

Sex Trafficking of Young Women in New York City and the Use of Cognitive Behavior Therapy to Solve This Epidemic

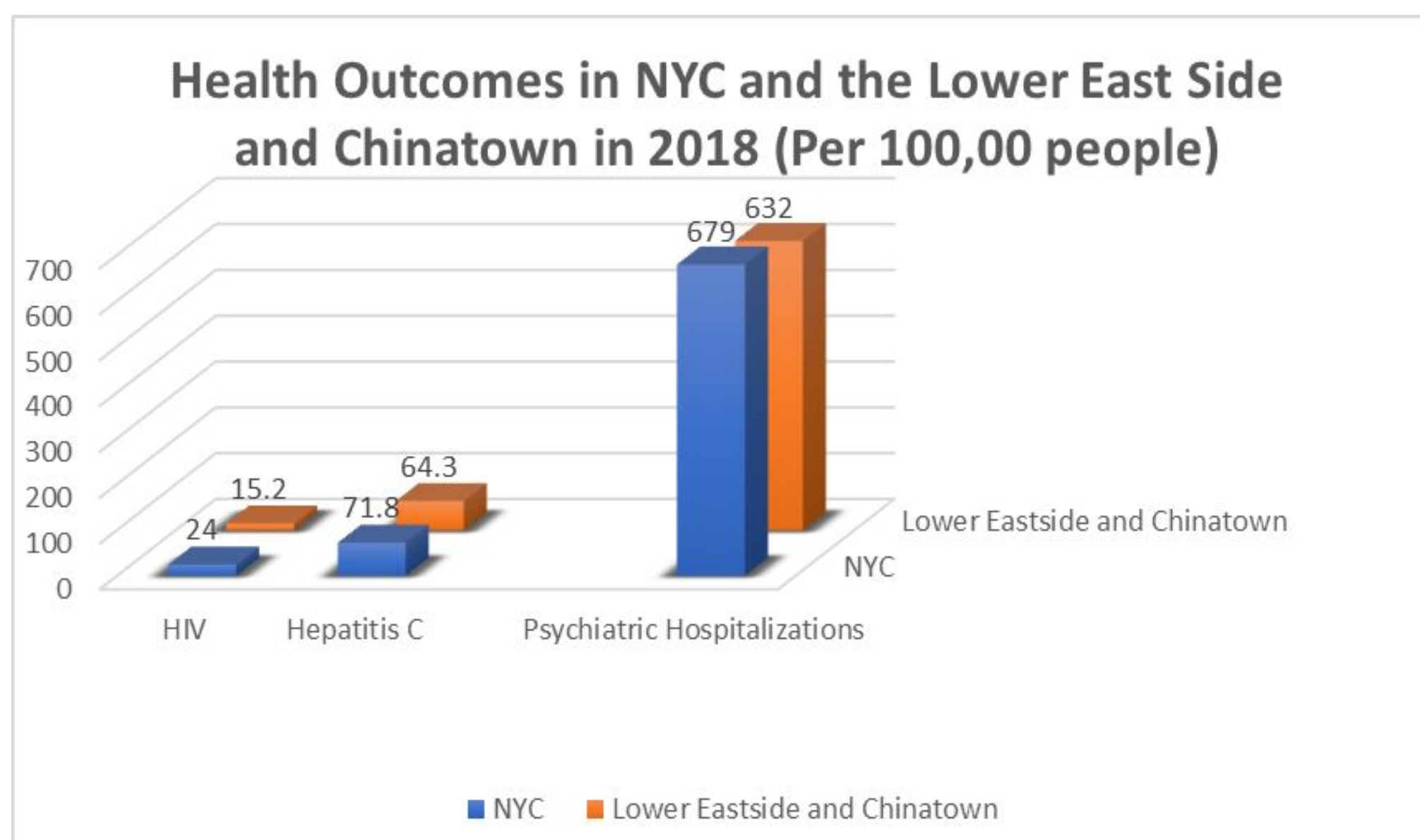
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Introduction and Selection of a Community in Need

- Sex trafficking is the exploitation of humans, usually young women, who are used for profit by others who sell their bodies in exchange for money.
- Sex trafficking is an industry that is dangerous which typically effects urban areas.
- New York City can be a perfect breeding ground for sex trafficking due to its diverse population and business fronts that allow this industry to thrive.
- Extremely diverse neighborhoods in New York City, such as the Lower East Side and Chinatown, help to further this industry along.
- The long term effects on the victims of sex trafficking include both physical ailments and psychological effects such as Post Traumatic Stress Disorder.

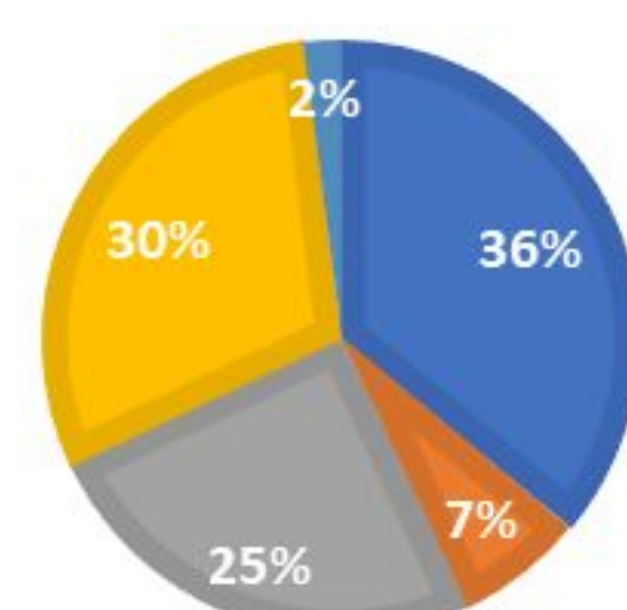
Community Assessment and Analysis

- Total NYC population in 2018: 8,537,673
- Total Lower Eastside and Chinatown population in 2018: 171,103
- In 2018, 18% of residents in the Lower East Side and Chinatown lived in poverty. 20% of New York City residents lived in poverty.
- In 2018, the Lower East Side and Chinatown had 11% of residents who did not have any healthcare. NYC as a whole had 12% without healthcare.



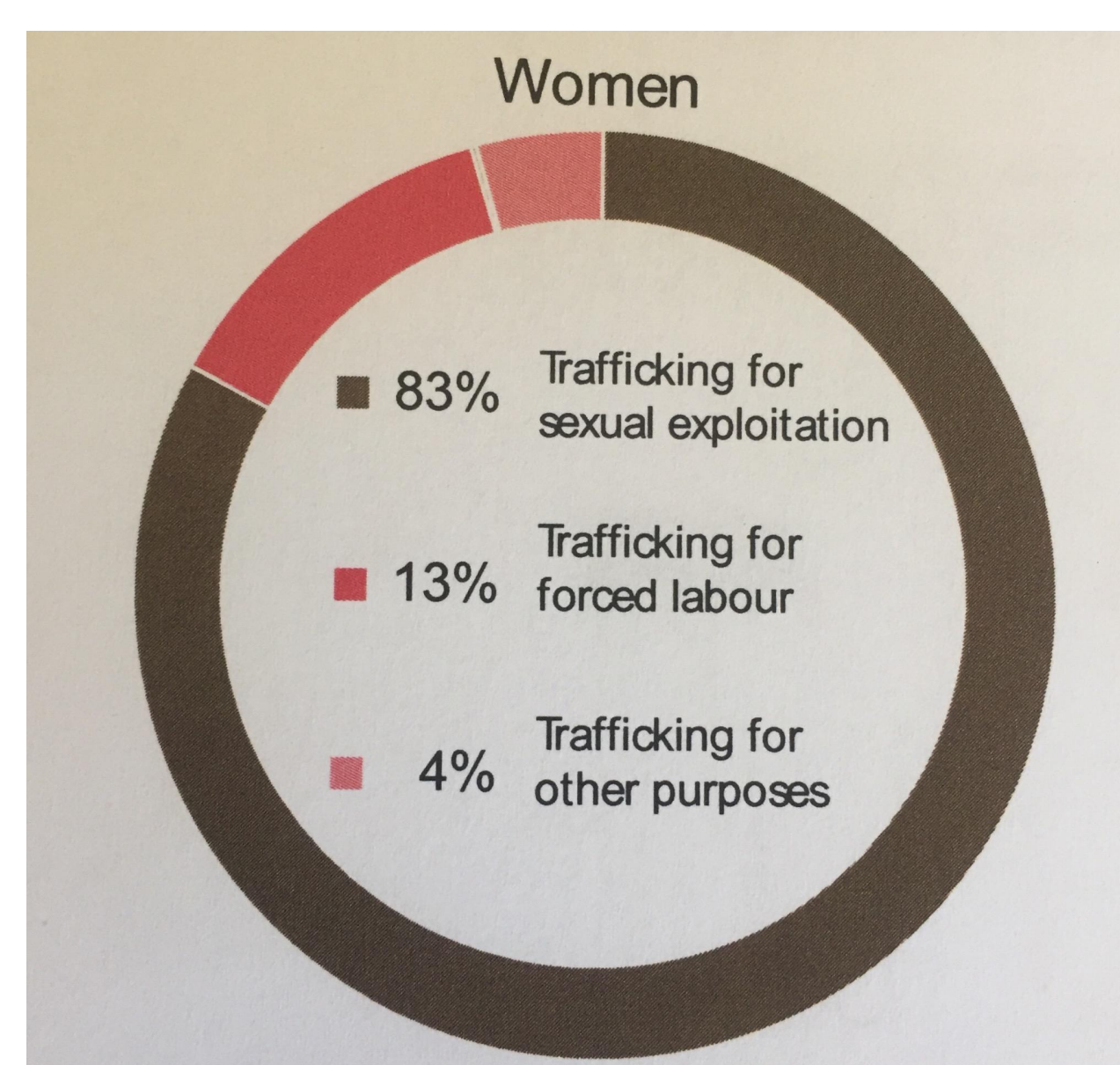
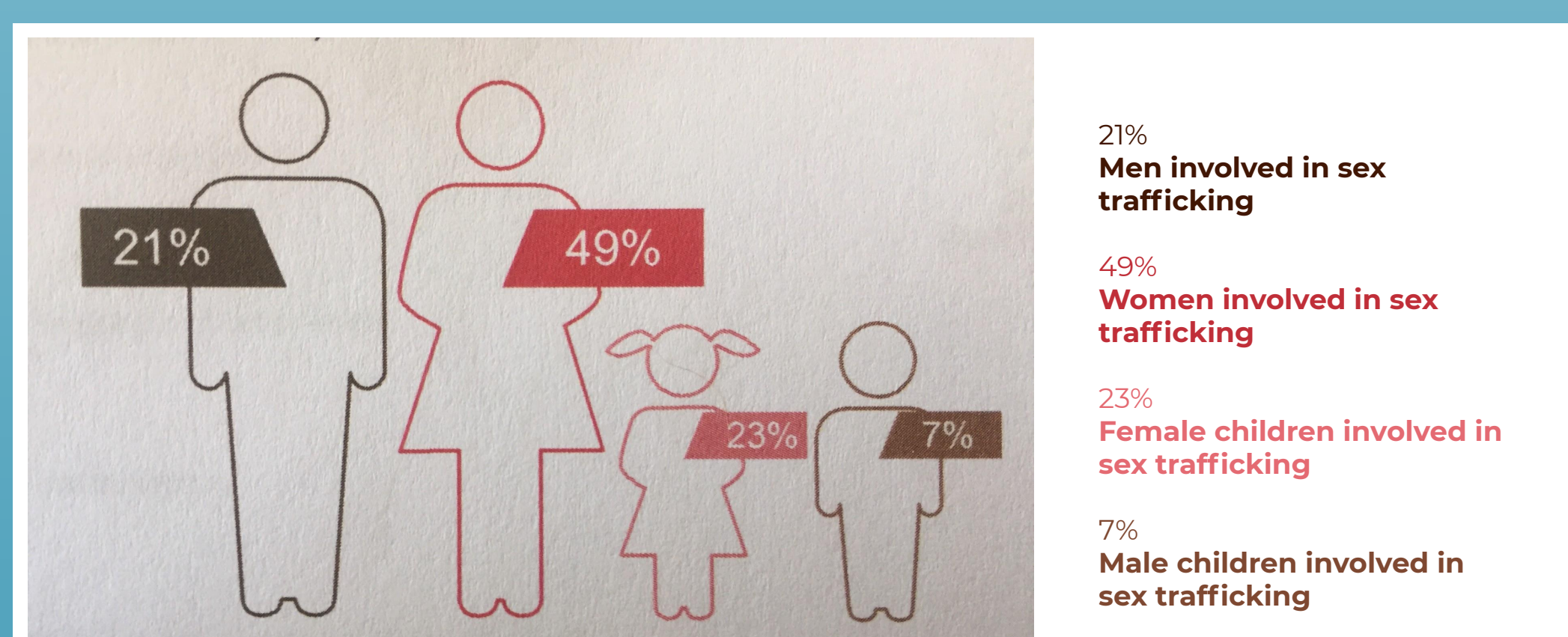
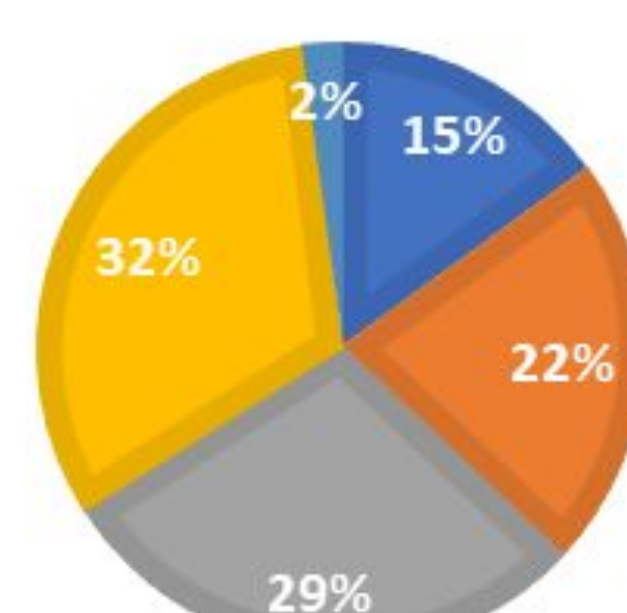
POPULATION BY RACE AND ETHNICITY IN THE LOWER EAST SIDE AND CHINATOWN IN 2018

Asian Black Latino White Other



POPULATION BY RACE AND ETHNICITY IN NYC IN 2018

Asian Black Latino White Other



The Problem

Effect of trafficking on women is profound: New York, is the fourth most common state for human trafficking cases in all of America
There are 10,000 cases reported a year, with over 7,000 female
2018 Statistics showed a 25% increase in cases from the previous year and the numbers are steadily rising

Many victims are younger women often homeless, orphaned, or abandoned
Nationally up to 2.8 million children and youth run away from home every year
significant numbers of them will be sexually exploited
Traffickers will promise them money, shelter, and food to lure in young children and women

The United States is the center of the internet industry: feasible way victims are recruited
Traffickers advertise online through websites: posting fake advertisements for employment
Research by Shared Hope Organization conducted a study across 10 US cities, and found the internet was used in all 10 cities to sell victims of sex trafficking

Where does sexual trafficking occur?
NYC has abundance of buildings and businesses
Sex industry can happen behind closed doors without anyone aware
In traffickers houses or in establishments such as strip clubs, massage parlors, and bars
Higher end areas: occur in upscale apartment buildings
Lower end areas: occur in brothels with trafficked international women
In Chinatown and lower Manhattan: prostitution and gambling dens are popular

The amount and severity of health problems these women suffered directly correlates to time and severity of the trauma they experienced
Most common health problems: GI problems, back pain, neurological problems
Reproductive problems are common in this population: Prolapsed uterus, uterine scarring, vaginal and rectal fistulas
Lasting issues were often a result of untreated STDs, PID, leading to infertility, tubal pregnancy and chronic pelvic pain
HIV is found more commonly in this population.
Women brought through international borders can cause the unintentional spread and resistance of HIV/AIDS in the United States

Safe Haven Safe House

Proposed Solution

- Program
- The institution created is called the Safe Haven Safe House.
 - Using cognitive behavioral therapy (CBT).
 - provides education to those seeking or receiving mental health services, such as victims of sex trafficking who are suffering, especially psychologically.
 - The model was adapted by Johnson TF-CBT of 7 stages. This is the new model that was developed:
 - 1. Gathering
 - 2. Learning
 - 3. Helping
 - 4. Relaxing
 - 5. Feeling
 - 6. Thinking
 - 7. Sharing 1a and 1b
 - 8. Evaluating (Incorporated under Living)
 - 9. Sharing 2
 - 10. Living: free, safe and well
- Goals
- help relax and lessen the client's physiological symptoms, and to control their emotions.
 - help promote effective and clear thinking, subsequently changing the way they view this negative situation.
 - encourage safety by recognizing the difference to what is dangerous as opposed to safe.
 - This can help to teach them with,
 - coping skills
 - how-to self soothe
 - lessen a negative reaction
 - how to response to stress
 - Continuing counseling after the program
- Activities
- life-skills training
 - recreational activities
 - one to one and group session of psycho-education
 - workshops to deal with anger, fear, and rejection
 - relaxation techniques -body's automatic response to stress and fear by the fight or flight, and freeze responses
 - arts and crafts activities
 - manage their own finances
- Targeted specific population
- Women in Chinatown



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