



WELCOME

LSS/SWC Safe Harbor Training 4/20/16



Lutheran Social Service of Minnesota
for changing lives



Minnesota Department of **Human Services**

Sexual Exploitation & Outreach to Youth

Presented by Beth Holger-Ambrose and The Link

Learning Objectives

- ▶ Attendees will understand the differences and similarities of providing outreach to sexually exploited youth and youth who are experiencing housing instability or homelessness.
- ▶ Attendees will understand the basic principles of motivational interviewing and creating a safe environment for building relationships with youth.
- ▶ Attendees will learn about safety for themselves, their outreach partners/team and how to effectively approach youth who have or are being sexually exploited.
- ▶ Attendees will be provided with best practices and guiding principles regarding outreach training and available resources.

Brief Review: Findings from Street Outreach Study with SEY

- ▶ Hours
- ▶ Supplies
- ▶ Locations
- ▶ Approach
- ▶ Importance of Relationships with Adults

What constitutes a safe outreach partner while working with sexually exploited youth?

- ▶ Training
- ▶ Relationships with Regional Navigators and Service Providers for Safe Harbor/SEY Population
- ▶ Boundaries
- ▶ Appropriate Relationships and Boundaries with Systems (i.e. Law Enforcement)
- ▶ Reliability

Creating a Safe Environment for Youth to Talk

- Youth do not ever have to “disclose” and can choose when and how and who they want to disclose to on their own time
- Identifying which Staff have the Closest Relationship
- Be Non-Judgmental
- Availability for Youth to Talk when Ready

Creating a Safe Environment

- Do not talk to youth as if they are “children”
- Language Sensitivity
- Handling Mandated Reporting
- Comfortable Environment-Food, etc.

Working Effectively and Respectfully

Approach:

- * Street Outreach
- * Community/Site Based Location
- * Coming into Services
- * Coming Directly from LE, CPS, etc.

Motivational Interviewing Is...

A directive, client-centered counseling style for **eliciting behavior change by helping clients to explore and resolve ambivalence.**

The examination and resolution of ambivalence is its central purpose, and the counselor is intentionally directive in pursuing this goal.

Fundamentals of MI...

1. **Motivation to change is elicited from the client**, and not imposed from without.
2. **It is the client's task**, not the counselor's, to articulate and resolve his or her ambivalence.
3. **Direct persuasion is not an effective method for resolving ambivalence.**
4. **The counseling style is generally a quiet and eliciting one.**
5. **The counselor is directive** in helping the client to examine and resolve ambivalence.
6. **Readiness to change is not a client trait**, but a fluctuating product of interpersonal interaction.
7. **The therapeutic relationship is more like a partnership than expert/recipient roles.**

Counselor Behaviors...

- Seeking to understand the person's frame of reference, particularly via reflective listening
- Expressing acceptance and affirmation
- Eliciting and selectively reinforcing the client's own self motivational statements expressions of problem recognition, concern, desire and intention to change, and ability to change
- Meeting clients “where they’re at” in their process of change
- Affirming the client's freedom of choice and self-direction

Interaction Technique: OARS

Open-ended Questions

A question that cannot be answered with yes or no, that opens up a larger conversation.

Affirmations

Recognition of the client's strengths.

Reflective Listening

Listen to the client and focus on change talk. Reflect back to them what they have told you, making connections between themes.

Summary

Announce that you are going to summarize, list selected elements of what the client has told you, and ask them to make meaning of these things.

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Motivational Interviewing Techniques

Affirmations

- Build rapport and confidence
- Must be congruent and genuine
- Recognize strengths
- Communicate that change is possible and that they are capable of implementing that change
- Can be rare and valuable for individuals focused on failure

Motivational Interviewing Techniques

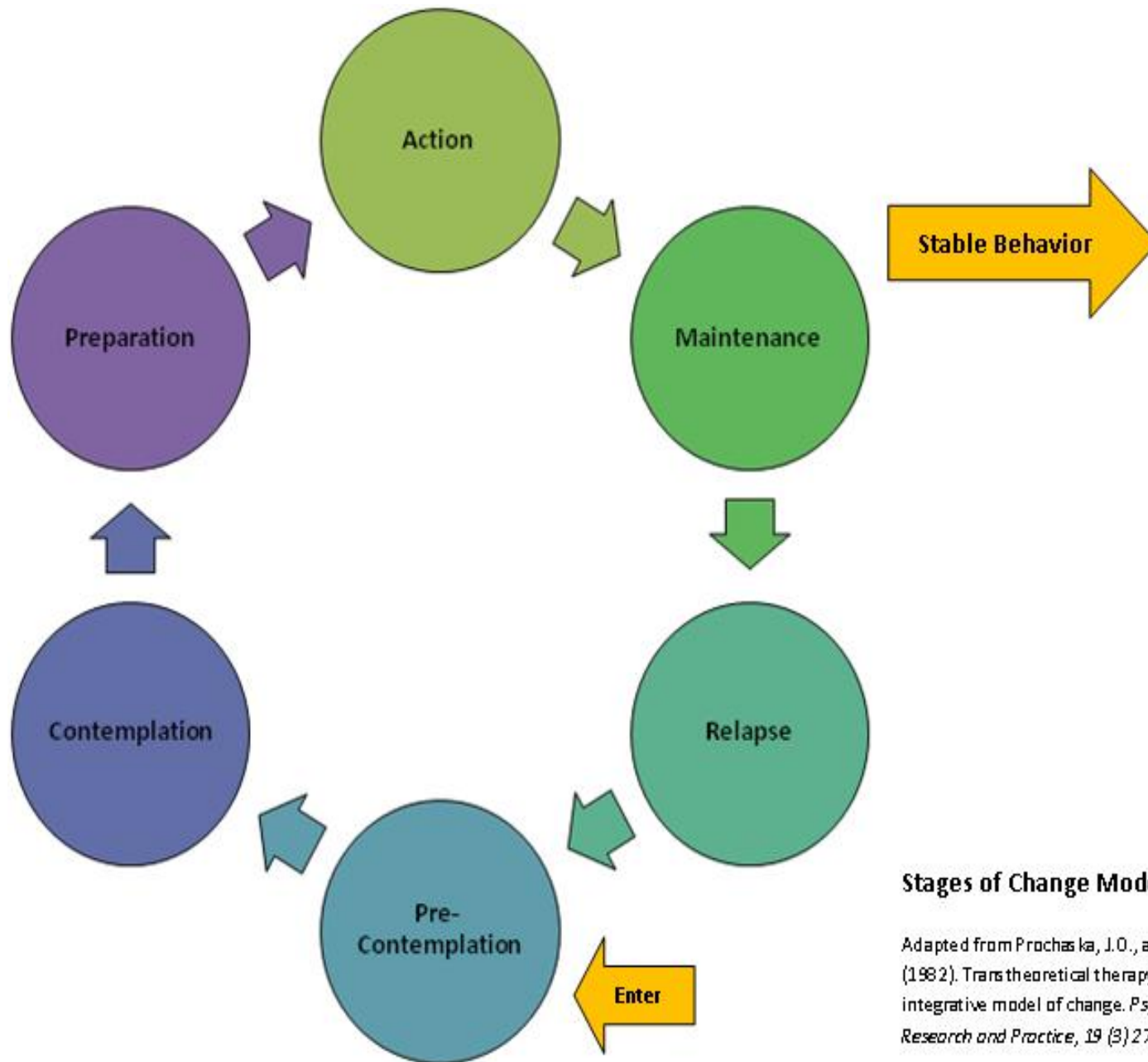
Reflective Listening

- The key to this work: listen carefully to youth
- Listen for what has worked and what hasn't
- When in doubt about what to do, listen
- Focus on their change talk and provide less attention to non-change talk:
 - *"You are not quite sure you are ready to make a change, but you are concerned that..."*
- Can be surface level reflection (repeating back what an individual says) or in reference to deeper, perhaps unstated feelings
- Keeps momentum moving forward

Motivational Interviewing Techniques

Summarize

- A specialized form of reflective listening
- Reflect back to the individual what he or she has been telling you
- A way to communicate your interest in a young person
- Call attention to important elements of the discussion or shift attention or direction
- Summarize frequently as too much information can be unwieldy
- Highlight ambivalence
- Announce that you are about to summarize, list selected elements, give an invitation to correct anything, and conclude with an open-ended question



Stages of Change Model

Adapted from Prochaska, J.O., and DiClemente, C.C., (1982). Trans-theoretical therapy: Toward a more integrative model of change. *Psychotherapy: Theory, Research and Practice*, 19 (3) 276-288.

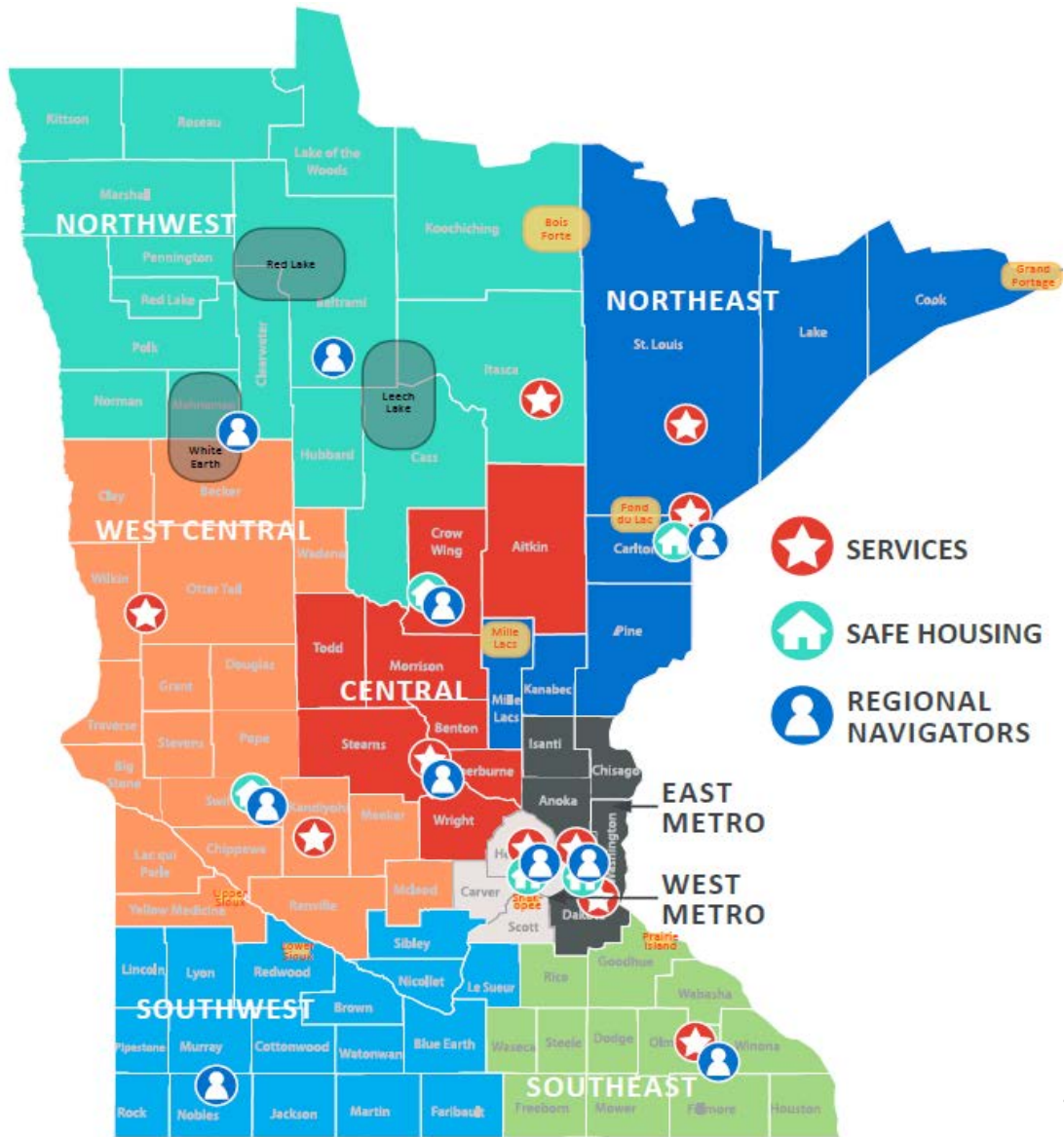
Outreach Supplies

- * Food
- * Access to Specialized Services & Resources
- * Safer Sex Supplies
- * Feminine Products
- * Basic Clothing Items
- * Chapstick
- * Wet Wipes
- * Make Up, Make Up Sponges
- * Hand Sanitizer

* Always good to check in with youth for their suggestions...these are ones that have come from youth over the years!

I think a youth is being exploited, now what?

- ▶ Follow the approaches and best practices outlined in the training.
- ▶ Contact your local Regional Navigator.
- ▶ Continue to communicate with youth as appropriate and assist Regional Navigator with getting youth connected to services.



Thank you and Any other ?'s

Beth Holger-Ambrose, The Link,

bholger-ambrose@thelinkmn.org or 612-636-4260

Panel Discussion

Moderator:

James Scott, StreetWorks Senior Program Manager

Panelists:

- Jasmyn Green, Lead Case Manager, Oasis for Youth
- Charisma Smith, PRIDE Program Director, The Family Partnership
- Zach Wolfgram, Outreach Program Manager, The Link

Thank You to...



JOIN US FOR OUR NEXT TRAINING:

SWC Safe Harbor Training Save-the-Date

June 15, 2016 11:30-1:00 Rondo Library

De-escalation Best Practices



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