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Department of Labor



Office for the Prevention of Domestic Violence

Workshop Recording | Resources |

Topic: Engaging and Supporting Youth Who Faced Domestic Violence as an Adverse Childhood Experience (Part 1)

Supporting Healthy Relationships Among Our Youth and Self-Care for Staff (Part 2)

Presenters: Bonnie Allen and Sharon King, NYS Office for the Prevention of Domestic Violence and Juie Deo, NYS Department of Labor

Recording: At dews.webex.com choose “Webex Training” from the triple bar icon. In the upper left corner, go to “View session recordings.” begin. Search the workshop topic. Select “View” for the recording. When prompted, enter “Careers” for the password.

Description: Dating abuse is a significant barrier to employment and education, particularly when faced by young adults. This webinar will build on the content presented in Domestic Violence as an Adverse Childhood Experience to increase awareness and skills for recognizing and responding to dating abuse. Attendees will be provided with trauma informed strategies for effectively engaging with youth about their intimate relationships. Content will include tactics of coercive control, identification of those most vulnerable to intimate partner victimization, safety planning and referrals to and collaboration with domestic violence programs. Lastly, we will address the significant impact working with traumatized youth can have on staff and offer tools for reducing vicarious trauma and increasing staff resiliency. Pre-webinar review: [Dating Abuse Guide for Parents/Adults](#) | [The Talk Making Caring Common](#)

Many youth in our programs have faced domestic violence as trauma and an adverse childhood experience that continue to shape their current and future career success. This webinar will explore the lifelong consequences and protective and risk factors experienced by youth due to exposure to domestic violence. Attendees will be provided with trauma informed tools and skills for engaging with, supporting and understanding youth who have experienced abuse within their families or intimate relationships. Emphasis will be placed on the ability of attendees to foster resiliency and healing among the youth they serve. Part 2 of this webinar will highlight the preventative steps staff can facilitated to encourage healthy relationship among our youth.

Brought to you by the **Program Development Office of the Division of Employment and Workforce Solutions**

Engaging and Supporting Youth Who Faced Domestic Violence as an Adverse Childhood Experience (Part 1)

Supporting Healthy Relationships Among Our Youth and Self-Care for Staff (Part 2)

Follow-up Resources

Childhood Trauma and Domestic Violence Prevention Resources

- [Changing Minds to End Childhood Trauma](#) – This short film shows how a caring adult can help a child overcome exposure to violence
- [Adverse Childhood Experiences \(ACEs\) Infographic](#) – Information on what ACEs are, how they relate to toxic stress and how to reduce the effects
- [Childhood Trauma Resources](#) – A library of resources for parents, educators and professionals by the Childhood Trauma Academy

Vicarious Trauma Resources

- [Drowning in Empathy: The Cost of Vicarious Trauma](#) – TEDx talk about compassion fatigue
- [Addressing Vicarious Trauma](#) – Video about the importance of vicarious trauma by the Office for Victims of Crime
- [Vicarious Trauma Toolkit](#) – Helps organizations mitigate the potential for a negative impact of vicarious trauma by the Office for Victims of Crime
- [Assessments for Compassion Fatigue](#) – Self-assessments to help recognize the symptoms of compassion fatigue, life stress and empathy
 - [Professional Quality of Life Measure](#)
 - [Life Stress Test](#)
 - [Empathy Test](#)

Teen Dating Violence Prevention Resources

- [Dating Matters: Understanding Teen Dating Violence Prevention](#) – A free online course for educators and others working with youth
- [Futures without Violence](#) – Provides tools and webinar recordings to assist youth and providers with preventing and managing dating violence
- [Preventing Teen Dating Violence Fact Sheet](#) – Offers information by the Centers for Disease Control and Prevention (CDC) about teen dating violence and best practices for prevention
- [Tools for Partnership Building](#) – Contains resources from VetoViolence on effective partnership building and how to address different forms of violence
- [Resources for Preventing and Responding to Teen Dating Violence](#) – Offers collaborative and multi-level approaches to the prevention of and response to teen dating violence
- [Cool Not Cool Online Quiz](#) – A game for youth to help draw the line on digital dating abuse

Hotlines or Online Chat

- LGBTQ+ hotline and resources –
 - [Anti-Violence Project](#)
 - [LGBT National Help Center](#)
- RAINN – Sexual assault [hotline](#) and [online chat](#)
- Domestic Violence Hotline and Chat
 - [Gay Men's Domestic Violence Project](#) (24-hour emergency hotline)
 - [National Domestic Violence Hotline and Chat](#)
 - [Love is Respect](#)

Contacts

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Engaging and Supporting Youth Who Faced Domestic Violence as an Adverse Childhood Experience (Part 1)

February 26, 2020

Bonnie Allen
Sharon King
Juie Deo

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About OPDV

The Office for the Prevention of Domestic Violence (OPDV), created in 1992, is the country's only executive level state agency dedicated to the issue of domestic violence. OPDV is located in Albany, NY.

OPDV has three primary areas of focus:

- advise the governor and legislature on policies and practices for the State;
- train NYS professionals from all areas about the intersection of domestic violence in their daily practice;
- serve as a resource regarding the issue of domestic violence by disseminating regular public awareness campaigns, publishing materials for use by non-profits and victims, and highlighting best practices.

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Why learn about this for WIOA?



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Mission and Vision

Mission

To improve New York State's response to and prevention of domestic violence with the goal of enhancing the safety of all New Yorkers in their intimate and family relationships.

Vision

To create a State in which communities and systems are committed to supporting and promoting equality, dignity and respect so that individuals can feel safer in their intimate and family relationships.

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Understanding Domestic Violence

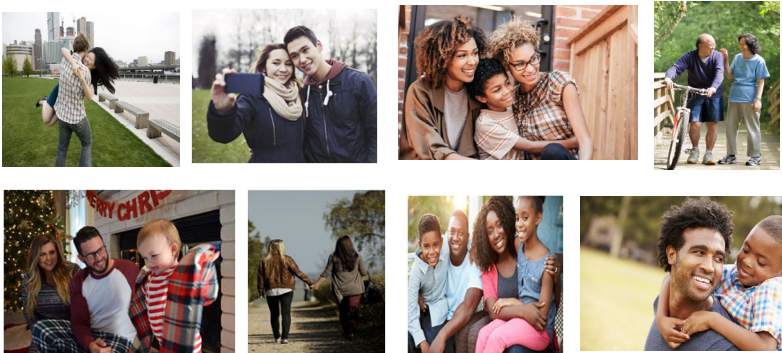
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DV Looks Like This



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DV Also Looks Like This



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Different Types of Violence

- Situational Violence
- Anti-Social Violence
- Pathological Violence
- Reactive or Resistant Violence
- Coercive Controlling Violence

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Domestic Violence

- Coercive Controlling Violence
- One-Sided
- Ongoing
- Severe
- Escalates
- Imbalance of Power
- Desire to Dominate



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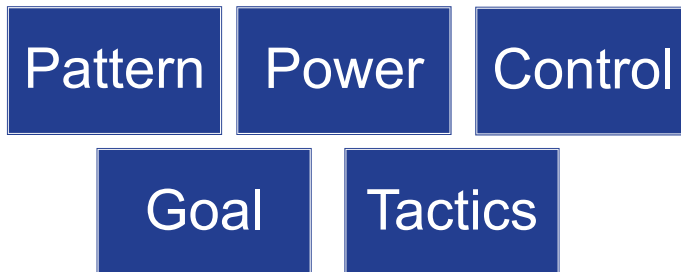
Domestic Violence

A pattern of coercive tactics which can include physical, psychological, sexual, economic and emotional abuse perpetrated by one person against an adult intimate partner with the goal of establishing and maintaining power and control over the victim.



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Domestic Violence



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Tactics of Power and Control

- Emotional Abuse
- Privilege
- Technological Abuse
- Isolation
- Use of Children
- Financial Abuse
- Intimidation
- Minimization, Denial, Blame
- Coercion/Threats
- Substance Use Coercion
- Mental Health Coercion
- Sexual Abuse
- Physical Abuse
- Spiritual Abuse



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Why is it difficult to leave an abusive partner?

(Respond in chat in a sentence or two)



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Domestic Violence is Trauma

- Powerful single event or repeated, prolonged, chronic abuse
- Subjective experience
- Circumstances often include abuse of power, betrayal of trust, entrapment, helplessness, pain, confusion, loss
- Complicated mix of biological, psychological and social phenomenon



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The Three E's of Trauma



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Childhood Trauma

- Exceptional experience during childhood
- Powerful and dangerous stimuli
- Compromise the capacity to regulate emotions
- Leads to intense fear, helplessness, loss of control, and fear of annihilation



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What is the impact of growing up in a home with domestic violence?

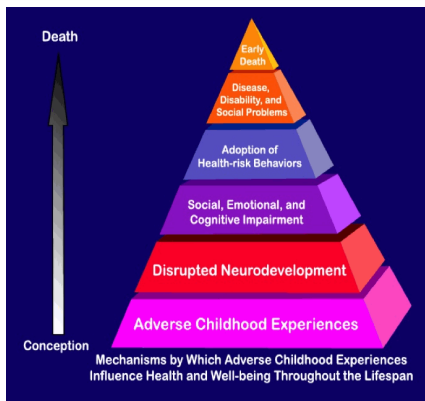
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In response to trauma, the brain:



- Is hyper alert for danger
- Has sensitized fear response (chronic stimulation)
- Focuses on strategies for survival
- Is less competent or developed for strategies involving complex thought and abstract cognitions

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Adverse Childhood Experience Study

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Screening for ACEs

Abuse

- Physical
- Emotional
- Sexual

Neglect

- Physical
- Emotional

Household Challenges

- Mental Illness
- Incarcerated
- Family Member
- Mother Treated Violently
- Divorce
- Substance Use

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Behavioral Effects of Brain Damage

Prefrontal cortex damage problems related to:

- Impulse Control
- Emotional and Behavioral Management
- Judgement
- Organization
- Reading Environment and Social Cues

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Differential Responses to Trauma

Disassociation

- Detached
- Numb
- Compliant
- Decreased Heart Rate
- Suspension of Time
- Mini Psychosis
- Fainting
- De-realization

Hyper arousal

- Hyper Vigilant
- Anxious
- Reactive
- Alarm Response
- Increase in Heart Rate
- Freeze/Fear
- Flight/Panic
- Fight/Terror

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How do adverse childhood experiences relate to the youth with whom you work?
(Respond in chat in a sentence or two)

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Influencing Factors

- Age/Stage of Development
- Length of Exposure
- Severity/Frequency of Violence
- Gender
- Presence or Lack of Protective/Supportive Factors
- Presence or Lack of Risk Factors
- Attachment to Victim and Abuser



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Protective and Risk Factors

Protective

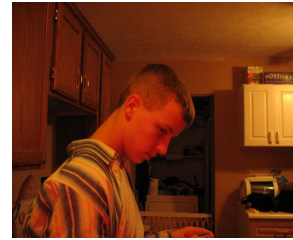
- Safe, Stable, Nurturing Environments
- Safe, Stable, Nurturing Relationships
- Empowerment
- Consistency
- Trust
- Resources
- Opportunities

Risk

- Substance Abuse
- Mental Illness
- Child Maltreatment
- Lack of Parenting Education and Skills
- Non-Biological Transient Caregivers
- Intimate Partner Violence
- Community Violence
- Poverty

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Effects



- Behavioral
- Emotional
- Beliefs
- Physical

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Behavioral Characteristics

- Disrupted Relationships
- Violent
- Withdrawn
- Isolated
- Regressed
- Learning Delayed
- Disassociated
- Suicidal
- Substance Abuser
- Sexually Irresponsible
- Avoidant
- Delinquent
- Truant

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Emotional Characteristics

- Fearful
- Anxious
- Insecure
- Ambivalent
- Shameful
- Guilty
- Confused
- Angry



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Emotional Characteristics



- Mistrustful
- Helpless
- Powerless
- Grief stricken
- Terrified
- Enraged
- Anguished

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Physical Effects

Decreased immunity and greater vulnerability to physical illness:

- Adults 10-15% increased risk for cancer, diabetes, and heart disease
- Gastrointestinal, headaches, thyroid disease, bladder problems
- Physical effects double if stress continues later in life

Direct, negative impacts on brain development

- Lower ability to cope with stress
- Indirect effects from behaviors that manifest in response to trauma
- Significantly increased risk for psychiatric disorder

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Beliefs

- Love and abuse go together
- Power and abuse wins/works
- Abuse is justified
- The world is dangerous
- Negative beliefs about women
- No one can be trusted
- Others are to blame
- Expectation of harm and abuse
- I will be harmed in relationships
- Familiarity = safety (even if predictable source of terror)

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Intersecting Issues

- Child Abuse
- Child Neglect
- Substance Use
- Mental Illness
- Trafficking
- Teen Pregnancy/ Parenting
- Sexual Abuse
- Foster Care
- Juvenile Justice System
- Homelessness
- Poverty
- Hospitalization
- Runaways

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And Then They Come To You

What Do They Need?
How Do You Respond?
What Can You Offer?



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Building Resiliency and Fostering Healing

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How do you foster resiliency in the young adults in your programs?
(Respond in chat in a sentence or two)



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Foster Healing

- Connect
- Encourage
- Reinforce
- Engage
- Believe
- Role Model
- Listen
- Affirm



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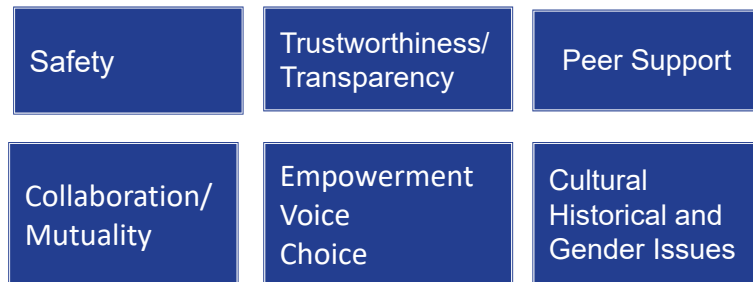
Trauma Informed Treatment

Recognizes:

- Those who cause harm may be trauma survivors
- Significance of DV history as child witness
- Widespread impact of trauma
- Signs & symptoms of trauma in clients, families, staff
- Importance of trauma knowledge in policies, procedures and practices
- Importance of resisting re-traumatization

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Key Principles of a Trauma-Informed Approach



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Trauma-Informed Workplaces

The Four R's

- **Realize** the widespread impact of trauma
- **Recognize** the signs of trauma
- **Respond** in a trauma-sensitive manner
- **Resist** re-traumatization

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Resilience

- The ability to return to being healthy and hopeful after bad things happen
- The process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress

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Build Resiliency

- Understand adverse impacts on children exposed to DV
- Establish trusting and respectful relationships with youth
- Give permission for youth to talk about their experiences
- Be clear that the violence is/was not their fault
- Tell youth they are loveable, competent and important
- Help youth know what to expect



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Build Resiliency - (cont'd.)

- Engage children in conversations about the abuse and educate youth about:
 - Healthy relationships
 - The impact of exposure to abuse and violence
 - How to practice self-care
 - Alternatives to violence
- Work with youth to build social support system



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Post Traumatic Growth

Between 30-70% of individuals who experienced trauma also report positive change and growth coming out of the traumatic experience. (Joseph and Butler, 2010)

The “experience of individuals whose development, at least in some areas has surpassed what was present before the struggle with the crises occurred.” (Tedeschi and Calhoun, 2004)



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Post Traumatic Growth (cont'd.)

“The individual has not only survived, but has experienced changes that are viewed as important, and that go beyond the status quo.” (Tedeschi and Calhoun, 2004)

Individuals have described profound changes in their view of relationships, how they view themselves and their philosophy of life. (Joseph and Linley, 2006)



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Next Steps / Action Steps

What can I start doing right now?

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You Can Also:

- Model and support healthy interactions, communication and relationships
- Create safe, stable, nurturing environments
- Provide opportunities for success
- Provide positive reinforcement
- Provide access to education and employment
- Provide access to healthcare and community resources

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You Can:

- Pay attention to program participants' physical & emotional needs
- Listen
- Respond patiently
- Help program participants manage their emotions and communicate their feelings and needs
- Set clear boundaries
- Be consistent with structure and guidelines
- Hold youth accountable for their choices and actions

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Prevention/Awareness

- Awareness Months: TDV, DV, Sexual Assault, Stalking, etc.
- Administer ACEs
- Posters
- Contests
- Activities/Games
- Develop internships

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WIOA



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WIOA Reporting



Objective Assessment:

- ACEs
- Relationship questions

Elements:

- Leadership Development
- Supportive Services
- Comprehensive Guidance

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Contact Information

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Important Links and Numbers

OPDV website: www.opdv.ny.gov

Website for teen dating violence: www.ny.gov/datingabuse

NYS Domestic and Sexual Violence Hotline: 1-800-942-6906

Confidential • 24 HRS/7 DAYS

English & Español, multi-language accessibility

711: Deaf or Hard of Hearing

In NYC: 311 or 1-800-621-HOPE (4673)

TDD: 1-800-810-7444

OPDV phone number: (518) 457-5800



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Social Media Platforms



Facebook page: www.facebook.com/NYSdomesticviolence



Twitter handle: @NYSOPDV



Instagram handle: @NYSOPDV



YouTube page: www.youtube.com/NYSdomesticviolence



Questions





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Recognizing and Responding to Dating Abuse & Preventing Vicarious Trauma

March 11, 2020

Sharon King
Bonnie Allen
Juie Deo

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About OPDV

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3

Please note: This webinar includes scenarios with coercive control tactics and intimate partner victimization.



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Mission and Vision

Mission

- To improve New York State's response to and prevention of domestic violence with the goal of enhancing the safety of all New Yorkers in their intimate and family relationships.

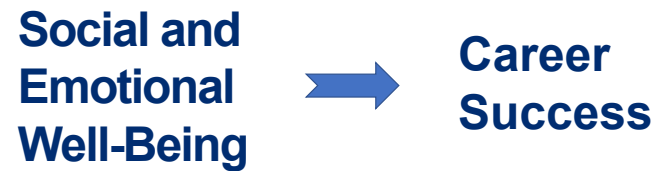
Vision

- To create a State in which communities and systems are committed to supporting and promoting equality, dignity and respect so that individuals can feel safer in their intimate and family relationships.



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Long-Term Strategy



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Teen Dating Abuse

A **pattern of coercive tactics** which can include physical, psychological, sexual, economic, and emotional abuse, **perpetrated by one person** against an intimate partner with the goal of establishing and maintaining **power and control** over the victim.

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The Facts

1 in 3 adolescent girls is a victim of interpersonal violence, in the U.S.

7

The Facts

- 80% of teens say they know someone who has been controlled by a partner.
- Nearly 20.9% of female high school students and 13.4% of male high school students report being physically or sexually abused by a dating partner.
- 26% of teens in relationships were victims of cyber dating abuse. Females were twice as likely to be victims as males.

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Polling Question

How many youth report dating abuse to an authority figure?

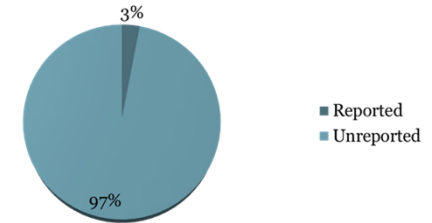
- 1) 3%
- 2) 10%
- 3) 13%
- 4) 29%



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Dating Abuse by the Numbers:

Less than 3% of teens reported abuse to an authority figure.



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What is Dating Abuse?

Teen dating abuse can include multiple forms of abuse including unwanted physical contact, sexual abuse, and/or psychological manipulation.



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Physical Abuse

Any unwanted physical contact, or any physical contact that causes injury or harm, including:

- Pinching
- Grabbing
- Shoving
- Punching
- Slapping
- Kicking
- Restraining
- Hitting
- Scratching
- Spitting

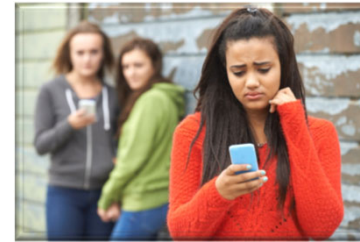
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Sexual Abuse

- Pressuring or forcing a partner into unwanted sexual activity in person or via social media and texting.
- Making it difficult or impossible for a partner to say no to sexual activity or behavior.
- Preventing a partner from using birth control or other forms of contraception.
- Forcing a partner to have sex with other people in exchange for money or drugs.

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Technological Abuse



- Impersonating a partner online.
- Publicly posting negative comments about a partner.
- Frequently emailing, texting, messaging, or calling about the location or activity of a partner.
- Using cell phones, the internet, and other technology to stalk or harass a partner.

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Psychological Abuse

- Threatening to leave or hurt a partner, themselves, a partner's family, friends, or pets.
- Controlling whom a partner is allowed to see or telling a partner what they can or cannot do.
- Yelling, screaming, insulting, intimidating, embarrassing or spreading rumors about a partner.
- Minimizing, denying, or blaming a partner for any abuse.

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Marginalized Populations

For teens within specific populations, their vulnerabilities and needs might be different.

Tactics of abuse may differ as well.



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LGBTQ+ Youth



Urban Institute Justice Policy Center, 2015

Dating abuse is even more prevalent

- Physical abuse (24%)
- Psychological abuse (59%)
- Cyber dating abuse (37%)
- Sexual coercion (23%)

Transgender youth report the highest rates

- Physical dating violence (88.9%)
- Psychological dating abuse (58.8%)
- Cyber dating abuse (56.3%)
- Sexual coercion (61.1%)

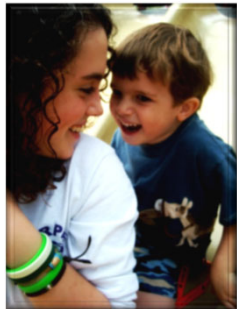
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Youth with Disabilities

- They may already be more reliant on family, friends, partners and assistive devices that an abuser can use to control them.
- Having cognitive or intellectual disabilities may make it more difficult to recognize signs of abuse/get help.
- Abusers may use disability to break down self-esteem.
- People with some disabilities may be unable to legally consent to sexual activities.

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Pregnant/Parenting Youth



Adolescent girls in physically abusive relationships were **3 times more likely** to become pregnant than non-abused girls.

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Runaway and Homeless Youth

6 in 10 homeless or formerly homeless youth have been in a violent dating relationship.

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Abuse as a Barrier to Employment, Education

- Frequent tardiness, absences
- Distracted, preoccupied, moody
- Anxious, fearful, edgy
- Productivity, reliability, availability affected



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Strategies to Engage Youth



Don't wait until there is a crisis.

Ask about the pressures and risks they face.

Make the most of teachable moments.

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Strategies You Can Use Today



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Conversation Starters

- Recognizing Abuse
- Personal Boundaries
- Digital Safety
- Bystander Interventions



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Responding to Disclosures

- Affirm Language
- Actively Listen
- Acknowledge Strengths
- Offer Choices
- Be Present and Genuine



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Responding to Disclosures

- Respond in a non-judgmental, supportive way.
- Acknowledge the seriousness of the situation and their feelings.
- Provide options and give control.
- Avoid “why” questions.
- Respect their wishes.
- Learn how to assess for danger.
- Know where to refer.

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Polling Question

Youth who use power and control against their intimate partners:



- 1) Have likely learned the behavior
- 2) Have the potential to change
- 3) Can be male or female
- 4) None of the above
- 5) All of the above

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How You Can Help

Be patient. Talking about the abuse may take time.

Remind the teen that the abuse is not their fault, that you support them, and that they are not alone.

Just listen. They may need to “vent” about what happened.

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How You Can Help (cont.'d)

Respect their choices, even if you don't agree.

Ask youth for their ideas and thoughts.

Tell them that you are sorry the abuse happened and it is not their fault.

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How You Can Help (cont.'d)

Mediating relationships where there is abuse can be very dangerous for the victim.

Unless there is an imminent safety issue requiring intervention, allow them to make their own choices.

Encourage them to reach out to others for help and support.

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Safety Planning

A safety plan is a personalized, practical tool that helps a victim identify strategies for responding to escalating and dangerous situations.

Safety plans must be flexible and be revisited often.

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Local DV Service Providers



- Programs in every county
- Access to shelter
- Safety planning experts
- Knowledgeable of youth development
- 24/7 hotline
- Crisis intervention, counseling, support groups
- Systems advocacy
- Accompaniment

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Build Partnerships with Local DV Service Providers

NYS Domestic and Sexual Violence Hotline
1 (800) 942-6906

OCFS approved DV programs by county:
<https://ocfs.ny.gov/main/dv/dvList.asp>



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Collaboration

- Warm referrals
- Relationship building
- Consultations
- Staff in-services
- Psychoeducational groups



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Prevention/Awareness

- Awareness Months: TDV, DV, Sexual Assault, Stalking, etc.
- Administer ACEs
- Start conversation during Objective Assessment
- Posters
- Contests
- Activities/Games
- Develop internships



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Creating Trauma Informed Workplaces

Organizational culture
change process

Shift from traditional
power hierarchy to
collaborative environment

Paradigm shift from “What is
wrong with you” to “What
happened to you?”

Take universal precautions to
address trauma and its impacts

Must have buy in and ownership
at all levels of the organization

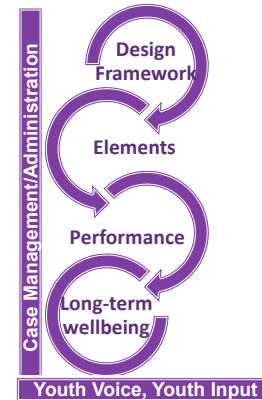
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Trauma Informed Organizational Model Key Development Areas

- Leading and communicating
- Hiring and orientation practices
- Training the workforce
- Addressing the impact of the work
- Establishing a safe environment
- Screening for trauma
- Collaboration/partnerships
- Policies and procedures

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Take Credit for Your Efforts



Objective Assessment:

- ACEs
- Relationship questions

Elements:

- Leadership Development
- Supportive Services
- Comprehensive Guidance

Case Management:

- Ask, be mindful

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Long-term
Performance

REQUIRES

Long-term
Investments



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What does your program currently do or what can it do to understand and respond to dating abuse?

(Share ideas by responding in chat)

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Human Trafficking

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Labor Trafficking

NYS Definition: Compelling or inducing another to engage in labor, or recruiting, enticing, harboring or transporting another by providing drugs, withholding or destroying government documents, debt servicing, force, or a plan or pattern of coercive conduct.

<http://ocfs.ny.gov/main/humantrafficking/default.asp>



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Sex Trafficking

NYS Definition: Profiting from prostitution by providing drugs, using false or misleading statements, withholding or destroying government documents, debt servicing, force, a plan or pattern of coercive conduct, or other acts.

<http://ocfs.ny.gov/main/humantrafficking/default.asp>



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Force, Fraud, Coercion

63% of underage sex trafficking victims said they had been advertised or sold online.

325,000 children are at risk for becoming victims of sexual exploitation in North America.

The average age of entry into the sex trade in America is 14 – 16 years old.

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Who are the Victims

Most victims US citizens: girls & cisgender aged 14-16.

Most found through care systems, runaway & homeless youth networks.

Children lured into trafficking in exchange for something of value (couch to sleep on, meals, etc.).

Invisible victims: boys and trans persons.

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Indicators

- For male and trans youth → Big unknown
- Promises, favors, gifts in return for sexual abuse
- Images, social media posts, or videos of a sexual nature
- The parent/guardian has been a victim of trafficking
- History of multiple runaway/AWOLS episodes

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Indicators

- Branding
- Controlling intimate partner
- Chronic STIs, pregnancies, terminations, multiple anonymous partners
- Untreated injuries or injured frequently
- Heightened sense of distrust and fear

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Indicators

- Unwillingness to disclose whereabouts
- Inconsistencies in their stories
- Spends increasing amounts of time on the Internet
- Displays signs associated with PTSD and trauma
- A passport/identity under someone else's control

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Who are the Traffickers?

Surprisingly little is known about traffickers.

77% are family members, friends and others known to victims.

The perpetrators of this crime don't fit a single stereotype.



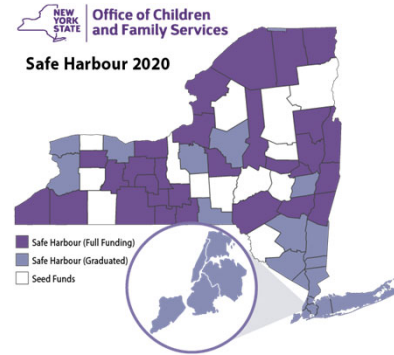
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Vicarious Trauma

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Safe Harbour: NY



humantrafficking@ocfs.ny.gov



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Vicarious Trauma

The cumulative transformative effect on the helper of working with survivors of traumatic life events.

Also referred to as Secondary Trauma or Compassion Fatigue



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Who is at Risk of Vicarious Trauma?

(Respond in chat)



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Vicarious Trauma Risk Factors

- Personal trauma history
- High caseloads of trauma survivors
- Overworking
- Lack of healthy boundaries
- Excessive exposure to traumatic material
- An inability to leave “It” at the office
- Lack of support
- Lack of supervision



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Vicarious Trauma May Change An Individual's:



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Biases That May Develop Due To Vicarious Trauma

All youth....	Bad
Youth never....	Damaged
Youth always....	These parents....
Poor parenting	Not worth my time, energy, effort
Don't care	
Not capable	

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Symptoms of Vicarious Trauma

- Feeling exhausted, isolated, irritable, worried, preoccupied, ineffective, negative, and/or cynical
- Feeling hopeless that things will change
- Feeling like you're not yourself anymore
- Being withdrawn, less flexible
- Unable to stop thinking about work
- Having difficulties with sleep
- Having difficulties relating to others
- Trying to cope in unhealthy ways
- Noticing changes about how you think and feel about people and the world
- Experiencing increased heart rate, shallow breathing, or numbness

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Remember

- Don't take it personally; their behavior is not about you
- Their responses are most likely trauma responses
- You can help them heal
- They are always watching you and learning from you
- They want to trust you
- They want to feel safe
- They want to feel valued
- They want your approval



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Connect With Others



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Take Care of Your Health



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Spend Time in Nature



WE ARE YOUR DOL
NEW YORK STATE Department of Labor
NEW YORK STATE Office for the Prevention of Domestic Violence

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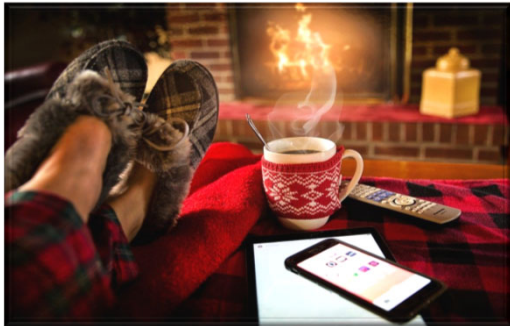
Nurture Your Spirituality



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Spend Time Alone



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Spend Time with Children and Pets



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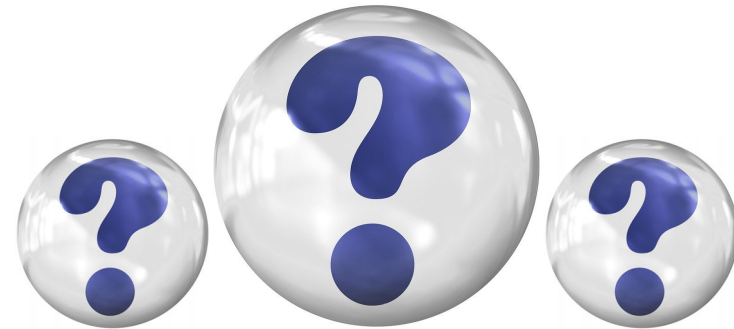
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Do What You Love



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Questions



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Resources

- National Teen Dating Abuse Hotline **1.866.331.9474**
TTD/TTY-1.866.331.8453
- New York State Domestic and Sexual Violence Hotline
1.800.942.6906
- Love is Respect Peer Advocates **1.866.331.9474** or
Text “loveis” to 22522 Online Chat: loveisrespect.org
- NYS Teen Dating Violence Website: ny.gov/datingabuse

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Important Links and Numbers

OPDV website: www.opdv.ny.gov

Website for teen dating violence: www.ny.gov/datingabuse

NYS Domestic and Sexual Violence Hotline: 1-800-942-6906

Confidential • 24 HRS/7 DAYS

English & Español, multi-language accessibility

711: Deaf or Hard of Hearing

In NYC: 311 or 1-800-621-HOPE (4673)


TDD: 1-800-810-7444

OPDV phone number: (518) 457-5800

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Social Media Platforms

 Facebook page: www.facebook.com/NYSdomesticviolence

 Twitter handle: @NYSOPDV

 Instagram handle: @NYSOPDV

 YouTube page: www.youtube.com/NYSdomesticviolence



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