

# Practice Implications for Commercially Sex Trafficked Youth

EXAMINING DATA AND OUTCOMES

**Cast**

COALITION TO  
ABOLISH SLAVERY  
& TRAFFICKING

# Practice Implications for Commercially Sex Trafficked Youth: Examining Data and Outcomes

Aida Diaz, MSW  
Carolyn Liu Lumpkin, LCSW  
Erica Lizano, Ph.D.

This project was funded through the William M. Keck Foundation. The W.M. Keck Foundation was founded with the goal of generating far-reaching benefits for humanity. The Foundation supports community service projects that will have a significant impact in addressing complex issues and problems.

CAST would like to express our heartfelt gratitude to all the youth survivors who contributed their time, effort and dedication to this project. Youth survivors were invited to participate and were compensated for participating in the qualitative portion of this study. This project would not have been possible without them or their valuable contributions. CAST is inspired and encouraged daily by the many survivors of trafficking who show courage, resiliency, and strength in their journeys of healing. CAST dedicates this project to all survivors of trafficking, as we hope this project will continue to shape services and policies to better assist more survivors.



Established in 1998, CAST is a multi-ethnic human rights organization dedicated to serving survivors of all forms of human trafficking through its model data-driven direct service programs and partnerships with Los Angeles-based partners that provide specialized care to survivors. CAST depends on its trusted network of community partners to provide high-quality, wrap-around services that are strengths-based, client-centered, and culturally and linguistically appropriate. In addition to developing partnerships for service provision, CAST has worked to build a comprehensive and coordinated, multi-faceted response to the needs of survivors in LA County by developing inter-agency and multi-disciplinary networks, such as co-leading the Los Angeles Regional Human Trafficking Taskforce with the Los Angeles Sheriff's Department.

CAST offers comprehensive trauma-informed client support services, legal assistance, state and federal policy advocacy, and training and technical assistance to providers in Los Angeles and nationwide. CAST provides services to survivors of all forms of human trafficking (including labor and sex trafficking) and does not discriminate based on age, gender/gender identity, sexual orientation, ethnicity, nationality, immigration status, or disabilities. Client services programs offer support all along the continuum of a human trafficking survivor's journey including: emergency response care, counseling and skills training, comprehensive case management, housing, legal representation in civil/criminal/immigration matters, and survivor leadership.

## TABLE OF CONTENTS |

	Pg.
EXECUTIVE SUMMARY	3
INTRODUCTION	6
ABOUT THE YOUTH	8
Summary: Who we served .....	8
Demographic characteristics .....	9
Health and mental health history.....	13
System involvement .....	14
History of arrest .....	15
Trafficking experience.....	18
OUR SERVICES	21
Summary: What we do	21
Point-of-entry into CAST services .....	24
Service duration.....	24
Service provision.....	25
OUR IMPACT	26
Summary: How are we impacting youth	26
Engagement .....	26
Outcomes of youth engaged in services for 6 months or longer.....	27
Outcomes for youth program graduates .....	30
Assessment scores.....	34
Outcomes at case closure.....	42
KEY FINDINGS	44
LIMITATIONS	47
PRACTICE RECOMMENDATIONS	48
FOOTNOTES	53

## EXECUTIVE SUMMARY |

This executive summary highlights the key findings and practice recommendations from this report. Between July 2015 and May 2018, CAST conducted a youth program evaluation utilizing data from 147 youth (between the ages of 15-24) survivors of sex trafficking served by CAST's Empowerment Social Services Programs (including Emergency Response and Youth Program). Though CAST serves victims of all forms of trafficking, including all ages, all gender/gender identities, all sexual orientations, all immigration statuses, all nationalities/ethnicities, and all types of disabilities, this report focuses specifically on commercially sex trafficked youth survivors due to receiving specific funding from the William M. Keck Foundation to conduct an evaluation study on this population.

## KEY FINDINGS |

CAST provides comprehensive services to survivors of **all** forms of human trafficking (both labor and sex trafficking), regardless of age, gender/gender identity, nationality and background. From July 2015 to May 2018, fifty-two percent (**52%**) of **all** clients served by CAST's Empowerment Social Services programs were U.S. citizens and **48%** were foreign nationals. The greatest proportion of clients served were female (**80%**), followed by male (**18%**), and **2%** transgender. More than half of survivors served (**61%**) were sex trafficked, **33%** were labor trafficking cases, and **6%** included both sex and labor trafficking. It should be noted that CAST serves youth who have been survivors of labor trafficking and sex trafficking, but the focus of this overall report is on **commercially sex trafficked youth**. Therefore, when the term "Youth Served" is used in this report, it will only be referring to commercially sex trafficked youth.

This evaluation study provides a snapshot of the **147 commercially** sex trafficked youth who received services from CAST's Empowerment Social Services programs (including Emergency Response Services and Youth Program) during July 2015 to May 2018.

### DEMOGRAPHIC CHARACTERISTICS

- Average age when youth entered services was **20**.
- **94%** of youth served identified as female, while **3%** identified as male and **3%** identified as transgender.
- **Race/Ethnicity!**

African American/Black	50%
Hispanic/Latinx	20%
Non-Hispanic White	12%
Bi-Racial	8%
Asian/Pacific Islander	4%
Other	2%
Native American/Alaska Native	1%
- **86%** of the youth were U.S. Citizens compared to **14%** who were foreign nationals (including Latin America, Asia, and Europe).

### DISABILITY AND MENTAL HEALTH HISTORY

- **57%** of youth served reported having a mental health diagnosis and **15%** had a reported disability.

### HISTORY OF SYSTEM INVOLVEMENT

- **44%** of youth served had a history of involvement in child protective services.
- **37%** of youth served had a history of involvement in probation.
- **19%** of youth served had a history of being involved in a diversion program.

### TRAFFICKING EXPERIENCE

- The approximate length of trafficking of the youth **averaged 1 year and 9 months** with some reporting as few as 1 day in their trafficking experience to as much as 13 years.
- **10%** of the youth also had a history of labor exploitation (in addition to their sex trafficking history).

#### Reported Forms of Control by Trafficker

Physical abuse	61%
Psychological abuse	56%
Sexual assault/Sexual abuse	53%
Emotional abuse	51%
Domestic violence	29%
Advertised or sold on the internet	24%
Recruited on the internet	16%
Forced to use drugs/alcohol	14%

- The youth were most likely to be trafficked by a **romantic partner (31%)**. The breakdown of type of trafficker was the following:
  - **31%** Romantic Partner
  - **17%** Acquaintance
  - **12%** Gang
  - **8%** Pimp
  - **32%** Other

## KEY FINDINGS | (continued)

### POINT OF ENTRY

The youth survivors of sex trafficking served through the Empowerment Social Services Programs (including emergency response and Youth Program) entered CAST services through the following referrals:

- **30%** (44) Law enforcement
  - **28%** (42) Self-referral
  - **27%** (40) Community service provider/community member
  - **7%** (10) Public defender
  - **5%** (7) Other government agency (e.g. court, probation)
  - **3%** (4) National Human Trafficking Hotline
- Youth who entered the Youth Program through community service provider/community member referrals were more likely to remain engaged in services.
  - Youth who entered through self-referral were more likely to leave services without contact.

### DURATION IN SERVICES

- The average length of time in CAST services was **9 months**, ranging from 1 day to more than 2 years.

SERVICES PROVIDED DURING WEEK AND MONTH 1	Week 1	Month 1
Average number of hours	6 hours	13 hours
Average number of services	8 services	18 services

### ENGAGEMENT

- All of CAST services are voluntary. Therefore, engagement is a critical aspect of the work with youth survivors. Of those with closed cases (44) in the Youth Program, **almost 3 out of every 5** youth remained engaged, as they did not leave services due to loss of contact.



**Nearly 3 in 5**  
Youth remained engaged in services

### OUTCOMES OF YOUTH ENGAGED IN SERVICES FOR 6 MONTHS OR LONGER

**28 youth remained in services 6 months or longer<sup>2</sup>.**

**Their case closure outcomes were the following:**

- **100%** Had at least one supportive person outside of CAST
- **78%** Had access to medical services
- **60%** Had safe housing
- **43%** Were attending school and/or employed
- **42%** Were accessing mental health services

### DEMOGRAPHICS OF YOUTH ENGAGED IN SERVICES FOR 6 MONTHS OR LONGER

**Of the 28 youth who received services for six months or longer, on average, they were:**

- Slightly younger than the overall youth in the program when they entered CAST services (**19 versus 20**).
- Slightly younger than the overall youth served at the age when first trafficked (**16 versus 17**).
- The average trafficking experience was slightly shorter than that of the overall youth in the study<sup>3</sup>.
- The youth who remained in services 6 months or longer were most likely to enter services through a community service provider/community member (**32%**) or through a self-referral (**29%**) despite the fact that youth survivors most commonly enter CAST's Services programs through law enforcement referrals.

### OUTCOMES OF YOUTH PROGRAM GRADUATES

**9 youth graduated the youth program services.** Of the youth who graduated youth program services:

- The length of time in service averaged **1 year and 3 months**

**Case closure outcomes for youth program graduates included the following:**

- **100%** Had at least one supportive person outside of CAST
- **100%** Had access to medical services
- **100%** Had safe housing
- **89%** Were attending school and/or employed
- **44%** Were accessing mental health services



**Approximately 3 in 4**  
Youth reported having previously been arrested

### EFFECTS OF ARREST ON TRAFFICKED YOUTH HISTORY OF ARRESTS

- Arrest data was available for 54 youth. For the 54, almost three out of every four youth (**72%**) reported that they had a history of being arrested.
- Of those who had been arrested, **22** had been arrested anywhere between 1 – 4 times, while **12** had 5 – 10 arrests, **3** had 11 to 15 arrests, and **one youth** had 50 arrests.
- Youth with an arrest history had a lower Survivor Outcomes Assessment (SOA) score for housing and employment compared to youth without an arrest history.

## PRACTICE RECOMMENDATIONS |

This section of the executive summary focuses on recommendations for program services with commercially sex trafficked youth and future program evaluations, which are informed by the findings of this evaluation study.

### OUTREACH

- There needs to be increased outreach to transgender and male communities to increase awareness and identification of these under-identified and underserved populations of youth sex trafficking survivors.
- With the disproportionately high rates of African-American and Latinx youth being trafficked for sexual exploitation, there is a need to provide more prevention and intervention services for communities of color, which often face multiple areas of marginalization, including institutionalized racism, systemic oppression, and challenges in access to resources.
- Since the youth who were referred through community providers/community members had a longer engagement in services, it is important to conduct outreach and training on awareness/identification of trafficking survivors with community agencies. Often times when community providers/community members are referring survivors to services, there is a trust relationship already built that contributes to increasing initial engagement.

### SPECIALIZED INTERVENTIONS

- With disproportionately high rates of African-American and Latinx youth being sex trafficked, cultural humility and cultural awareness needs to be part of all services provided to ensure that services are culturally appropriate and affirming for youth of color.
- With the high numbers of youth with mental health diagnoses and disabilities (also potentially under-reported or under-identified), it is important to develop partnerships with agencies that provide services to those with disabilities and mental health diagnoses. In addition, it is important that these partnerships include training on human trafficking to increase the knowledge of service providers in providing necessary mental health and disability-related services to youth survivors.
- Due to the high rates of arrest for the youth, it is also important to form partnerships with legal services organizations and re-entry programs that can provide legal assistance for expunging criminal records and specific re-entry resources for those with criminal records.

### FUTURE PROGRAM EVALUATIONS

- This program evaluation focused on youth survivors of sex trafficking, but it would be beneficial to expand this study to include youth survivors of all forms of human trafficking, including both sex and labor trafficking. This would provide a more comprehensive view of trafficking and the specific needs and outcomes for all youth survivors of trafficking.
- A larger-scale evaluation study with a larger sample size will benefit the continued evaluation and analysis of types of services, point-of-entry, and other key factors in affecting outcomes. A longitudinal study that can follow youth survivors for a longer period of time would be beneficial in identifying long-term outcomes as well.
- CAST recommends offering compensation or a stipend to survivors for their time and contribution to any program evaluation or future studies.

- CAST began collecting data regarding sexual orientation for each survivor to strengthen linkages through service provision during the course of this study. However, this information was not available for all youth since the beginning of the study, thus future evaluation studies should include this information. We found it is important to collect this information for all survivors of trafficking as this may provide information directly connected to and impacting the LGBTQIA community.

### POLICY

- 3 out of every 4 youth survivors of sex trafficking in this study had a history of being arrested. This had long-lasting impact on their housing and employment outcomes, as well as the impact represented in the anecdotal experiences of individual survivors. It is important that survivors of trafficking are not arrested, as this affects their outcomes in achieving self-sufficiency and creates a negative perception and feelings of judgement for the survivor that hinders their healing and recovery process.
- Comprehensive laws ensuring that youth are not arrested for crimes their traffickers forced them to commit should be prioritized and passed across the United States. This includes – (1) ensuring that no child can be arrested and/or convicted of prostitution/loitering and that additional screening by law enforcement is required to screen for sex or labor trafficking (2) an affirmative defense is available to trafficking survivors if the crime is directly related to their trafficking; and (3) criminal arrest records and convictions/juvenile petitions must be sealed and vacated. “Safe Harbor” laws should be enacted in every state, but should be seen as only one of many necessary tools to allow trafficking survivors to be treated as survivors/victims rather than as criminals.
- Funding should be available to assist survivors vacate any criminal records where they were forced to commit crimes during their trafficking experiences.
- Additional funding at the local, state, and federal level should be put in place to provide specialized, voluntary, comprehensive services to sex and/or labor trafficked youth.
- Funding is necessary at the state level for prevalence studies to collect better data on sex and labor trafficking, especially among youth to gain a better understanding of the specialized needs of youth survivors.
- System-involved youth should receive services through the Child Welfare System, rather than the Juvenile Delinquency System if their crimes are directly related to their trafficking. In addition, it is important that youth are not arrested in order to give them access to services, since the impact of arrests and sustained convictions is long-term and detrimental, even in the juvenile justice system. Specialized courts in the child welfare system should be promoted as the model for providing services to trafficked youth.
- States should consider enacting legislation to extend foster care benefits to trafficked youth past 18 or 21 (depending on the state) up to 26 given the long-term needs of this population, and their risk for continuing exploitation especially when exiting the foster care system.

## INTRODUCTION |

Human Trafficking is the exploitation of human beings through force, fraud, or coercion for the purposes of commercial sex or forced labor, and can affect individuals of all ages and backgrounds. For youth under the age of 18 who are engaged in commercial sex, the presence of force, fraud, or coercion is not required to be identified as a survivor of human trafficking. Merely inducement into commercial sex for minors is sufficient when defining human trafficking. The trauma that survivors experience can deeply impact all aspects of their lives and effective services are essential in addressing these complex needs. Recently, many youth providers are seeing more trafficking survivors come through their programs, and are looking for guidance in serving the unique needs of this population.

Between July 2015 and May 2018, CAST conducted a youth program evaluation utilizing data from 147 youth (between the ages of 15-24) survivors of sex trafficking served through CAST's Empowerment Social Services Programs (including Emergency Response and Youth Program). The evaluation is based on a mixed method approach whereby quantitative data was gathered through existing Empowerment Social Services service documentation and assessments from CAST's services database while qualitative data was gathered through interviews to understand the experiences of youth in the program. The quantitative data included demographic information of the youth served, the services the youth were provided, and outcome metrics used to assess the impact of services. The qualitative data drew on interviews with youth who were invited to share their perspectives and experiences in CAST's Youth Program. The youth participants who shared their experience were provided compensation for their time and contribution to this study.

Though CAST serves victims of all forms of trafficking, including all ages, all gender/gender identities, all sexual orientations, all immigration statuses, all nationalities/ethnicities, and all types of disabilities, this report focuses specifically on commercially sex trafficked youth survivors due to receiving specific funding from the William M. Keck Foundation to conduct an evaluation study on this population. Youth survivors of sex trafficking comprise 81% of the clients served by the Youth Program and 37% of the clients served by CAST's overall Empowerment Social Services Programs. With an increase of the identification of youth survivors of sex trafficking over the past few years, the need for specialized services has increased. And yet, despite the ongoing efforts of experienced youth agencies and well-intended service providers, high rates of re-exploitation remain a challenge among this population. Providers have struggled to both understand how to serve the diverse needs of young survivors and keep survivors engaged in existing programs long enough to analyze results over time and improve outcomes. Thus, the W.M. Keck Foundation supported this study to analyze data regarding point of entry, survivor history, service interventions, and outcomes to inform service provision for youth survivors of sex trafficking.

This program evaluation report addresses four key areas:

<p>ABOUT THE YOUTH</p>  <p>Description of demographic characteristics</p>	<p>OUR SERVICES</p>  <p>Description of key services provided</p>	<p>OUR IMPACT</p>  <p>Assessment of impact and outcomes of services</p>	<p>SUMMARY OF FINDINGS</p>  <p>Summary of findings, lessons learned, limitations of the evaluation study, and recommendations for future program services</p>
--	---	---	--

### A NOTE ON THE STUDY SAMPLE

It is important to note that the data and information available for the clients ranged based on various factors. The overall study sample is comprised of **147** youth survivors of sex trafficking served through CAST's Empowerment Social Services Programs (including Emergency Response, Youth Program, etc.). Eighty (**54%**) clients solely received emergency response services while 67 (**46%**) received youth case management services beyond emergency response. There are multiple reasons why youth choose to only access emergency response services, such as returning home (out of the service area), being connected to more appropriate services for their presenting needs, not desiring to access long-term services at that time, etc. This is further discussed later in this report. As can be expected, a greater amount of data was available for those who received services beyond emergency response. The sample size that each respective analysis is based on can be found within the figure/table details, the narrative within the report, or in the footnotes located at the end of this report.

## ABOUT THE YOUTH |

### WHO We served |

CAST provides comprehensive services to survivors of all forms of human trafficking (both labor and sex trafficking), regardless of age, gender/gender identity, nationality and background. From July 2015 to May 2018, fifty-two percent (52%) of all clients served by CAST's Empowerment Social Services programs were U.S. citizens and 48% were foreign nationals. The greatest proportion of clients served were female (80%), followed by male (18%), and 2% transgender. More than half of survivors served (61%) were sex trafficked, 33% were labor trafficking cases, and 6% included both sex and labor trafficking. It should be noted that CAST serves youth who have been survivors of labor trafficking and sex trafficking, but the focus of this overall report is on commercially sex trafficked youth. Therefore, when the term "Youth Served" is used in this report, it will only be referring to commercially sex trafficked youth.

This evaluation study provides a snapshot of the 147 commercially sex trafficked youth who received services through CAST's Empowerment Social Services programs (including Emergency Response Services and Youth Program) during July 2015 to May 2018. The sex trafficked youth served ranged in age from 15 – 24 with an average age of 20. The youth were primarily youth of color. Half of the youth served were African American/Black (50%), one-fifth were Hispanic/Latinx (20%), and almost one-tenth were either Bi-racial, Asian/Pacific-Islander, or Native American/Alaska Native (9.5%). The majority of the youth sex trafficking survivors served in this study were female (94%), U.S. citizens (86%), and primarily English speakers (93%).

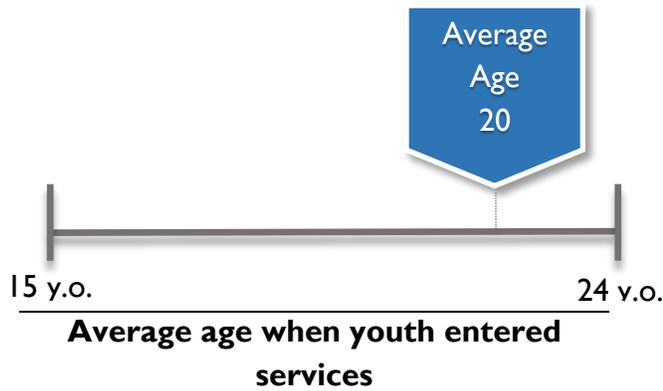
For those who had information about mental health diagnoses, 57% reported having a known mental health diagnosis and 15% reported having a disability. It should be noted that these figures might be an underestimate due to the possibility of underreporting by youth or the youth not being aware of having a mental health diagnosis or disability.

Thirty-six percent (36%) of the youth served had a history of being involved with child protective services while approximately 37% of the youth had a history of involvement with probation.

Almost three out of every four (72%) youth we served reported that they were arrested previously. This high rate of arrest history has had an impact on the youth served, which will be discussed more throughout the report.

The approximate length of trafficking among the youth varied from 1 day to 13 years with the average length of trafficking experience being 1 year and 9 months. The most commonly reported forms of abuse experienced by youth while being trafficked included physical, psychological, and sexual abuse/assault. Sixty percent (61%) of the youth reported having experienced physical abuse, 56% reported having experienced psychological abuse, and 53% reported having experienced sexual abuse/assault during their trafficking experience. Though the type of trafficker varied among the youth, the youth most commonly reported being trafficked by a romantic partner (31%) or an acquaintance (17%).

ABOUT THE YOUTH | Demographic characteristics



**AGE**

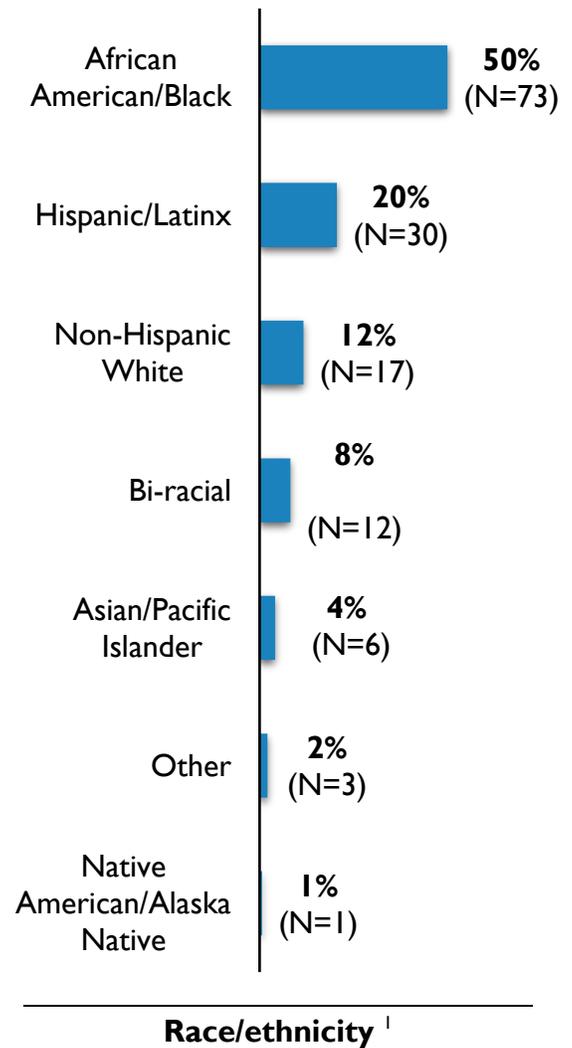
CAST's Youth Program serves minors and transition age youth. Between July 2015 – May 2018, CAST's Youth Program served youth who entered the program between the ages of 15 and 24. The average age of the youth was 20.

**RACE ETHNICITY**

The youth we served were primarily African American/ Black (50%) or Hispanic/Latinx (20%).

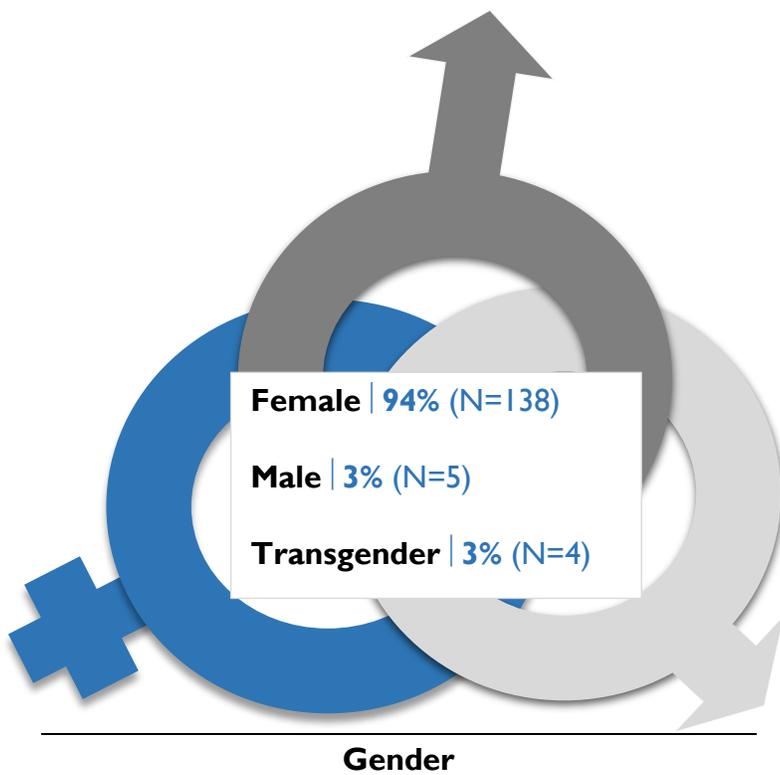
**PRACTICE IMPLICATIONS**

In line with other studies conducted on commercially sex trafficked youth, youth of color are disproportionately trafficked at higher rates, especially African-American/Black youth and Hispanic/Latinx youth. This indicates a need for targeted prevention and intervention in communities of color, which often face multiple areas of marginalization, including institutionalized racism, systemic oppression, and challenges in access to resources. In addition, it is important to have cultural humility/awareness when serving this population.



**GENDER**

The majority of the sex trafficked youth served identified as female (94%), 3% identified as male, and 3% identified as transgender.



**PRACTICE IMPLICATIONS**

The high percentage (94%) of female sex trafficking survivors in this study could be a result of the consequences of the multiple vulnerabilities that girls and women face due to gender-based violence, societal norms, sexism, and the history of objectifying and oversexualizing females, especially girls and women of color.

CAST believes that there are a larger number of male and transgender survivors of trafficking that are not being identified or feel safe to disclose or access services. This could be due to fear of mistreatment when coming forward, lack of outreach to transgender communities, and/or service providers not screening males or transgender individuals due to bias/myths of what trafficking survivors look like.

**COUNTRY OF ORIGIN**

The greatest proportion of sex trafficked youth served by our Youth Program were U.S. Citizens (86%). The countries of origin of the youth who were foreign nationals are detailed below.



86% (N=127) | U.S. citizens

14% (N=20) | Foreign nationals

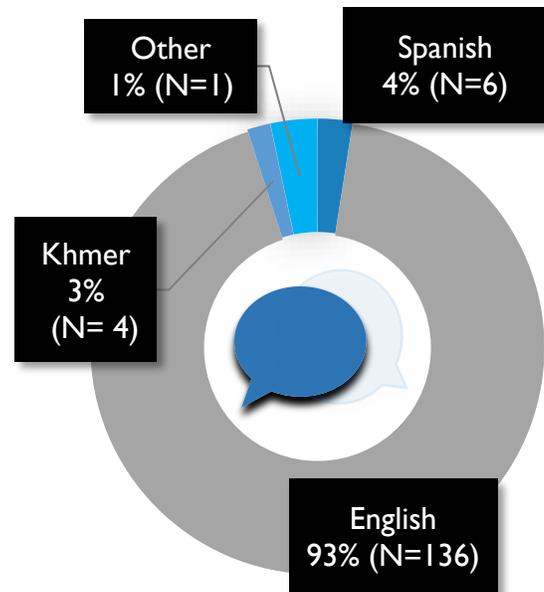
**Country of origin**

Country of Origin	N
Cambodia	4
Mexico	3
Honduras	2
El Salvador	2
Guatemala	2
Belize	2
Kazakhstan	1
Japan	1
Italy	1

**Foreign nationals:  
Country of origin**

**PRIMARY LANGUAGE SPOKEN BY YOUTH**

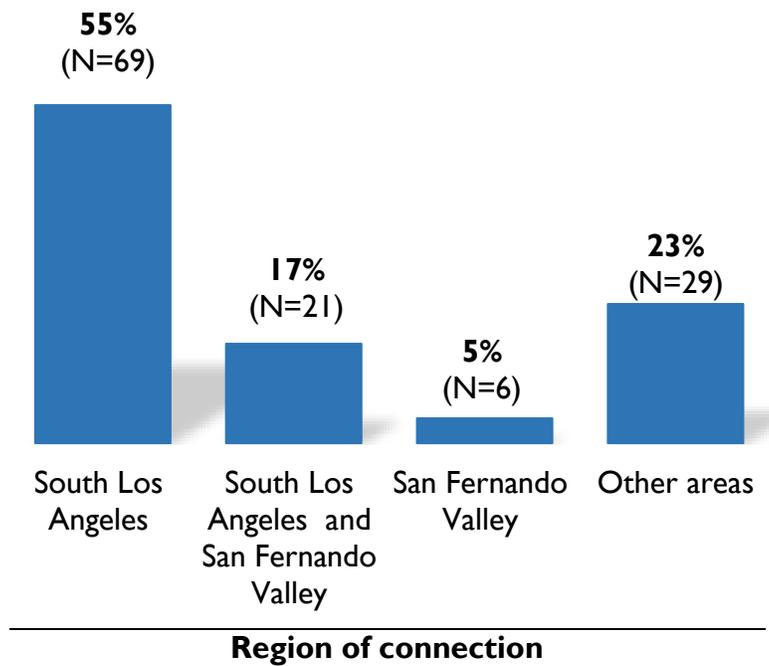
Most of the youth served reported English as their primary language (93%).



**Primary language spoken by youth**

**AREA/REGION OF CONNECTION**

The greatest proportion of youth served were connected to the South Los Angeles (55%) area, either due to their background, current residence, or trafficking experience. This was followed by those who were connected to both the South Los Angeles and San Fernando Valley (17%) regions, while only 5% of youth were connected exclusively to the San Fernando Valley. Some youth reported being connected to a variety of other regions/states/cities.



Region/Area/City	N
Other part of L.A. County	16
Out-of-State/Country	7
Outside of L.A. County (in CA)	5
	28

**Other regions/areas youth were connected to**

**PRACTICE IMPLICATIONS**

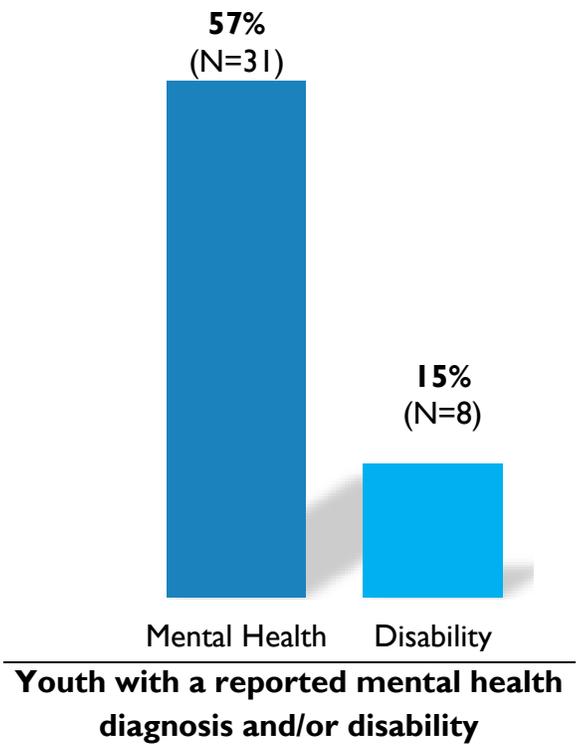
Over half of the youth (**57%**) served reported having a mental health diagnosis. This number demonstrates the need for trauma-informed mental health providers that are experienced, competent, and trained in providing treatment for youth survivors of trafficking. In addition, it is important to note that some diagnoses were pre-existing conditions prior to their trafficking experience, but symptoms may have been exacerbated by the trafficking.

For the **15%** of youth who reported having a disability, the types included cognitive, development, learning, and physical. This demonstrates a need for increased services for these various types of disabilities as well as increased accessibility for survivors who may have challenges in accessing existing services. Having a disability can lead to increased vulnerability to being re-trafficked or exploited, and services must address disabilities in order to comprehensively serve survivors.

CAST also believes that these numbers for mental health diagnoses and disabilities may be lower in this study than expected due to possible under-reporting and lack of access to assessment or treatment.

**MENTAL HEALTH DIAGNOSES AND DISABILITIES**

Information about mental health diagnoses and disabilities was available for 54 youth. Among those 54, over half of the youth (**57%**) reported having a mental health diagnosis and **15%** had a reported disability.

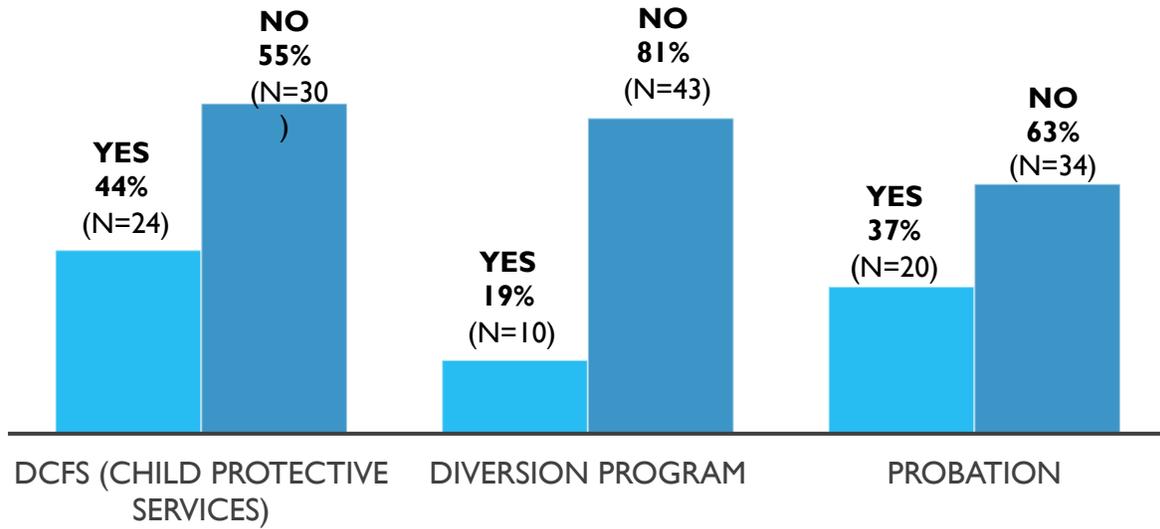


**A NOTE ON DATA COLLECTION AND DATA AVAILABILITY**

It is important to note that data/information regarding mental health, disabilities, system involvement, and history of arrests began being collected in 2016, thus only a portion of the youth (54) have data available in these areas.

**HISTORY OF SYSTEM INVOLVEMENT**

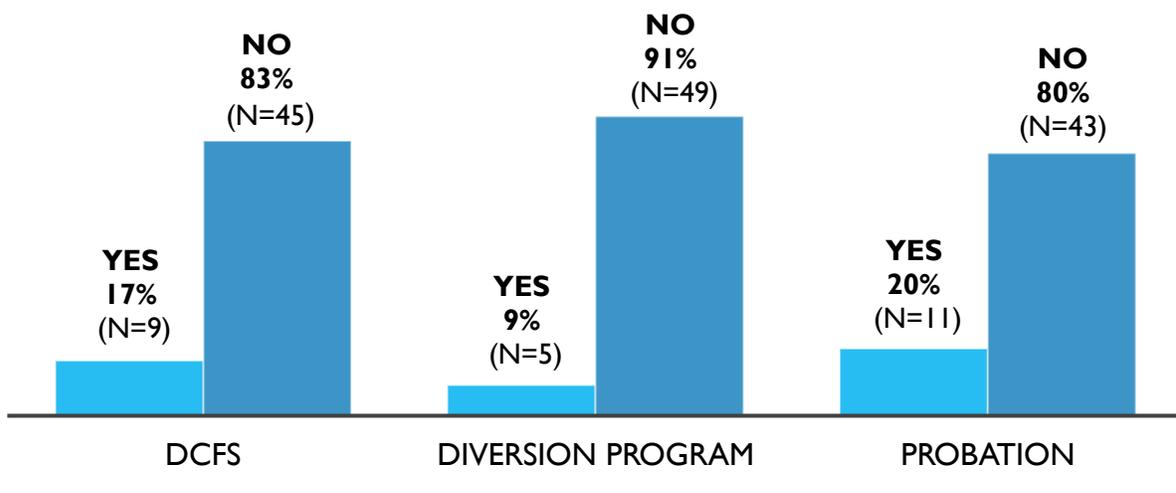
Data on history of system involvement was available for 54 youth. Among the 54, **44%** had a history of involvement in child protective services, **19%** had been involved in a diversion program and **37%** had a history of involvement with probation.



History of system involvement

**CURRENT SYSTEM INVOLVEMENT**

Data on system involvement while receiving services at CAST was available for 54 youth. Among the 54, **17%** were involved with child protective services, **9%** in a diversion program, and **20%** were probation-involved while receiving services at CAST.



System involvement while in CAST services

### HISTORY OF ARRESTS

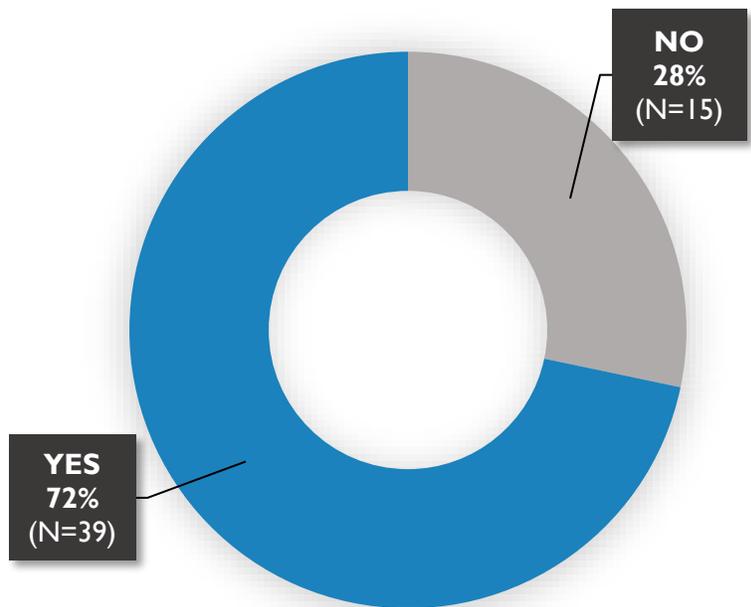
Arrest data was available for 54 youth. For the 54, almost three out of every four youth (72%) reported that they had a history of being arrested.

Of those who had been arrested, 22 had been arrested anywhere between 1 – 4 times, while 12 had 5 – 10 arrests, 3 had between 11 to 15 arrests, and one youth had 50 arrests.

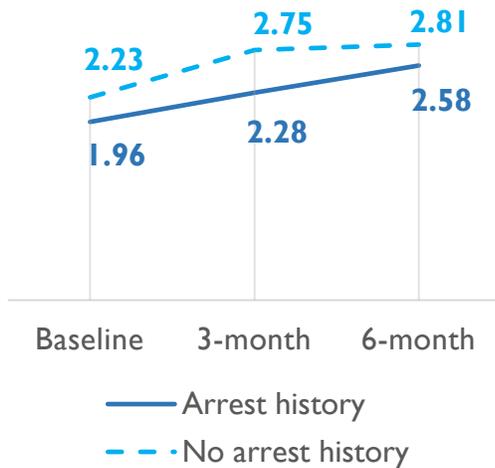
Number of arrests	N
1- 4 arrests	22
5-10 arrests	12
11-15 arrests	3
50 arrests	1

Number of reported arrests among youth

 **Approximately 3 in 4**  
Youth reported having previously been arrested



Percentage of youth who have been arrested



**Trend comparison of housing assessment scores of youth with arrests and those with no arrests<sup>2</sup>**

**SURVIVOR OUTCOMES ASSESSMENT SCORES**

The Survivor Outcomes Assessment is a strength and needs assessment that measures overall progress in 13 categories (housing, basic necessities/financial health, physical safety, medical health, dental health, vision, emotional/behavioral health, life skills, education/literacy, job skills/employment, support system, legal issues/immigration status, and family reunification/children) on a scale from 1 to 5.

The scale values are:

- 1 = Crisis
- 2 = Vulnerable
- 3 = Stable
- 4 = Growing
- 5 = Thriving

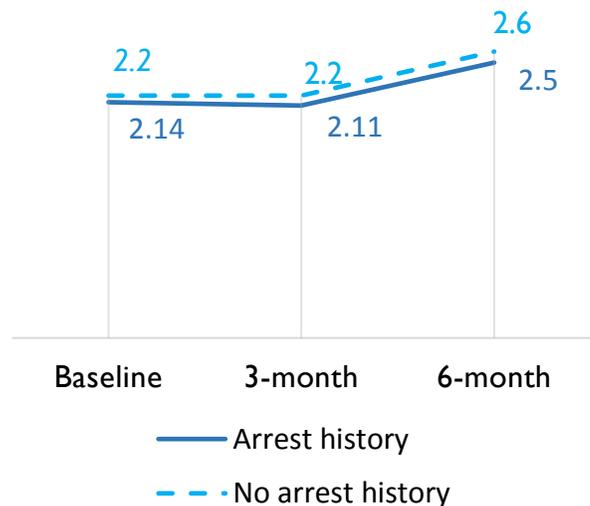
The SOA Assessment is conducted by Case Managers with the youth on a quarterly basis in order to inform goals and service planning.

**THE IMPACT OF HISTORY OF ARREST ON HOUSING AND EMPLOYMENT ASSESSMENT SCORES**

The impact of arrest on housing and employment outcomes were analyzed using scores from the Survivor Outcomes Assessment (SOA). Housing and Employment scores for youth with arrest histories were compared with youth who had no arrest history.

As can be seen in the figure to the left, youth with an arrest history had a significantly lower outcome score for housing compared to youth without an arrest history.

For employment, youth with an arrest history on average had slightly lower outcome scores, even though the rate of improvement was similar to youth without an arrest history.



**Trend comparison of employment assessment scores of youth with arrests and those with no arrests<sup>2</sup>**

## PRACTICE IMPLICATIONS

Arrests that youth have on their criminal record can threaten their access to employment, housing options, and overall services, which increases their risk of re-exploitation. It is important to develop partnerships with re-entry and legal programs since many youth survivors of trafficking are arrested and prosecuted for crimes their traffickers forced them to commit, as minors or adults. Connecting a youth to appropriate legal or re-entry programs may be the first step to help survivors determine legal barriers and beneficial legal remedies such as expungements, dismissals of prior convictions, etc. By helping youth survivors manage their legal needs, the probability of securing safe and stable housing, employment, and moving towards economic self-sufficiency increases.

“I got arrested for loitering. From then on, everybody saw me as a prostitute. Before we were children, we were seen as prostitutes. Everything changed. Foster homes were no longer an option. My only options were placements, camps, or out-of-state placements. I tried to understand the safety concern, but I was 14, confused, and alone. One mistake cost me the opportunity of a home. I’ll never forget feeling like Annie in an orphanage.”

*- 19 year old, Female, First Trafficked at Age 14*

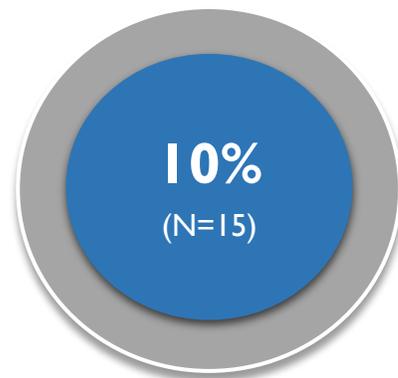
ABOUT THE YOUTH | Trafficking experience



**LENGTH OF TRAFFICKING**  
The approximate length of trafficking of the youth averaged 1 year and 9 months with some reporting as few as 1 day in their trafficking experience to as long as 13 years.

**LABOR EXPLOITATION**

Although all youth in this study were sex trafficking survivors, it is important to note that fifteen (**10%**) of the 147 youth also had a history of labor exploitation (in addition to their sex trafficking history).



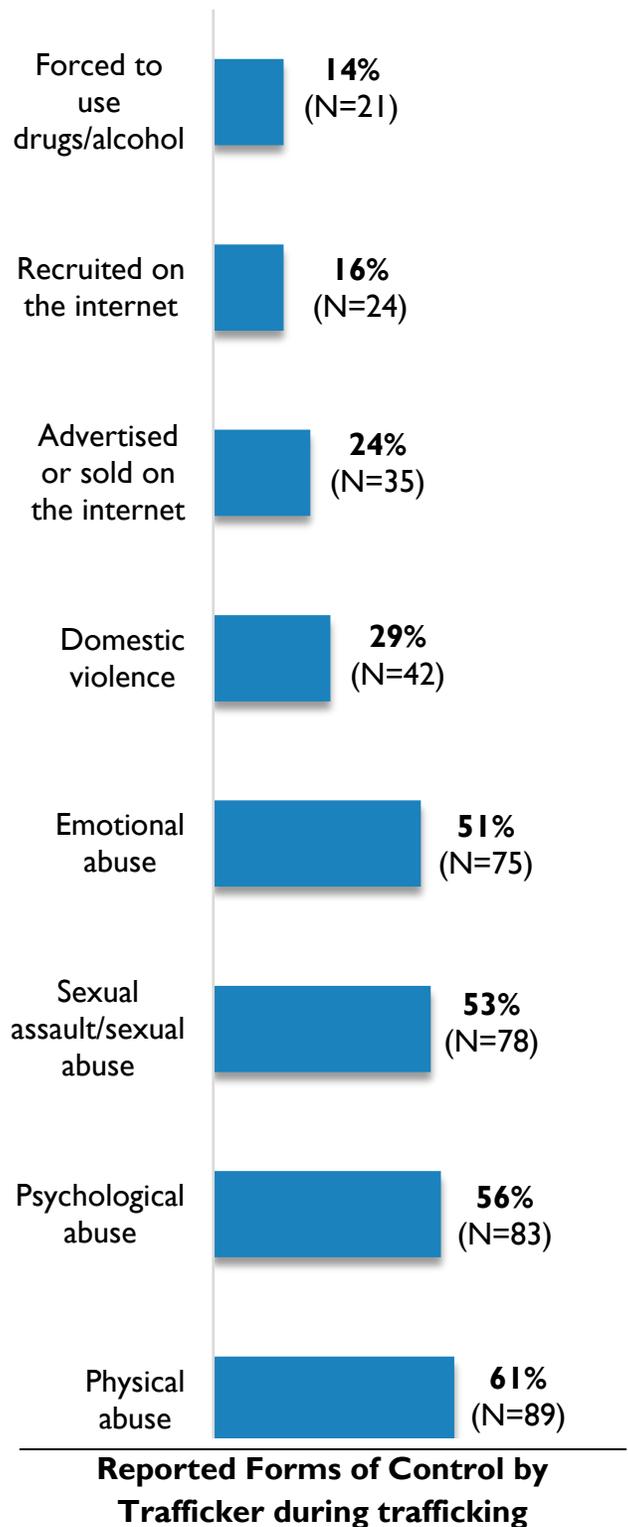
History of labor exploitation

**EXPERIENCES DURING TRAFFICKING**

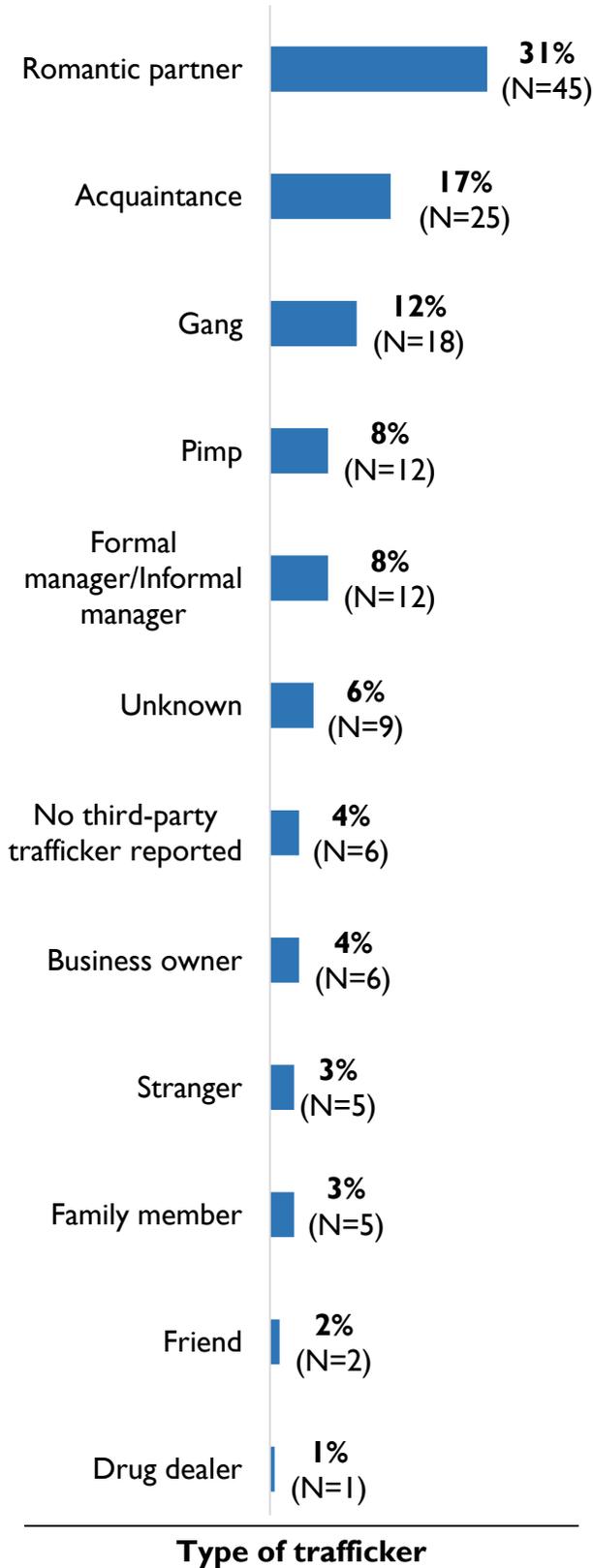
The youth in the program reported physical (61%) and psychological abuse (56%) as the most prevalent forms of control by their trafficker during their trafficking experience. Over half of the youth reported traffickers using sexual assault/sexual abuse (53%) as a form of control and emotional abuse (51%), while almost one-third of the youth (29%) reported having experienced domestic violence during their trafficking situation. It is important to note that this does not include incidents of abuse/violence that occurred outside of the trafficking situation, which many survivors have also experienced.

Approximately a quarter (24%) of the youth were advertised or sold on the internet and 16% reported being recruited on the internet. Twenty-one (14%) youth reported being forced to use alcohol and/or drugs during their trafficking experience. (Note: Percentages were calculated for each form of abuse based on the overall sample of N=147).

It should be noted that some experiences of abuse during the trafficking situation may not have been reported by the youth (particularly because this information is gathered during initial intake prior to trust being built).



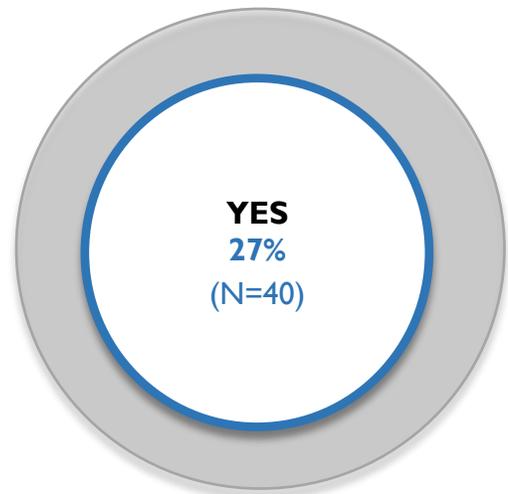
**ABOUT THE YOUTH** | Trafficking experience



**TYPE OF TRAFFICKER**

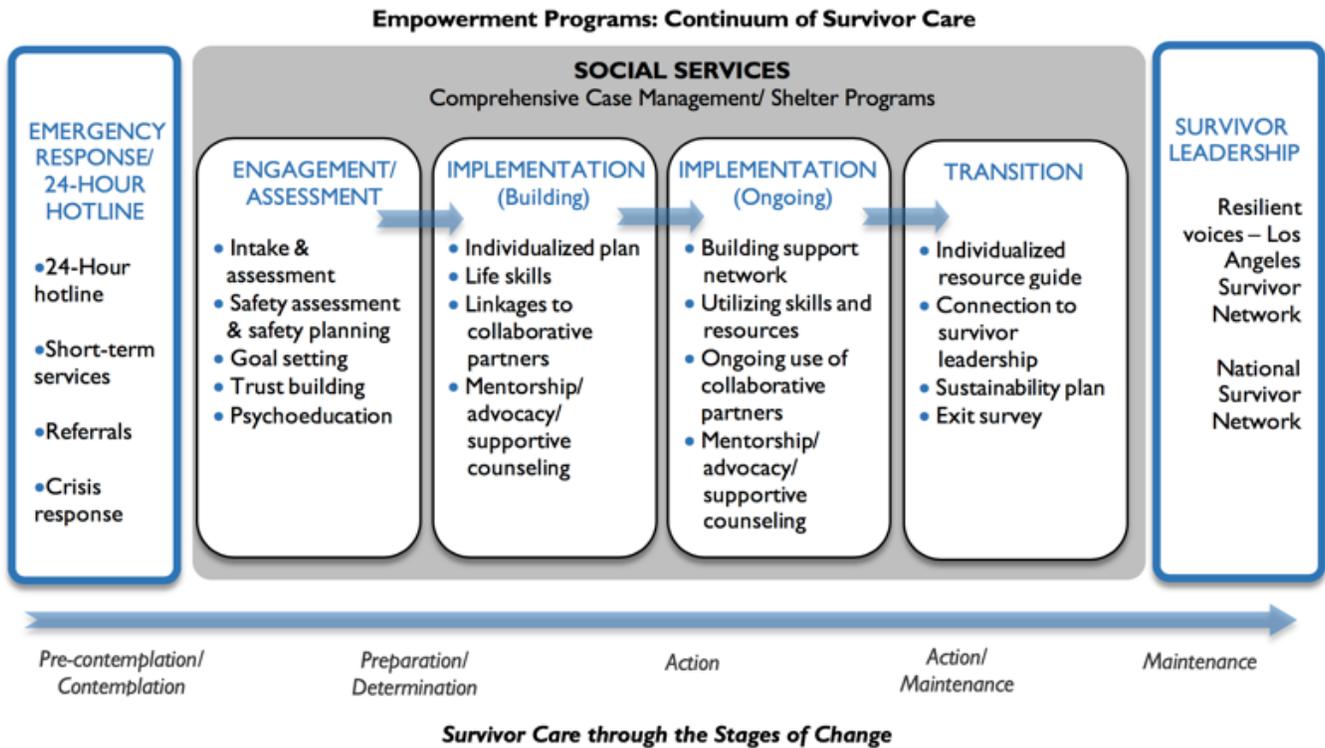
Over thirty percent (**31%**) of the youth were trafficked by a romantic partner and seventeen percent (**17%**) were trafficked by an acquaintance.

Twelve percent (**12%**) of the youth were trafficked by a gang. However, twenty-seven percent (**27%**) of the youth reported that their trafficker was connected/affiliated with a gang.



**Trafficker is affiliated with a gang**

## OUR SERVICES |



### WHAT we do | CAST's Continuum of Survivor Care

Utilizing an empowerment approach, CAST's Empowerment Programs provide a coordinated continuum of care to meet the emergency response and long-term needs of human trafficking survivors living in Los Angeles County and is uniquely designed to respond to the diverse needs of each individual survivor. The continuum of care begins with short-term crisis services provided through the Emergency Response Program and the 24-Hour Hotline. For survivors desiring long-term case management services, they receive services through CAST's 4-Phase Case Management model, and if needed, may be connected to CAST's Transitional Housing program. Additionally, if the survivor desires, they are referred to CAST's Legal Program to receive a comprehensive legal assessment and are offered legal services to meet the survivor's legal goals, including removing barriers, accessing benefits, and asserting legal rights and protections they are entitled to. Once survivors move through the 4-Phase Case Management model and enter the Transition phase, they are connected with the Survivor Leadership programs if they are interested. The Survivor Leadership Programs include the local Resilient Voices (Los Angeles Survivor Network) group and the National Survivor Network, where survivors are empowered to utilize their voices and experiences to create systemic and policy change in the anti-trafficking movement.

CAST's Continuum of Survivor Care is driven by the Stages of Change model (Prochaska & DiClemente, 1983). The Stages of Change model highlights that individuals cycle through six stages of change: pre-contemplation, contemplation, preparation, action, maintenance, and termination. CAST offers services at each stage of change in a survivor's journey and recognizes that survivors may cycle through the stages of change during their course of healing and recovery.

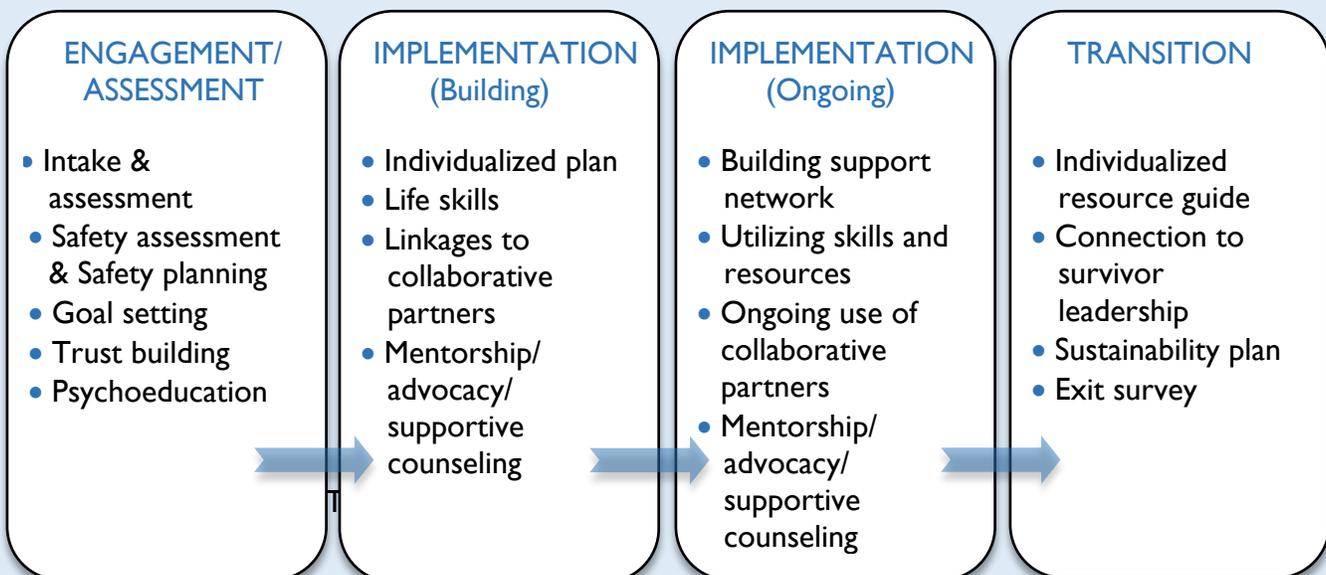
## OUR SERVICES |

### WHAT we do | CAST's Youth Program

CAST's Youth Program was created in 2014 in response to an increase in referrals of youth survivors of trafficking and the specialized needs of minor and transition-age youth (TAY) survivors. Prior to the development of the Youth Program, CAST served youth survivors of trafficking in its individualized Case Management Program. However, the specialized care and higher number of service hours required to meet the intensive needs of youth survivors resulted in the development of CAST's Youth Program. The Youth Program's mission is to provide youth-centered trauma-informed services to survivors 24 years and younger by empowering them to transform their trauma into their own story of healing and resiliency by supporting the youth and their support system. The Youth Program provides intensive case management services with youth-specific interventions, monthly youth activities, and a youth survivor internship program.

#### CAST's Youth Program - Intensive Care Case Management Model:

The Youth Program is made up of a team of Intensive Care Case Managers who provide an array of supportive services from crisis care to addressing long-term goals that lead to the decrease of vulnerabilities and the increase of protective factors. These services include provision of basic necessities, advocacy, court accompaniment, housing support, goal planning, employment/school support, linkage to trauma-informed mental health and medical care, mentorship, and supportive counseling. The Youth Program adapted CAST's 4-Phase Case Management model (see graphic below), a client-centered model with a proven track record in serving trafficking survivors, to focus on engagement, support, trust-building and interventions specifically for youth. The Intensive Care Case Management model is uniquely designed to respond to the diverse needs of each individual youth survivor. In addition, during the first 90 days of service, Intensive Care Case Managers are available to provide emotional support 24 hours a day in order to build trust and increase engagement. After the 90 days, youth have access to CAST's 24-7 hotline for continued after hours support.



**CAST's 4-Phase Case Management Model**

## OUR SERVICES |

### WHAT we do | CAST's Youth Program

#### Youth Empowerment Events:

CAST's Youth Program hosts monthly activities focused on self-empowerment, positive experiences, and personal development to connect youth survivors of trafficking with one another in fun and supportive ways. CAST began these group activities after youth survivors expressed wanting opportunities to connect with other youth who have experienced similar stories. The monthly youth events have included spoken-word poetry, yoga, rollerblading, film screenings, empowerment conferences, and self-care/wellness events. CAST continues to collaborate with community partners and agencies to host monthly youth activities in order to increase the breadth of positive experiences and peer support for youth survivors.

#### Youth Internship:

Youth survivors of trafficking experience unique challenges with accessing employment and internship opportunities. The Youth Survivor Internship program was launched to bridge the gap of exposure to positive work environments, create opportunities to navigate professional work settings, and strengthen transferable employment skills. This 6 month paid internship helps support survivors with career mentorship, practical tools, and professional experience needed to thrive in a long-term work environment.

The following section highlights some of our key services that we provided to the youth in this evaluation study. The youth survivors of sex trafficking in the Youth Program entered CAST services largely as a referral from law enforcement (30%), self-referral (29%), or a community service provider/community member (27%).

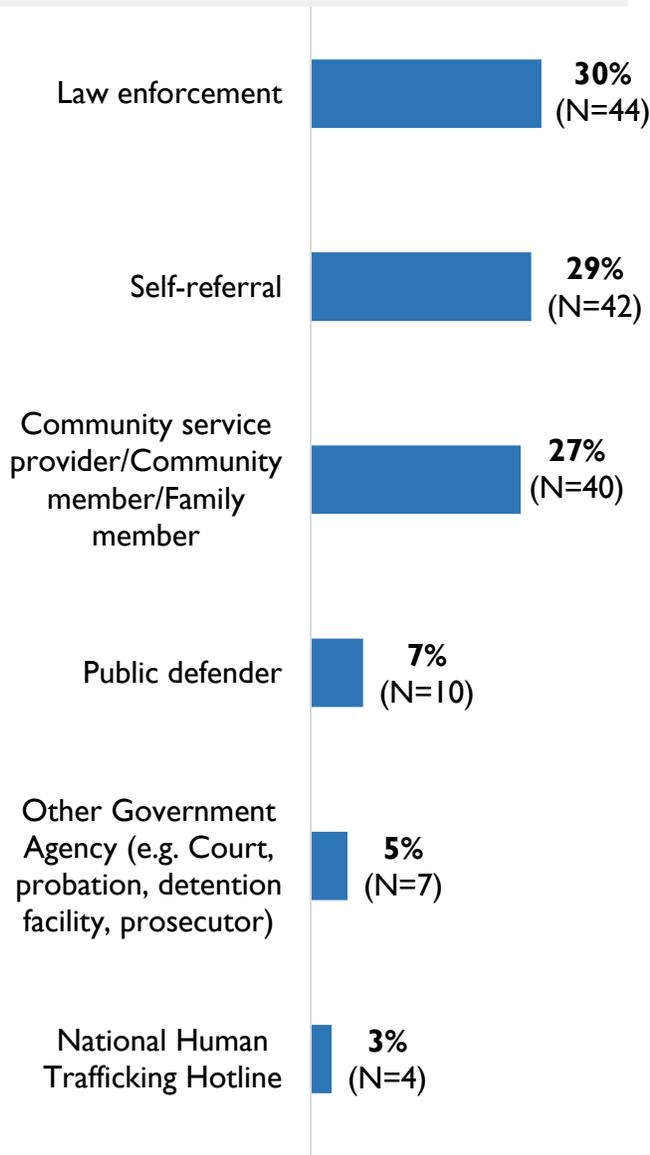
CAST's Empowerment Social Services (including emergency response services, Youth Program services, etc.) ranged from 1 day to 2 + years. A little over half of the youth received services for 6 months or less (55%) with a mean of 9 months of services for youth that remained after emergency response services. The youth who received services for 6 months or less left services for the following reasons:

- **Relocation/Reunification with Family:** Many youth desired to reunify with safe family members outside of Los Angeles during the emergency response period. In addition, some youth desired to relocate due to safety concerns.
- **Crisis services:** Some youth only needed urgent services and may not have desired or have been ready to commit to long-term services.
- **Appropriateness of Services:** Some youth who received emergency response services required more intensive care, such as inpatient mental health or inpatient substance abuse treatment. Thus, referrals and linkages were made to appropriate services during the emergency response period.

**OUR SERVICES** | Point-of-entry into CAST and duration of services

**POINT OF ENTRY**

The youth survivors of sex trafficking served through the Empowerment Social Services Programs (including emergency response and Youth Program) entered CAST services through referrals from law enforcement (30%), self-referrals (29%), or community service providers/community members (27%).



**Point-of-entry**

**DURATION AND NUMBER OF SERVICES PROVIDED**

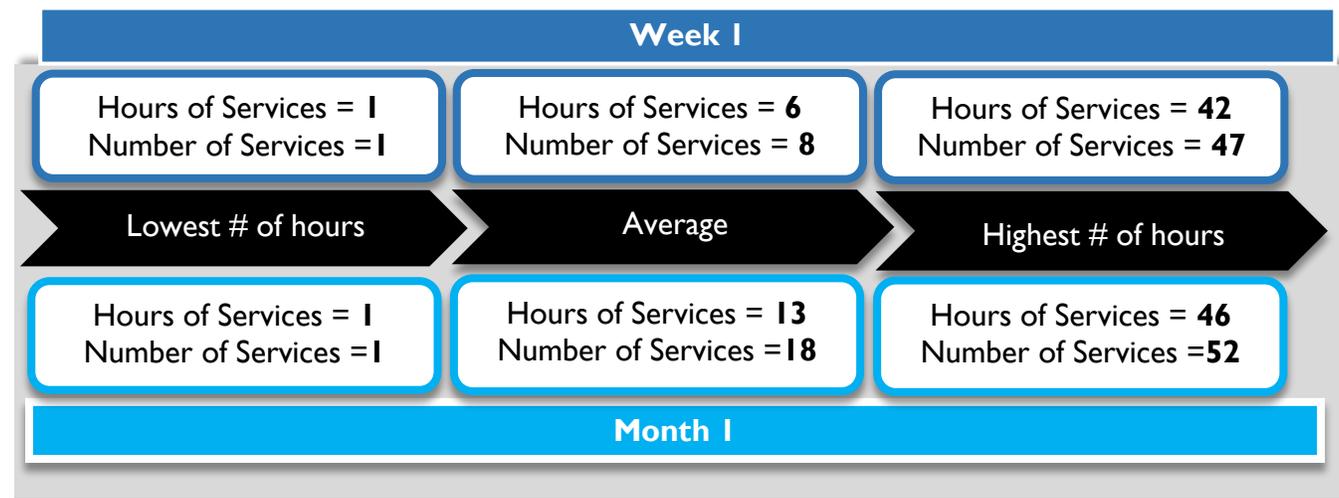
For the youth that remained in services beyond emergency response, the average length of service was 9 months. We assessed youth’s level of engagement by measuring the duration of services within the Youth Program.

Data is presented for 44 of the 67 youth in the Youth Program. Twenty-three youth were still involved in services at the time of writing this report, thus closure information was not available for these open cases.

Overall duration of services	N	%
1 - 2 months	8	18%
2 - 6 months	14	32%
6 months - 1 year	6	14%
1 year - 18 months	6	14%
18 months - 2 years	6	14%
2 years +	2	5%
<b>Total</b>	<b>44</b>	

Average length of service **9 months**

**Length of service**



Services provided during Week and Month 1

**WEEK 1**

Hours of service provided Week 1 ranged from 1 - 42 and the number of services ranged from 1 - 47. The average number of hours of service provided Week 1 was 6 and the average number of services was 8.

**MONTH 1**

Hours of service provided Month 1 ranged from 1 - 46 and the number of services ranged from 1 - 52. The average number of hours of service provided Month 1 was 13 and the average number of services was 18.

*(Note: Hours of service and number of services presented are based on the 67 youth who were in the Youth Program after Emergency Response Services).*

## OUR IMPACT |

### HOW we are impacting youth |

The following section of this report presents outcomes of our work with the youth and it aims to capture the impact of our services. A cornerstone and key outcome is youth engagement. We used two metrics to assess engagement. We examined rates of engagement versus loss of contact with youth and length of time youth are engaged in services. We examined various factors that may be related to youth leaving services with no contact. For those who remained engaged, we examined the factors that may contribute to the length of time in services.

In addition to tracking engagement, we analyzed the profiles of youth who remained in services for 6 months or longer and those who graduated the Youth Program to identify trends and possible factors contributing to successful engagement. A profile of the demographic characteristics of the youth in addition to their outcomes at the time of case closure are presented in this section of the report.

We track important progress overall and in the areas of housing, financial stability, safety, support, independent living skills, employment, education, emotional, and legal assessment scores throughout our services with youth. Our findings show that generally, assessment scores of the youth trend positively overtime while receiving services in the Youth Program.

“CAST is the first person that helped me change my life. The first person that I’m trusting after the life. It’s like a mom. You meet your mom when she delivers you. It’s the first person you have a connection with. And it’s like I was a baby then when I first came here. I didn’t trust anybody. I had a box around me. I didn’t know. I didn’t care about anybody. So they like the first person I started caring about and the first person I started trusting. The first person I came to about a lot of stuff so it was like, I would want them down the line.”

- 17 year old, Female, Trafficked at Age 16

### ENGAGEMENT

Engagement is a critical aspect of the work with youth survivors. Of those with closed cases (N=44) in the Youth Program, almost 3 out of every 5 youth remained engaged, as they did not leave services due to loss of contact.

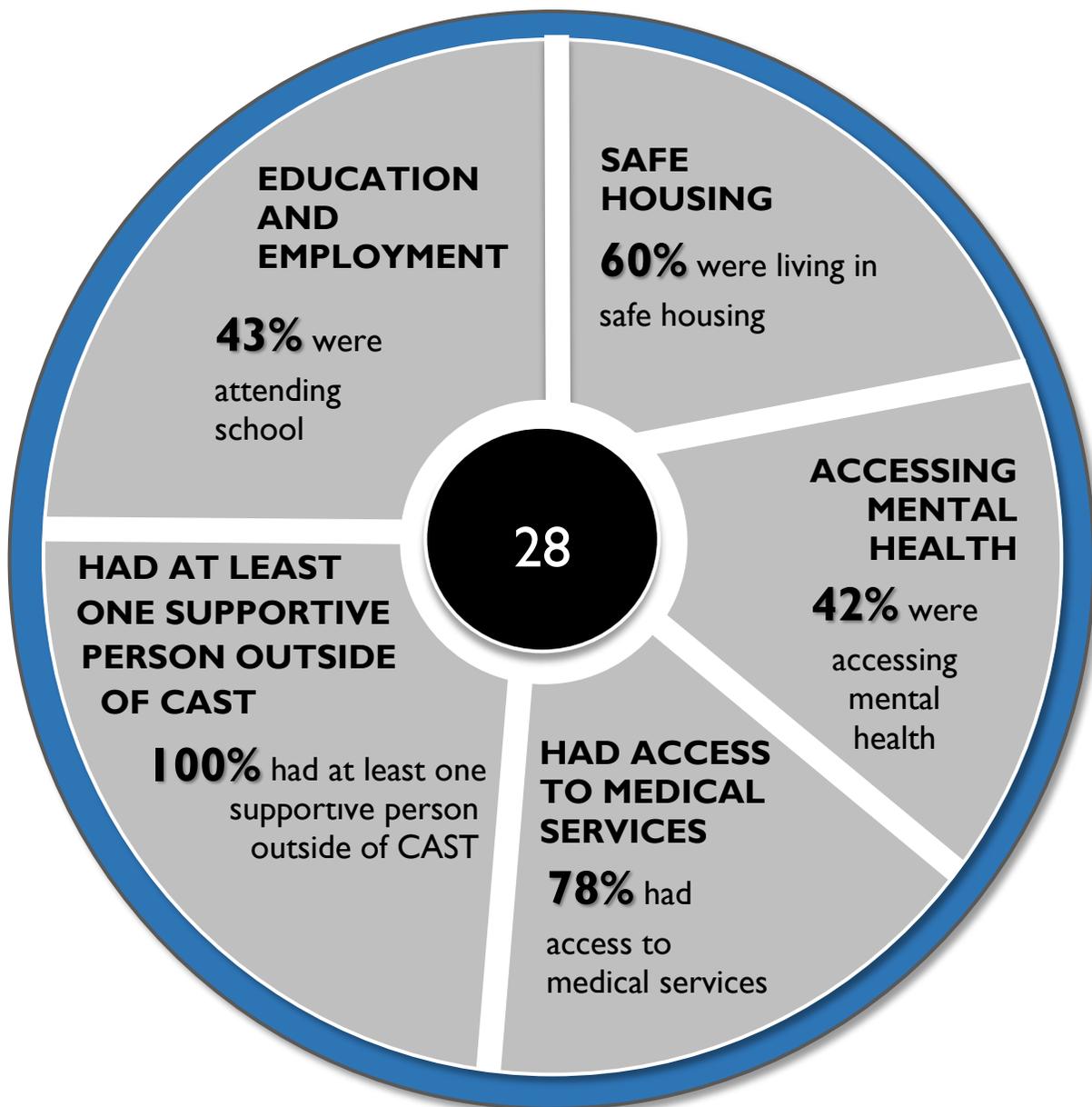


## Nearly 3 in 5

Youth remained engaged in services

**OUTCOMES OF YOUTH ENGAGED IN SERVICES FOR 6 MONTHS OR LONGER**

The figure below presents the case closure outcomes of the 28 youth who remained in services for 6 months or longer. Of those who were engaged in the program for 6 months or longer, **60%** had safe housing. Forty-three percent (**43%**) of the youth were attending school and/or were employed. One hundred percent (**100%**) of the 28 youth had at least one supportive person in their lives outside of CAST. More than three-fourths (**78%**) of the youth had access to medical services and **42%** of the youth were accessing mental health services at the time of case closure.



Profile of outcomes for youth who stayed in CAST services 6 months or longer<sup>3</sup>

**OUR IMPACT** | Outcomes of Youth Engaged in Services for 6 Months or Longer

**Average age when youth entered services**

**19** | Youth who received services 6 mo.+

**20** | Average age of all youth served

**Average age when first trafficked**

**16** | Youth who received services 6 mo.+

**17** | Average age of all youth served

**Average length of trafficking<sup>4</sup>**

**1 year 7 months** | Youth who received services 6 mo.+

**1 year 9 months** | Overall youth served

**Comparing Trafficking Experiences of youth engaged in services 6 months + versus overall youth served**

**System involved**

**57%** | Yes

**43%** | No

**Known mental health diagnosis**

**64%** | Yes

**36%** | No

**Arrest history**

**86%** | Yes

**14%** | No

**DEMOGRAPHICS OF YOUTH ENGAGED IN SERVICES FOR 6 MONTHS OR LONGER**

Of the 28 youth who received services for six months or longer, on average, they were slightly younger than the overall youth in the program when they entered CAST services (19 versus 20). Most of the 28 youth were either African American or Latinx and they were slightly younger than the overall youth served at the age when first trafficked (16 versus 17). The average trafficking experience of the youth was slightly shorter than that of the overall youth in the study. Fifty-seven percent (**57%**) of the 28 youth were system involved, **64%** had a known mental health diagnosis, and **86%** had an arrest history. The youth who remained in services 6 months or longer were most likely to enter services through a community service provider/community member (**32%**) or through a self-referral (**29%**). One in four of the youth (**25%**) were trafficked by a romantic partner.

**Point-of-entry**

**32%** | Community service provider/community member

**29%** | Self-referral

**14%** | Law enforcement

**18%** | Public defender

**4%** | Other government agency

**4%** | National Human Trafficking Hotline

**Type of trafficker**

**25%** | Romantic partner

**14%** | Gang

**14%** | Formal manager/informal manager

**EXPERIENCES DURING TRAFFICKING**

The table below presents the trafficking experiences of the 28 youth who remained in services 6 months or longer compared to the overall 147 youth served. First, we note that in several areas, the rate of abuse was lower among those who remained in services for 6 months or longer including physical abuse, psychological abuse, sexual assault/sexual abuse, emotional abuse, and domestic violence. In other areas, those who remained in services for six months (or longer) had higher rates of being advertised on the internet, recruited on the internet, or forced to use drugs/alcohol during their trafficking experience.

	Youth overall		Youth in services 6 mo.+	
	N	%	N	%
Physical abuse	89	61%	14	50%
Psychological abuse	83	56%	14	50%
Sexual assault/sexual abuse	78	53%	14	50%
Emotional abuse	75	51%	14	50%
Domestic violence	42	29%	7	25%
Advertised or sold on the internet	35	24%	9	32%
Recruited on the internet	24	16%	7	25%
Forced to use drugs/alcohol	21	14%	3	23%

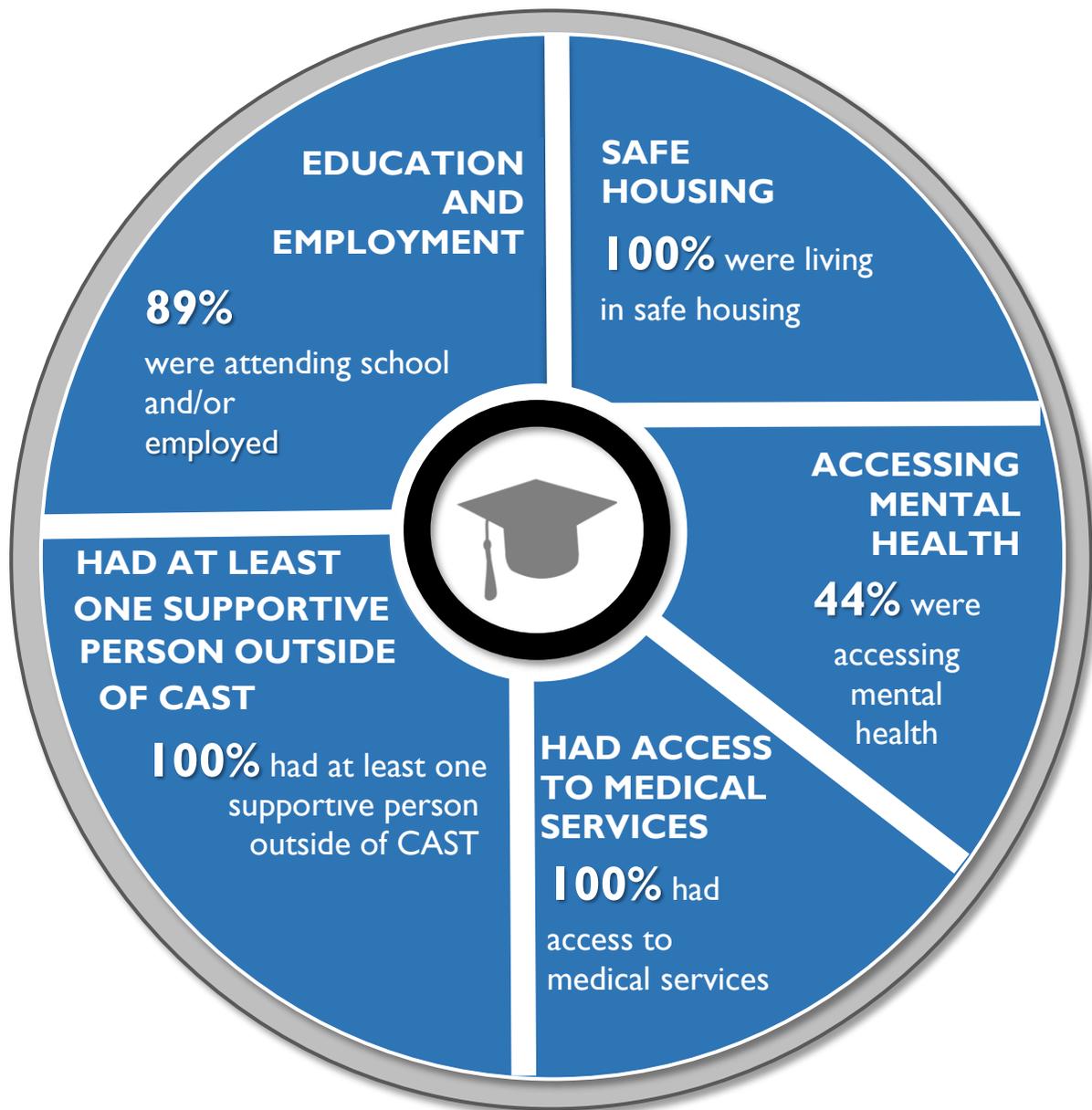
**Trafficking experiences of youth who remained in services 6 mo.+**

**PRACTICE IMPLICATIONS**

The youth who remained in services for 6 months or longer had slightly lower rates of various forms of abuse/violence during their trafficking experience than the overall youth served. This demonstrates the potential impacts of complex trauma, as the compounded abuse/violence that youth experience during their trafficking can lead to an increase in mistrust and challenges in engaging with service providers. There is still a high rate of other forms of abuse/violence for youth engaged in services for 6 months or longer, highlighting the need for services that address other forms of violence, such as domestic violence, physical/psychological/sexual abuse, and substance abuse.

**OUTCOMES FOR YOUTH PROGRAM GRADUATES**

The figure below presents the case closure outcomes of the 9 youth who remained in program services until accomplishing their goals, or graduation. We can see from the profile of our graduating youth that they reached several notable positive outcomes. Of those who graduated the program, **100%** had safe housing. Eighty-nine percent (**89%**) were attending school and/or were employed at the time of case closure. One hundred percent of youth had access to medical services and **44%** of the graduating youth were accessing mental health services at the time of case closure. All of the 9 graduates (**100%**) reported having at least one supportive person outside of CAST.



**Profile of outcomes for youth who graduated CAST youth services**

“To be able to look back and be like, ‘I made it. I did it.’ To be able to give back and to tell other people it’s possible. It’s possible to go through this and the outcome be this. And that’s what I try to do every day. Even though it’s hard going to school and trying to figure out and still work on everything emotionally, I strive for it and I’m going to get it one way or another... I will work my butt off for anything and everything I need. And I will use my resources to help me get to that better place that when I do become successful, I want to give back to those people who have helped me. And I want to make them proud because the people that are with you in this rough time in your life and who picked you up when you didn’t have that support system or you didn’t have that confidence in yourself, you want them to see you shine but at the same time, you want to see them shine too.”

*- 18 year old, Female, Trafficked at Age 16*

“Especially if you're going through all these hardships, you're going to need that support system. You're going to need that backbone until you grow your own, and that's what I think CAST does too. It's kind of like that backbone. If you think about it like a cast and you break an arm, you put a cast on to help you build that bone and straighten that bone. Eventually, you have to let it go though. The cast has to come off. So, as I was kind of thinking about ... I was like, ‘CAST, they heal my wounds.’”

*-19 year old, Female, Trafficked at Age 17*

OUR IMPACT | Outcomes for Youth Program graduates

**Average age when youth entered services**

**18** | Average age of youth who graduated

**20** | Average age of all youth served

**Average length of trafficking**

**1 year 2 months** | Youth who graduated

**1 year 9 months** | Overall youth served

**Average age when first trafficked**

**16** | Youth who graduated

**17** | Average age of all youth served

**Comparing Trafficking Experiences of Youth Program Graduates versus Overall Youth Served**

**DEMOGRAPHIC CHARACTERISTICS OF YOUTH PROGRAM GRADUATES**

The 9 youth who graduated entered services slightly younger than the overall youth. Most were African American or Latinx, they were slightly younger in age when first trafficked, and they had a shorter average length of trafficking. The youth who graduated were most likely to have been trafficked by a romantic partner or business owner.

Over two-thirds of the youth graduates had a known mental health diagnosis (**67%**), over four-fifths of the youth were not system involved (**88%**), and more than half had an arrest history (**56%**).

**Known mental health diagnosis<sup>5</sup>**

**67%** | Yes

**33%** | No

**System involved<sup>6</sup>**

**22%** | Yes

**88%** | No

**Type of trafficker**

**33%** | Romantic partner

**22%** | Business owner

**11%** | Family member

**Arrest history<sup>7</sup>**

**56%** | Yes

**11%** | No

**33%** | Unknown

**EXPERIENCES DURING TRAFFICKING**

The table to the right presents the trafficking experiences of youth who graduated in comparison to the overall youth. First, we note that in several areas, the rate of abuse was lower among those who graduated including, physical abuse, psychological abuse, and being forced to use drugs/alcohol.

In other areas, those who graduated had higher rates of experiences of abuse when compared to the overall youth in the program. These areas included, sexual assault/sexual abuse, emotional abuse, domestic violence, being advertised, sold, or recruited on the internet.

	Youth overall		Youth program graduates	
	N	%	N	%
Physical abuse	89	61%	5	56%
Psychological abuse	83	56%	3	33%
Sexual assault/sexual abuse	78	53%	5	56%
Emotional abuse	75	51%	5	56%
Domestic violence	42	29%	3	33%
Advertised or sold on the internet	35	24%	4	44%
Recruited on the internet	24	16%	3	33%
Forced to use drugs/alcohol <sup>8</sup>	21	14%	1	11%

**Trafficking experiences of youth who graduated**

**SERVICES FOR YOUTH PROGRAM GRADUATES**

Youth program graduates were most likely to enter services through a self-referral or a community service provider/community member. All graduates remained in services at least 6 months while the average graduate remained in services for 1 year and 3 months.

On average, during the first week, program graduates received 4 hours of service and 6 units of services while they received 12 hours and 16 units of services during the first

	N	Shortest	Longest	Avg.
<b>Total length of time in services</b>	9	6 months	2.5 years	1 year and 3 months

	Week 1	Month 1
<b>Average hours and number of services Week 1 and Month 1</b>		
<b>Hours of services</b>	4	12
<b>Number of services</b>	6	16

<b>Point-of-entry</b>	<b>44%</b>	Self-referral
	<b>22%</b>	Community service provider/ community member
	<b>22%</b>	Public defender
	<b>11%</b>	Law enforcement

### SURVIVOR OUTCOMES ASSESSMENT (SOA)

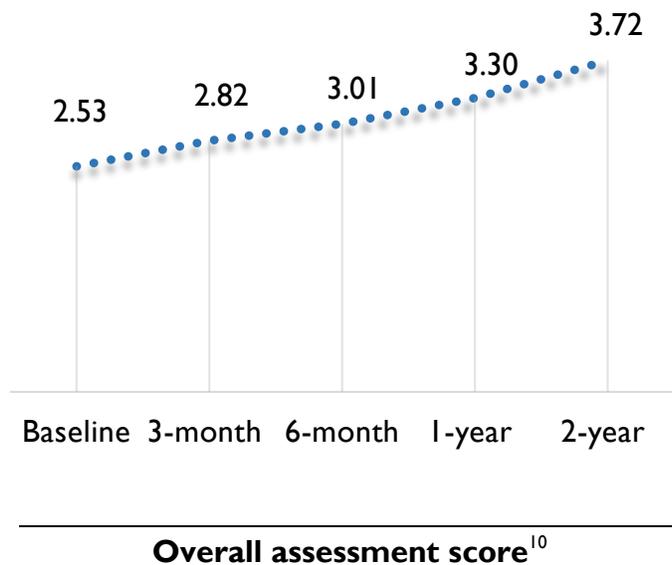
CAST developed the Survivor Outcomes Assessment (SOA) in order to measure overall progress in 13 categories (housing, basic necessities/financial health, physical safety, medical health, dental health, vision, emotional/behavioral health, life skills, education/literacy, job skills/employment, support system, legal issues/immigration status, and family reunification/children) for survivors of human trafficking. The SOA assesses strengths and needs, and is conducted jointly by Intensive Care Case Managers with the youth on a quarterly basis in order to inform goals and service planning. The SOA is based off a scale from 1 to 5. Each scale value has different factors for each category. Below are a few of the defining features for each scale value.

The scale values are:

- 1 = Crisis (Crisis can indicate active threats against the survivor, no access to financial resources/basic necessities, no current support network, no access to safe housing, etc.)
- 2 = Vulnerable (Vulnerable can indicate limited access to health care, limited emotional/support systems, limited access to resources, threats against family or loved ones, etc.)
- 3 = Stable (Stable can indicate accessing safe housing, basic knowledge of rights, no active threats, regular access to basic necessities, no danger to self or others within last 3 months, etc.)
- 4 = Growing (Growing can indicate increasing support network, maintaining stable, safe housing for over 6 months, able to financially support self for longer than 6 months, etc.)
- 5 = Thriving (Thriving can indicate regular access to health care, no danger to self or others within last year, no outstanding legal issues that impact daily life, functions independently in school, etc.)

### OVERALL ASSESSMENT SCORE

The average overall youth assessment scores show a positive upward trend overtime. The average overall score increased by almost 1.2 points.



1	2	3	4	5
Crisis	Vulnerable	Stable	Growing	Thriving

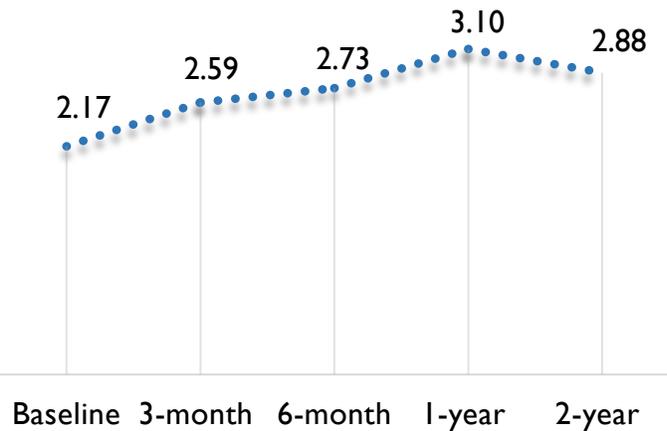
**PRACTICE IMPLICATIONS**

Housing is a large need for trafficking survivors, and it is important to work with each survivor in overcoming housing challenges. Assessing current living situations, such as safety of current housing/placement, support of those the youth is living with, and potential stability of the housing/placement is important when planning for long-term housing needs. In addition, it is important to discuss housing life skills, such as how to search for apartments, apply for housing, etc. Also, increasing youth’s knowledge of their housing rights will empower youth to advocate for their housing when necessary.

As seen in the graph to the right, housing assessment scores steadily increased for youth served, but for those that remained in services longer than 2 years, their housing score average dipped slightly. It is important to note that 3 of the 4 (75%) youth with year 2 data had a mental health diagnosis. There is a greater challenge in accessing stable housing for individuals with mental health diagnoses as the options for supportive housing are limited, thus more housing options for those with mental health diagnoses need to be established.

**HOUSING ASSESSMENT SCORE**

Housing assessment scores of the youth generally increased over time with the exception of a slight dip in year 2.



**Housing assessment score<sup>10</sup>**

“Having stable housing has helped me no longer having to struggle to get my basic needs met like eating, showering, and a comfortable bed. It let me focus on other important areas of my life I needed to work on. It gave me stability and is helping me build a routine. I’m also providing a better growing, loving, and safe environment for my son and I. I see where I’ve been and I see where I’m at, and I refuse to go backwards.”

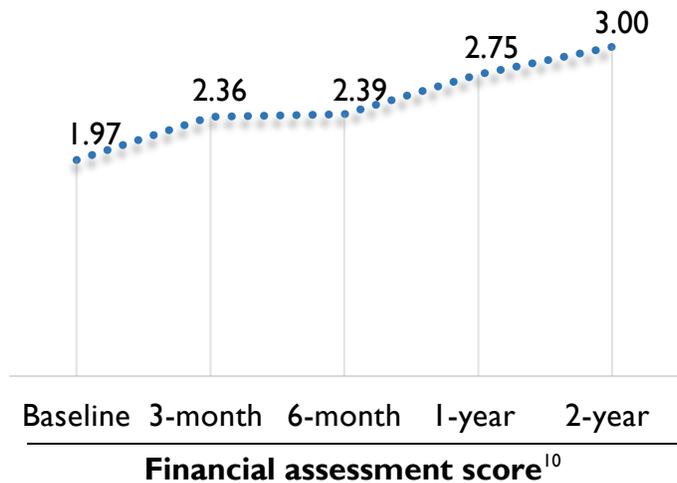
- 19 years old, Female, Trafficked at age 14



**FINANCIAL AND SAFETY ASSESSMENT SCORES**

Financial assessment scores capture access to basic necessities, sources of income, and the development of financial skills. We found a trend of improved financial assessment scores of youth over time. It is worthy to note that youth transitioned on average from being in a “crisis” financially to being “stable.”

Safety assessment scores represent the development of a safety plan and the increase of protective factors to decrease safety risks and concerns. There was an improvement in average safety scores among the youth with most transitioning from being “vulnerable” to “growing.”



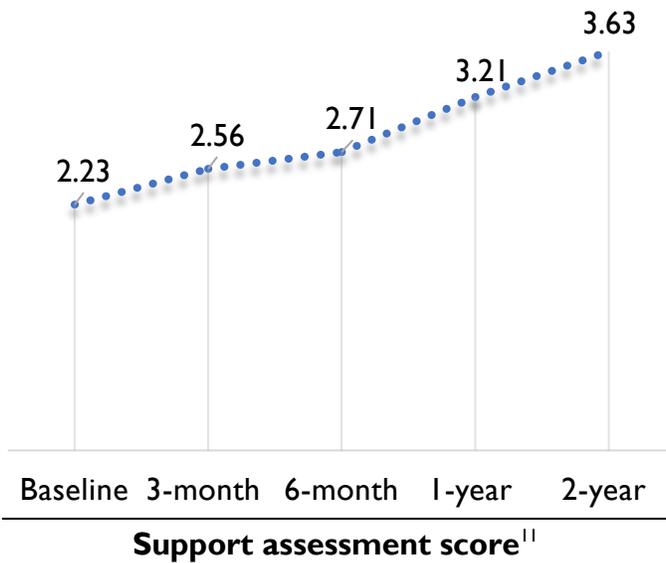
**PRACTICE IMPLICATIONS**

There are many safety concerns for trafficking survivors, and conducting a thorough safety assessment is vital when working with youth survivors. When conducting a comprehensive safety assessment with trafficking survivors, it is important to assess current/active threats, threats to family members, contact with trafficker or associates, location of trafficker, location of trafficking experience, trafficker’s access to the youth’s social media, and more. Safety planning is an important first step in a youth feeling safe to begin their journey of healing and recovery. It is also important to continue ongoing safety planning, as new threats may arise or as youth build trust and disclose more concerns.



**SUPPORT ASSESSMENT SCORES**

Having an emotional/social support system is imperative to the success of youth long-term. Overall, the average social support scores of the youth increased over time in the program.



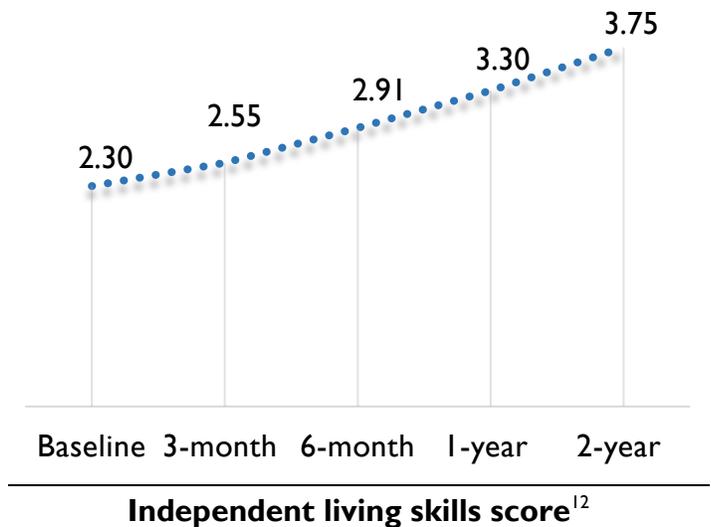
**PRACTICE IMPLICATIONS**

Connections and relationships are key to the healing and recovery process for youth survivors of trafficking. From the beginning of services, it is important to discuss, identify, and work on increasing the youth’s network of support, as formal services will not always be available, and the youth’s natural support system are imperative to their ongoing success. This can include strengthening existing support systems, identifying new safe spaces/groups of support, or building social skills and a youth’s capacity to trust again in order to begin the process of developing emotional/social support.

**INDEPENDENT LIVING SKILLS ASSESSMENT SCORES**

In order to prepare youth to thrive in their communities, it is important for them to develop independent living skills.

These important skills include learning to effectively communicate needs, setting personal boundaries, and knowledge of general independent living skills (i.e. accessing transportation, paying utility bills, etc.). There was steady improvement in independent living skills scores for youth served over time.





### EMPLOYMENT ASSESSMENT SCORES

Employment is a key feature of ensuring that the youth can maintain financial stability and pursue self-sufficiency. Employment also provides financial stability, which decreases vulnerabilities to being re-trafficked or exploited. Assessment in this category includes employment status (employed/not-employed), job readiness skills, and access to independently pursue career goals.

We found a positive trend in employment assessment scores over time among the youth served.

#### PRACTICE IMPLICATIONS

Employment is a key factor when identifying paths to self-sufficiency. Assisting youth survivors in finding employment can also be key in developing self-esteem, confidence in their own skills, and empowering them to pursue their goals. It's important to assess each youth's strengths and areas of need in terms of employment, such as current job skills, resume writing, past job experience, and planning for potential triggers that may occur in a workspace due to past trauma.

“She [case manager] helped me find a job and that was helpful 'cause now I started saving. She taught me how to save money because I used to be a spender. Now I just like to save money... I can get my own car and stuff so that's been helping me. And now I'm in college and she helped me register for college.”

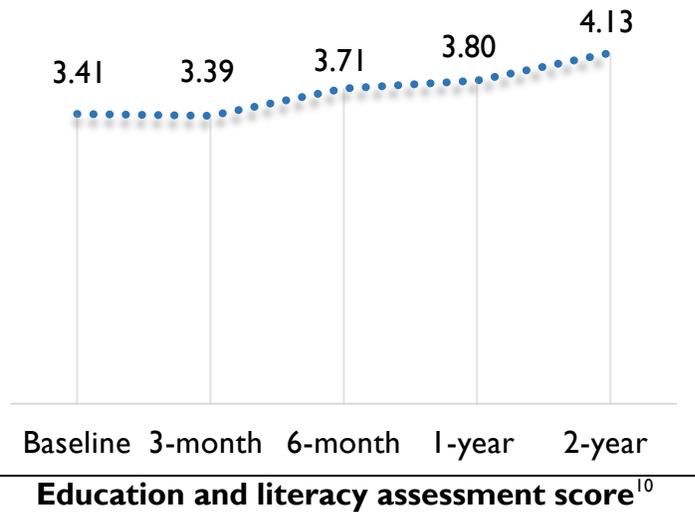
- 19 years old, Female, First trafficked at 17



### EDUCATION AND LITERACY ASSESSMENT SCORES

Education and literacy serve to empower youth as they identify goals for their future. For some youth, the goal is to learn English, while for others, the goal is to graduate high school or attend college. Each youth identifies their own educational goals they would like to achieve, and Case Managers work with the youth to meet the steps to achieve those goals.

The education and literacy assessment scores assess the youth’s access to pursue educational goals, knowledge of educational rights, and steps to achieving their goal. The average education assessment scores among the youth trended upward as services with CAST continued over time.



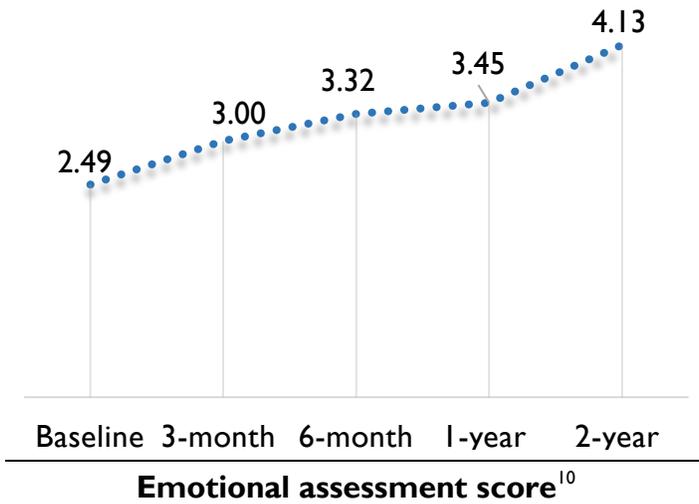
### PRACTICE IMPLICATIONS

Many available services solely focus on crisis needs, which are important to assisting youth as they exit their trafficking situations. However, it is important to recognize that many youth survivors have educational goals that they didn’t believe they could achieve. It is important to assess for these goals to encourage and foster an environment where the youth can gain confidence in achieving their educational aspirations. Whether the goal be to learn how to read, to graduate high school/obtain GED, to attend a vocational program, or to attend college, it is important to provide the space and identify the resources to assist youth in achieving their educational goals. This also decreases the vulnerability of limited access to employment in the future.

“My first day of college was the best day ever. I went in mentally prepared and put a smile on my face. I’m out of my shell. I wasn’t afraid to speak, and it feels good. I’m excited for what’s coming.”

– 20 years old, Female, Trafficked at 14





**EMOTIONAL AND BEHAVIORAL ASSESSMENT SCORES**

The emotional and behavioral assessment scores assess mental health needs and self-care practices. Emotional and behavioral scores improved over time among the youth served. It is worthy to note that the average emotional and behavioral scores went from “vulnerable” at baseline to “growing” with an over 1.5 average score increase overtime.

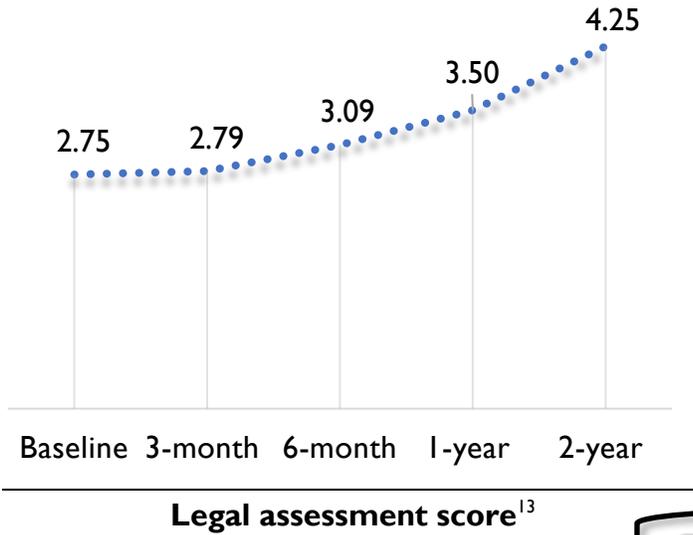
“My case manager has also made me think about other things, like support. When I was having slip-ups with anger, emotion, withdrawals, and how I really felt about opening up about stuff, she was like, ‘Hey. Let’s double up on your counseling’ ... and I thank her for that. She encouraged me to connect with another woman for therapy who empowered me too.”

- 21 years old, Female, Trafficked at age 16

**PRACTICE IMPLICATIONS**

Whether a youth survivor of sex trafficking has received a mental health diagnosis or not, all survivors have experienced trauma, which can have immediate and long-term effects on a youth’s mental health, emotions, and subsequent trauma-related behaviors (including anger, self-harm, substance use, etc.). Thus, it is important to assess for each youth’s emotional/behavioral needs, and to jointly develop a plan to meet those needs. For some youth, that may mean being connected to mental health therapy or substance abuse treatment. For others, it may mean being connected to alternative forms of healing (such as therapeutic yoga, acupuncture, etc.), spiritual connection, or engaging in self-care activities to improve overall self-esteem, coping skills, and wellness. Emotional healing can look different for each person, and it’s important to be culturally humble when discussing goals for emotional/behavioral support.





**LEGAL ASSESSMENT SCORES**  
 The legal assessment scores assess the legal/immigration status/needs of the youth. Legal assessment scores trended upward over time among the youth served by CAST.

**“It’s all about connections and having a really, really, really, really good team and good attorneys. I know a lot of attorney here at CAST too. So they definitely were on it as well and made me feel comfortable.”**

*-19 years old, Female, Trafficked at 17*

**PRACTICE IMPLICATIONS**

Youth survivors of sex trafficking can have a wide range of legal needs that need to be addressed, which can range from expungements for crimes they were forced to commit while being trafficked, immigration relief, family law and children’s court, victim rights advocacy, and more. It is important to connect youth survivors to trauma-informed attorneys who are able to assess the youth’s comprehensive legal needs and create a plan to ensure the youth’s rights are protected. When youth survivors have attorneys that can assist them in clearing criminal records or accessing immigration relief, obstacles within their path of healing and recovery are alleviated, as many legal issues can affect housing, employment, access to service programs, education, and more.

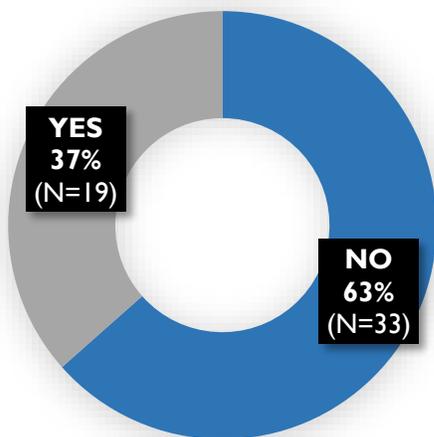


### CASE CLOSURE INFORMATION

In order to consider the effectiveness of CAST's Youth Program, we collected information about outcomes in several areas (e.g. housing, social support, access to health and mental health services) at the time of case closure. Cases close from CAST's Youth Program due to several reasons, including graduation, moving out of the area/relocation, referral to more appropriate services, voluntary withdrawals, and loss of contact. Due to some cases (N=23) being open at the time of preparing this report and the implementation of case closure data collection in 2016, availability of data for each outcome variable ranged. Percentages are presented based on data available for each outcome measure/metric.

#### ACCESSED MENTAL HEALTH SERVICES AT CASE CLOSURE

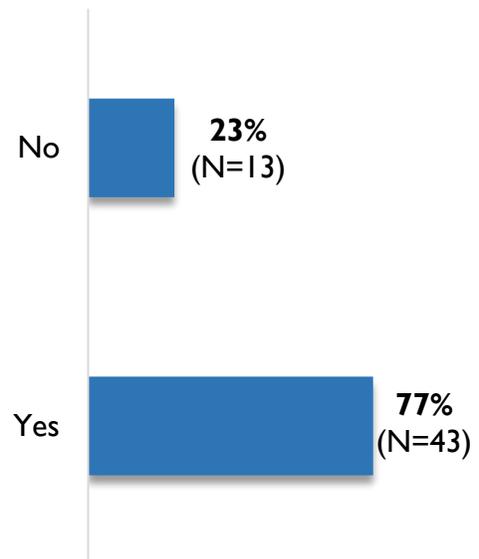
Nineteen (37%) of the youth were accessing mental health services at time of case closure.



Youth were accessing mental health services at the time of case closure

#### ACCESS TO MEDICAL SERVICES AT CASE CLOSURE

Ensuring that youth are linked to appropriate services is essential to the work that CAST does. As such, it is important that youth have access to the needed mental and medical services to thrive in their journey of healing. Forty-three (77%) of the youth had accessed medical services at time of case closure.



Youth had accessed health services at time of case closure

### SOCIAL SUPPORT AT CASE CLOSURE

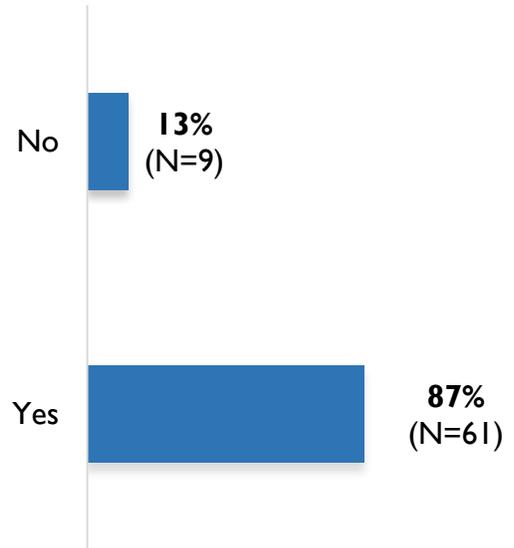
Social support serves as a critical protective factor for our youth. Eighty-seven percent (87%) of the youth had a least one supportive person in their lives outside of CAST at the time of case closure.

“I feel happier because before I came here [CAST], I wasn't happy at all. I was really angry. Now they opened my eyes. At the beginning when I first came here, I didn't trust anybody. So when I trusted them, I felt like everybody's not the same. Like there's some good people on this Earth so I'm giving people a chance once again.”

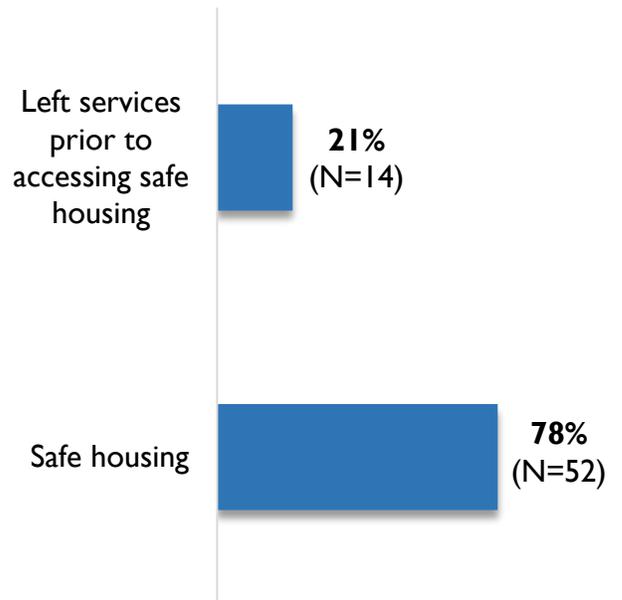
- 19 years old, Female, First trafficked at age 16

### SAFE HOUSING AT CASE CLOSURE

Safe housing remains a foundational need for the stability and safety of our youth. For those for whom data was available, 21% left CAST services prior to accessing safe housing. Seventy-eight percent (78%) of youth had safe housing at case closure.



Youth had at least one supportive person in their lives outside of CAST at time of case closure



Youth had safe housing at case closure

## KEY FINDINGS |

### YOUTH BACKGROUND INFORMATION

- Of the 147 youth served during July 2015-May 2018, half (50%) were African-American/Black and over one in five were Hispanic/Latinx (21%)
- The majority of the youth survivors of sex trafficking served were female (94%)
- More than half (57%) of the youth served reported having a mental health diagnosis and nearly one in six (15%) reported having a disability.
- Forty-four percent (44%) of the youth served had a history of involvement with DCFS (Child Protective Services), 19% with a diversion program, and 37% with probation
- Approximately three in four (72%) of the youth survivors of sex trafficking served had a history of arrest. Though the Youth Program worked with youth through the challenges of having an arrest history, their outcomes demonstrated that they had lower outcome scores in housing and employment and a slower rate of improvement through services compared to the youth without arrest histories.

### TRAFFICKING EXPERIENCES

- The average length of time in trafficking for the 147 youth served was 1 year and 9 months, with the shortest being 1 day and the longest being 13 years.
- Among the youth served, the most common forms of abuse experienced during trafficking were physical abuse (61%), psychological abuse (56%), and sexual assault/abuse (53%). These numbers may be underreported due to some youth having differing perceptions of the definition of abuse. In addition, trauma bonds to a trafficker can contribute to underreporting of abuse.
- The three most common types of traffickers included: romantic partner (31%), acquaintance (17%), and gang (12%). However, amongst the 147 youth served, 27% of the youth reported that their trafficker was connected/affiliated with a gang.
- Among those who left services without contact (commonly referred to as “AWOL”), close to one third (28%) were trafficked by a gang. This could be due to threats of violence and gangs having multiple associated individuals, which increase the fear amongst survivors.
- Among the youth served, the average age of when the youth was first trafficked was 17. Among the youth graduates, the average age of being trafficked was 16.

## POINT OF ENTRY INTO SERVICES

- Youth survivors of sex trafficking most commonly enter CAST's Empowerment Social Services programs through law enforcement referrals (30%), self-referral through the hotline (29%), and community service providers/community members (27%).
- Youth who entered the Youth Program through community service provider/community member referrals had a higher rate of remaining engaged in services, while those entered through self-referrals had a higher rate of leaving services without contact.
- Youth who entered the Youth Program through community service provider/community member referrals had a slightly longer average length of stay in services compared to those that entered through law enforcement or self-referral.
- Among the youth served, the average age of entering into CAST services was 20. Among the youth graduates, the average age was slightly younger at 18 when entering into services.

## SERVICES PROVIDED

- The average length of time in CAST services was 9 months, ranging from 1 day to more than 2 years
- All those who graduated the program remained engaged in services for at least 6 months, while their average time in the program was one year and 3 months.
- Those who graduated services had a greater number of hours and number of services during Month 1 when compared to youth overall.

## YOUTH OUTCOMES

- On average, the youth survivors of sex trafficking engaging in Youth Program services saw improvements in each of the 13 categories in the Survivor Outcomes Assessment (SOA)
- Youth entering services had an average overall SOA score of 2.53 (Vulnerable) and displayed an average increase to 3.72 (Stable-Growing) throughout services provided. For the other SOA categories:
  - Youth entered services with an average Financial score of 1.97 (Crisis-Vulnerable) and had an average increase to 3.00 (Stable).
  - Youth entered services with an average Safety score of 2.88 (Vulnerable-Stable) and had an average increase to 4.50 (Growing-Thriving).
  - Youth entered services with an average Support System score of 2.23 (Vulnerable) and had an average increase to 3.63 (Stable-Growing).

- Youth entered services with an average Independent Living Skills score of 2.30 (Vulnerable) and had an average increase to 3.75 (Stable-Growing)
  - Youth entered services with an average Housing score of 2.17 (Vulnerable) and had an overall increase to 3.10 (Stable) at 1 year with a slight dip at year 2 (2.88 – Vulnerable-Stable). 75% of the youth that were accessing services at year 2 had a mental health diagnosis, and the slight housing dip could be due to the challenges in accessing housing for those with mental health diagnoses.
  - Youth entered services with an average Employment score of 2.17 (Vulnerable) and had an average increase to 3.63 (Stable-Growing)
  - Youth entered services with an average Education and Literacy score of 3.41 (Stable) and had an average increase to 4.13 (Growing)
  - Youth entered services with an average Emotional and Behavioral score of 2.49 (Vulnerable) and had an average increase to 4.13 (Growing)
  - Youth entered services with an average Legal score of 2.75 (Vulnerable) and had an average increase to 4.25 (Growing)
- Of the youth program graduates, 100% were in safe housing, 100% had at least one supportive person outside of CAST, 100% had access to medical services, and 89% were attending school or were employed at the time of graduation
  - The baseline threshold for youth program graduates was remaining in services for at least 6 months, with the longest length of time in the program being 2.5 years.
  - The youth that graduated the program reported much lower levels of psychological abuse (33% compared to 56%) during their trafficking than the overall youth served. This may demonstrate the consequences of long-term psychological abuse and coercion that can occur for survivors of sex trafficking. The road to challenging distorted cognitive thoughts may take longer, demonstrating the importance of offering services along the continuum of the stages of change.
  - The youth who graduated were most likely to be trafficked by a romantic partner (33%) or business owner (22%), serving as the top two types of traffickers.

## LIMITATIONS |

Though the present study has several strengths and it highlights the many successes of the program, there are limitations that are important to note. First, the sample size is modest with only 147 youth served overall, and 67 of those youth continuing on after emergency response services. Given the modest sample size, the ability to test relationships with inferential statistics was limited, and in many areas, we based analysis on trends and patterns in descriptive statistics to extrapolate our findings.

In addition, we attempted to examine various relationships to find potential factors that contribute to engagement or losing engagement. However, due to the small sample size in this study, we were not able to find significant correlations. It is important to continue to examine engagement factors in future studies to inform services and engagement practices when serving youth survivors of trafficking.

A major challenge of collecting information for all youth served is that some youth leave the program with no contact, making it difficult to assess how we could have better served this group. Additionally, data was limited for several outcomes due to missing information. The first year of this evaluation study (July 2015-June 2016) highlighted missing areas of data collection, which led to the implementation of new outcome measures in July 2016. However, with data collection for key outcomes beginning in July 2016, this led to missing information for a group of youth served.

It is also important to note that this data is reflective of the youth served at CAST in Los Angeles within the Empowerment Social Services Programs. Thus, the findings from this study cannot be extrapolated to represent all youth survivors of sex trafficking, but can be used to inform general practice implications.

## PRACTICE RECOMMENDATIONS |

### **WHAT** are the recommendations? |

This section of the program evaluation report focuses on recommendations for program services with commercially sex trafficked youth and future program evaluations, which are informed by the findings of this evaluation study.

## OUTREACH

- There needs to be increased outreach to transgender and male communities to increase awareness and identification of these under-identified and underserved populations of youth sex trafficking survivors.
- With the disproportionately high rates of African-American and Latinx youth being trafficked for sexual exploitation, there is a need to provide more prevention and intervention services for communities of color, which often face multiple areas of marginalization, including institutionalized racism, systemic oppression, and challenges in access to resources.
- Since the youth that graduated the program were on average trafficked at an earlier age and entered services at an earlier age compared to the overall youth served, it is important that outreach and prevention work is conducted with high school-aged youth, students, and caregivers of youth in order to increase awareness and engage youth who are at-risk, being recruited, or were recently trafficked.
- Since the youth who were referred through community providers/community members had a longer engagement in services, it is important to conduct outreach and training on awareness/identification of trafficking survivors with community agencies. Often times when community providers/community members are referring survivors to services, there is a trust relationship already built that contributes to increasing initial engagement.

## SPECIALIZED INTERVENTIONS

- With disproportionately high rates of African-American and Latinx youth being sex trafficked, cultural humility and cultural awareness needs to be part of all services provided to ensure that services are culturally appropriate and affirming for youth of color.
- The majority of Youth served showed improvements in every category within the Survivor Outcomes Assessment (SOA) throughout services, thus highlighting the importance of the specific interventions provided in each category. The specialized interventions recommended include:

- **Housing Assessment and Interventions:** It is important to assess for the safety and stability of the current housing/placement, the support of those the youth lives with, and long-term housing needs. In addition, it is important to build knowledge of housing life skills, such as how to find apartments, how to apply for housing, etc., and to empower youth with knowledge of their housing rights in order to provide youth with a toolbox for their future housing needs. Developing a partnership with the housing program provider is key to assisting in supporting the youth's concerns or challenges with program staff or house mates.
- **Financial Assessment and Interventions:** When assessing for financial needs, it's important to assess for immediate needs such as basic necessities, access to food, and access to clothing, but it's also important to identify potential sources of income (such as benefits) and assess for knowledge of financial life skills (such as opening a bank account, saving money, etc.). Providing gift cards for food and/or clothing items and transportation support not only helps the youth access resources, but also allows for trust to be built with the provider. In addition, providing education about budgeting and financial planning can empower youth towards positive money management and plant the seed of developing savings practices.
- **Safety Assessment and Interventions:** When assessing for safety needs with youth survivors, it is important to assess current/active threats, threats to family members/friends, contact with traffickers or associates, location of the trafficker, location of the trafficking experience, areas the trafficker frequented, trafficker's access to the youth's social media, and the trafficker's use of weapons and violence against the youth survivor. In addition, other safety concerns outside of the youth's trafficking experience should be discussed, such as domestic violence relationships or other types of family violence. It is important to use a harm reduction approach when developing a safety plan or intervention, as this allows youth survivors to take control of their own decision-making and outcomes while receiving guidance from their advocate/case manager. Developing a plan to address safety concerns is one of the first interventions that should be implemented, as youth feeling safe is necessary in order to establish trust and begin their journey of healing and recovery.
- **Support System Assessment and Interventions:** It is important to discuss support systems from the beginning of services, as developing support networks and building capacity to trust others can take time. Interventions in this area can include identifying and strengthening existing support systems, identifying new spaces/groups of support in which the youth expresses interest, building social skills through group engagement, and having group activities that allow for peer interactions. In addition, it is important to work collaboratively with providers already working with the youth so that the youth feels supported by a community of people who are not only investing in their well-being, but who genuinely care about the youth's empowerment. This includes inviting the youth's caregivers (if safe and appropriate) to team meetings to discuss challenges and solutions together to further support the youth in achieving their goals.

- Independent Living Skills Assessment and Interventions: Independent Living Skills are key to building the tools to achieving self-sufficiency, especially for the Transition-Age Youth (TAY) survivors of trafficking. Interventions can include mentoring, practicing, and modeling various practical skills such as accessing public transportation, cooking, paying utility bills and various interpersonal skills such as communicating in different settings and setting personal boundaries.
- Employment Assessment and Interventions: Employment can be a key factor in developing a youth's self-esteem, confidence in their own abilities, and empowering them to pursue their goals. It is important to engage youth in assessing areas of strength and growth in terms of employment, such as current job skills, resume writing, past job experience, and planning for potential triggers that may occur in workspace due to past trauma. Supporting youth with developing their resume, attending job fairs and practicing mock interviews can increase their confidence in their ability to market their strengths. Connecting youth to trauma-informed internships and programs can also be helpful in increasing employment skills and opportunities.
- Education Assessment and Interventions: It is important to engage youth in assessing educational goals, as this is an important key to decreasing vulnerabilities of future exploitation and increasing confidence in the youth's ability to achieve their goals. Interventions in education include assessing any current challenges in school, identifying educational goals, linking to educational supports or resources, connecting to school programs, and jointly developing a plan to achieve their goals. If the youth has a disability, it is important to work with the youth's Individualized Educational Plan (IEP), or if they don't have one, to advocate for one in order to provide further assistance that can support the youth throughout their academic journey.
- Emotional and Behavioral Assessment and Interventions: Youth survivors of trafficking have experienced tremendous amounts of trauma, which can have immediate and long-term effects on a youth's mental health, emotions, and subsequent trauma-related behaviors (i.e. anger, self-harm, substance use, etc.). It is important to assess for each youth's emotional/behavioral needs, and to jointly develop a plan to meet those needs. For some youth that may mean being connected to mental health therapy or substance abuse treatment, and for others it may mean being connected to alternative forms of healing or engaging in self-care activities to improve overall self-esteem, coping skills, and wellness. Conducting a Post-Traumatic Stress Disorder (PTSD) screening with the youth can shed light on symptoms the youth is experiencing, can normalize the trauma responses they may be experiencing, and can begin the conversation about engaging in therapeutic services.
- Legal Assessment and Interventions: Youth survivors of trafficking can have a wide range of legal needs including expungements for crimes they were forced to commit while being trafficked, immigration relief, family law and children's court, victim rights advocacy, and more. It is important to connect youth to trauma-informed attorneys who can assess the youth's comprehensive legal needs and create a plan with the youth. This assists youth in clearing obstacles that affect their road to healing and recovery.

- With the high numbers of youth with mental health diagnoses and disabilities (also potentially under-reported or under-identified), it is important to develop partnerships with agencies that provide services to those with disabilities and mental health diagnoses. In addition, it is important that these partnerships include training on human trafficking to increase the knowledge of service providers in providing necessary mental health and disability-related services to youth survivors.
- Due to the high rates of arrest for the youth, it is also important to form partnerships with legal services organizations and re-entry programs that can provide legal assistance for expunging criminal records and specific re-entry resources for those with criminal records.

## FUTURE PROGRAM EVALUATIONS

### KEY RECOMMENDATIONS

- This program evaluation focused on youth survivors of sex trafficking, but it would be beneficial to expand this study to include youth survivors of all forms of human trafficking, including both sex and labor trafficking. This would provide a more comprehensive view of human trafficking, and the specific needs and outcomes for all youth survivors of human trafficking.
- A larger-scale evaluation study with a larger sample size will benefit the continued evaluation and analysis of types of services, point-of-entry, and other key factors in affecting outcomes. A longitudinal study that can follow youth survivors for a longer period of time would be beneficial in identifying long-term outcomes as well.
- CAST recommends offering compensation or a stipend to survivors for their time and contribution to any program evaluation or future studies.
- CAST began collecting data regarding sexual orientation for each survivor to strengthen linkages through service provision during the course of this study. However, this information was not available for all youth since the beginning of the study, thus future evaluation studies should include this information. We found it is important to collect this information for all survivors of trafficking as this may provide information directly connected and impacting the LGBTQIA community.

## POLICY

- 3 out of every 4 youth survivors of sex trafficking in this study had a history of being arrested. This had long-lasting impact on their housing and employment outcomes, as well as the impact represented in the anecdotal experiences of individual survivors. It is important that survivors of trafficking are not arrested, as this affects their outcomes in achieving self-sufficiency and it creates a negative perception and feelings of judgement for the survivor that hinders their healing and recovery process.

- Comprehensive laws ensuring that youth are not arrested for crimes their traffickers forced them to commit should be prioritized and passed across the United States. This includes – (1) ensuring that no child can be arrested and/or convicted of prostitution/loitering and that additional screening by law enforcement is required to screen for sex or labor trafficking (2) an affirmative defense is available to trafficking survivors if the crime is directly related to their trafficking; and (3) criminal arrest records and convictions/juvenile petitions must be sealed and vacated. “Safe Harbor” laws should be enacted in every state, but should be seen as only one of many necessary tools to allow trafficking survivors to be treated as survivors/victims rather than as criminals.
- Funding should be available to assist survivors vacate any criminal records where they were forced to commit crimes during their trafficking experiences.
- Additional funding at the local, state, and federal level should be put in place to provide specialized, voluntary comprehensive services to sex and/or labor trafficked youth.
- Funding is necessary at the state level for prevalence studies to collect better data on sex and labor trafficking, especially among youth to gain a better understanding of the specialized needs of youth survivors.
- System-involved youth should receive services through the Child Welfare System, rather than the Juvenile Delinquency System if their crimes are directly related to their trafficking. In addition, it is important that youth are not arrested in order to get them access to services, since the impact of arrests and sustained convictions is long-term and detrimental, even in the juvenile justice system. Specialized courts in the child welfare system should be promoted as the model for providing services to sex and labor trafficked youth.
- States should consider enacting legislation to extend foster care benefits to trafficked youth past 18 or 21 (depending on the state) up to 26 given the long-term needs of this population, and their risk for continuing exploitation especially when exiting the foster care system.
- Training on sex and labor trafficking should be required in school health curriculum to prevent sex and labor trafficking among youth.

## Footnotes

---

1. Data on race/ethnicity was not available for 5 youth.
2. Arrest history data and the number of arrests was not available for 67 youth. Data available for housing and employment assessment scores between those with an arrest history and those with no arrest history were as follows: Baseline (N=40), 3 months (N=18), 6 months (N=20).
3. Outcome data for the 28 youth who received services for 6 months or longer had some missing. The percentages presented are based on the following: safe housing (N=23), employment status (N=23), education (N=24), accessing mental health services (N=24), access to medical services (N=23), had at least one supportive person outside of CAST (N=25).
4. Average length of trafficking was missing for N=3 of the 28 youth who received services for 6 months or more.
5. Known mental health diagnosis data for the 28 youth who received services for 6 months or longer was missing for 14 of the youth. The percentage presented is based on N=14.
6. System involvement data for the 28 youth who received services for 6 months or longer was missing for 14 of the youth. The percentage presented is based on N=14.
7. Arrest history data for the 28 youth who received services for 6 months or longer was missing for 14 of the youth. The percentage presented is based on N=14.
8. Data on forced use of drugs/alcohol during the trafficking experience of the 28 youth who received services for 6 months or longer was missing for 15 of the youth.
9. Data available for overall assessment scores are as follows: Baseline (N=50), 3 months (N=22), 6 months (N=22), 1 year (N=20), 2 years (N=4).
10. Data available for housing, financial, safety, employment, education and literacy, and emotional assessment scores are as follows: Baseline (N=49), 3 months (N=22), 6 months (N=22), 1 year (N=20), 2 years (N=4).
11. Data available for support scores are as follows: Baseline (N=32), 3 months (N=17), 6 months (N=19), 1 year (N=19), 2 years (N=4).
12. Data available for independent living skills scores are as follows: Baseline (N=48), 3 months (N=22), 6 months (N=22), 1 year (N=20), 2 years (N=4).
13. Data available for legal scores are as follows: Baseline (N=49), 3 months (N=21), 6 months (N=22), 1 year (N=20), 2 years (N=4).
14. A Spearman's rho correlational analysis was conducted using SPSS 24 to assess the correlation between the number of hours of services during Week 1 and length of stay in services overall. The non-parametric (Spearman's Rho) correlation test was used instead of a standard Pearson's correlation analysis because the data was not normally distributed. The analysis for number of hours of service for Week 1 and length of stay yielded the following coefficients: ( $r_s = -.16$ ,  $p = .31$ ). The analysis for number of services during Week 1 and length of stay yielded the following coefficients: ( $r_s = -.17$ ,  $p = .28$ ).
15. A Spearman's rho correlational analysis was conducted using SPSS 24 to assess the correlation between the number of hours of services during Month 1 and length of stay in services overall. The non-parametric (Spearman's Rho) correlation test was used instead of a standard Pearson's correlation analysis because the data was not normally distributed. The analysis for number of hours of service for Month 1 and length of stay yielded the following coefficients: ( $r_s = .17$ ,  $p = .28$ ). The analysis for number of services for Month 1 and length of stay yielded the following coefficients: ( $r_s = -.30$ ,  $p = .06$ ).