**Morris County Psychological Association**

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**March 9, 2018 Program – 9:00-10:30am**

**Joint Meeting With EUCAP**

**Susan Neigher, Ph.D.** and

**Jennifer Amaya**, Director of Outreach, Prevention, Visions and Pathways present:

**The Slave Next Door:**

**What Psychologist in NJ Need to know About Human Trafficking**

**Meeting announcements by Current President, Mike Zito:**

-Next MCPA Meeting Wed., April 11th – Dr. Robert McGrath on Psychologists in Primary Care

-Register for upcoming programs or see slides for today’s program on our website (mcpanj.com)

-Susan Neigher shared that deadline for High School submissions for papers is tomorrow. Judges will be using Survey Monkey to do the judging and it will close on April 10th. Susan will send all directions via email. She is also looking for a volunteer to make the certificates – please let her know if you can do it – she will give you paper and electronic template.

-Lucy Takagi from EUCAP gave an explanation of the CE process (must sign in and sign out) and introduced the speakers (the link to pay and then get CEU is:

**http://psychologynj.org/morris-march** and then certificates are emailed 1-2 weeks after the link closes). **Link closes 3/16/18!**

**Attendees from MCPA:** Kim Arthur, Randy Bressler, Sarah Dougherty, Marc Gironda, Ronald Gironda, Hayley Hirschmann, Stuart Leeds, Roman Lemega, Ilana Lev-El, Carol McCrea, Sharon Ryan Montgomery, Morgan Murray, Susan Neigher, Carly Orenstein, Marcy Pasternak, Debra Roelke, Francine Rosenberg, Nancy Sidhu, Beverly Tignor, Aaron Welt, Josh Zavin, Mike Zito, Deborah Fisch, Nydia Rolon

**Presenter Bios:**

Dr. Susan Neigher is a licensed psychologist in private practice in Randolph. She did her undergraduate work at Cornell Univ. and earned her PhD in clinical psychology at Yeshiva Univ. She has been a member of MCPA since its beginning, 30 years ago, and one of its past presidents.

Jennifer Amaya is the Director of Outreach and Prevention at Somerset Home for Temporarily Displaced Children. She earned her degree in Community Health from William Patterson Univ. She has been on the front lines, working with homeless youth where they live on the streets.

Both Dr. Neigher and Ms. Amaya have been members of the NJ Coalition Against Human Trafficking since its inception in 2011. The Coalition has over 150 member organizations throughout the state, working together to eliminate human trafficking. Dr. Neigher and Ms. Amaya serve on the Coalition’s Steering Committee. Dr. Neigher co-chairs the Healthcare sub-committee and Ms. Amaya co-chairs the service providers sub-committee. Dr. Neigher also serves on the Coalition’s Board of Trustees.

**Overview of talk:**

**-wants to give us a sense of what human trafficking might look like in our everyday work in private practices and other mental health settings**

-“Much like we failed to recognize and treat sexual abuse in the past, we are failing to see and treat human trafficking today.” – Dr. Marita Lind

-in studies 80% report they were being seen by healthcare professionals while being trafficked.

-Susan shared a few headlines from local papers with examples of recent trafficking arrests (Morristown, Rockaway, Parsippany papers and Star Ledger..)

Definition of Human Trafficking: Modern Day Slavery:

-Human trafficking involves the use of force, fraud or coercion for the purpose of sexual exploitation or foced labor.

National Scope – numbers are obviously underreported but range from 100,000-300,000 in the US

-NJ ranks #6 in the nation as a hub of human trafficking and avg. age to enter trafficking in 12-14 y/o

How might you see this in your practice?

-the answer is ANYONE could be trafficked – They are often tricked and coerced and blackmailed!

Some are particularly vulnerable:

-kids with low self-esteem and minimal social support..

-LGBTQ

-children who run away

-homeless children

There are numerous Red Flags-Behavioral Signs listed in their slides from today (including things like: not trusting towards adults, lack of trust, lack of eye contact and interest…)

They also shared numerous reasons trafficked youth remain engaged (they don’t see themselves as victims, promises of false love or protection, shelter, money, fear, loyalty to the trafficker…)

Challenges engaging survivors in therapy:

-feelings of shame and guilt

-distrust of anyone in authority

-hi risk of self-harm

-dissociative processes

-involvement in substance abuse

-not identifying self as being a victim of trafficking

**Complex Trauma** – refers to experiences that involve repetitive, prolonged exposure to, or experiencing of multiple traumatic stressors

Leads to many problems in the victims (including consuming guilt, despair and hopelessness…)

Jenifer Amaya: **Covenant House NJ** (for 13-17 y/o), work with runaway youth – one in Newark did a 15 mon. study around human trafficking. Found:

-9.2% of Covenant House NJ clients experienced human trafficking at some point

-52% of those experienced labor trafficking (often included drug trafficking)

-63% experienced sex trafficking

-14.8% experienced both types of trafficking

-9.5% used survival sex

This study led to development of a validated four-question screening tool the **Quick Youth Indicator for Trafficking (QYIT)** – which can be used by non-expert staff to evaluate for a trafficking experience for homeless youth.

Recommended Resources:

**National 24 Hour Human Trafficking Hotline: 1-888-3737-888 or**

**Text INFO or HELP to BE FREE (233733)**

**-NJ Coalition Against Human Trafficking:** [**INFO@njhumantrafficking.org**](mailto:INFO@njhumantrafficking.org)

**or 201-901-2111**

-Other resources available in their slides from today.

-Other questions about any of this can be emailed to [susann@njhumantrafficking.org](mailto:susann@njhumantrafficking.org)

**Q & A:**

-Lively discussion followed about the need for mandating primary, secondary, and tertiary educational programs as well as logistical and treatment implications.

**Respectfully submitted by:**

**MCPA Secretary – Hayley Hirschmann, PhD**