



# WE ADDRESS HUMAN TRAFFICKING THROUGH A CONTINUUM OF CLINICAL CARE

Survivors of commercial sexual exploitation present with unique needs for clinical support where continuity is vital. Successful intervention requires both rapid and long-term interventions to help the youth resist eloping or returning to their previous behavior. Much like domestic violence or substance abuse, relapse is an anticipated component of recovery. **Ascent 121 programs provide a continuum of care that allows participants to move back and forth between program settings throughout their treatment process.** Our continuum utilizes a multi-phase treatment approach that can be provided in multiple settings, allowing us to provide comprehensive treatment in the least restrictive setting as determined by individual risk and need. Ascent 121 staff are equipped with specialized training and supervision by experts across the country. Our continuum is comprised of four components: assessment, community based therapy, residential programming and aftercare support.

## ► ASSESSMENT

Ascent 121 is contracted with the State of Indiana to provide comprehensive diagnostic and evaluation services for youth with a history or risk of human trafficking and commercial sexual exploitation. The evaluation process includes comprehensive interviews with the child, her family and collateral contacts. We perform record reviews and use assessment tools that measure trauma, substance abuse, elopement risk, exploitation screening, as well as executive and intellectual functioning. Additional psychological testing is available upon request.

Survivors of commercial sexual exploitation often suffer from complex trauma symptoms including shame, fear and trauma bonding. Youth identified as victims often disclose more quickly than those who simply exhibit red flag indicators (such as a chronic history of running away, older boyfriends, substance abuse, prior history of sexual trauma, unexplained cash or items of value). Disclosures often require a series of structured and specialized interviews that incorporate shame reduction, education, and extensive rapport building. For this reason, additional units are often requested.

**Ascent 121 clinical programs use a combination of best-practice treatment modalities: trauma-focused cognitive behavioral therapy (TFCBT), motivational interviewing, and strengths-based treatment.**



## ASCENT 121 PROVIDES RECOVERY SERVICES FOR TEENS WITH HISTORY OR RISK OF HUMAN TRAFFICKING.

### ► COMMUNITY BASED THERAPY

We provide home-based therapy and casework for survivors. Services take place primarily in the home and include individual and family therapy. The intensity of therapy varies based on risk and need, with ongoing assessment of progress. Clinicians focus on complex trauma, risk reduction, awareness, family cohesion, attachment, self-sufficiency, as well as other treatment targets identified by individual need. Safety plans, case coordination and network referrals are a standard practice.

Due to the gap in specialized services, our community-based therapeutic services can also be provided while youth are placed in other area residential treatment settings as a form of supplemental care.

### ► RESIDENTIAL PROGRAM

In 2014 we launched the Impact Program in collaboration with Lutheran Child & Family Services.

Impact includes intensive individual, family and group therapies, on-site education and discipleship. Ancillary services such as job coaching, financial literacy and equine therapy are provided for youth as appropriate.

Ascent 121 clinical services are trauma-informed and strengths-based, using best practice service standards.

Impact is available to girls between the ages of 12 and 18 who have a history or risk of elopement or sexual exploitation.

### ► AFTERCARE SUPPORT

Ascent 121 offers a voluntary aftercare program for any girl who has successfully completed one of our therapeutic programs. The aftercare group meets weekly and offers the girls a chance to remain connected to an organic support system. Focusing on empowerment and intrinsic motivations, this is an opportunity for youth to receive ongoing discipleship, social connection, vocational skills training and leadership opportunities in the community.

Aftercare support groups are provided at no cost for clients who have completed their initial therapeutic treatment.

*\*Empowerment and autonomy are paramount to the success and dynamic of this component of programming. We request that the courts not mandate this support group as a condition of community integration.*

### ► REFERRALS

Referrals can be made to **Megan Jessup, Chief Operating Officer** by email at [megan.jessup@ascent121.org](mailto:megan.jessup@ascent121.org) or phone at **317.759.0067**. Upon referral, we request that the following information be submitted for review as it becomes available:

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| <input type="checkbox"/> Case Plan/Informal Adjustment Documentation | <input type="checkbox"/> Previous outpatient or placement records or psychological testing |
| <input type="checkbox"/> 310/311 or Probable Cause Affidavit         | <input type="checkbox"/> Family History Information  |
| <input type="checkbox"/> CANS Report                                 | <input type="checkbox"/> IEP, if available   |
| <input type="checkbox"/> Preliminary Inquiry/Predisposition Report   |  |

*Ascent 121 is a faith-based, non-profit agency with a mission of addressing domestic human trafficking through clinical services, aftercare, awareness, outreach and discipleship.*

Ascent121.org | 317.759.0067 | @AscentOne21

