Trauma-Informed Crisis Response and Safety Planning
Tips for Stakeholders: Supporting Individuals Exiting Human Trafficking Situations

Incorporate Trauma-Informed and Person-Centered Principles
Stakeholders incorporate trauma-responsive, culturally relevant, ethically grounded, and empowerment-based approaches to crisis services.

Assess Current Safety in Emergencies
Stakeholders assess the individual's complete safety, including physical, communication-based, environmental, and emotional safety.

De-Escalate Trauma Responses
Stakeholders refer to best practices in trauma response management. Tools and skills include self-soothing, grounding, modeling, mirroring, and active listening.

Provide Appropriate Services
Stakeholders identify the most appropriate services to meet the emergency needs of the individual.

Safety Plan
Stakeholders engage survivors in creating unique safety plans that highlight action steps for current and future physical, communication, environmental, and emotional safety.

Safety Planning

Physical Safety
- Develop a Current and Future Plan for Injuries
- Plan for Access to Medications
- Ensure Access to Life-Sustaining Necessities

Communication Safety
- Plan for interruption by exploiter
- Confirm Voicemail / Text / Email / Chat Permissions, Essential Contacts
- Inquire About Device Accessibility and Confirm Safe Words and Battery Life

Environmental Safety
- Plan for Potential for Harm in Current Location
- Inquire About Privacy Concerns / Safe Spaces
- Assess for Continued Risks of Harm

Emotional Safety
- Create Emergency Wellness Plans
- Identify Self-Soothing and Relaxation Tools
- Identify Support Network

Resources & Next Steps
- Identify Who to Call for Immediate Help
- Confirm Stakeholder Services
- Create Follow Up Plan

Reminders

Consistently Check-In
Confirm safety details and clarify quick exit steps should the situation become unsafe to continue speaking.

Avoid Recreating the Wheel
Confirm services that have already been rendered and are supportive for the individual.

Follow the Individual's Lead
Allow the individual to lead safety planning. Remember they know their situation best and stakeholders are there to support their decisions.

This handout was produced under Project TRUST 2018-VT-BX-K015, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this program flyer are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.