Creative Arts And Mindfulness Therapy for Human Trafficking Survivors: A Grant Proposal

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introduction

Problems

• According to the trafficking in persons report in 2007, approximately 800,000 victims of modern day slavery are trafficked yearly across international borders worldwide (Williamson, Dutch, & Clawson, 2008a).

• Annually, 14,400 to 17,500 people are estimated to be trafficked into the united states (Williamson, Dutch, & Clawson, 2008a).

• Victims of human trafficking unquestionably have been exposed to physical and psychological harm or threats of physical harm, which are repeated and intrusive for a long period of time (Williamson, Dutch, & Clawson, 2008b).

• In recent studies, post-traumatic stress disorder (PTSD), depression, and anxiety were found to be prevalent among human trafficking survivors (Tsutsumi, I Zutsu, Poudyal, Kato, & Marui, 2008).

• Trafficking survivors also suffered from complex trauma disorder because of ongoing violence by single or multiple perpetrators (Johnson, 2012).

Purpose of the Project

This grant proposal is an effort to provide a holistic therapy program through the Salvation Army’s Anti-Trafficking Services Program to the foreign-born human trafficking survivors who have experienced complex trauma. In conjuncture with the social services and counseling provided to them (Clawson, Dutch, Solomon, & Grace, 2009), the program will utilize creative art and mindfulness therapy to increase coping skills in self-regulation. The objective of the project is to locate funding sources for the development and implementation of the program.
social work relevance

- Social workers are called to understand the breadth and depth of modern day slavery, to walk hand in hand with the survivors in order to alleviate their trauma, and to affect social change in abolishing human trafficking.
- Social workers need to expand knowledge of trafficking survivors' mental health needs, specifically in dealing with complex trauma.
- Social workers utilize creativity to find the best practices, especially for multicultural survivors of human trafficking.
- Social workers could inform policy makers to improve funding resources and to help survivors in accessing funding for mental health treatment.
- Social workers could increase participations in abolishing human trafficking by raising public awareness about the global scope of human trafficking and the hidden nature of the crime.
- Social workers could be catalysts in the society to strengthen collaborations between agencies in providing comprehensive victim services.
- Social workers will gain more insight by working with survivors utilizing clients' strengths and cultural perspectives.
Multicultural competence is crucial in working with human trafficking survivors because the clients could be from different nationalities and continents.

The survivors are diverse with a variety of genders: male, female, and trans-gender.

The age range include children, young adults, and older adults.

In summary, the adversity of human trafficking has impacted the society on multiple levels.
methods

Target Population
Victims of sex trafficking, labor trafficking, sex and labor trafficking, and servile marriage.

Strategy to Find Funding Sources
Using search engines, the following key phrases were used: “funding for human trafficking,” “funding for trauma treatment,” “funding for mental health treatment,” “funding for sexual abuse victims,” “violence compensation,” “funding for trafficking survivor rehabilitation,” and “trauma informed care/service.”

Funding Sources
The Sisters of St. Joseph Health Care Foundation was identified as a potential funder for this project. The foundation is a non-profit organization and a public benefit corporation. It has served Southern California, the San Francisco Bay Area, Humboldt County, and Fresno County.

The foundation has specific four areas of interest: mental health services, health services, homeless services, and violence prevention.
Methods

Sources Used For The Needs Assessment

Interviews with program coordinators were conducted by the writer. They identified that hyperarousal, hypervigilance, and Stockholm’s syndrome (i.e., hate-loving relationship between the survivors and the traffickers) are common issues among the survivors.

When survivors experienced hyperarousal, they were debilitated by overwhelming emotions and they needed interventions from others to orient them back to reality.

Talk-therapy (psychotherapy) referrals have helped clients; however, because of the limitation of funding, specifically when public benefits were exhausted, the therapies sometimes were stopped, and clients who had been stabilized re-experienced psychological crisis.

When the new program coordinator was asked if she thought that the proposed art therapy would be helpful to clients, she responded that it would be very helpful to most of the clients.

Projected Budget Range And Categories

The total budget for the proposed program is $101,955. The program will hire a Master of Social Worker to lead the program. A Licensed Clinical Social Worker (LCSW) consultant will provide periodical consultation at hourly rate. The direct costs include art materials, venue’s rent, transportation (gasoline), skills development, etc. The indirect costs include liabilities insurance and office supplies.
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Program Summary and Description

• Creative Arts and Mindfulness Therapy (CAMT) will assist trafficking survivors to build a healthy self-image and restore resiliency in their efforts toward self-sufficiency and integration into society.

• CAMT was designed by combining two evidence-based practices, which are creative art and mindfulness.

• Creative art is an effective tool to help trauma survivors in narrating their stories because it can partially replace verbalization that is sometimes too difficult to be expressed orally.

• Narrative telling is included to help clients embrace non avoidance behavior, a practice that is believed in Western culture to start the healing journey.

• The mindfulness approach is incorporated in this modality to increase coping skills during trauma reactivation and to encourage the survivors to remain in their here and-now experience instead of dwelling on painful and distressing thoughts related to the trauma.

Population Served

• The host agency’s population demography is non U.S. citizens trafficking survivors, including male, female, and trans-gender adults and minors.

• The population includes victims of sex trafficking, labor trafficking, sex and labor trafficking, and servile marriage.

• Since 2009, the agency has provided long-term intensive case management to 83 foreign-born survivors plus 66 of their family members.

• In 2014, the agency served 72 foreign-born survivors, including 31 labor trafficking, 32 sex trafficking, 4 labor and sex trafficking, and 5 others.

• The countries of origin are global from Asia, Europe, and Africa.
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Program Objectives

1) to create a direct provision of holistic mental health care for the agency’s clients
2) to increase survivors’ coping skills in the wake of their trauma
3) to nurture clients’ creativity and inner strength
4) to improve clients’ social skills in daily life
5) to empower clients to participate in advocacy to abolish human trafficking.

Sustainability

The project will seek funding through different resources: $49,728 from the health care foundation, $48,228 from other sources, and $4,000 from in kind donations.

Program Evaluation

The outcome measurement will be conducted twice a year. At the end of each 6-month cycle, the MSW will deliver post-intervention surveys and analyze the survey results and participants’ logbooks.

The goals will be:

- Sixty percent of the participants will be able to identify their triggers and their bodily reactions to the stimuli, specifically those that negatively affect their functioning in daily life.
- Fifty percent of the participants will express the benefits of mindfulness, creative art, and ritual practices in their lives, in order to increase coping skills during trauma reactivation.
- Forty percent of the participants will report increased number of nights of undisturbed sleep, a decrease in hyperarousal occurrences, and an increase of social events outside the group.
- Thirty percent of the participants will demonstrate understanding of human rights and advocacy to abolish human trafficking.
lessons learned

• The integration of holistic mental health care into comprehensive case management will provide trauma-informed strategies, specifically in assisting and guiding the survivors in the area of personality development and self-sufficiency.

• Enkindling survivors’ passion for human rights will open the door to their inner strengths.

• Culture is an important factor to be considered in creating a program especially for a diverse population.

• Because of the hidden nature of the crime, more research are needed in order to gain better understanding of human trafficking.
references


