push among government and anti-trafficking organizations to improve multidisciplinary services provided to victims, through furthering education on misconceptions, accurate identification, and delivery of trauma-informed care (MN Office of Justice Programs, 2019). Despite these efforts, there are still numerous unmet needs (See Appendix A) that present barriers to the long-term recovery of survivors of sex trafficking (SST).

Background Literature

The long-term effects of exploitation are broad and complex. Some SST have reported difficulty maintaining employment and engaging in other meaningful occupations many years into recovery due to the persistent psychological symptoms of trauma and a lack of tools or support for symptom management and emotional regulation (O'Brien et al., 2019; Rajaram & Tidball, 2018). There is evidence that repeated extreme stress and living in extended states of hyperarousal and/or disassociation can lead to altered brain chemistry, impairing the nervous system's ability to respond typically to a given stimulus (Fraser et al., 2017; Levine, 2017; McGuire, 2018; Stevens et al., 2019). This impacts behaviors, increasing the frequency of aggression, running away, shutting down, and utilizing maladaptive coping strategies (Cerny et al., 2019; Fraser et al., 2017).

Along with these nervous system complications, repeated trauma also contributes to a heightened prevalence of psychiatric disorder diagnoses such as depression, anxiety, attention-deficit/hyperactivity disorder (ADHD), post-traumatic stress disorder (PTSD), and Complex-PTSD (Evans et al., 2021; Levine, 2017; Palines et al., 2020; Stevens et al., 2019). These diagnoses can also cause an individual to experience somatic symptoms (e.g. stomach pain, headaches, fatigue) and sensory over- or under-registration (Levine, 2017; Stevens et al., 2019). The experience of sensory dysregulation can inhibit SST's ability to participate successfully in cognitive coping strategies and life skills training, highlighting a need for a bottom-up approach (targeting specific symptoms experienced by an individual to support function) on the part of service providers (Fraser et al., 2017; Joseph et al., 2021). Emerging research on occupational therapy's role in this area points to sensory modulation interventions as

a promising bottom-up approach to support SST's struggles with these compounding mental health symptoms (Andersson et al., 2021; Fraser et al., 2017; Joseph et al., 2021; McGreevy & Boland, 2020; Thompson et al., 2020).

Purpose

The purpose of this project was to provide education on sensory modulation interventions to staff at Brittany's Place, a nonprofit shelter for female-identifying residents who are victims of, or at risk for, sexual exploitation. A needs assessment was conducted (See Appendix B) to identify the nature of programming currently being implemented at the shelter and areas of opportunity for sensory modulation interventions to be incorporated. This project aimed to determine whether a training module on sensory modulation interventions and rationale would be perceived as beneficial and useful by shelter staff for their role at Brittany's Place.

Approach

The community partner for this project was Brittany's Place, a youth shelter located in St. Paul MN. Brittany's Place is a division of the nonprofit 180 Degrees, which offers a range of social supports including various youth shelters, community re-entry programs, and community outreach projects (180 Degrees, 2021b). Brittany's Place is a shelter specifically serving female-identifying youth between the ages of 10 and 24 who have experienced sexual exploitation or who are at risk of exploitation (180 Degrees, 2021a). The site offers two distinct programs, an emergency shelter offering support for up to 90 days, and a transitional living program offering support for up to 18 months. Supports provided to the youth residents include life skills education groups, therapy, case management, and coping skills education.

Participants

The participants in this quality improvement project were the staff, or Youth Advocates, who support the youth around the clock in both the emergency shelter and transitional living programs of Brittany's Place. Youth Advocates are required to participate in a designated number of training hours annually on a variety of relevant topics, and this project was incorporated into the regularly scheduled meetings to count toward required hours. St. Catherine University's IRB approval was requested and the project was approved as a quality improvement project. Following the training module, Youth Advocates were asked to anonymously complete an optional survey (see Appendix C) to evaluate the effectiveness and relevance of the training material.

Procedures

Content for the training module was developed through a review of the literature on sensory modulation as a tool to support survivors of sex trafficking and individuals living with complex trauma. Evidence-based recommendations from the literature were tailored to Brittany's Place with consideration to the organization's policies, procedures, and available resources. Content was structured using best practices for knowledge translation and principles of adult learning to develop and deliver the slideshow presentation (See Appendix D). Adult learning principles applied included matching learning style to audience background, ensuring an understanding of the training's rationale, activating prior knowledge and experience, motivating through real-world problem-solving, and facilitating active involvement through simulation and personal reflection (Bryan et al., 2009; Mueller et al., 2017).

A toolkit of relevant resources and safety considerations to be referenced as needed on the shelter floor was also developed and provided in both virtual and physical formats to promote application of content during Youth Advocate shifts (See Appendix E). The toolkit was evaluated for document complexity using the PMOSE/IKIRSCH Document Readability Formula (CDC, 2009). The toolkit scored a 5 out of 15, indicating very low complexity. The training module presentation as a whole was evaluated for accessibility and understandability using the Patient Education Materials Assessment Tool for Audiovisual Materials (PEMAT-A/V), scoring 100% in understandability and 100% in actionability (Shoemaker et al., 2013).

The training module was delivered during a regularly scheduled all-staff meeting in a hybrid format, with some Youth Advocates participating virtually. Thus, the anonymous post-training survey was offered in both written and virtual formats. The survey results were analyzed using descriptive statistics and categorical analysis of qualitative/short answer responses.

Outcomes

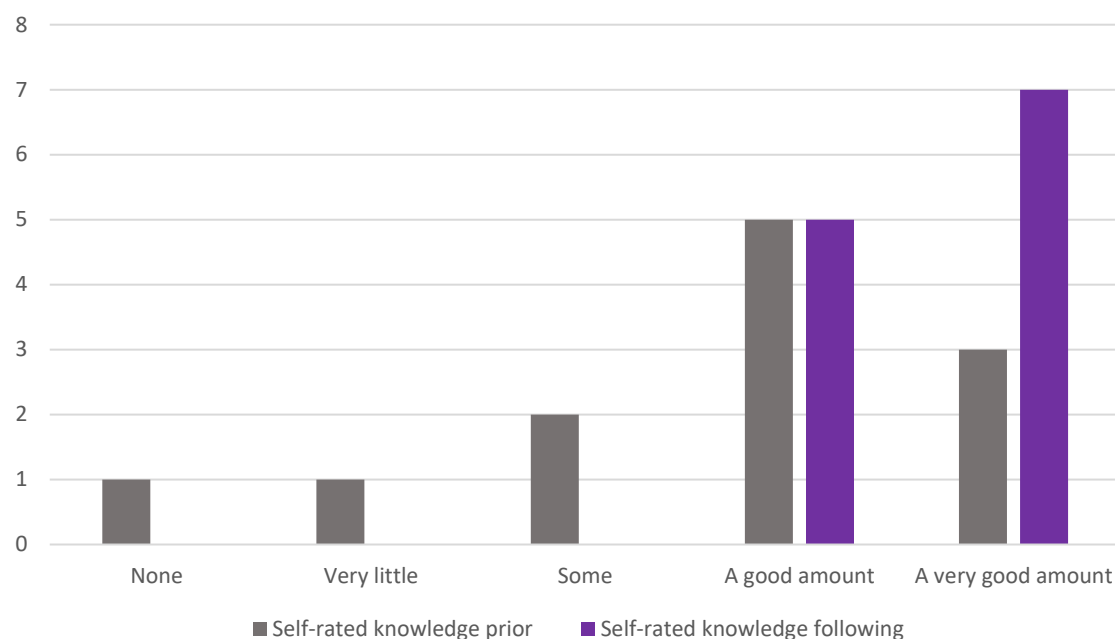
A total of 20 Youth Advocates attended the training session. Fourteen Youth Advocates attended in person and six attended virtually. A total of 12 surveys were completed following the training (survey participation rate of 60%). Ten surveys were collected from in-person participants and two surveys were collected from virtual participants.

The first two items of the survey asked participants to rate their own knowledge of sensory coping tools prior to the training and following the training. Generally, trends

showed that participants had greater knowledge following the training as compared to prior (see Figure 1).

Figure 1.

Self-Rated Pre- and Post-Training Knowledge of Sensory Modulation



Note. Participant ratings of knowledge of sensory modulation information before and after the training. For pre ad post training, $n=12$.

The next three items on the survey were scaled items from one to five, with one indicating “very poor” and five indicating “very good”. These scaled items asked participants to rate the relevance of the training content to their work at Brittany’s Place, their confidence in applying the training content at work, and their confidence in utilizing the specific reference tools provided during their work. Ratings of content relevance ranged from “neutral” to “very good”, with a majority of responses falling in the “very good” category. Ratings of confidence in applying training content ranged from “good” to “very good”, with a slight majority of responses falling in the “very good” category.

Ratings of confidence in utilizing the provided reference tools ranged from “neutral” to “very good”, with a majority falling in the “very good” category. See full details of responses to these survey items in Table 1.

Table 1.

Survey Item Responses

	Very poor	Poor	Neutral	Good	Very good
Content relevance	0% (n=0)	0% (n=0)	16.7% (n=2)	16.7% (n=2)	66.7% (n=8)
Confidence applying training content	0% (n=0)	0% (n=0)	0% (n=0)	41.7% (n=5)	58.3% (n=7)
Confidence utilizing provided reference tools	0% (n=0)	0% (n=0)	8.3% (n=1)	33.3% (n=4)	58.3% (n=7)

Note. Participant responses related to content relevance to their role and confidence in using the content provided. $n=12$.

The final two items of the survey were open-ended and asked participants to identify a specific tool or strategy they intend to utilize at work, as well as to share any comments regarding how the training could improve. The total number of participant responses to these items was seven and three, respectively. Regarding specific tools participants intended to use, five out of seven participants named a resource within the Sensory Toolkit developed for the site. As for how the training could be improved, one participant shared that more time to explore the topics would be beneficial, and two respondents suggested the inclusion of additional resources.

Implications

Through the development of this project, various implications for the community site as well as for the field of occupational therapy became apparent. Findings from the survey results indicate that overall, this training resulted in increased knowledge on

sensory modulation strategies and staff felt generally confident in their ability to utilize the content in their work. Staff members also expressed interest in further learning and more time to explore the content. These outcomes indicate that Brittany's Place Youth Advocates may benefit from additional training modules or further education on related topics of sensory modulation. Due to the time restraints of this project, one recommendation is for future occupational therapy capstone students to develop and support Youth Advocates in executing sensory-based youth programming, in order to promote carryover of this new knowledge.

During the development of the project deliverables, the possibility of generalizing the training materials for other 180 Degrees shelters serving similar populations was discussed. The training content was later adapted to accommodate a broader audience, and delivered to interested staff members across 180 Degrees. The interest in and responses to this training underscore a need for education on sensory modulation in a variety of shelter settings serving individuals with complex trauma.

Overall, the outcomes of this quality improvement project further highlight the potential for occupational therapy to play a role on interdisciplinary teams supporting SST. This information was disseminated to a capstone committee along with a public audience (See Appendix F) to extend the reach of the importance and impact of this content. A recommendation for the profession following this quality improvement project is continued advocacy for the inclusion of occupational therapy practitioners on these teams. With increasing opportunities to implement occupational therapy interventions for SST, the promise shown by bottom-up approaches such as sensory modulation can be studied further and best-practices can be developed in order to ensure SST are

being provided with the highest quality of supports throughout their long-term recovery journeys.

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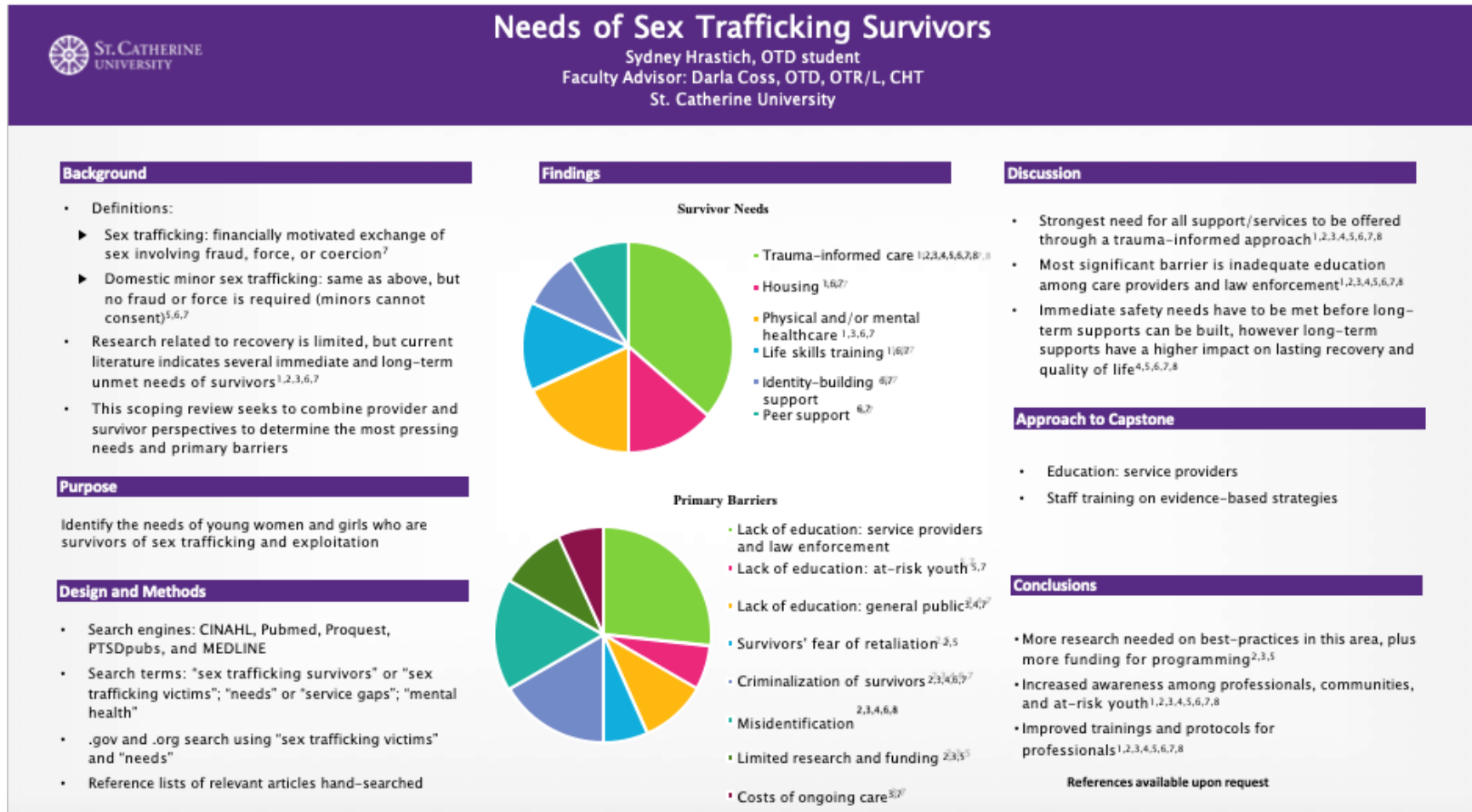
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Appendix A: Scoping Review



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Appendix B: Doctoral Project Needs Assessment

Part 1: Description of the Organization or Community

Description of Organization/Community

My doctoral project site is Brittany's Place, a branch of the nonprofit 180 Degrees in Minneapolis. 180 Degrees offers a system of youth shelters and services, and Brittany's Place specifically supports young women and girls who are victims of sex trafficking or who are at high risk for sexual exploitation. The organization serves female-identifying residents between the ages of 10-24. Brittany's Place has been operating since 2014 and is the first and largest program for youth experiencing sex trafficking in Minnesota. Some services offered to residents include life skills groups, therapy, case management, and family/parental support.

180 Degrees' official mission is to provide "safe spaces and services that honor each individual's healing journey" (180 Degrees, 2021, Mission section). Their vision is that "every person can experience hope for the future" (180 Degrees, 2021, Vision section). The organization practices trauma-informed care and uses a recovery-focused approach to address physical, mental, and spiritual health in all settings. Cultural representation and expression is highly prioritized, along with community connectedness. 180 Degrees also seeks to spread awareness of the impact systemic racism has on their populations served, and advocates for change in the community.

In the past year, Brittany's Place opened a Transitional Living Program (TLP) on the floor above their emergency shelter. TLP provides up to 18 months of support with an increased focus on longer-term needs, such as acquiring housing and developing skills for household and financial management. As this is such a new development, the program is seeking to improve program quality by expanding their offerings of evidence-based services and approaches to support lasting positive outcomes for each resident. Primary stakeholders are Brittany's Place staff and residents, and secondary stakeholders include 180 Degrees leadership, board members, and grantors.

Priority/Need/Issue: Improve program quality and outcomes at Brittany's Place's new Transitional Living Program (TLP).

Primary Goal: Educate Brittany's Place staff on implementation of sensory integration strategies to support management of complex trauma symptoms and long-term quality of life.

Strategy: A training module will be created and delivered to TLP staff to educate on effective use of sensory strategies to support residents in managing complex trauma symptoms. The module will include foundational information regarding the impacts of complex trauma on the nervous system and sensory modulation, as well as how this dysfunction impacts occupational participation and long-term quality of life. The module will provide tools and specific recommendations for incorporating sensory approaches into everyday service delivery. The module will be developed in accordance with the organization's training protocols and standards, in order to allow for ongoing future use, if desired.

Part 2: Preliminary Information and Resources for Learning about a Priority/Need/Issue

Internal Information and Resources

Name of Information or Resource	Description of Information or Resource	Brief Summary of Key Learning
TLP Staff Orientation and Training Plan	A policy document outlining TLP training requirement, timelines, and topics.	Staff in-service trainings occur monthly and can cover a variety of relevant topics, including but not limited to: mental and chemical health, safe/ethical practices, community resources, professional boundaries, and evidence-based interventions.
Statement of Intended Use	Policy document describing the program purpose, clients served, and services provided.	TLP offers individualized case management, support for basic needs and housing, family support, independent living groups and recreation. TLP partners with outside community agencies to provide educational services, medical services, chemical dependency treatment, and mental health counseling and treatment.
Transitional Living Program Components	Policy document detailing specific components of each service, including frequency and location.	Residents receive skills training in a variety of capacities: through day to day operations (cooking, cleaning, misc. responsibilities), through structured case management meetings or appointments with community partners, through informal mentorship via relationships & interactions with shelter staff, and in group formats led by peers, staff, or outside partners.

External Information

Name of Information or Resource	Description of Information or Resource	Brief Summary of Key Learning
Survivors' Voices—Complex Needs of Sex	Paper detailing survivor's perspectives on short- and long-term needs Source:	Long term needs include life skills training, ongoing mental health support, and support with finding and maintaining vocational opportunities.

Name of Information or Resource	Description of Information or Resource	Brief Summary of Key Learning
Trafficking Survivors in the Midwest	Rajaram, S. S. & Tidal, S. (2018). Survivors' voices: Complex needs of sex trafficking survivors in the Midwest. <i>Behavioral Medicine</i> , 44(3), 189-198. https://doi.org/10.1080/08964289.2017.139910	Four women in this study described difficulty holding a job and engaging in other occupations years later, due to the persistent psychological symptoms of trauma and a lack of tools or support for symptom management.
Understanding the Mental Health Impact of Human Trafficking	Paper stating the prevalence of mental health disorders in survivors, and describes in detail the mechanism of complex trauma's impact on the nervous system and sensory function. Source: Stevens, S., Acker, S., Green, K., Swales, S., Fulmer, H., Fortinsky, R., & Nicholas, P. K. (2019). Understanding the mental health impact of human trafficking. <i>Journal of the American Association of Nurse Practitioners</i> , 31(12), 699-704. https://doi.org/10.1097/JXX.000000000000225	Individuals under repeated extreme stress and living in extended states of hyperarousal and/or disassociation have altered brain chemistry and nervous system responses. The brain no longer responds typically to sensory stimulus. 71% of survivors experience depression and 61% experience PTSD, though 91% reported experiencing multiple symptoms of PTSD without meeting full criteria. Complex PTSD is not yet universally included in psychological diagnostic tests, but it is thought that many of those with PTSD symptom clusters may have fit criteria for CPTSD.
Report Cards on Child & Youth Sex Trafficking Toolkit	Toolkit and State report card analyzing MN's response to survivors and prevention efforts, based on laws, policies, and outcome measures. Source: https://reportcards.sharedhope.org/year2022/minnesota/	MN has a noted area of improvement related to multi-disciplinary team collaboration to provide a breadth of recovery services to survivors.

Gaps in Learning: Current existing research focuses on gaps in service and reported needs of survivors, and recommendations for services and future research. Due to limited funding and the emerging nature of this research area, there is no data at this point in time on the longitudinal outcomes of specific programs designed to meet these needs.

Part 3: Informational Interviews

DeBrea Chamber, Interim Senior Manager

Interview questions:

- Can you tell me more about the “trial and error” process of quality improvement, and what you’ve learned since the program opened?
- What are the main priorities or goals for TLP in the coming year?

- How successful has Brittany's Place been in meeting the specific goals for youth satisfaction surveys listed in the TLP outcomes policy document?
- What are some of the biggest challenges related to meeting outcome goals?
- Can you tell me about the trends of coping skills training- what types of skills are taught, when, how, etc.?

DeBrea reports that TLP has been operating for 8 months, in which time they have made successful strides in developing partnerships with local colleges and credit unions in order to provide support with education and financial management. These and other life skills are provided through a variety of different routes, like structured groups, informal one-on-one conversations with trusted staff, and appointments with outside professionals coming into the shelter.

Some lessons learned after 8 months of operation include client factor trends that make residents more or less appropriate for the program. One such trend is resident age, as they are finding that youths under 18 have struggled with the level of freedom that accompanies the program. Program goals for the coming year include adjusting the requirements for residents to qualify, as well as further expanding the life skills training offered.

Another goal for the coming year is collecting more consistent and accurate data to determine program outcomes. Program policies name exit surveys as a method of measuring success, but there are barriers to following through with providing the surveys upon discharge. According to DeBrea, the most challenging barriers to residents successfully moving on to safe and stable living arrangements are the unpredictable and often uncontrollable outside forces that cause youth to regress or return to unsafe situations. These are factors such as drug addiction or trafficker influence. Another challenge on an organization level is the rapid change occurring and the challenge for staff to keep up with all the new information as well as integrating it into their daily processes.

Leah Ranta, Training Manager

Interview questions:

- Can you describe the recent changes in staff training procedures that have taken place since you joined 180 Degrees?
- What were some of the challenges getting to this point?
- What are the main priorities for staff training, moving forward through the coming year?
- Does your role as training manager involve advocating for new training content, or how are new directions and topics approved?

Leah has been with 180 Degrees for approximately one year. There were no training protocols when Leah was hired, aside from a few links to educational videos. There was no tracking system to know whether employees were viewing the videos, no structured orientation or onboarding process, and no structured protocols for the intern program. Leah's efforts over the past year have been focused on ground-up creation of a training program, which now includes a 32-hour orientation followed by 40 hours of shadow shifts.

The current major priority is to finish developing training protocols that ensure all incoming employees, volunteer, and interns are all thoroughly proficient in adhering to grant requirements and statutes to meet all state compliance regulations. Following this, the organization hopes to expand training to include topics that will deepen staff knowledge of the latest best practice for service delivery and quality improvement. For now, these specialized topics are primarily being brought in by interns completing student projects, but there is also not yet a structured template or procedure for how these projects are formatted, delivered, or built upon. This is another of Leah's goals for the near future.

Part 4: Public Records and Organizational/Community Resources

[Human Trafficking in Minnesota](#): A Report to the Minnesota Legislature (Prepared by Minnesota Office of Justice Programs Minnesota Statistical Analysis Center)

This resource defines types of human trafficking, and provides extensive relevant information based on statistics and official data. Topics covered include prevalence in Minnesota, risk factors, common methods of coercing victims, misconceptions held by the public, negative lasting effects on victims, prevention strategies, Minnesota's response, and more.

CDC's Sex Trafficking [webpage](#)

This resource describes sex trafficking, risks and consequences, and prevention strategies in the United States. The webpage also contains links to other resources and educational materials. Linked resource guides with state-specific evidence-based recommendations are available to guide decision making and assist communities in improving prevention efforts.

Outcomes and Continuous Quality Improvement

This internal policy document outlines TLP outcome goals, as well as their annual and quarterly evaluation processes. TLP outcome goals include: 90% of residents exit to safe and appropriate living situations; 66% are graduated or attending school; 75% have jobs or offers; 90% score higher in the Casey Life Skills Assessment than upon entry; 90% report on exit survey that they agree/strongly agree that the program helped them develop coping skills and identify personal strengths.

Sensory Modulation Dysfunction in Child Victims of Trauma: a Scoping Review

This journal article from the Journal of Child and Adolescent Trauma details the mechanism of trauma's effect on sensory processing and integration. It describes how the sensory dysfunction impacts behavior and self-image, and negatively impacts participation in nearly every occupation. A "bottom-up" approach beginning with somatic interventions can meet the immediate need of nervous system regulation, which in turn allows the individual to be more receptive to cognitive behavioral therapy and other talk-based approaches.

Part 5: Organization or Community Assets

Brittany's Place Youth Advocates

Youth Advocates spend time with shelter residents around the clock, and will be able to provide valuable insights about contextual factors impacting specific needs at this particular shelter. They can offer guidance regarding the best methods for incorporating evidence-based interventions into their unique daily experience.

Call to Freedom, similar organization in SD

Call to Freedom is another Midwestern shelter for survivors of sex trafficking that operates similarly to Brittany's Place and has similar guiding principles and values. This shelter recently began providing contracted OT as an additional support for their residents, and a contact at this site may be able to provide insights surrounding the most effective methods for incorporating sensory approaches into a shelter setting.

Part 6: Proposed Methods to Collect Other Information During the Doctoral Capstone Experiences and Project

Internal Information and Resources

Name of Information or Resource	Description of Information or Resource	Brief Summary of Focus of Learning
180 Degrees staff meetings	Brittany's Place staff meetings occur monthly, with other interdisciplinary meetings occurring intermittently.	Attending meetings will support understanding of roles, current priorities, and challenges.
Observations of shelter service delivery	There will be regular opportunities to shadow Youth Advocates at work on-site, and observe interactions with residents.	Observations of interactions will illuminate trends in daily challenges, behaviors, strengths, and routines. This will assist in identifying how and when sensory coping skills could be best incorporated into service delivery.
Review of other internal educational materials/existing trainings.	180 Degrees uses Learning Management System accounts to provide continuing education, annual trainings, and supplemental trainings.	This resource will inform on the structure of training staff are currently accustomed to, and will also identify topics currently covered vs gaps in training topics.

External Information

Name of Information or Resource	Description of Information or Resource	Brief Summary of Focus of Learning
Professional network	Contacts providing OT to survivors of sex trafficking and similar fields supporting individuals with CPTSD.	A professional network of experienced OTs will support
MN DHS	The DHS website contains extensive reports and training videos to educate service providers working with survivors on various topics and approaches such as trauma-informed cares.	This resource provides perspectives from experts and survivors regarding current needs and service gaps, and best practices for working with this population.
MN Coalition Against Sexual Assault	This organization website contains many resources on relevant topics and needs, many sources from survivors' own perspectives.	MNCASA has a trainings archive page that can be filtered to show trainings for a variety of audiences, delivery methods, and topics, which will serve as valuable examples in developing a similar training module in this field.

Part 7: SWOT Analysis: Strengths, Weaknesses, Opportunities, and Threats

Internal		External	
Strengths	Weaknesses	Opportunities	Threats
Major training and state compliance improvements over past year	Staff turnover and shortages	Trends in MN laws are moving in the direction of providing increasing support and empathy to survivors over age 18	Funding changes
Many personally invested/passionate staff members	Many recent changes; can be difficult to meet standards and for staff to adjust/absorb all of the new information	Expansion of programming (TLP)	Public misconceptions/lack of support
Established nonprofit (50 years)	Audits/compliance issues; meeting standards amid rapid organizational changes	Potential for ongoing partnership with St. Kate's OT students	Trafficker coercion/influence on resource utilization
Staff demographics and life experiences reflect resident demographics as much as possible to support comfort and trust.	Challenging goals set for program outcome measures	Similar organizations have successfully begun to offer OT services	Challenges with addiction and outside life circumstances impacting residents' recovery
Existing partnerships/internship opportunities with local programs (mostly social work)	Lack of consistency in providing exit surveys may impact outcome measures	Current events and public discourse creates opportunities for further advocacy	Lack of interdisciplinary cooperation by other medical providers or law enforcement
Increased public advocacy (billboards, ads)	Residents can impact each other's recovery in a shared space		

Part 8: Preliminary Evidence Review on Populations, Interventions, and Programs of the Organization/Community

	Overview of Article 1
Type of article	Overall Type: Primary Research Study (qualitative) Specific Type: Qualitative research through one-on-one interviews
APA Reference	Rajaram, S. S. & Tidal, S. (2018). Survivors' voices: Complex needs of sex trafficking survivors in the Midwest. <i>Behavioral Medicine</i> , 44(3), 189-198. https://doi.org/10.1080/08964289.2017.139910
Abstract	“Human trafficking is a serious public health issue and has long-term physical, mental, social, and economic consequences for survivors, their families, and communities. The Victims of Trafficking and Violence Protection Act of 2000 defines sex trafficking as a commercial sex act that is induced by force, fraud or coercion, or when a commercial sex act involves a person below 18 years of age. There is inadequate research from the perspectives of survivors. The purpose of this study was to gather data from survivors on their complex needs. We gathered qualitative data from twenty-two women, sex-trafficking survivors in the Midwest who were over 18 years old. Through one-on-one interviews, we obtained rich and authentic descriptions from the perspective of survivors. Interviews were recorded, data were transcribed, and coded and analyzed for key themes. The majority of the sample lived in an urban area, were not married and lived in either foster care or a group home as children. Findings highlighted the lack of awareness among the general public about sex trafficking and the stigma, blame and lack of trust that survivors experience. Frontline professionals such as healthcare providers and law enforcement lacked a trauma informed approach. Survivors highlighted their complex support needs both in the initial aftermath, and in the long-term including mental health services, and job and life skills training to help them fully recover. Including perspectives of survivors helps to ensure that comprehensive strategies address the complex needs of survivors to help them on their road to full recovery” (p. 189).
Author	Credentials: PhD Position and Institution: Department of Journalism and Mass Communication, University of Nebraska- Lincoln Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Taylor & Francis
Date and Citation History	Date of publication: 7/18/2018 Cited By: 74
Stated Purpose or Research Question	“The main objective of this study is to gather systematic data on the “lived experience” of adult sex trafficking survivors in Nebraska” (p. 190).

Author's Conclusion	"Our study highlighted that support is needed in the immediate aftermath of leaving a sex trafficking situation, and also for months and years afterward as trafficked women rebuild their lives" (p. 196).
Overall Relevance to your Doctoral Capstone Project	Overall Relevance of Article: Good Rationale: This article is crucial for my understanding of my population, as it is not only qualitative data directly from survivors, but it is also specific to the Midwest and therefore relevant for my project.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Data is coming directly from survivors in a primary research study, with a relatively large sample size compared to similar qualitative studies.
Your Focused Question and Clinical Bottom Line	<i>Question:</i> What are the short and long-term needs of Midwestern women who are recovering from sex trafficking? <i>Clinical Bottom Line:</i> Survivors express needs including emergency shelter, medical and safety assistance, ongoing mental health support, life skills and coping skills training, and legal and financial support while cultivating stability.
Your Lay Summary	The researchers of this study talked to 22 women who survived sex-trafficking to learn about their thoughts, experiences, and needs. Through interviews, the women said that people don't know enough about sex-trafficking, and that care providers and the police would often make things worse because they were not trained in handling trauma with empathy. The women shared that they need help right away with things like finding a place to stay, food, clothes, and medical care. They also need longer-term help like learning how to live and cope, getting help for their mental health, finding a job and a place to live, and money to help them get to the point of being stable. The most important thing the study showed is that we need to listen to the women who survived sex-trafficking and help them in a way that takes their trauma into account.
Your Professional Summary	This qualitative study sought to describe the perspectives, experiences, and needs of 22 female survivors of sex-trafficking. Data was gathered through in-depth interviews. Participants described primary barriers in the lack of public awareness, misconceptions, and lack of education on trauma-informed care on behalf of care providers and law enforcement. Reported short-term needs included emergency shelter, food, clothing, and medical care. Longer-term needs included life skills and coping skills training, ongoing mental health services, job and housing support, and financial aid to help while cultivating stability. The primary implication of this study is to listen to the voices of the survivors to inform service delivery, and to deliver all care through a consistent trauma-informed lens.
	Overview of Article 2
Type of article	Overall Type: Primary Research Study Specific Type: Qualitative
APA Reference	O'Brien, J. E., Jordan, B., Honeycutt, N., Wilsnack, C., & Davison, C. (2019). "It's all about breaking down those barriers...": Exploring survivors' perspectives on services and treatment needs following commercial sexual exploitation during childhood. <i>Journal of Evidence-Based Social Work</i> , 16(2), 160-177. https://doi.org/10.1080/23761407.2019.1572560

Abstract	<p>“Purpose: In recent years, there has been an increase in funds and services available to address the needs of commercially sexually exploited children (CSEC). While previous studies have explored the mental, behavioral, and physical needs of CSEC victims and survivors, few studies have focused on the service needs CSEC victims and survivors themselves deem most important. The current study seeks to bridge this gap by garnering American CSEC victims’ and survivors’ perspectives regarding CSEC service strengths, weaknesses, and gaps.</p> <p>Method: Semi-structured, in-depth interviews were conducted with 13 adult survivors of CSEC to examine their perceptions of current CSEC services in the United States. All interviews were recorded, transcribed verbatim, and imported into a qualitative data analysis program. Using an inductive approach, two major themes emerged: short-term needs and long-term needs.</p> <p>Results: Short-term needs included victim identification, housing, and emergency medical care. Long-term needs included life-skills, community building, legal assistance, and medical care. The results point to the complex needs of CSEC victims/survivors.</p> <p>Discussion: While CSEC services continue to develop, there remain many gaps in care in the services available. Study findings provide valuable insight to practitioners and researchers alike and identify the most critical needs of CSEC victims and survivors. Implications for practice and research are discussed” (p. 160).</p>
Author	<p>Credentials: PhD, MSW</p> <p>Position and Institution: Department of Social Work, University of New Hampshire, Durham</p> <p>Publication History in Peer-Reviewed Journals: Extensive</p>
Publication	<p>Type of publication: Scholarly peer-reviewed journal</p> <p>Publisher: Taylor & Francis</p>
Date and Citation History	<p>Date of publication: 02/08/19</p> <p>Cited By: 16</p>
Stated Purpose or Research Question	<p>“Specifically, the current study aims to answer the broad research question: How do U.S. CSEC survivors view the CSEC services they received? Then, within the framework of this broad question, we explored services survivors have found particularly helpful, services that they found particularly unhelpful, and any unmet needs for future service development” (p. 163).</p>
Author’s Conclusion	<p>“The current study validates existing literature, as many CSEC survivors reported a gap in long-term needs that would help facilitate the process of becoming a self-sufficient adult; these include, life and job-skills training, GED achievement, assistance in building a healthy and safe community of support, legal aid to potentially help vindicate criminal records, and access to integrated physical and mental health care, including access to insurance to cover this care” (p. 173).</p>
Overall Relevance to your Doctoral Capstone Project	<p>Overall Relevance of Article: Good</p> <p>Rationale: This article provides a rationale that survivors are requesting better long-term assistance and aftercare, specifically related to community integration and life/coping skills.</p>
Overall Quality of Article	<p>Overall Quality of Article: Good</p>

	Rationale: This is a primary research article and data is qualitative coming directly from survivors. <i>Additionally, the author is very experienced in the field.</i>
Your Focused Question and Clinical Bottom Line	<i>Question:</i> What are the short and long-term needs of survivors of sex trafficking? <i>Clinical Bottom Line:</i> Short term needs included emergency shelter, food, clothing, and medical and mental health care. Long-term needs included lasting access to mental health care, life and coping skills training, legal and financial assistance, and identity and community building support.
Your Lay Summary	This article looks into the things people who survived sex trafficking say they need in order to recover. The researchers talked to 13 people in depth and found some things that they needed right away and some things they needed for years afterwards. Right away, they needed a safe place to stay, food, clothes, and medical care. For the following years, they needed more mental health support, and help to learn life skills like cooking and cleaning and holding a job. They also needed professionals to help them build a new identity and be part of a community. The people who were interviewed said that it was most important to take care of the short-term needs right away in order to be safe, but the long-term needs were most important to prevent getting exploited again and to truly have a happy and healthy life.
Your Professional Summary	This article explores survivor perspectives on treatment needs while recovering from sex trafficking victimization. In-depth interviews were conducted among 13 participants. Themes emerged and were categorized into short and long-term needs. Short term needs included emergency shelter, food, clothing, and medical and mental health care. Long-term needs included lasting access to mental health care, life and coping skills training, legal and financial assistance, and identity and community building support. Responses assert that immediate needs delivered through a trauma-informed lens are the most urgent to address for safety, but that aftercare and long-term support are extremely important for lasting recovery and preventing returns to exploitation situations.

	Overview of Article 3
Type of article	Overall Type: Primary Research Study Specific Type: Regression analysis
APA Reference	Kafafian, M., Vried, L. D., Farrell, A., Goldfarb, S., & Bouchard, E. (2021). Understanding factors associated with re-referral of youth for commercial sexual exploitation. <i>Child Abuse & Neglect</i> 117, 1-13. https://doi.org/10.1016/j.chiabu.2021.105092
Abstract	<i>“Background:</i> Since the passage of the Victims of Trafficking and Violence Prevention Act of 2000 in the United States, awareness has increased about the problem of commercial sexual exploitation of children (CSEC). Moreover, United States Federal law calls upon child welfare agencies to establish policies and practices that help identify and provide services to minors at risk of CSEC. Although awareness has increased about the problem of CSEC, little attention has been paid to understanding why some youths are re-referred to CSEC programs after initial referral and intervention. <i>Objective:</i> The present study examines which factors drive re-referrals of youths for CSEC concerns. <i>Participants and setting:</i> Data about a population of high-risk youths ($n = 416$)

	<p>referred to a CSEC- specific program in the Northeast of the United States between 2011 and 2018.</p> <p><i>Methods:</i> Using logistic regression analyses, we investigate what factors are associated with youth having multiple referrals. <i>Results:</i> Youths with multiple referrals were more likely to have histories of missing from care ($OR = 2.996, p < 0.001$), substance misuse ($OR = 2.802, p < 0.01$), and greater agency involvement ($OR = 1.260, p < 0.05$). However, youths with multiple referrals were not at heightened risk of CSEC as compared to youths that were not re-referred.</p> <p><i>Conclusion:</i> The results demonstrate that re-referred youths meet the profile of a victim as depicted on screening and assessment instruments, which has important implications for victim services and referral systems dedicated to identifying CSEC and protecting youths who may experience re-victimization for CSEC” (p. 1).</p>
Author	<p>Credentials: Doctoral candidate</p> <p>Position and Institution: Violence and Justice Research Laboratory, School of Criminology and Criminal Justice, Northeastern University</p> <p>Publication History in Peer-Reviewed Journals: Moderate</p>
Publication	<p>Type of publication: Scholarly peer-reviewed journal</p> <p>Publisher: Science Direct</p>
Date and Citation History	<p>Date of publication: 05/13/21</p> <p>Cited By: 0</p>
Stated Purpose or Research Question	<p>“Using unique data about youths involved with a CSEC-specific program housed within a child advocacy center in the Northeast US, the present study examines the factors that explain why some young people are being re-referred due to concerns about CSEC” (p. 3).</p>
Author’s Conclusion	<p>“In particular, this study suggests that re-referrals can be driven by potential biases about CSEC victims and a potentially uncritical reliance on the factors that often populate screening and assessment instruments” (p. 11).</p>
Overall Relevance to your Doctoral Capstone Project	<p>Overall Relevance of Article: Moderate</p> <p>Rationale: This article is relevant to the goals of most sex trafficking shelters, which is to reduce the occurrence of re-referral to programs by providing for each resident’s unique set of needs. However, it does not provide specific examples of interventions that may accomplish this.</p>
Overall Quality of Article	<p>Overall Quality of Article: Good</p> <p>Rationale: The article reviews extensive literature on this subject and the analysis was conducted on a large sample size.</p>
Your Focused Question and	<p><i>Question:</i> What personal and contextual factors among victims of child sexual exploitation are most correlated with re-referral at community programs?</p>

Clinical Bottom Line	<i>Clinical Bottom Line:</i> Factors with the highest correlations to re-referral were substance misuse, experiencing abuse, recently being missing from care, and having high rates of agency involvement prior to referral- these factors may be influenced by a reduction in resilience as a result of abuse.
Your Lay Summary	This paper looked at information from other studies and compared past data from a community program to find out why some children who were sexually exploited ended up needing to return to the support programs. The researchers looked at traits of the children, their families, and their specific cases to look for patterns. They found that children who had more difficult histories were more likely to need help again. Things like using drugs, being abused, and running away from home were connected to returning for more help. The researchers say that professionals' difficulty understanding of all of these factors might be causing them to miss some children who need help, and provide the wrong kind of help to others. We need more research to help professionals understand these children better and to give them the right kind of help.
Your Professional Summary	This study reviewed current literature alongside a logistic regression analysis to explore factors correlated with re-referrals of 416 child victims of sexual exploitation to a CSEC-specific program. The study categorized factors into child characteristics, family characteristics, and case characteristics. Overall trends included that the likelihood of re-referral rose significantly with each additional compounding factor experienced by one child. Factors with the highest correlations to re-referral were substance misuse, experiencing abuse, recently being missing from care, and having high rates of agency involvement prior to referral. There was a pattern of re-victimization among re-referred youths, which authors suggest may be related to reduced resilience factors following abuse. Implications of this article are that misconceptions about interpreting client factors have led to misidentification of some, and over-referral of others. More research is needed to help providers better identify youth in need and to better tailor the care provided to each youth.

	Overview of Article 4
Type of article	Overall Type: Conceptual or Theoretical Article Specific Type: Literature review with case study
APA Reference	McGuire, K. (2019). The embodiment of complex trauma in domestic minor sex trafficking victims and the dangers of misidentification. <i>Journal of Human Behavior in the Social Environment</i> , 29(4), 535-347. https://doi.org/10.1080/10911359.2018.1543630
Abstract	"Domestic minor sex trafficking (DMST) victims face many barriers to getting appropriate, trauma-informed treatment. Many of these victims experience childhood trauma by trusted adults or by non- familial perpetrators of abuse. Complex trauma, later defined in depth, captures what many DMST victims endure as the harm that they experience is ongoing and cannot be identified as a singular event. Due to the complex trauma these victims experience, they become dissociated as a tool for survival. As a result of trauma, many DMST victims do not embody protective skills, and attempt to gain control of their lives through maladaptive behaviors that can lead to re-victimization. I begin by discussing the literature around embodiment, trauma and the body, and dissociation to demonstrate why a trauma-informed approach in identification and therapy is important when working with DMST victims. Subsequently, I present a case study to explore an example of how the presentation of trauma, or ways it is masked, can lead to misidentification. This case study will illustrate how social workers can effectively advocate for DMST victims at the early stages of identification and also foster a safe, accepting therapeutic space to assist these clients in trust-building and

	identify formation. Trauma-informed care needs to be integrated from the first interaction with law enforcement, throughout the development of a treatment plan with providers, and for the duration of the therapeutic relationship” (p. 535).
Author	Credentials: DSW, LCSW, CHES Position and Institution: Licensed clinical social worker, School of Social Work, Rutgers University Publication History in Peer-Reviewed Journals: Moderate
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Taylor & Francis
Date and Citation History	Date of publication: 12/10/18 Cited By: 21
Stated Purpose or Research Question	“The purpose of this paper is to illustrate the complex trauma that DMST victims endure, and how the physical presentation of that trauma—or seeming lack thereof—leads to the misidentification of these victims” (p. 536).
Author’s Conclusion	“Trauma-informed, supportive, non-manipulative services need to be implemented to heal the dissociation and help these DMST victims recover” (p. 546).
Overall Relevance to your Doctoral Capstone Project	Overall Relevance of Article: Good Rationale: This article thoroughly explains the effects of trauma on the sensory and nervous system, and provides recommendations for addressing these symptoms as a prioritized part of the recovery process.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Though this is not a primary research study, it does synthesize a large body of research complimented by a case study.
Your Focused Question and Clinical Bottom Line	<i>Question:</i> How does complex trauma impact a survivor of sex trafficking in the long term? <i>Clinical Bottom Line:</i> Complex trauma disorganizes the nervous system, which impacts reactions and regulation throughout daily life.
Your Lay Summary	This paper explains what happens when children go through complex trauma. The paper includes some research as well as a case study about a person who survived sex trafficking. The research explains how repeated trauma can change the way our nervous system and senses work, which can make it harder to get through the day and cause people to have bigger reactions. The paper also explains that sometimes, people who work with survivors might misunderstand their behavior and make things worse. It's important for service providers to be trained to be sensitive and to work together with many other professionals.

Your Professional Summary	This article contains a literature review on the topic of complex trauma in childhood, complimented by a case study from the author’s work with a youth survivor of sex trafficking as a licensed social worker. The literature describes the way the nervous system and sensory modulation is impacted by repeated trauma, and the disruptive effects this has on behavior and an individual’s ability to navigate the world. The article also describes how the behavioral manifestations of complex trauma can be misinterpreted and lead to misidentification and re-traumatization of victims by service providers. The implications for practice are that providers need to be trained in and to consistently utilize a trauma-informed approach, and to collaborate with other disciplines to provide the most comprehensive support while also reducing the number of victims who are misidentified.
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	Overview of Article 5
Type of article	Overall Type: Review of Research Study Specific Type: Scoping review
APA Reference	Palines, P. A., Rabbitt, A. L., Pan, A. Y., Nugent, M. L., & Ehrman, W. G. (2020). Comparing mental health disorders among sex trafficked children and three groups of youth at high-risk for trafficking: A dual retrospective scoping review. <i>Child Abuse & Neglect</i> , 100, 1-13. https://doi.org/10.1016/j.chiabu.2019.104196
Abstract	<p>“Background: Individuals at high-risk for trafficking are often subject to preexisting complex trauma that only intensifies during the trafficking experience. This greatly increases their risk of mental illness, although the actual prevalence of mental health disorders in children who are sex trafficked remains unclear.</p> <p>Objective: To examine the prevalence of mental health diagnoses among a sample of youth identified as being sex trafficked, and to discuss these rates in relation to other high-risk groups reported in the literature. Participants and setting: 143 female and male child trafficking victims in Wisconsin.</p> <p>Methods: We retrospectively reviewed individual medical records, identifying mental health diagnoses and behaviors. The results were compared to summarized prevalence data for mental health disorders in sex trafficked, runaway children, juvenile offenders, and foster care children identified via a scoping review.</p> <p>Results: We observed significantly higher rates of ADHD (52.4%, $p < 0.0001$), bipolar disorder (26.6%, $p < 0.0001$), and PTSD (19.6%, $p < 0.05$ to $p < 0.0001$) in our sample of trafficked youth compared to all high-risk groups, as well as for depression (45.5%), anxiety (19.6%), conduct disorder (19.6%), ODD (25.9%), and psychosis (14.0%) relative to multiple groups individually.</p> <p>Conclusions: The complex trauma suffered by child survivors of sex trafficking can impart numerous effects with overlapping symptomatology of many mental health disorders. Survivors’ adaptive responses to complex trauma may lead to improper diagnosis and treatment of mental health disorders at the expense of prompt access to trauma-focused therapies. Alternative diagnoses and treatments of this complex dysfunction are discussed” (p. 1).</p>
Author	Credentials: MD

	<p>Position and Institution: Physician, Department of Pediatrics, Medical College of Wisconsin, Milwaukee, WI</p> <p>Publication History in Peer-Reviewed Journals: Extensive, but limited in this subject area</p>
Publication	<p>Type of publication: Scholarly peer-reviewed journal</p> <p>Publisher: Elsevier</p>
Date and Citation History	<p>Date of publication: 09/29/19</p> <p>Cited By: 25</p>
Stated Purpose or Research Question	<p>“Our overall objective is to improve our understanding of mental illness in youth who are trafficked in order to inform both mental health treatment and recognition of sex trafficking in minors” (p. 2).</p>
Author’s Conclusion	<p>“Our preliminary results suggest that youth who are sex trafficked may have a significantly higher prevalence of bipolar disorder, ADHD, and PTSD compared to other high-risk populations we reviewed. It is likely that these disorders are not only inherent risk factors for being trafficked, but also either a logical consequence of the trafficking experience, or at least exacerbated by the experience, thereby presenting with increased prevalence in this population” (p. 11).</p>
Overall Relevance to your Doctoral Capstone Project	<p>Overall Relevance of Article: Good</p> <p>Rationale: This article compares the mental health symptoms of survivors compared to other at-risk groups, finding that it is significantly increased for this population. They also examine the factors that may cause underreporting or misdiagnosis of complex trauma, and explain the recent push for DESNOS and CPTSD diagnoses as a more appropriate fit.</p>
Overall Quality of Article	<p>Overall Quality of Article: Moderate</p> <p>Rationale: Limited by the lack of studies in this research area, but the addition of retrospective medical record analysis bolsters the data.</p>
Your Focused Question and Clinical Bottom Line	<p><i>Question:</i> What are the mental health trends resulting from trauma specifically resulting from sex trafficking victimization?</p> <p><i>Clinical Bottom Line:</i> Survivors of sex trafficking have a higher prevalence of numerous mental health diagnoses as compared to other high-risk populations. The complexity of their trauma symptoms may lead to misdiagnosis, and misdirected treatments.</p>
Your Lay Summary	<p>This review looked at information from 143 medical records and 19 studies about mental health problems in young people who have been through tough experiences like sex trafficking, running away, being in trouble with the law, or being in foster care. The results showed that these young people who survived sex trafficking had higher rates of ADHD, bipolar disorder, PTSD, depression, anxiety, conduct disorder, ODD, and psychosis than all of the other high-risk groups. The study also talked about how the trauma symptoms related to sex trafficking are complicated and might make it hard to find the right diagnosis and treatment. One recommendation from this study is that doctors and therapists should know about newer diagnoses like complex PTSD or DESNOS so they can better understand these patients and guide them to more fitting support.</p>

Your Professional Summary	This scoping review compiled retrospective data from 143 medical records, compared with 19 studies related to the prevalence of mental health disorders among youth victims of sex trafficking, runaway children, juvenile offenders, and children in foster care. Results indicated a significantly higher prevalence of ADHD, bipolar disorder, PTSD, depression, anxiety, conduct disorder, ODD, and psychosis in the survivors of sex trafficking compared to all other high-risk populations. The study discussed the complex, overlapping symptoms experienced by this population as a result of their trauma, and how the complexity may impact diagnosis and treatment. One implication of this study is to educate professionals on emerging diagnoses such as complex PTSD and DESNOS which may more accurately encompass the range of symptoms experienced and more clearly guide an effective treatment response for this population.
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	Overview of Article 6
Type of article	Overall Type: Theoretical Article Specific Type: Model
APA Reference	Judge, A. M., Judge, J. A., Murphy, J., & Hidalgo, W. (2018). Engaging Survivors of Human Trafficking: Complex Health Care Needs and Scarce Resources. <i>Ann Intern Med</i> , 168(9), 658–663. https://doi.org/10.7326/M17-2605
Abstract	“Human trafficking, also known as modern-day slavery, is an egregious human rights violation associated with wide-ranging medical and mental health consequences. Because of the extensive health problems related to trafficking, health care providers play a critical role in identifying survivors and engaging them in ongoing care. Although guidelines for recognizing affected patients and a framework for developing response protocols in health care settings have been described, survivors' ongoing engagement in health care services is very challenging. High rates of disengagement, lost contact, premature termination, and attrition are common outcomes. For interventions to be effective in this marginalized population, challenges in engaging survivors in long-term therapeutic primary and mental health care must be better understood and overcome. This article uses the socioecological model of public health to identify barriers to engagement; offers evidence- and practice-based recommendations for overcoming these barriers; and proposes an interdisciplinary call to action for developing more flexible, adaptable models of care” (p. 658).
Author	Credentials: PhD Position and Institution: Massachusetts General Hospital, Boston, Massachusetts Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: American College of Physicians
Date and Citation History	Date of publication: 03/13/18 Cited By: 51
Stated Purpose or	“This article uses the socioecological model of public health to identify barriers to engagement; offers evidence- and practice-based recommendations for overcoming these barriers; and proposes an interdisciplinary call to action for developing more flexible, adaptable models of care” (p. 658).

Research Question	
Author's Conclusion	"Traditional health services will have to be reimagined to provide flexibility in appointment times, coordination of care across disparate disciplines, support for multidisciplinary teams, and advocacy" (p. 662).
Overall Relevance to your Doctoral Capstone Project	Overall Relevance of Article: Good Rationale: This paper provides a more systemic and contextual perspective on barriers that impact survivors' ongoing utilization of resources, and provides recommendations for how to maintain engagement when offering a service.
Overall Quality of Article	Overall Quality of Article: Good Rationale: Though this paper is not a primary research piece, it utilizes a very extensive number of sources to provide a rationale for the model and its implications.
Your Focused Question and Clinical Bottom Line	<i>Question:</i> What are the barriers to sex trafficking survivors' engagement in services, and what are the recommendations to reduce the barriers? <i>Clinical Bottom Line:</i> Stigma, discrimination, trafficker influence, resource scarcity, and poor coordination of care are all barrier to engagement, and recommendations to reduce barriers include increasing professionals' training on trafficking topics, ensuring consistent trauma-informed care and collaboration among disciplines, and offering flexibility in structure of services to meet fluctuating needs.
Your Lay Summary	This article seeks to explain why survivors of sex trafficking often don't get the help and resources they need. To look at all of the factors, the authors used a special model that considers the different layers of an individual's life- personal factors, things in the home and neighborhood, all the way up to laws and major policies that impact their lives. The paper found factors at each of these levels that got in the way of survivors getting help. Some of these factors were discrimination, not having enough resources, and problems with how care is organized. The article also suggests some ways to improve the situation based on research and examples of what other organizations have done. These suggestions include making sure professionals are trained to help trafficking survivors, working together better as a team, and being more flexible in how services are provided to meet different needs.
Your Professional Summary	This article aims to apply a socioecological model lens to the issue of low and inconsistent resource engagement of survivors of sex trafficking. The paper considers barriers on various ecological levels, including personal factors up to systemic factors. The factors noted include stigma, discrimination, trafficker influence, resource scarcity, and poor coordination of care. The paper also discussion recommendations to improve the rate of engagement and to reduce barriers, by synthesizing existing studies and through the example of successful organizations' practice models. These recommendations include increasing professionals' training on trafficking topics, ensuring consistent trauma-informed care and collaboration among disciplines, and offering flexibility in structure of services to meet fluctuating needs.
	Overview of Article 7
Type of article	Overall Type: Conceptual Article Specific Type: Invited article

APA Reference	Whaling, K. M., der Sarkissian, A., Sharkey, J., & Akoni, L. C. (2020). Featured counter-trafficking program: Resiliency Interventions for Sexual Exploitation (RISE). <i>Child Abuse & Neglect</i> , 100, 1-4. https://doi-org.pearl.stkate.edu/10.1016/j.chiabu.2019.104139
Abstract	“This invited article is one of several comprising part of a special issue of Child Abuse and Neglect focused on child trafficking and health. The purpose of each invited article is to describe a specific program serving children who are survivors of trafficking (a subset of commercial sexual exploitation-CSE). These programs are featured to raise awareness of innovative counter-trafficking strategies emerging worldwide and facilitate collaboration on program development and outcomes research. This article describes Resiliency Interventions for Sexual Exploitation (RISE), a US-based multidisciplinary program dedicated to assisting female, LGBT and gender nonconforming (GNC) youth victims and survivors of commercial sexual exploitation (CSE) and child trafficking to develop the skills and resources for successful community reintegration. This is accomplished through daily collaborations with community partners (MDT-Multidisciplinary Treatment Teams), gender-specific trauma-focused services, comprehensive outreach and engagement efforts and intensive case management” (p. 1).
Author	Credentials: PhD Position and Institution: Postdoctoral Fellow, Department of Counseling, Clinical and School Psychology, University of California, Santa Barbara Publication History in Peer-Reviewed Journals: Extensive
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: Elsevier
Date and Citation History	Date of publication: 08/29/19 Cited By: 13
Stated Purpose or Research Question	“This article describes Resiliency Interventions for Sexual Exploitation (RISE), a US-based multidisciplinary program dedicated to assisting female, LGBT and gender nonconforming (GNC) youth victims and survivors of commercial sexual exploitation (CSE) and child trafficking to develop the skills and resources for successful community reintegration” (p. 1)
Author’s Conclusion	“The strength of the RISE program lies in its ability to specifically address these unique challenges through the use of a detailed biopsychosocial assessment matrix that establishes an individual care plan for each youth” (p. 3).
Overall Relevance to your Doctoral Capstone Project	Overall Relevance of Article: Good Rationale: The program depicted in the article is very similar to Brittany’s Place, but with expanded service offerings that can offer inspiration for new directions.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: This article is not primary research and does not contain any specific data regarding the outcomes of interventions, but does provide a model for how multidisciplinary collaboration can be carried out in a supportive shelter serving survivors of sex trafficking.
Your Focused Question and	<i>Question:</i> What services are being provided at successful community programs that support youth survivors of sex trafficking?

Clinical Bottom Line	<i>Clinical Bottom Line:</i> In one successful community program, services include CBT, DBT, Eye Movement Desensitization and Reprocessing therapy, coercion resiliency programming, trauma-informed yoga and mindfulness, creative writing and art, family therapy, and assistance with legal, medical, financial, educational, and vocational needs.
Your Lay Summary	This article talks about a program called RISE that helps young people who have been victims of sex trafficking. RISE provides different kinds of therapy, like CBT and DBT, as well as yoga and mindfulness. They also offer help with things like school, money, and medical care. The article doesn't give exact numbers about how well the program works, but it does show how different types of professionals can work together to help survivors of sex trafficking. This could be helpful for other programs that want to help young people in similar situations.
Your Professional Summary	This article seeks to describe an existing community program, Resiliency Interventions for Sexual Exploitation (RISE), that is providing support to youth survivors of sex trafficking, and to highlight the types of programming that have been successful at this site. RISE offers CBT, DBT, Eye Movement Desensitization and Reprocessing therapy, coercion resiliency programming, trauma-informed yoga and mindfulness, creative writing and art, family therapy, and assistance with legal, medical, financial, educational, and vocational needs. Though this is not a primary research article and does not provide specific data about outcomes of interventions, it does provide an example of what interdisciplinary collaboration model can look like in a community support for sex trafficking recovery. It also provides specific examples of interventions this site has found to be successful, which is beneficial in considering the possibilities for programming at similar sites.

	Overview of Article 8
Type of article	Overall Type: Primary Research Study Specific Type: interpretative phenomenological analysis
APA Reference	Mumey, A., Sardana, S., Richardson-Vejlgaard, R., & Akinsulure-Smith, A. (2021). Mental health needs of sex trafficking survivors in New York City: Reflections on exploitation, coping, and recovery. <i>Psychological Trauma: Theory, Research, Practice, and Policy</i> , 13(2), 185-192. https://doi.org/10.1037/tra000060
Abstract	“Objective: It is increasingly acknowledged by academics, practitioners, and policymakers that sex trafficking can lead to various mental health sequelae, such as depression, anxiety, and trauma symptoms, and have lasting effects on the survivors’ health and well-being. What has been lacking in this dialogue, however, are the firsthand stories of survivors. This qualitative, exploratory study was designed to capture the depth and complexity of survivors’ lived experiences of mental health, pathways of recovery, and social reintegration posttrafficking. Method: Six female sex trafficking survivors were recruited for this study in partnership with two legal agencies in New York City. In-depth semi-structured individual interviews were conducted with each survivor, and an interpretative phenomenological analysis method was used to analyze and interpret interview transcripts. Results: Participants shared about the chronic betrayal and violence in their trafficking experiences, struggles living with the effects of trafficking on their mental health, how they cope, and their recommendations for supporting other sex trafficking survivors. Practitioners are urged to build trust, address safety and shame, foster agency, avoid judgment, and develop unique knowledge and skills important for this population. Conclusion: These findings attempt to address a crucial gap in the field by amplifying survivor voices, providing valuable insights for practitioners working with this population, and paving the way for further research” (185).

Author	<p>Credentials: N/A</p> <p>Position and Institution: Department of Counseling and Clinical Psychology, Teachers College, Columbia University</p> <p>Publication History in Peer-Reviewed Journals: Limited</p>
Publication	<p>Type of publication: Scholarly peer-reviewed journal</p> <p>Publisher: American Psychological Association</p>
Date and Citation History	<p>Date of publication: 10/29/20</p> <p>Cited By: 14</p>
Stated Purpose or Research Question	<p>“The aim of this study was to explore how survivors experience the psychological sequelae of sex trafficking on a personal level: their lived experiences of trafficking, expressed needs for mental health care, and current sources of coping” (p. 186).</p>
Author’s Conclusion	<p>“Ultimately, this study is a call for practitioners to acknowledge and prioritize the salient and often invisible mental health needs of trafficking survivors. Further, it is a reminder to partner with survivors toward strengthening their own coping and healing capabilities” (p. 191).</p>
Overall Relevance to your Doctoral Capstone Project	<p>Overall Relevance of Article: Good</p> <p>Rationale: The study focuses on survivors who are on average 15 years out from their trafficking experiences, which aligns with my project’s focus on skill-development for the purpose of meeting longer-term recovery needs.</p>
Overall Quality of Article	<p>Overall Quality of Article: Good</p> <p>Rationale: The data is coming directly from survivors’ lived experiences, and interview responses are very in-depth.</p>
Your Focused Question and Clinical Bottom Line	<p><i>Question:</i> What are the perspectives of individuals who have survived sex trafficking on mental health, coping, and everyday challenges?</p> <p><i>Clinical Bottom Line:</i> Individuals who have survived sex trafficking report changes in self and world view, struggles with relationships and mental health symptoms, and report relying on internal coping skills more than external due to a multitude of barriers.</p>
Your Lay Summary	<p>This study collected stories and thoughts from 6 people who had been victims of sex trafficking in New York City. The people shared their thoughts and feelings about what happened to them, how it affected their mental health, and what they did to cope afterwards. There were common themes in the interviews, such as changes in they saw themselves and the world, their mental health, and how they struggled to make friends or find a job because of their past. Feelings of depression and anxiety lasted long after they left the life. Most participants said they coped by doing things they enjoyed or by being spiritual, but that it was hard to get help from other people. The study suggests that people who work with survivors need to learn more and try to make it easier for them to get outside help in their communities.</p>
Your Professional Summary	<p>This phenomenological study aimed to collect data on the experiences and perspectives of survivors of sex trafficking in New York City. Semi-structured interviews were conducted with 6 participants, who were asked about their personal lived experiences, the effects on their</p>

	<p>mental health, and their coping strategies. Survivors described themes relating to challenges with their self and world view, complex and lasting mental health symptoms, difficulty forming positive social relationships, and financial struggle related to the effect of criminal records on employability. Participants reported ongoing symptoms of trauma, anxiety, and depression. They utilized primarily internal coping mechanisms (finding a hobby, movement, self-love, spirituality) due to barriers to accessing external resources, though many noted the importance of utilizing those supports. Implications of this study include that service providers need to be educated and sensitive, and should be minimizing the barriers whenever possible to facilitate survivors' utilization of coping tools and resources.</p>
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	Overview of Article 9
Type of article	<p>Overall Type: Review of Research Study</p> <p>Specific Type: Scoping review</p>
APA Reference	<p>Mazzeo, G. & Bendixen, R. (2023). Community-based interventions for childhood trauma: A scoping review. <i>Occupational Therapy Journal of Research</i>, 43(1), 14-23.</p> <p>https://doi.org/10.1177/15394492221091718</p>
Abstract	<p>"Experiencing trauma has long-lasting effects on a child's well-being, which may affect their occupational performance. This scoping review synthesized research on community-based interventions for children who have experienced trauma to highlight occupational therapists' role in trauma-informed care. We searched PubMed and PTSDPubs, including community-based interventional trials that addressed childhood trauma and excluding studies specific to refugees, sex-trafficking, significant comorbid diagnoses, and reviews. Eleven articles met criteria. Psychotherapy-based interventions (e.g., trauma-informed cognitive behavioral therapy), play and art therapy, yoga, and equine-facilitated interventions reduced posttraumatic stress symptoms. One article measured the impact of these symptoms on a child's function. Occupational therapists working in community settings appear to be underutilized in the treatment of children who have experienced trauma. Future studies should examine occupational therapists' potential to work alongside mental health providers in the community to optimize functional outcomes for children who have experienced trauma" (p. 14).</p>
Author	<p>Credentials: OTD, OTR/L</p> <p>Position and Institution: University of Pittsburgh</p> <p>Publication History in Peer-Reviewed Journals: Limited</p>
Publication	<p>Type of publication: Scholarly peer-reviewed journal</p> <p>Publisher: SAGE</p>
Date and Citation History	<p>Date of publication: 4/29/22</p> <p>Cited By: 0</p>
Stated Purpose or	<p>"The research question for this scoping review is, "What are the therapeutic community-based interventions being used with children who have experienced trauma?" By reviewing current</p>

Research Question	interventions, we aim to highlight the potential for occupational therapy practitioners to increase their contributions in the care of this population” (p. 15).
Author’s Conclusion	“Therefore, future research should explore the effect of evidence-based interventions on daily occupations and determine the effectiveness of the role of occupational therapy in treating children in community settings who have experienced ACEs” (p. 22).
Overall Relevance to your Doctoral Capstone Project	Overall Relevance of Article: Moderate Rationale: This review supports the rationale for OT involvement in the treatment of childhood trauma, which almost all survivors of sex trafficking have experienced, but gives a very broad overview of intervention possibilities rather than elaborating on specific examples.
Overall Quality of Article	Overall Quality of Article: Moderate Rationale: The study was limited by the body of research currently available, which impacts the certainty of conclusions drawn.
Your Focused Question and Clinical Bottom Line	<i>Question:</i> What community-based interventions are currently being utilized to address childhood trauma? <i>Clinical Bottom Line:</i> Traditional psychotherapy is being offered most often, followed by emerging therapies involving movement, art, and animals. OT is currently underutilized in community setting despite an apparent alignment of scope and possibilities for interventions.
Your Lay Summary	This review looked at 11 studies that tested different programs for children who have experienced trauma. The researchers wanted to see what kind of help was offered and if OT could play a role in this area. They found that most studies used traditional talk therapy, which was usually quite effective. Other approaches like art therapy, equine therapy, and yoga-based therapy also showed potential but need more research. They noted that none of the studies talked about how mental health problems affect daily life. The review also talked about how OT could be incorporated into community programs, by helping children learn new coping skills, build healthy habits, and make routines. More research is needed to see how OT can best help kids recovering from trauma.
Your Professional Summary	This scoping review analyzed 11 studies measuring the outcomes of various community-based interventions to address childhood trauma. The purpose of the review was to describe the interventions offered and to highlight the need and opportunities for OT to contribute to this area. Traditional psychotherapy was the most common intervention with the strongest outcome measures. Emerging approaches which showed promise but require further research included art therapy, equine therapy, and yoga-based therapy. A research gap was identified in this review, which stated that none of the studies addressed the impact of mental health symptoms on daily functioning and routines. Occupational therapy’s scope and potential in the field of childhood trauma was also discussed, with noted opportunities for interdisciplinary collaboration including facilitating carryover of coping skills, movement-based interventions, habit-forming and routine-building. Implications of this study are that OT’s role in childhood trauma should be explored further and interventions should be evaluated through clinical trials.

	Overview of Article 10
Type of article	Overall Type: Review of Research Study

	Specific Type: Scoping review
APA Reference	Knight, L., Xin, Y., & Mengo, C. (2022). A Scoping Review of Resilience in Survivors of Human Trafficking. <i>Trauma, Violence, & Abuse</i> , 23(4), 1048–1062. https://doi.org/10.1177/1524838020985561
Abstract	“Resilience is critical among survivors of trafficking as they are mostly vulnerable populations who face multiple adversities before, during, and after trafficking. However, resilience in survivors of trafficking is understudied. This scoping review aims to clarify the current state of knowledge, focusing on definitions of resilience, how resilience has been studied, and factors associated with resilience among survivors. Five databases were searched using key words related to trafficking and resilience. Studies were included if they were published in English between 2000 and 2019 and focused on resilience with the study design including at least one of these four features: (a) use of standardized measures of resilience, (b) qualitative descriptions of resilience, (c) participants were survivors or professionals serving survivors, and (d) data sources such as case files or program manuals directly pertained to survivors. Eighteen studies were identified. Findings indicated that resilience was primarily described as emergent from interactions between the survivor and the environment. Resilience in trafficking appeared largely similar to resilience in other kinds of victimization. Nonetheless, trafficking survivors also may display resilience in alternative ways such as refusing treatment. Positive interpersonal relationships were the most commonly mentioned resilience factor. In addition, current research lacks studies featuring longitudinal designs, interventions, participatory methods, types of trafficking other than sexual trafficking, and demographic characteristics such as age, gender, and national origin. Future research needs to establish definitions and measures of resilience that are culturally and contextually relevant to survivors and build knowledge necessary for designing and evaluating resilience-enhancing interventions” (p. 1048).
Author	Credentials: PhD candidate Position and Institution: Ohio State University, College of Social Work Publication History in Peer-Reviewed Journals: Moderate
Publication	Type of publication: Scholarly peer-reviewed journal Publisher: SAGE Other: provide any other specific information if it helps you evaluate the source of information
Date and Citation History	Date of publication: 01/20/21 Cited By: 9
Stated Purpose or Research Question	“The purpose of this scoping review is to examine the current state of knowledge regarding resilience in trafficking survivors and clarify the research gaps in resilience studies in trafficking” (p. 1050).
Author’s Conclusion	“Promoting survivors’ resilience empowers policy makers and interventionists to collaborate with and enhance survivors’ innate power, agency, and available resources. It is therefore critical that resilience continues to be studied” (p. 1059).
Overall Relevance to your Doctoral	Overall Relevance of Article: Good

Capstone Project	Rationale: This article describes the concept of resilience, highlighting survivors' perspectives, and indicates ways for practitioners to facilitate building these factors up in order to promote long-term success, which relates to the long-term service gaps my project seeks to address.
Overall Quality of Article	Overall Quality of Article: Good Rationale: The article is recent, has an extensive reference list, and authors that are experienced in the field of research.
Your Focused Question and Clinical Bottom Line	<i>Question:</i> What are the factors associated with resilience among survivors of sex trafficking? <i>Clinical Bottom Line:</i> Factors associated with resilience include positive social support, hope and desire for change, greater self-esteem and knowledge, and having more effective coping skills.
Your Lay Summary	This article looked at 18 studies on how people who survived sex trafficking are able to bounce back and overcome challenges, which is called resilience. The researchers analyzed how resilience is defined and measured, and looked at things that help people become more resilient. They found that most studies saw resilience as both a trait that some people have naturally and also as something that can be learned and strengthened. The studies measured resilience by using self-report tests or interviews. They found that people with good social support, who are hopeful and want to make things better, who have higher self-esteem, and who have good coping skills are more likely to be resilient.
Your Professional Summary	In this scoping review, 18 studies on resilience in survivors of sex trafficking were thematically analyzed to conceptualize the term resilience, analyze the way it is being measured, and to identify factors associated with resilience within this population. Within these studies, resilience was defined as both a trait or characteristic as well as a skill that can be learned and strengthened. Most studies conceptualized resilience as the individual's capacity to navigate and utilize resources in their environments. Most studies utilized resilience scales or semi-structured interviews to measure resilience. Factors most commonly associated with resilience across the studies included positive social support, hope and desire for change, greater self-esteem and knowledge, and having more effective coping skills.

Appendix C: Survey

By checking this box, I confirm that I have read the consent form and understand
this survey is optional:

Circle the number that best represents your views:

How would you rate your **knowledge** of sensory coping tools **prior** to this training
module?

1	2	3	4	5
None	Very little	Some	A good amount	A very good amount

How would you rate your **knowledge** of sensory coping tools **following** this training
module?

1	2	3	4	5
None	Very little	Some	A good amount	A very good amount

How would you rate the **relevance** of the topics presented to your work at Brittany's
Place?

1	2	3	4	5
Very poor	Poor	Neutral	Good	Very good

How would you rate your **confidence** in applying the training content at work?

1	2	3	4	5
Very poor	Poor	Neutral	Good	Very good

How would you rate your **confidence** using reference tools provided in your work at Brittany's Place?

1	2	3	4	5
Very poor	Poor	Neutral	Good	Very good

One strategy or tool I learned from this training that I will use in my work at BP is:

One thing I wish the training would have included is:

Appendix D: Presentation slides

PDF version: <https://stkate.box.com/s/85b5qngpqur7gdb2wc36pfob0unocr50>



SENSORY COPING TOOLS

TRAINING GOALS



Understand the science behind the senses



Learn how to apply it at BP



Become familiar with "Sensory Toolkit"

WHAT IS SENSORY PROCESSING



 Differing Minds

WHAT IS “SENSORY PROCESSING”?^{1,2}

5 well-known senses, plus:

- *Vestibular* sense: balance & motion
- *Proprioceptive* sense: body awareness, pressure, force

Sensory Processing = All senses working together to understand the world

We all have *thresholds* or baselines

- Too little input = No reaction
- Just Right = Appropriate response
- Too much input = Fight, flight, freeze

TRAUMA'S EFFECT

Remember ACE's?

Repeated high stress = changes in baseline^{2,4,6,7}

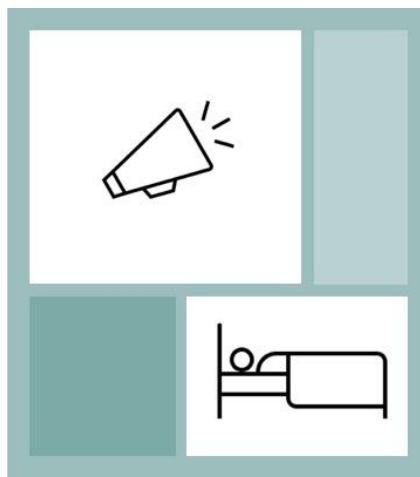
Brain gets confused and reactions no longer “make sense”^{2,3}

- Big reactions
- Disassociation (shut down)
- Gets in the way of activities, therapy, learning

Sensory tools can help reduce confusion^{1,2,3,5,8}

SENSORY INPUT AS A TOOL

- Some input is alerting and some is calming
- Explore some input and feel the difference!



ACTIVITY: CALMING VS. ALERTING

Visit 3 stations

Focus very carefully on how your body and brain feel

Fill out worksheet as you go

No wrong answers!

VIRTUAL ACTIVITY

- * Smell spices in your kitchen (careful with the spicy ones)
- * Eat something crunchy (pretzels, crackers), chewy (gum), spicy, sour
- * Do a few wall push-ups, jumping jacks, or chair sit-to-stands
- * Spin (gently, only once) standing up or seated in a rolling chair
- * Rock in a rocking chair
- * Wrap up tightly in a blanket

Write down whether it was:

- * 1) Calming or Alerting
- * 2) Enjoyable or Unenjoyable

DEBRIEF: CALMING VS. ALERTING

How do our worksheets compare?

There are trends for how MOST people respond

Personal differences can greatly differ from the trends- *may* be a sign of a disorder

Input that is personally enjoyable and most comfortable for a person is going to be the most effective



ACTIVITY: FINDING TIME FOR SENSORY INPUT

Practice fitting sensory activities into a typical shift.

DEBRIEF: FINDING TIME

Opportunities will differ in TLP vs Shelter, but general concepts apply to both

- Group activities vs. Individual worksheets

Plan broadly, with room for choice

Best to have both alerting and calming input throughout the day

TOOLS FOR TLP & SHELTER

Sensory Toolkits will be available on both floors:

- Calming vs. alerting chart
- Idea bank to help brainstorm for different times of day
- Sensory diet worksheet (mainly for TLP)
- Safety reminders

WRAP-UP

Sensory tools are good for *everyone*, but especially healing for youth at BP

Use trends to help you plan, but allow for personal preferences

Using these strategies can help:

- Support regulation of emotions and behaviors
- Rebalance youth's sensory systems to benefit them throughout life

QUESTIONS



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Appendix E: Toolkit

Alerting vs. Calming Input

	Alerting	Calming
Sight	Bright colors and patterns, neon colors/lights, glitter, reflective objects (sun catchers)	Watching fish tanks, lava lamps, sunrise/sunset, light projectors with soothing colors and slow patterns
Sound	Upbeat music, sounds that change/are less predictable (e.g. jazz, radio talk show)	White noise, brown noise, pink noise, rhythmic music, classical or instrumental music, nature sounds (birds, ocean waves)
Smell	Kitchen spices, citrus, peppermint, eucalyptus, frankincense, rosemary	Lavender, rose, vanilla, jasmine
Taste	Crunchy foods, spicy, minty, or sour flavors, cold foods and drinks	Chewy foods (licorice, gum), warm foods and drinks, herbal teas, drinking thick smoothies/shakes through a straw
Touch	Handling ice packs, using fidgets, touching rough surfaces or interesting textures, slimes, bubble wrap	Using weighted objects (rice socks), wrapping up in blankets, touching soft and smooth textures (plush pillows)
Movement	Strength exercises (wall push-ups, lunges), running, biking, jumping	Stretching/yoga, leisurely walks, rocking in a rocking chair, swinging on a swing set

("vestibular" & "proprioceptive" senses)	rope or jumping on a trampoline, dancing	
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* Remember that everyone has different preferences, and some people may feel a completely opposite reaction to these general trends. This is why it is important to offer multiple options for sensory input within an activity, and to respect when youth decline altogether. Always encourage youth to listen to their bodies and honor their preferences! *

Daily Sensory Input Ideas

Programming ideas:

- No matter what the group is, it can be beneficial to start and end with a movement exercise (Google “Brain Gym exercises” or click on this [link](#) for examples of movements that help with regulation and focus)
- “Spa Day”: DIY or store-bought face masks, hair masks, shower steamers, etc.
- Messy art: painting (brushes, sponges, or finger painting), making slime, clay art, follow-along Bob Ross tutorials (or any YouTube tutorial), making glitter jars
- Textile art: crochet, macramé, friendship bracelets, make scented rice socks
- Taste test competition: line up different beverages in nondescript containers (or behind cardboard to hide color/label), try one-by-one and guess what each beverage is. Can also do this with flavored candies or other snacks- close eyes and show someone else, then guess the color of gummy bear/skittle/etc.
- Group strength exercises or stretching

*Pinterest (website or app) is a helpful brainstorming tool for more inspiration- search “sensory activities for teens”

Independent activity ideas (room time):

- Making “Mood Playlists” (TLP specific): choose an emotional state (anger, sadness, anxiousness) and create a playlist including 2-3 songs that embody/validate that emotion, followed by 2 songs that are still melancholy but more neutral/calm, followed by 2-3 songs more upbeat or with a more positive message of perseverance/things getting better. Next time you feel that emotion, listening to this playlist can meet you where you’re at and help guide you through that emotion back to a state of regulation.
- Independent tactile crafts
- Drawing, sketching, painting
- Strength exercises or stretching in room or in yoga room

- Meditation/mindfulness exercise with light projector and/or “sound bath” playlists

General environmental strategies:

- AM: music that is preferred/age-appropriate but not overstimulating: (ask youth what artists they like!)- we want it to be more upbeat but not jarring first thing in the morning.
- PM: soothing or instrumental music, nature sounds
- Nature scenes or visually calming videos on the TV when winding down
- Have fidgets available throughout day, especially during groups to promote focus
- When staffing allows, encourage coffee drinkers to take AM coffee out to the patio
- Encourage morning walks to increase energy, or “mindful” walks (notice sights and sounds, the breeze, smells)
- “Progressive relaxation” guided videos or stretching to calm down before sleep

Sensory Diet Worksheet

The Spiral Foundation's "Sensory Diet Worksheet" (found at this [link](#)) was downloaded separately to be included in this resource toolkit. Permission for worksheet use in this project was granted by Spiral Foundation admin on 6/27/2023.

Possible signs of Sensory Disorders:

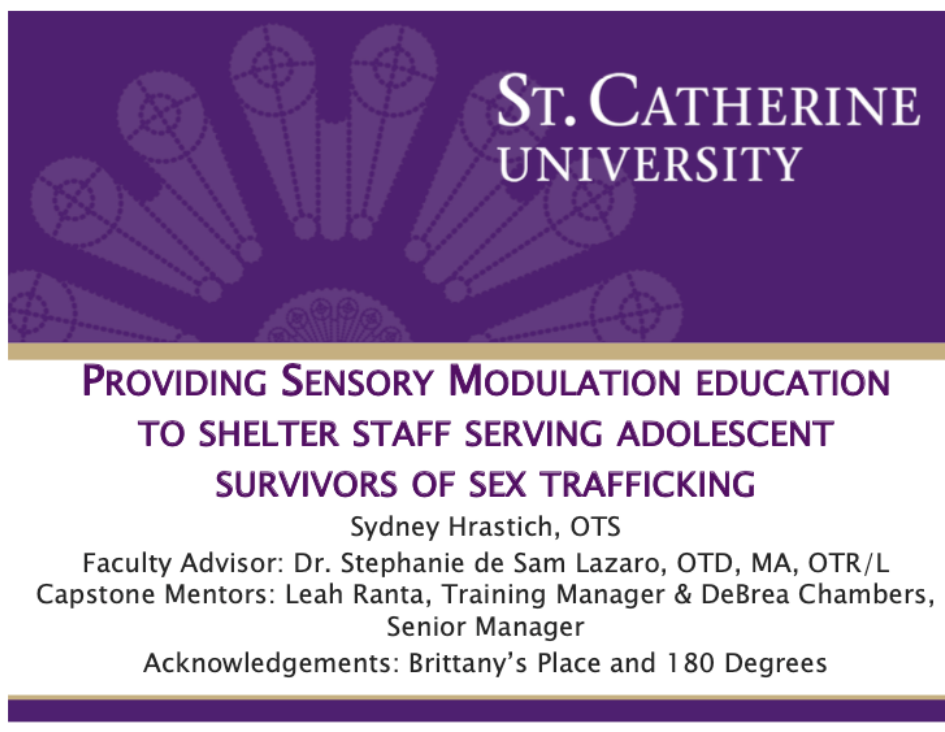
(Informed by Shannon Pfau, OTR/L)

- Touch is perceived as painful
- Seeking a lot of unusual tactile input (touch/texture)
- Emotional outbursts that are hard to predict
- Ongoing avoidance of self-care or hygiene tasks
- Extreme social withdrawal
- Self-injury
- Banging head or body
- Balance problems
- Startling easily
- Constantly wrapping up in blankets
- Easily upset by background noise or certain lighting
- Rocking back and forth
- Not noticing sights or sounds around them

* If any of these behaviors are consistently getting in the way of daily activities, it could be a sign of a more serious sensory disorder and greater needs that require treatment from an OT or other mental health professional. In these cases, do **NOT** try to increase or change the amount of sensory input a youth is getting, to avoid causing any accidental harm. *

Appendix F: Capstone Presentation

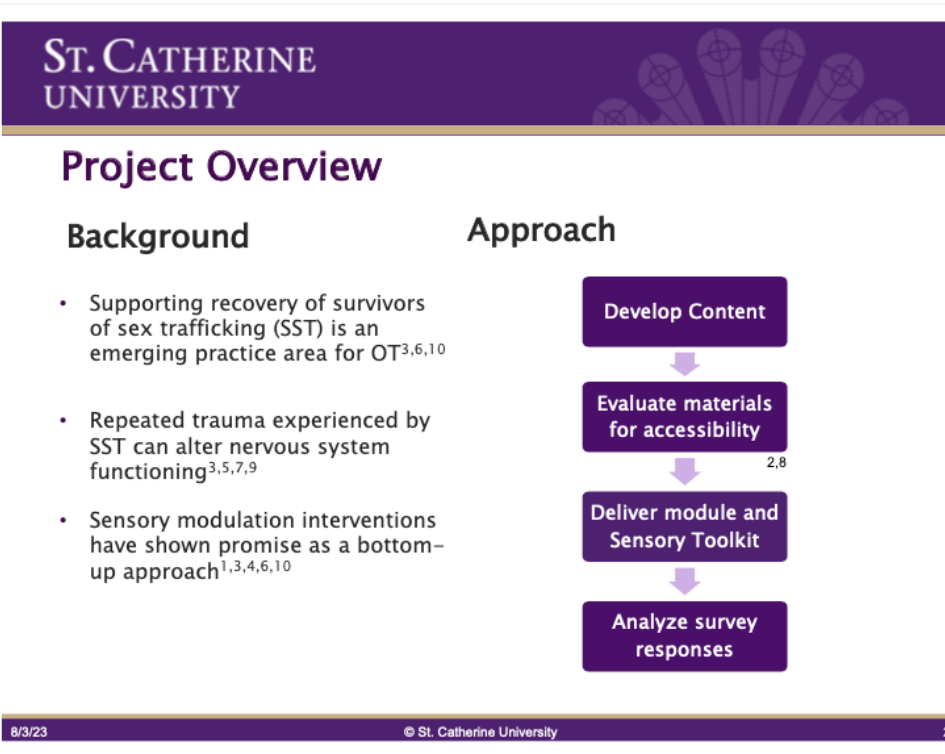
PDF version: <https://stkate.box.com/s/v5uc0g9cd8s3arxfwly468pu37q9t461>



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**PROVIDING SENSORY MODULATION EDUCATION
TO SHELTER STAFF SERVING ADOLESCENT
SURVIVORS OF SEX TRAFFICKING**

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Senior Manager
Acknowledgements: Brittany's Place and 180 Degrees



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Project Overview

Background	Approach
<ul style="list-style-type: none"> Supporting recovery of survivors of sex trafficking (SST) is an emerging practice area for OT^{3,6,10} Repeated trauma experienced by SST can alter nervous system functioning^{3,5,7,9} Sensory modulation interventions have shown promise as a bottom-up approach^{1,3,4,6,10} 	<pre> graph TD A[Develop Content] --> B[Evaluate materials for accessibility] B --> C[Deliver module and Sensory Toolkit] C --> D[Analyze survey responses] </pre>

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Outcomes

Figure 2.
Survey Item Responses

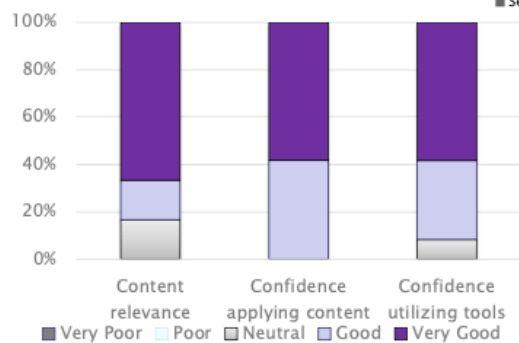
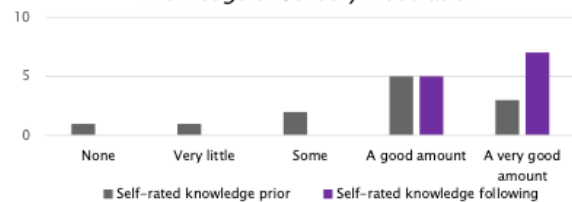


Figure 1.
*Self-Rated Pre- and Post-Training
Knowledge of Sensory Modulation*



Implications and Recommendations

- Delivery of generalized training module to staff across 180 Degrees shelters
- Support Youth Advocates in implementing training content via future capstone students
- Continued advocacy for OT's role on interdisciplinary teams supporting SST

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